



The Parrot

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

Issue # 117

Fall 2017

Ilse Powell - Heart of the ESL Center

Edna: What is your name, Professor?

Ilse: Isla Powell. I am not a professor; I am the lead Instructional Assistant in the ESL Center.

Edna: Where are you from?

Ilse: I'm from Germany originally.

Edna: How many languages do you speak?

Ilse: I speak German pretty per-



fectly and then I speak English and I speak some Spanish and a little bit of French and I took a Russian class a long time, but I only remember a few words.

Edna: Do you have sisters and brothers?

Ilse: I have three sisters in Germany and I have a
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No Homework in Spain?

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"When there is no enemy within, the enemies outside cannot hurt you."

African Proverb



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105-year-old Frenchman rides 14 miles in an hour to Set World Record

SAINT-QUENTIN-EN-YVELINES, France -- Nearly a century ago, Robert Marchand was told by a coach that he should give up cycling because he would never achieve any-



Robert Marchand rode just more than 14 miles in an hour to set a cycling world record in the 105-plus age category.

thing on a bike.

He proved that prediction wrong again Wednesday.

In a skin-tight yellow and violet jersey, the 105-year-old Frenchman set a world record in the 105-plus

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Student Chirpings

The Effects of Overcrowded Schools

Undeveloped countries face the problem of overcrowded schools. It has become for them a very complicated issue. Despite the efforts made to overcome this difficulty, the problem still persists. Many proposals have been made and adopted by different educational institutions. The results so far are not encouraging enough to end this suffering. The overcrowded schools have a negative effect on the school, the students, and the families.

A school being overcrowded has its negative effect on the school itself. The possibilities are limited to provide enough space for students. The crisis intensifies and renders the situation in school intolerable. A bench and desk can accommodate only one student. I saw on TV three Iraqi students sharing the same bench and desk. The classroom was badly overcrowded. Being in that situation, some students sat on the floor during the whole school session. The situation became more congested and there was no way to add more benches and desks. In the face of this overcrowd condition, the existing school facilities such as restrooms and playgrounds are limited. Most of them are in deplorable condition and cannot be used. The windows are broken and some classrooms are without doors. The blackboards are old and they have never been replaced or maintained. School administration is under constant pressure from both the students, their families, and the teaching staff. What

about the condition of schools created in Iraqi refugee camps inside and outside Iraq? The conditions are even worse there. There are millions of refugees scattered in different camps with their children. The number of schools are limited and the majority are tents. School conditions are almost the same in any refugee camps, especially in the Middle East and Africa. Just imagine that you have a child and he is

facing this situation. How would you feel and what solution for your child would you look for? Would you blame your child if he deserted school or ran away from home? Although efforts are being made to minimize the suffering as much as possible, the overcrowding factor still has its negative effect



on schools.

Students are, as well, negatively affected by an overcrowded school. The teacher is unable to monitor his students effectively. He is constantly under pressure and sometimes gets nervous and strikes students. Such behavior exposes him to complaints from the students' families and spoils the relationship between them. It renders the students aggressive and looking for revenge on this teacher. I remember a student in my city, Medea, in Algeria. He waited for his teacher outside his school and struck him hard. The student was dismissed from school and the teacher was transferred to another school. In view of this overcrowdedness situation, teachers ignore taking student attendance.

It is a little bit hard for them to remember all the students' names. The teaching period is only for less than an hour. The classroom is overflowing with students. The teachers cannot spare time to check the students' attendance. If you visit any of these schools, you will see that the situation is abnormal. Students remain under the negative effect of their schools being overcrowded.

As a final effect of this unbearable situation, students' parents are exposed to enormous difficulties. They are always anxious and worried about the future of their children. It is rather

difficult for them to monitor and keep an eye on their children. Parents are busy and cannot make themselves available for their children. The lack of coordination between the school and the parents aggravates the situation. Parents are always left in the dark, and they do not know what their students are doing there. With these overcrowded conditions, the school administration cannot ensure proper follow-up for every student and can't liaise with his parents. This state of delinquency may affect students' behavior. It could lead them to commit acts against the law. My friend had a very difficult experience with his son. The father used to check his wallet every morning before he went to work. He noticed that the amount of cash he had in his wallet before he went to bed was not the same. The following day, he received a phone call from the police department asking him to report to their office. He was surprised to see his son in jail. The son was caught out of the school with



his classmates smoking drugs. The son used to steal money from his father's wallet and buy drugs. It had a terrible effect on the family, especially on his father, who had a heart attack and became disabled. The families were exposed to enormous difficulties resulting from having their son in an overcrowded school. The undeveloped countries are the most

affected by this unbearable phenomenon. They do not have enough means to tackle this problem.

The help of the wealthy countries is very important to overcome this critical issue. Action by the inter-

national community in this respect is essential. The future of education in these undeveloped countries is in danger. The overcrowded conditions of schools has a negative effect on schools, the students, and their families.



Mohamed Benrekia
ESL W50
(Cause & Effect)



Writing an Essay like Going to the Dentist

Have you ever compared writing an essay and going to the dentist? I want to say how hard and terrible it is for me to do both things, but both are necessary because for most people going to school and writing an essay are part of the curriculum and also going to the dentist is part of life. Therefore, they are similar in the way that most people do not want to do them: they are painful, although they both can have great results.

The first similarity between writing an essay and going to the dentist is that most people do not want to do either. Writing an essay is boring. You

have to think extra about a topic and doing it takes time. If you want a good essay, you have to use good connectors and transition words. Likewise, going to the dentist is boring. You have a hard time thinking, “Should

I go today or maybe tomorrow or next week?” because it is painful. Plus, it takes time to go there. In addition, the dentist has to use boring products like dental floss to do a good cleaning.

Another similarity between writing an essay and going to the dentist is that both are painful. If you have to write an essay, you will probably have a headache and stomachache and your fingers will hurt because it is really stressful, especially if your essay is a test. Similarly, going to the dentist is painful and horrifying because your gums will hurt a lot. Consequently, you will probably have a headache and a

stomachache because you probably won’t be able to eat for a few hours after that.

Writing an essay and going to the dentist are not only painful and something that most people don’t want to do, but it is also important to know that when you have a good result from them, you will feel happy. Because of the hard work you put in doing an essay and if you use good technique, you will have a great grade. Similarly, when you go to the dentist, you will be happy if the process was good and your dentist was nice to you. Consequently, you should be able to see the good result in your teeth.



In conclusion, writing an essay and going to the dentist have several similarities. It is very important to know that you have to be strong when you go to the

dentist. In the same way, you have to be strong when you write an essay because you have to demonstrate your knowledge if you want a good result. Especially if your professor is Ms. “Dorkalicious” and you need to pass the class or if your dentist is a tough worker.

Nelly de Ferrari
ESL W310

(Compare & Contrast Essay)

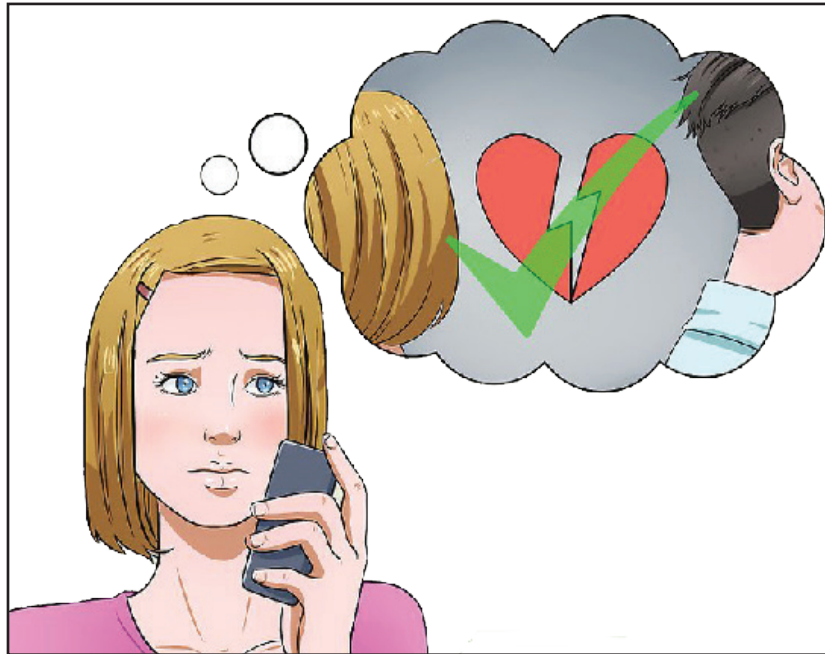
How to Break Up With Someone

Have you ever fallen in love with someone? Everyone understands that falling in love with someone is the best experience during his or her life. Unfortunately, although breaking up with someone is very hard to do, people sometimes need to do it. Lots of people don't want to break up because they still love each other, but some of them just feel embarrassed or afraid. There are three major steps that a person should take to break up with someone and not feel too embarrassed.

The first step in the process of breaking up with someone is to spend less time on communicating with each other. For example, I have a friend from China named Hei Kang, who came to the United States for higher education. He had a girlfriend in China, which means they were in a long-distance relationship. The first month he arrived in America, he communicated with his girlfriend every day. Later on, he felt a little bit bored with the electronic relationship. He started to tell his girlfriend that he was very busy with his studies and didn't have time to give her a call every day. The communication times became once a week. Soon after, he thought once a week was still too often for him so he changed it to once a month. Then, it was time to move to another stage.

The second step in the process of breaking up with someone is to ignore his or her contact method. First, don't answer the phone call from your boyfriend or girlfriend. For example,

my roommate Jack always ignored his girlfriend's phone calls. I asked him why and he told me because his girlfriend was too annoying. He wanted to break up with her, but he didn't know how to end their relationship in a good way. After several times, his girlfriend became colder and colder to him. He felt very good because everything was going the way that he wanted.



The last major step in the process of breaking up with someone is to choose the right time to tell him or her that the relationship is over. After a long time without communicating with each other, it's time to tell him or her that the relationship is over. First, the best time is in the middle of the night, especially in the deep sleep time, because during the

deep sleep time, most people are sleeping and so is your boyfriend or girlfriend. When you send a message about breaking up, turn off the cell phone immediately. If he or she still calls you, go back to stage two, which is to ignore. After a while, he or she will probably accept the reality. In this way, you can talk to him or her about why you want to end the relationship.

In conclusion, spending less time on communicating with each other, ignoring his or her contact method, and choosing the right time to tell him or her that the relationship is over are three major steps that a person should take to break up with someone.

Danyang Lin
ESL W50
(Process Essay)



How I Started Working in a Factory

I had been in Mazar-e-Sharif province of Afghanistan for three years before going to a shoe factory. I remember that I was fourteen years old, old enough to do such a horrible and difficult job, but I had to support my father and brother, who were also working at the same shoe factory. That was not my desired job, but I had to do it. During the day I used to go to school and during the night time I had to work. The first nights were very difficult, and I cannot clearly remember how I passed them, but with time I got used to it. Working

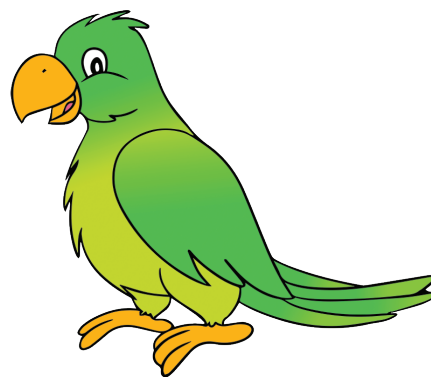
and being with my father and brother gave me special strength to work at night time. It was not easy for a young man like me to study and work at the same time, but I had to work to support my family, which was suffering lots of economic problems due to civil war in the country. When I was working, I learned how to do the framework, which was the most difficult job in the factory. During my time in the factory, everyone was surprised how soon I learned everything. I had a machinery guy who was an expert, and he taught me how to do all the work.

For the time being, it was a great experience and good source of income for my family's expenses. I was very happy doing that kind of job and I continued for one year, but after one year we

all had to escape from Mazar-e-Sharif due to war and immigrated to Pakistan. Again, after a while living in Pakistan, I was looking for a job. Finally, I found almost the same kind of job in Pakistan. I was very happy just because of my past experience. I became a supervisor, and that's why I had a good salary. I was very glad I learned all that

hard work when I was living in Mazar-e-Sharif and working there. Sometimes hard work can make you think about the difficulty of the

job, but as a result you become an expert and gain good experience.



Khowaja Siddiqi
ESL R310
(Narrative Essay)

More than a Gift

Each of us gets some gifts from different persons. Usually, it does not matter for us how expensive the gift was. Most important is whom we got it from. I appreciate any gifts from any persons, but those which I got from the people whom I love very much make more sense to me. I received many expensive presents from my sweetheart. I really appreciated all of them, but I have one special gift which is the most important for me. The person who presented it to me did not spend any money on that. My little niece made one special present for me. I will try to preserve it throughout life because it is more than a gift for me.

A few years ago, my beautiful niece Lidia decided to draw a picture for me. She was six years old. At that time, she did not have any special reason to present me something. She just wanted to do something nice for me. She liked to draw. One day I went to my sister's house to spend some time with my dear nephews and niece. We were playing. Suddenly Lidia told me, "Erika, I want to draw a picture for you." I was glad to hear that. She went into the other room. I was excitedly waiting for her. In thirty minutes she came back. I saw a small circular piece of paper in her hands. Then Lidia gave it to me. I hugged and kissed her. After that, I looked at the picture. I was excited! It was beautiful!

I could not even imagine how skillfully she could draw. Before that, I had seen many pictures made by her. All of them were beautiful, but they looked like a child painted them. However, that picture was really unique. Even her circular shape

looked unusual. She painted it using watercolors. The style of her drawing was also individual. Lidia used only four colors of aquarelle: green, brown, blue, and pink. She painted a tree. She did it using large brushstrokes. This style of painting is unusual for children. Lidia did not leave any empty space on the paper. She filled out a full circle with watercolors. I was really surprised to get such a beautiful and unique picture from my dear niece!



When I got home, I showed the picture to my husband. He was surprised too! He told me, "No way! It does not look like a little girl drew it." In fact, it looked like a picture painted by someone who studied rules how to draw. She was only a six-year-old girl who had not studied anything about painting. I wanted to find a frame for that picture and put it on a shelf in my living room. I could not find a suitable frame. I looked for one in many stores. Because of the size and shape, it was so difficult to find one. Anyway I put that beautiful picture on the shelf. I wanted everyone who visited me to see that. I was proud of my little niece. Much more, I was proud to

get that gift from her.

That picture painted by Lidia became more than a gift for me. Even when I was moving to the U.S., I took her present with me. I still have this circle picture. When I look at it, I feel the love with which it was painted. I miss my little girl very much. I cannot wait for the time when I hug her again. I received that gift from her three years ago. Now that picture is even more important for me than ever before. I will treasure it throughout my life.

Erika Chekan
ESL W50
 (Narrative Essay)



The Worst Frustration

“If we work hard, we will be paid accordingly.” Do you know this phrase? Do you believe that? I used to believe it when I was young; that was why I did my work with my best power that I could, and almost always I got paid accordingly. However, I had never realized it until that one day. That day my mind was full of doubts, disturbances, and sadness. That day I became confident that hard work does not always pay off. I could not believe this phrase anymore after that.

The sky was clear. The winds were soft. I felt the weather was supporting this important day in my life. I was standing in front of the convention site with my little anxieties and confidence. There

were a lot of swimmers and spectators. Today was my last swimming competition in my middle school life. This competition was the grand sum of my swimming life. I had started swimming when I was three years old. I had been practicing every day more than six kilometers. Practicing was really hard and I did not have any day off. Even in long vacation times, which were summer and winter vacations, I had training camp. I practiced from early morning to late at night. All this practice was in order to win today's competition. Just only for today.

I swam more than anything and more than anyone because I had a dream. I had a big dream. That was the reason why I could bear these hard



training sessions. My dream was to go the national convention. I wanted to swim in the biggest competition for middle school students and the biggest pool in Japan, surrounded by a lot of spectators. It was my dream from when I was 10 years old. I really wanted to go. That was why I did not quit my club, even though practicing was so hard. I could go to this swim meet if I beat the qualifying time. However, the time was much faster than my best record. It was nearly impossible for me to

reach that time, but I did not want to give up because I not only wanted to achieve my goal, I also believed that I would be paid accordingly if I worked hard. I told myself this phrase many times when I wanted to give up because of hard practices. The day of my race came. My competition was about

to begin. When my name was called, my hands started shaking. Unfortunately, beside me were famous swimmers who were much faster than me. I had never won against them, but today I had to win; otherwise, I could not achieve my goal. I got really anxious because I had so much pressure on myself. I wanted to calm down, so I told myself, “I am OK. I can win this race, and I can beat the qualifying time. Believe I can do it!” However, my heart beats were getting faster and faster. I was getting more nervous.

I stood in front of my lane. Normally in competitions, I could hear encouragement from my teammates and my friends, but today I could not hear anything, even though they were near. I re-

ally concentrated on my race. The race began. At the starting whistle, we started swimming at the whistle simultaneously.

After my race began, I did not remember what happened. I just swam as hard as I could. I swam my best swim with all my energy. When I finished swimming, I felt I swam just a few seconds. It was a really short moment. I was nervous and

excited at the same time to see my time. I was a little sure that I had done my best. I told myself, "I did it. My time is fine." Finally, I could see my time. It was 0.37 second

over the national qualification time. My time was less than 1 second too slow. Just 1 second. I lost the race. I lost the competition. I lost. I could not achieve my goal. My heart was completely broken. After I saw my time, everything went blank. I could not do anything. I could not move or I could not think about anything. I did not remember how I could leave the pool. Tears suddenly came from my eyes. I could not stop crying, and I could not control my emotions. I cried like a 5-year-old kid. I cried in the middle of the hallway. There were many strangers. It was the first time in my life to cry in front of many strangers. I lost the competition, and I could not achieve my goal. My hard work which I had built for today did not pay me

anything. I did not get anything with it. That phrase was completely wrong. Now I was convinced that hard efforts do not always pay off.

It was the worst frustration in my life. I was so shocked and miserable about losing my goal. My mind was full of sadness. I could not smile. I just could cry or blame myself. It was a really hard time for me. However, I realized through this experience that pursuing dreams is not only difficult and hard, but dreams also make me stronger and more patient. I could take those hard practices just because I had my dream; otherwise; I could not bear it. I might have given up. Also I learned I have many people who were supporting me, such as my family, friends, their family, coaches, and so on. I was not

alone. I could have my dream and I could strive to achieve my goal because I had these people who supported me. I could not live without those people. In this experience, I learned a lot of lessons. I became more of an adult than before. My second life had just began.



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Hitomi Atsumi
ESL W310
(Descriptive Essay)



Nestscape -- Articles from The Web

Continued from page 1

age category -- created especially for the tireless veteran -- by riding 22.547 kilometers (14 miles) in one hour.

Marchand had ridden faster in the past on the boards of the Velodrome National, a state of the art venue used to host the elite of track cycling. But he had warned before his latest attempt that his current form was not as good.

"I did not see the sign warning me I had 10 minutes left," Marchand said after his effort. "Otherwise I would have gone faster, I would have posted a better time. I'm now waiting for a rival."

He received a standing ovation once he completed the last of his 92 laps.

Three years ago at the same venue, Marchand covered 26.927 kilometers (16.7 miles) in one hour to better his own world record in the over-100s category.

By way of comparison, the current overall world record for one hour is 54.526 kilometers (33.88 miles) set by British rider Bradley Wiggins in 2015. But Wiggins, who smashed the previous record using the world's leading track cycling equipment, is now retired.

Marchand, who lives in a small flat in a Parisian suburb with a meager pension of about 900 euros (\$940), keeps pedaling and stretching every day. As if time had no effect on him.

"He's got two essential qualities. A big heart that pumps a lot of blood, and he can reach high heart beat values that are exceptional for his age," Marchand's physiologist, Veronique Billat, told The Associate Press. "... He can better this mark."

Marchand, a former firefighter who was born in 1911 in the northern town of Amiens, has lived through two world wars. He led an eventful life that took him to Venezuela, where he worked as a truck

driver near the end of the 1940s. He then moved to Canada and became a lumberjack for a while.

Back in France in the 1960s, Marchand made a living through various jobs that left him with no time to practice sports. He finally took up his bike again when he was 68 years old and began a series of cycling feats.

The diminutive Marchand -- he is 1.52 meters (5-foot) tall and weighs 52 kilograms (115 pounds) -- rode from Bordeaux to Paris, and Paris to Roubaix several times. He also cycled to Moscow from Paris in 1992.

Ten years later, he set the record for someone over the age of 100 riding 100 kilometers (62 miles).

"If the president of his teenage club who told him he was not made for cycling because he was too small could see him today, he would kick himself," Marchand's coach and good friend Gerard Mistler told the AP.

According to Mistler, the secret behind Marchand's longevity relates to his healthy lifestyle: eating a lot of fruits and vegetables, no smoking, just the occasional glass of wine and exercising on a daily basis.

"He never pushed his limits, goes to bed at 9 p.m. and wakes up at 6 a.m., there's no other secret," Mistler said. "If [he] had been doping, he would not be there anymore."

At 105, Marchand is not making plans for the future. His coach would not be surprised to see him back on the boards, though.

"Setting goals for himself is part of his personality," Mistler said. "If he tells me he wants to improve his record, I'll be game. Robert is a great example for all of us."

http://www.espn.com/sports/endurance/story/_/id/18406346/105-year-old-cyclist-robert-marchand-sets-world-record

Kids in Spain Rebel Against Homework, and Parents Are Their Biggest Boosters



On a typical weekday evening, 14-year-old Clara Jené spreads out her homework across the dining table in her family's apartment in a leafy northern suburb of Madrid. She gets about three hours of homework a night — and more than twice that on weekends.

“Often we’re sitting down to dinner, and I have to tell her to put away the books,” says Clara’s father, Camilo Jené, a 51-year-old architect. “It’s cutting into our family time.”

Keep in mind that Spaniards sit down to dinner around 10 p.m. Clara often resumes her homework after that, staying up as late as 1 a.m.

A recent World Health Organization study found 64 percent of 15-year-old girls and 59 percent of boys the same age in Spain said they feel “pressured by schoolwork.” Twenty-seven percent of Spanish 11-year-old girls and 38 percent of boys said the same.

In comparison, 54 percent of 15-year-old American

girls and 42 percent of 15-year-old boys said the same.

So last month, Spanish students went on strike. Clara is among millions of kids in primary and secondary schools across the country who’ve been refusing to do any assignments on Saturdays or Sundays.

“Last weekend, I spent time with my family. One day we went to visit my grandparents at our relatives’ house in the mountains,” Clara says. “I learned how to build a campfire outdoors.”

Normally, she would have spent that time studying.

Lots of children around the world want to do less homework. But in Spain, parents and even some teachers are backing the kids up. Clara’s father — a member of a national parents’ association — is the one who suggested that she participate in the strike.

“It’s complicated,” Jené says, “because we all want our children to succeed.”

He acknowledges that Clara’s grades may not be as good as those of classmates who completed all their assignments. But the Jené family wants Spain’s education system to change. They say it relies too much on busywork and rote memorization.

Spanish teenagers get more homework than the average for about three dozen developed countries



surveyed annually by the Organization for Economic Co-operation and Development. The OECD found that the average homework load for Spanish students of all ages is 18.5 hours a week.

But that doesn't translate into higher scores on standardized tests. Spain consistently ranks below average in the OECD's rankings for student performance in reading, math and science.

"We think the reason is that our educational system is ancient. It dedicates a lot of time to memorization rather than participatory learning," says Marius Fullana, an astrophysicist, father of two and spokesman for the parents' association in 12,000 Spanish school systems, which called the homework strike.

Finland, in contrast, boasts some of the highest student performances in Europe — and some of the highest teacher salaries — but teachers there assign less homework than almost anywhere else in the world.

Fullana estimates that about half of public school students across Spain took part in the strike in November. It was supposed to finish at the end of that month. But it received so much attention — and in

some cases, resulted in less assigned homework — that many students plan to continue the strike through the end of 2016, he says.

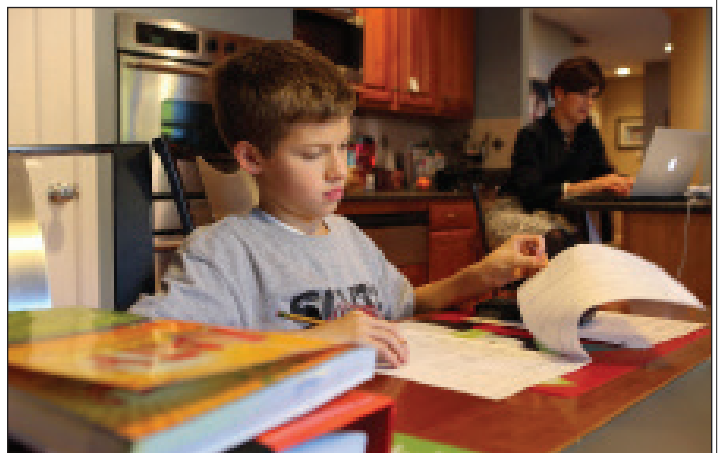
While many were docked points on their grades for failing to do November weekend assignments, they're demanding not to be penalized in December. That will be up to individual teachers and school principals.

Some teachers have complained about the strike, saying it unfairly targets their profession and puts them in an adversarial relationship with their students, the parents' association says. But many other teachers have been sympathetic. Some stopped assigning weekend homework altogether.

Fullana says he hopes that becomes the norm.

In Spain, education policy is made by local governments in 17 autonomous regions across the country. A spokesman for the Department of Education in the Madrid region told reporters that there is no government mandate for homework on weekends. It's up to the discretion of individual teachers and school principals, he said.

Some experts say this homework strike has exposed





a larger problem in Spanish society.

“It’s much broader than just homework. Why? Because of working schedules. They’re really not family-friendly,” says Catherine L’Ecuyer, author of a bestselling book in Spain called *The Wonder Approach to Learning*.

L’Ecuyer, a French-Canadian education researcher and consultant who has lived in Spain for several years, says to change Spanish children’s homework load, you first have to change their parents’ workload.

“The basic work schedule in Spain, for instance, is not 9 a.m. to 5 p.m., as it is in other countries. It’s 9 a.m. to 7 p.m. — and for professionals, it’s 9 a.m. to 9 p.m. or 9 a.m. to 11 p.m.!” she says. “So what do



you do with your child when he comes home at 4 p.m., after school?”

The child does homework — for hours and hours. It fills a gap for Spanish families. But experts like L’Ecuyer say data show those hours of homework never actually benefit the kids themselves.

“Some educators, they tend to consider education as ‘more is better’ — more activities, more homework, more hours of school — more everything. And it’s not true,” L’Ecuyer says. “What we have to look at is quality.”

So for now, parents and caregivers arrive at schoolyards across Spain on Fridays to pick up their children — many of whom will spend the weekend playing, rather battling their way through hours of homework.

<http://www.npr.org/sections/parallels/2016/12/11/504673506/kids-in-spain-rebel-against-homework-and-parents-are-their-biggest-boosters>





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!

Recipe for Traditional British Bubble and Squeak

Traditional Bubble and Squeak is the lovely, quirky name for what is essentially fried left-over vegetables, usually from Sunday Lunch - which is why Bubble is so popular on a Monday.

Traditionally the Bubble and Squeak will be eaten on a Monday for lunch or dinner, sometimes with a fried egg on top, maybe a little bacon, or meat leftover from lunch the day before. There is no hard and fast rule to this one and no particular recipe. It is simply a way of using up whatever you have left from dinner.

One main component which is always there is mashed potatoes. The potato is the “glue” holding all the other vegetables together. I love it made with cabbage as well if I have some, of course.

Bubble and Squeak are also known as Bubble or Fry. In Ireland, Colcannon is made from mashed potatoes, cabbage or Kale and onion and is very similar to Bubble and Squeak, as is Rumbledethumps in Scotland.

What You'll Need

6 tablespoon butter and/or vegetable oil (butter tastes the best)

125g (½ cup) onion, finely chopped

Leftover mashed potato

Any leftover vegetables, cabbage, rutabage, carrots, peas, Brussels sprouts, finely chopped

Salt and freshly ground black pepper

How to Make It

■ In a large frying pan melt the butter, make sure it doesn't brown. Add the finely chopped onion and fry

gently for about 3 mins or until soft and translucent.



■ Turn the heat up ever so slightly and add the mashed potato and all of the chopped up leftover vegetables. Fry for at least 10 minutes turning them over continuously in the melted butter ensuring the potato and vegetables are thoroughly reheated. Plus you are also aiming to brown the outside edges of the vegetables but not to burn the bubble and squeak, so occasionally press the mixture into the pan to brown a little then continue stirring.

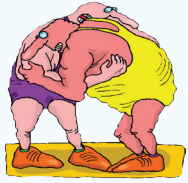
■ Finally, when the mixture is heated right through, do one long final press. Press the potato mixture onto the base of the pan with a spatula and leave to cook for 1 min. Flip over and repeat.

■ Serve as mentioned above with either a fried or poached egg on top, the bacon pieces, or any leftover roast reheated thoroughly.

An alternative is to mix the potato and vegetables and form into small patties then fry as above. Bubble and Squeak cakes also make a great side dish for any roast meats, or as mentioned earlier, topped off with a poached or fried egg.

<https://www.thespruce.com/traditional-bubble-and-squeak-recipe-435202>

Parrot Warbling



Grappling with Grammar

Grammar Clauses and Phrases

• **A clause** is a group of words containing a subject and verb. An independent clause is a simple sentence. It can stand on its own.

Examples:

She is hungry.

I am feeling well today.

• **A dependent clause** cannot stand on its own. It needs an independent clause to complete a sentence. Dependent clauses often begin with such words as although, since, if, when, and because.

Examples:

Although she is hungry ...

Whoever is hungry ...

Because I am feeling well ...

• **An independent Clause** is a clause that can stand by itself as a simple sentence.

Examples:

She will give him some of her food.

I will agree to.

• **A phrase** is a group of words without a subject-verb component, used as a single part of speech.

Examples:

Best friend (this phrase acts as a noun)

Needing help (this phrase acts as an adjective)

With the blue shirt (this prepositional phrase acts as an adjective)

For twenty days (this prepositional phrase acts as an adverb)

<http://www.grammarbook.com/grammar/clause-phrase.asp>

Idiom--Attic

BY THE SKIN OF YOUR TEETH



Meaning: you only just succeed nearly failed.

EX: I hadn't studied much, but passed the test **by the skin of my teeth**.

<https://www.myenglishteacher.eu/blog/50-popular-english-idioms-and-slang-words/>

Beak Speak

Soft 'c' and hard 'c' and soft 'g' and hard 'g'

When the letter c is followed by the vowels e, i or y, it usually makes its soft sound like an "s".

Examples of that are **cent**, **circus** and **cytoplasm**. The letter c also makes a hard sound like a "k", as in **cat** and **cocoa**.

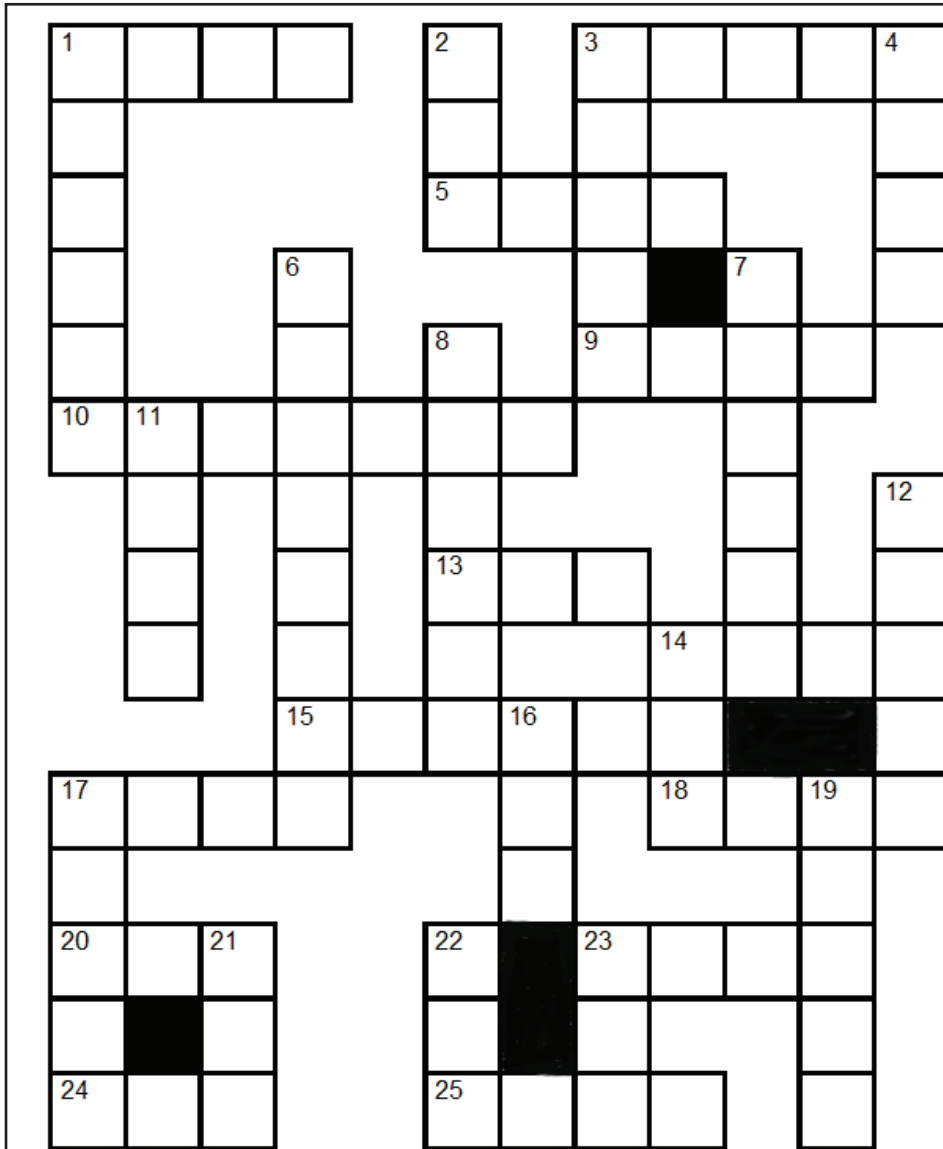
When the letter g is followed by the vowels e, i or y, it usually makes its soft sound like a "j".

Examples of that are **gel**, **giant** and **gym**. The letter g also makes a hard sound, as in **gas**, **gorilla** and **yogurt**.



<https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/reading-issues/14-phonics-rules-for-reading-and-spelling#slide-8>

Some More Parrot Fun Stuff



Across

- 1 A farm animal that rhymes with boat. (4)
- 3 Another word for sniff. (5)
- 5 A forest animal that rhymes with here. (4)
- 9 A fruit that rhymes with hair. (4)
- 10 The opposite of deep. (7)
- 13 A drink that rhymes with sea. (3)
- 14 The opposite of soft. (4)
- 15 Another word for easy. (6)
- 17 An animal that rhymes with dish. (4)
- 18 The opposite of far. (4)
- 20 The opposite of young. (3)
- 23 Another word for jump. (4)
- 24 Another word for pull. (3)
- 25 The opposite of up. (4)

Down

- 1 A kind of fruit that begins with G. (6)
- 2 Another word for angry. (3)
- 3 A farm animal that rhymes with sleep. (5)
- 4 The opposite of first. (4)
- 6 A kind of fish that begins with G. (8)
- 7 A kind of fruit that begins with B. (6)
- 8 The opposite of top. (6)
- 11 Another way to say 'very big.' (4)
- 12 The opposite of over. (5)
- 14 A farm animal that rhymes with pen. (3)
- 16 A farm animal that rhymes with wig. (3)
- 17 The antonym of back. (5)
- 19 A kind of fruit that begins with A. (5)
- 21 A pet that rhymes with log. (3)
- 22 The antonym of good. (3)
- 23 The opposite of high. (3)

Treasure Island

Find and circle all of the words and names from the book *Treasure Island*.
The remaining 46 letters spell a secret message.



ADMIRAL BEN-
 BOW INN
 APPLE BARREL
 ASHORE
 BEACH
 BEN GUNN
 BILLY BONES
 BLACK DOG
 BUCCANEER
 BURIED GOLD
 CABIN BOY
 CANNON BALLS
 CANNONS

CAPE
 CAPTAIN FLINT
 CAPTAIN SMOL-
 LETT
 CHEST
 COAST
 COMPASS
 COVE
 CREW
 CUTLASS
 DR. LIVESEY
 GUINEAS
 HISPANIOLA

ISLAND
 ISRAEL HANDS
 JIM HAWKINS
 JOLLY ROGER
 LOGBOOK
 LONG JOHN SIL-
 VER
 MAROONED
 MUSKET
 MUTINY
 PARROT
 PIRATES
 PISTOL

QUARTERMASTER
 SAIL
 SCHOONER
 SEAFARING
 SEAMEN
 SHIP
 SKELETON
 SPY-GLASS
 SQUIRE TRE-
 LAWNEY
 THE BLACK SPOT
 TREASURE
 WALRUS



Parrot Poetry



A Teaching Fantasy

I teach
 Ideas and words are my business.
 I toss them into the air
 and watch them float
 softly
 as autumn leaves
 (though with much less color
 and grace)
 They float around your heads,
 drift in piles on your desk tops
 glide along your sleeves
 and whisper-dance
 around your ears.
 Someday
 one may catch your attention
 and inspire you with its color
 at least for a season.

By Margaret Hatcher

Rigoberto's Riddles

You are my brother, but I
 am not your brother. Who
 am I?

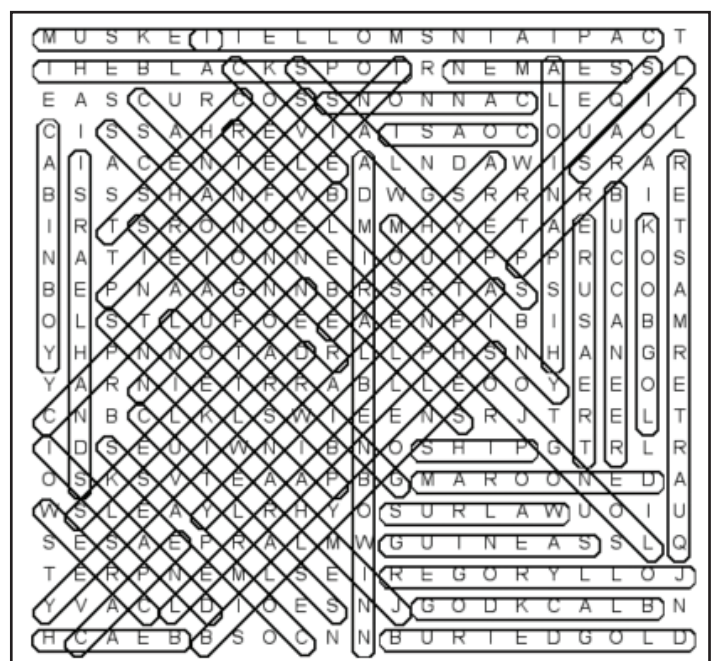


I am your sister.

Silly Vasily's Chuckle Chamber



One day a man goes to a pet shop to buy a parrot. The assistant takes the man to the parrot section and asks the man to choose one. The man asks, "How much is the yellow one?" The assistant says, "\$2000." The man is shocked and asks the assistant why it's so expensive. The assistant explains, "This parrot is a very special one. He knows typewriting and can type really fast." "What about the green one?" the man asks. The assistant says, "He costs \$5000 because he knows typewriting and can answer incoming telephone calls and takes notes." "What about the red one?" the man asks. The assistant says, "That one's \$10,000." The man says, "What does HE do?" The assistant says, "I don't know, but the other two call him boss."



Granny Noetal

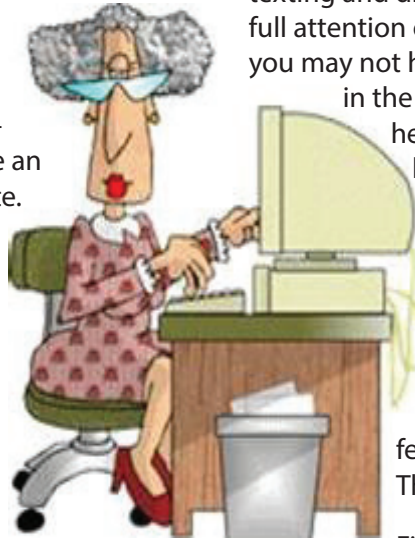
Dear Granny,

My instructor says we can't have an electronic dictionary in the classroom. He didn't tell us why but it is on the syllabus. He seems mean. Why can't I have an electronic dictionary? I need to translate.

Mila Yusevonich

Dear Mila,

Your class is an ESL class, right? Well, my guess is that your instructor wants to have your full attention in the classroom, wants to make sure you are listening and speaking in English. Sometimes when we have a device in our hands, it becomes all-consuming. That is to say, it becomes a distraction. Our eyes are down, focused on a screen, and our thumbs are at work. It's not unlike



texting and driving. Accidents happen when there is not full attention on the task at hand. If your head is down you may not hear something the instructor is saying in the same way you may not see a red light or hear a honking horn. A new language is best learned when all the senses are engaged. You mentioned "translation". If you want something translated, you're looking for the easy way out! You should raise your hand to ask a question, and the explanation will be in English. In this way, you get practice speaking English and listening in English. Use your thumbs (and a few more fingers) to write the answer down. Then read it. You'll learn.

Finally, a bit of advice: While I am happy to receive emails, for further speaking practice, go to your instructor and find the courage to ask questions. Maybe he's not so mean, and maybe he'll give you a similar explanation! (More speaking practice)

Interview with

Continued from page 1

half-sister and a half-brother and they also live in Germany and one of my sisters lived in Estonia and she passed away.

Edna: I am sorry for her death. Do you live alone here? Any of your sisters or brothers live here?

Ilsa: No, they don't. They all live in Germany. I live with my husband and one of my daughters and two grandchildren.

Edna: Have you lived in another country or only in the USA?

Ilsa: No, only in Germany and the United States.

Edna: What differences are there between that country and the USA?

Ilsa: The US is a lot bigger of course. The lifestyle and everything is pretty similar I would say. People in both countries work a lot and value education; most people make enough money to live on. But, one thing is really different. The health care system is better in Germany.

Edna: What did you do there for a living?

Ilsa: Not much I was a student there and I studied English and Spanish and before I graduated, I got married, and then I came here. So I didn't work there much.

Edna: Could you tell me why you immigrated to the USA?

Ilsa: Because I met my husband, and he was a soldier in the U.S. Army at the time. That was a long time ago. Forty-five years and so I met him, and I fell in love and married him and came here when he got out.

Edna: Have you ever visited your hometown since you moved to the U.S.?

Ilsa: Oh yeah, I go almost every other year.

Edna: Was it difficult for you to adapt to this country? Can you tell us briefly?

Ilsa: The bread is horrible in the United States. The food was pretty bad at first, but I've gotten used to it. What else was difficult? Really not much. My English was pretty good and I lived in San Francis-



co when I first came here for 11 years and I always wanted to live in San Francisco. It's a really nice city and I loved it. Umm. And of course I missed my family but other than that, I guess there was not that much difference between the two countries and the lifestyle.

Edna: You've been at ARC for a while, right?

Ilsa: Yeah, 27 years I've been here. That's quite a while I would say. The ESL center has been here for 28 years and I've been here for 27. So pretty much from the beginning.

Edna: Could you tell us how you got here?

Ilsa: We moved from S.F. to Sacramento because it was getting very expensive there, and I thought for my three children it would be a little better place and more economical, so my husband found a job. And I needed a job, so I just applied. It was supposed to be a short time because I taught English. I taught German at the Defense institute in San Francisco and that had closed, so I didn't have a job, so I applied.

Edna: What would you have wanted to be?

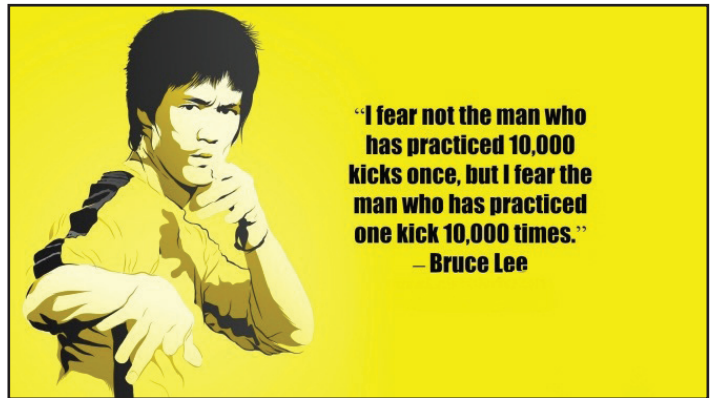
Ilsa: I want to be retired! At this point, I want to be retired, but there are a couple of jobs I might not mind doing. Have you ever seen the show, "Diners, Drive-ins and Dives"? There is this guy that drives around and visits all kinds of restaurants and checks out the food and eats the food, and has a T.V. program about it. I would like that. Or, I'd like to do anything with travel, where you get to travel for free and eat for free and write a little bit about it. Or retired.

Edna: What recommendations can you give to those students who just arrived in this country and are starting to learn English in this college?

Ilsa: I would say try to speak English as much as possible, try to find other people from other language groups to speak with, so Mexicans shouldn't talk to other Mexicans, and just to talk to other language groups, if possible native speakers. Read the newspaper, read the news on the internet. Read, just immerse yourself within the language and go take your kids to the park and just live the language. Not only study. Also study hard and do your

homework at the ESL center. We help you here. So yeah. That's basically what I'd advise them to do.

ESL Center - Practice!



Get some practice with your English! The ESL Center is still open for *enrollment.

What skills do you need to be successful in your classes, your career, and your everyday life? The ESL Center is a great place to practice a variety of skills and get help from instructors and tutors. Study materials to improve grammar, writing, listening and speaking are available for beginning, intermediate and advanced levels (**ESL 30 – 350**). The ESL Center also offers computer-based modules and very popular small group conversation sessions. Attendance times and days are flexible. Come and visit us in the Learning Resource Center. The staff is friendly and can answer any questions you have or help you register.

***Students must qualify to enroll in Level 30 classes**

Improve Your English



“Ole!” Parrot Travelers



Small World!

ASL instructor Collin Hillenbrand and ESL instructor Paul Bracco met on a bus in Grenada, Spain, this past June. What are the chances? What are the chances, too, that these instructors both teach subjects known by their acronyms. Eerie...

A man of few words, Bracco replied, when asked how his trip was, “Parrot-like”. Said Collin, “For Deaf Culture, usually, Deaf people meet other Deaf people in different countries. So it was unique to have professors from American River College meet in another country. Now Paul and I have our own work culture by knowing each other here and out of country. Small world, indeed.”

What's a proverb from your country you think is cool?



*“Health is not valued till sickness comes.” It’s Vietnamese. It means everyone usually doesn’t care about health. They overeat and drink at meals. They eat a lot of unhealthy food. They drink alcohol, wine, liquor... because they think they are young, not old enough to care about health. They consider that they’re strong. Until they figure out they have something wrong with their health. Now, they know how important health is. Luckily someone who gets sick and can recover. Unfortunately, some people get bad sick and they can’t overcome, even they die. Finally, everyone has to take care of their health. Without health, you can’t do anything. **Ngoc Ta***

*“Don’t judge a book by its cover.” It’s Ukrainian I think Americans also have the same. It means like a first look can be wrong, you know, you need to know a person closer to make your conclusion. **Victoria***



*Hi! In Russian culture we have a proverb “cutting your nose.” It means you have to remember this. For example, when you go hunting, you kill some animal and because of that you cut your gun and you remember you had some animal killed. This is the same when you scratch your nose for better remembering as information. **Illya***

*We have a very popular proverb in Afghanistan: “After every darkness will be brightness.” It means, if we face any difficulties and problems, then we have some solutions for how we can fix it and it makes a hope for us that we can have brightness after every darkness. **Sayeed***

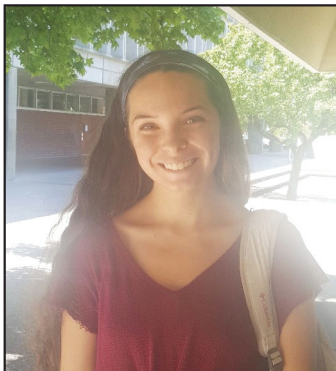




*“Don’t trouble trouble till trouble doesn’t trouble you.” It’s Russian. It means when you go somewhere and you see lying dogs, you just go straight your way and don’t touch them. It mean the same in life. In life, don’t try to find trouble. **Igor***



*“Fall down seven times; stand up eight.” This proverb is from Japan. It means it doesn’t matter how many times you fail as long as you keep trying, you’ll succeed. **Angela***



*My favorite Mexican proverb is to put on a good face or during bad times put on a good face. So like when you go through a tough time, you know, you’re down and you are moping around, to put on a good face and good things will come to you. **Deisy Colmenares***

*“Empty vessels make more noise.” In my country India, people say this proverb. The meaning of this proverb is that people who don’t have a lot of knowledge speak more. **Surinder***



*Hello, My name is Tayeba. I am from Iran. We have a popular proverb in our country and the proverb is “Come rain or shine.” It means that whatever happens I will be there or whatever happens I will do it. For example, if someone asks, “Are we going to the park this weekend?” and if another person really wants to go, then he/she will say, “Come rain or shine, we are going.” **Tayeba***

Out of the Cage

Résumé Development Workshop

Thursday, September 2, 2017

3:30pm – 4:30pm

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.

Location: DSPS Conference Room

Genealogy: Autosomal DNA Tests

Sunday, October 1 2017

1:00 pm - 2:30 pm

This presentation by popular lecturer Dr. James Baker illustrates the use of DNA results to solve genealogy puzzles regarding ancestors as far back as the 6th or 7th generation. Case studies offer a “how-to” approach showing step-by-step procedures to merge the results of DNA test data with the genealogy paper trail.

Admission: Free

Location: Central Library West Meeting Room 828 I St.

Important Dates

- * **Friday, September 22** Last day to petition for Pass/No Pass (full semester classes)
- * **Monday, September 25** Classes end (1st 5-wk classes)
- * **Tuesday, September 26** Classes Begin (2nd 5-wk classes)
- * **Wednesday, September 27** Last day to drop with a W grade (1st 8-wk classes)
- * **Friday, September 29** Last day to drop for refunds & to drop w/o notation on record (2nd 5-wk classes)
- * **Wednesday, October 4** Last day to enroll (2nd 5-wk classes)
- * **Thursday, October 5** Last day to petition for Pass/No Pass (2nd 5-wk classes)
- * **Friday, October 6** Fall 2017 Graduation Deadline
- * **Wednesday, October 11** Classes end (1st 8-wk classes)

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/ARC_Majors/Humanities/ESL/The_Parrot.htm