

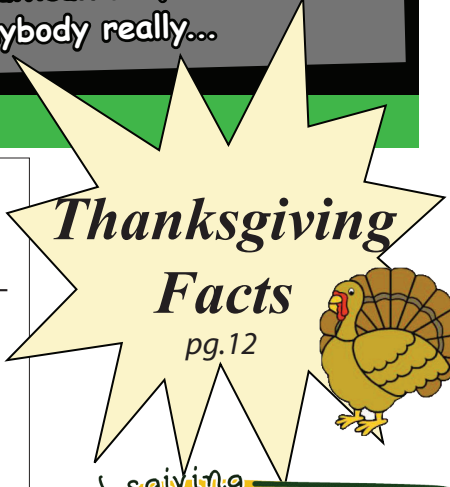


The Parrot

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

Issue # 119

Fall 2017



The Psychology of Prof. Lorie Hokerson

Parrot: First, could you please tell us a little bit about yourself?



Prof. Hokerson: I am a mother of 2 girls (9 and 13 years old). I used to play competitive soccer but gave that up to coach collegiate women's soccer at my alma mater. However, I gave that up to

pursue teaching. In my spare time (which I have very little of) I enjoy playing word and number games, like Sudoku and Boggle – I have a penchant for seeing patterns in numbers and

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How a Fake Man Helped Two Women Get Their Start-up off the Ground, and Prove a Point about Tech Misogyny

When the two female founders of an internet start-up found themselves facing the industry's well-known culture of misogyny, they decid-



Photo: Kate Dwyer (l) and Penelope Gazin needed to invent a fake man to be taken seriously in the start-up world

ed to create 'Keith Mann'. Keith became the co-founder of Witchsy, a new on-line marketplace for weird

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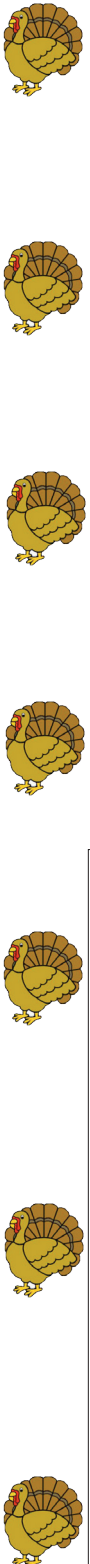
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Problems of Young Couples

Family is a paradise corner. Everybody dreams to have a sweet and united family. Everybody dreams to live in a family where love, respect, and understanding are first. For this reason, people get married. However, no matter how much they love each other, they will confront some problems, especially at the beginning of their marriage. What are these problems? There are several types of problems young couples have.

The first type is financial problems. Once the honeymoon ends, the

young couple starts to live the real life. Of course, the couple faces the problem that spending habits aren't the same. One spends more money than the other one. For example, I know a family from my village, and they permanently complain to one another that he or she spends money unwisely. He thinks that his wife spends money on useless stuff, and she thinks the same about him. Everybody with his own "pocket" also is a problem. Because they spend money left and right, when it's time to pay the bills, they run out of money and they start to fight. My cousin got married one year ago, and very often I lend him money to pay his rent. Why? Because in their young family, each of them has his own budget, and when it is time for bills, the pocket is empty. Another financial problem is the imbal-

ance in earning money. If the husband earns more money, it is okay, but if the wife has a better job and has a higher salary, it starts quarrels. For instance, my sister-in-law got a good job, and she earned more money than her husband. I heard hundreds of times how she demeaned her husband with sharp

words that he is incapable of earning money, and for him it is very painful. The first category of problems that a young couple has is financial problems.

The second type is communication problems. When two people don't communicate, it is a disaster because big

problems start from small misunderstandings. You have to express yourself and ask your partner "What do you feel?" "What do you like or don't like?" "What are you going to do?" or "What do you expect?" At the same time, you have to let your partner express himself/herself. You have to learn to listen, not just to speak. You have to be an open person. First of all, say everything to your partner, and, of course, your partner will do the same thing. In a family, there shouldn't be secrets because the family is a mirror, and everybody must see himself. For example, in the beginning of our marriage, I was a closed person. I couldn't express my feelings, emotions, expectations, desires, resentment, and disappointments. My husband suffered a lot because he didn't know how to act or proceed in some situations. We



argued all the time, and there were some moments when I thought that this was the end of our marriage. Fortunately, we now live with other principles, we communicate a lot, we speak for whole hours, and we live in peace and understanding. The second type of problem is communication problems.

The third type is chore problems. Usually, the male thinks that the woman must do all the housework, that this is women's obligation, but in modern life everyone is equal. In a family, the chores must be divided equally, or to help each other to make things together. Dishwashing is a common problem in all families. Why must the wife wash the dishes all the time? The husband will answer, "It is the woman's work!" To vacuum in the house is a problem for young couples too. To prepare food three times per day is a problem for young wives. Each partner wants to feel comfortable in his or her house. Let's divide the chores, let's

divide the obligations, and let's do everything together! For instance, in my family we do everything together, inside the house and outside. Nobody yells, "This is your work!" "You have to do this kind of work!" We are equal. The third type of problem in a young couple's families is household problems.

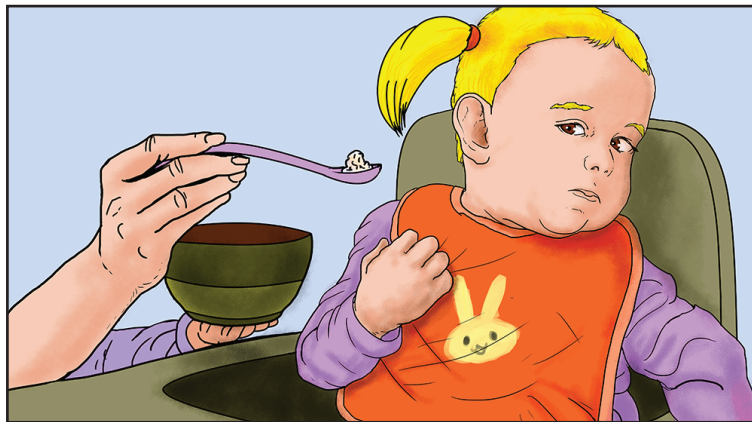
In conclusion, every family has problems in family life, but we must learn to solve them. A harmonious family has a balanced lifestyle through openness and willingness of its members to fulfill completely roles within the family. In other words, family harmony is the product of a relationship based on trust, respect, and love between husband and wife. Young couples have several categories of problems such as financial problems, communication problems, and chore problems.

Lenuta Musorivshi
ESL W50
(Classification essay)

Young Children Refusing to Eat

I think children's whims are parents' nightmares. Children can be capricious for any reason. One reason is young children refusing to eat. They want to eat just unhealthy food such as candy, chips, and ice cream. However, this problem concerns many parents because they want to see their children healthy. There are three solutions to the problem of young children refusing to eat: preparing food with a child, decorating food, and eating together.

The first solution to the problem of young children refusing to eat is preparing food with them. I think that the process of preparing food is very in-



teresting for children. This is like play. They can see different products and taste them. While they are preparing food, they may eat a lot of fresh and healthy food. I remember that when I was preparing food

with my mother, she always gave me some pieces of vegetables or something else. So I quietly ate healthy food. In addition, when children prepare something themselves, they want to taste it. The same thing happened to me. I was very proud of the meal that I prepared, and

of course I wanted to try it. Although sometimes it wasn't delicious, I ate it just because I did it myself. In addition, preparing food unites families. When children spend time with their parents, it unites them,



and trust between them grows. Parents can use this time to explain to children the benefits of healthy food. For example, my mother told me that if I ate healthy food, I would grow up to be a beautiful and strong girl. I believed my mother and started to eat. I think that preparing food with a child is a very great tradition for many families.

The second solution to the problem of young

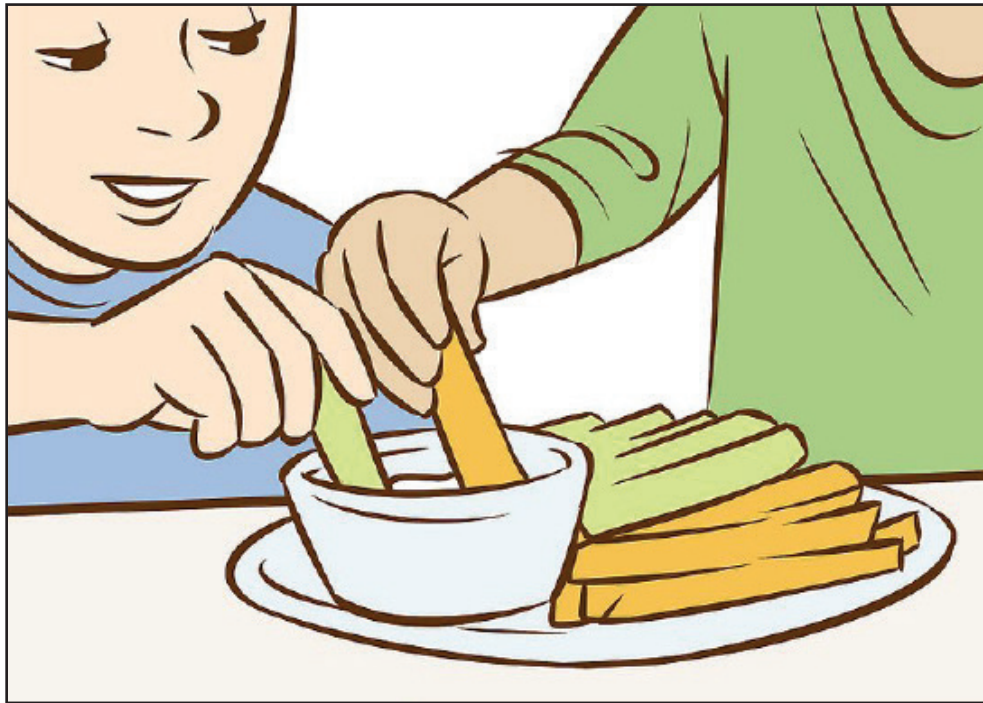
children refusing to eat is decorating food. To attract the attention of children, parents can cook using characters from cartoons. For example, my sister-in-law made breakfast using different figures such as hare, bear, and giraffe. My nephews were very happy to eat them. In

fact, children and even adults love “to eat with their eyes.” Sometimes we don’t want to eat a meal just because it doesn’t look great. However, if the meal looks great, we want to eat it. For example, my nephews always wanted to eat something just if it looked beautiful and colorful. In addition, when food is decorated, eating can be like a game. I remember how I played with my nephews. I took a piece of food and told them that it was an airplane and their mouths were airports. I made noises like airplanes did and put food into their mouths. They were so happy and addicted to the game. They didn’t notice how they ate the whole plate of food. I think that decorating food is a good way to feed children.

The third solution to the problem of young children refusing to eat is eating together. Eating together is a good habit for any family. This helps families to be united. Furthermore, when children see

how somebody eats nearby, this can cause them to have an appetite. Children often see what others do and then repeat it. For example, this worked on my nephews, too. In the beginning, they refused to eat. However, when they saw how we served the meals and started to eat, they quietly sat at the table and started to eat, too. In addition, usually when families eat together, they talk and laugh. Whenever children

have a good time, they eat all that they have on their plates without noticing. I remember that when my nephews were keen on conversation or something, they ate more than usual. Sometimes they even asked for more and more food. I



think that eating together can be a good solution for any family problems.

In conclusion, children are our future. We want to see our kids happy, strong, and healthy. To become such, they need to eat well today. This is not so easy for parents because children refuse to eat healthy food. They prefer to snack than to eat healthy food. I think that preparing food with children, decorating food, and eating together can help to solve the problem of young children refusing to eat.

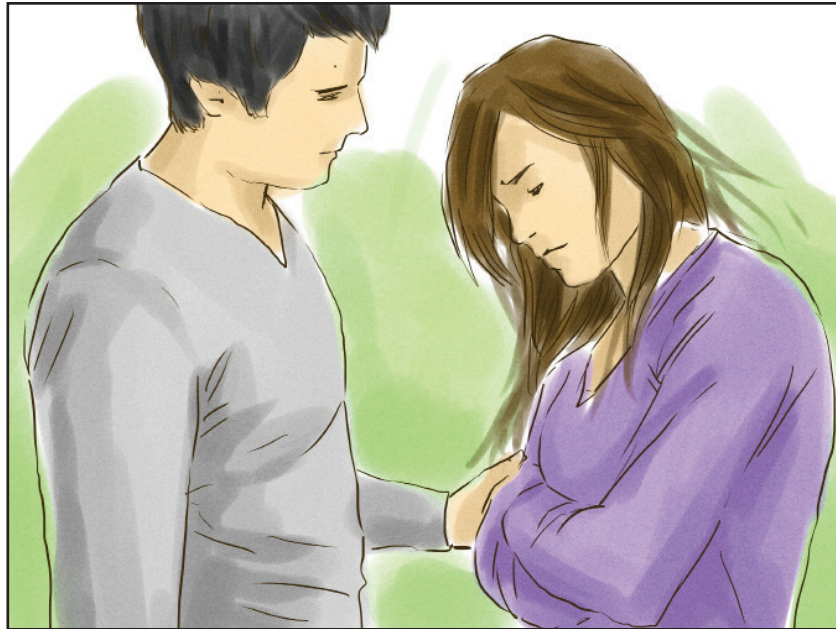


*Anaida Aleksanyan
ESL W50
(Problem-solution essay)*

Gently Breaking Up with Your Girlfriend

Are you worrying about having too many girlfriends? Did you ever want to break up with one of them but didn't know how to proceed? Life is always unpredictable. You will never know whether the girl is exactly the one you want until you get along with her for a period of time. Unfortunately, if you think you have had the wrong girl friend, please don't waste your time. Everything will be too late after you marry her. Actually, it's very easy to break up with someone. The most difficult thing is to minimize the harm. Don't worry; here are some suggestions for you. There are three major steps involved in breaking up with your girl friend.

The first major stage involved in breaking up with your girl friend is to analyze the relationship and think of an excuse. Ask yourself how long you had been in love with her. Usually, the period of "passionate love" is hardly longer than several months. After that, there will be a "careless period." Sweethearts care less about their boyfriend (girl-friend) in this period, but they will be more familiar with each other and the weaknesses. If you have been with your girlfriend for more than two years, it means you have passed the "careless period" with her. So you need to consider it carefully. What's your real reason to break up with your girlfriend? Do you think that reason will be acceptable for her? If not, the next step that you need to do is to think of an excuse. To think of an acceptable excuse, you need to analyze the current situation. Do you live

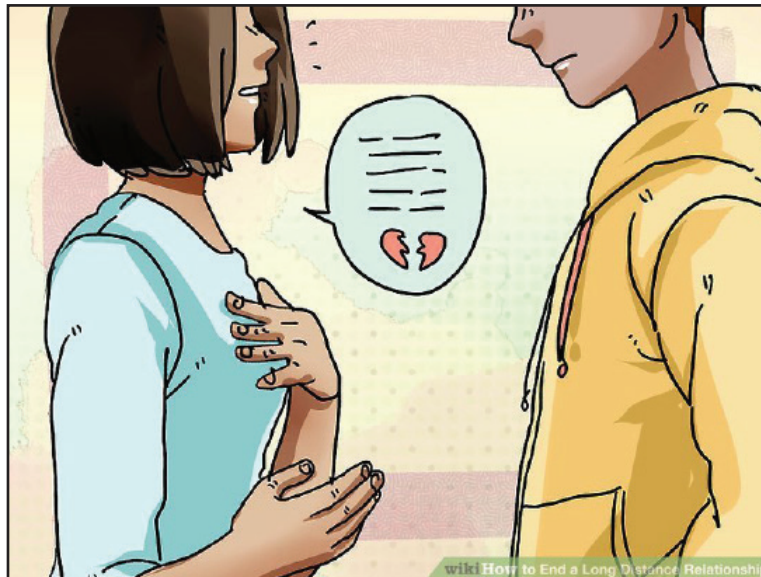


with her? Do you share your salary with her? How many mutual friends do you have? Does she still love you? And so on. For example, my friend, Qing Ting, didn't graduate in order to be in the same school as his former girlfriend. When he was in the new environment, he soon found a new girlfriend and wanted to break up with the first one. After analyzing his situation, I told him to tell his old girlfriend that his parents had discovered their relationship and forbade him from being with her, and he also had to focus all his attention on studying. With that "beautiful" excuse, Qing Ting successfully minimized the harm.

The second major stage involved in breaking up with your girl friend is to gradually let her know that you are not the one she really wants. First of all, you need to pay less attention to her. Even though you have made your decision to break up with your girlfriend, you should not tell her the truth suddenly. No matter how soon you want to end this relationship, your girlfriend needs some time to get used to living without you. Three years ago, my best friend, Si Cong Wang, broke up with his girlfriend suddenly, and the result is his girlfriend quit school and stayed at home with sorrow and suffering. Si Cong Wang was regretful breaking up with his girlfriend but didn't give any time to her at that time. Anyway, to avoid a situation like that of Si Cong Wang and his girl friend, you had better find one or two friends that you trust the most, and tell them your feeling. Your friends can also be very



helpful; they can sometimes console and comfort your girlfriend. However, remember not to let too many people know that. Once they have told your girlfriend, you will be in greater trouble. After telling friends your feeling, you could also encourage your friend, or his friend, who likes your girlfriend, to be alone with your girlfriend. Create a chance for them to have a date, but don't be so obvious, or you will expose your purpose. In addition, when your girlfriend invites you to have a date, try to avoid it if you can, or call a friend, who doesn't even know the relationship between you and your girlfriend. To be more specific, you also need to stress your weaknesses. With such a series of hints, your girlfriend may propose to break up first. At that time, what you need to do is just to pretend to be unwilling and sad, and finally to accept her decision.



If your girlfriend is still together with you after you carry out the second step, you have to follow the final step. The third major stage involved in breaking up with your girl friend is to end the relationship and disappear until she forgives you. My former girlfriend didn't want to break up with me even though I had paid less attention to her, encouraged another guy to be with her, and emphasized my shortcomings in front of her. However, I carried out my final plan, which was to directly end the relationship with her, and finally got rid of her. To directly end the relationship, first you need to find an appropriate place which is easy for you to exit before you tell her your excuse and plan. Don't choose your home. Choose a public but quiet place such as a coffee shop, a hotel, or even your girlfriend's home.

Those places are all suitable for breaking up. After choosing a place, you need to think of and arrange the words you are going to say. Try to make your reasons or excuses more acceptable. Don't make your words too complicated. A few minutes should be enough for a break up. The more you say, the more sorrowful your girlfriend will be. Moreover, don't forget your girlfriend's friends. Before you break up with her, you need to tell her friends to look after her for a while. Your girlfriend needs someone to accompany her until she gets rid of the sadness. Her friends can represent you to

comfort her. Last, but not least, when you break up with your girlfriend, you should utter your words determinedly, and leave immediately once you finish. After you leave, you have to turn off the phone (or reject her call), ignore her messages and emails, and avoid meeting her. Maybe you will ask, "Can we still be friends?" Of course, you can, but not now; only after she totally puts you out of her heart.

In general, there are three major steps involved in breaking up with your girlfriend: to analyze the relationship and think of an excuse, to gradually let her know that you are not the one she really wants, and to end the relationship and disappear until she forgives you. So far, have you learned the way to break up with your girlfriend? Are you dying to have a try? Don't be so impatient. Even though there are conflicts between you and your girlfriend, you should not end the relationship immediately. Take some time to cool down first, or you may regret breaking up with her.

Jiajun Guan
ESL W50
(Process essay)

My Great T-shirt

Clothes are just clothes. We buy them, wear them, and when they become old or we don't like them anymore, we throw them away. Usually, people have a lot of clothes and they don't even remember where they got them from or in what store they bought them. The clothes just come and go. However, sometimes people have favorites; they wear them all the time, as they're from someone special or perhaps are an expensive brand. Everyone has their own favorite things, and they have their own reasons to love them. I have a favorite item-my T-shirt.

I got this T-shirt back in 2012. My friend gave it to me because I lost my own. I had a P.E. class that year. At the beginning of the semester, we all bought our uniforms, which were a white T-shirt and black shorts.

Anyway, I lost my white T-shirt. You know how it is in a locker room. Everybody is in a hurry. Probably someone took it because from that time on I didn't see it again. My friend was so nice and gave me her last year's P.E. T-shirt. It looked the same, with the same words written on it, "Foothill High School", only the color was different, dark gray instead of white.

Even though my T-shirt is old, I like it. You may want to know why I am calling it old. Well obviously because now it is five years old. That's the oldest article of clothes in my closet. Now, it looks kind of old and worn. There are some rips in it, white

stains, and it is kind of smelly. However, I'm keeping it because it's really comfortable. It's made of a light cotton material and is kind of loose on me, so my skin can breathe through it. Of course, I don't wear it in public places, but it is my favorite piece of clothes for home.

I have a lot of new T-shirts, but this one is special for me. It's like a photo album but without pictures. You look at it and remember the good old days in high school. It even smells like that, like you are just back from P.E. In addition, the white stains remind me of a time when my family painted the walls and refurbished our house. My mom's words pop up in my mind when I look at my T-shirt. "What are you wearing? Again this T-shirt?" I used to wear it all the time. My mom said, "You have many T-shirts to choose from: why this one in particular?" My great T-shirt brings me back into the past and reminds me of those little moments in my life.

For some people, my T-shirt looks like a sporty, old, worn and smelly T-shirt, but for me it's something bigger than that. It's the memories from my past. Just as my T-shirt is meaningful for me, other things are meaningful for others. Therefore, everyone has something that they value, right? How about you? What is meaningful to you?

*Kateryna Melnyk
ESL W50
(Descriptive essay)*





Kabul's Air Pollution

Have you ever heard of a white city becoming black? What do you think about a white city and how can one become black? Kabul, Afghanistan, is the city where I lived most of my lifetime. I heard from my grandfather that Kabul was the city that had been selected as the capital for its mild and clean weather by former kings and rulers. Kabul had unique weather which no other city or country had and kings wanted to live in

The first solution to the problem of air pollution in Kabul is punishing people who pollute the air and make the air contaminated. First, the government should punish people by fining them a big amount of money. This technique is great because one of my friends told me about the government fining her \$2,000 for throwing trash on the ground instead of throwing it in the dustbin. She told me



the best place where there was a clean, pleasant, and mild climate. Over the past 30 years, Kabul's air has become polluted. Many people who live in Kabul do activities that are directly harmful for the air. They use bad quality fuels for warming their houses. Moreover, they use bad quality gas and diesel in their cars. These activities have caused Kabul's air to become dirty. Nowadays, Kabul is known as one of the dirtiest cities, in terms of air, in the world. Fortunately, there are three solutions to the problem of air pollution in Kabul: punishing people who harm the air and make the air contaminated, preventing air pollution by increasing new measures, and educating people how to keep the air clean.

that she never forgot that large amount of money she paid to the government, and she would never let the government fine her again. Secondly, government should punish people by putting them in prisons. This is a very severe punishment, but if the government takes this action, it will be a lesson to other people to not pollute the air.

The second solution to the problem of air pollution is government action. The government can have an essential role in putting a positive impact on the city's air. The government should make a law to force people to not use cars that are harmful to the environment. The government can hire companies to check the cars and gas quality, and

those companies should not allow bad quality cars in the city. The government should force people to use good quality gas. The government can give discounts to people who are poor and can't afford the good gas. The government should hire local inspectors to prohibit people from burning bad materials like plastic, paper, motor tires, and shoes for warming their houses. For example, one of my neighbors in

Kabul burned plastic materials and old shoes to warm his house, and it created a very bad smell and black smoke.

During this time, if we were in our yard, we weren't able to breathe properly because we were starting to cough. Whenever they started to burn bad materials, we tried to stay inside the home and closed all

the windows and doors to block those bad smells and that black smoke. Moreover, we tried to not hang our clothes because our clothes got a bad smell and the black smoke stayed on the clothes.

The third and best solution to the problem of the air pollution is educating people how to keep the air clean. The media is the best way to educate people to keep the air clean. Most people in my city watch television, and the channels should make programs explain which materials make air contaminated and explain that having polluted air is not only harmful to the health, but it also harmful to their next generations' health too. In addition, the leader of the local region should

hold conferences about the bad effects of air pollution with their people. It is a very good method to teach people about how beneficial it is to have clean air. Educating families by their children going to school is the best way to make people aware of the bad effects of air pollution. If teachers give good advice to children, they can practice that advice.



If we keep our environment clean, we can live a better, healthier, and happier life. In addition, we can pass on clean air to our next generations. There are three solutions to the problem of air pollution: punishing people who harm the air and make the air contaminated, preventing air pollution by new measures, and educating people how to keep the air clean.

Habiba Salehzada

ESL W50

(Problem-solution essay)



-Margaret Mead



Nestscape -- Articles from The Web

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art, alongside Kate Dwyer and Penelope Gazin. But Keith was not a real person.

He was their very own fake, male partner, designed to help them be taken seriously while trying to get their business off the ground.

Ms. Dwyer said when she and Ms Gazin were at the idea phase of their business, simply receiving timely responses to emails was difficult. And when they did get emails back, they were often condescending and at times sexist.

"We just had this thought — why don't we see what happens if we have a man on our team, a 'Keith Mann,'" Ms. Dwyer said.

"We realised women just have a harder time in business, and especially in tech, because there's a magnifying glass on them."

She said before they brought Keith onboard, the emails they were receiving from people were "pretty unhelpful."

"It was clear that they thought it was a hobby or we were just bored," she said.

"Penelope and I used to joke about the fact that it was like, 'Oh yeah, this is just our fun little business until we get husbands'"

'Everyone dropped everything to make sure Keith was happy'

Ms. Dwyer said the difference in the way people addressed Keith to how they had been addressed was "such a stark contrast".

"You're like, 'Wow,'" she said.

"What started happening is we would have people addressing Keith, acknowledging his ideas, making sure that they would throw any additional insight or feedback."

Ms. Dwyer said while before they had been forced to wait days for answers to "very easy things", the minute Keith asked the same questions "suddenly everyone was dropping everything to make sure that they were responding and keeping him happy."

"It was very odd," she said.

But while Keith helped get Witchsy up and running, Ms. Dwyer said he was "just a means to get everything started."

Once their site was built and they had something to show others and help prove themselves with, they were able to let him retire.

"The biggest thing we've discovered is that now that people can actually see it, things have been great, so we haven't needed Keith," she said.

But Ms. Dwyer said the fact they needed Keith at all proved women in tech start-ups were expected to prove they could deliver on an idea.

"I've seen men that just walk into a room and say 'I got a billion-dollar idea', and they suddenly have funding and everyone's onboard," she said.

"But with women, it's this entire other issue — having to just get to the place where people even take you seriously."

'People would assume I was the intern'

Australian entrepreneur and founder of the designer clothes shopping app Stashd, Jessica Wilson, said she was not surprised by the measures taken by Ms. Dwyer and her business partner.

"I remember when I started, people used to think I was the intern, rather than the CEO, and they would think my male intern was the CEO," she said.

"Being a female founder you have to give a lot of context."

Ms. Wilson said when she was pitching her

business to male investors, she found she had to impress them in different ways.

"Impressing them with statistics, market research, providing context," she said.

"There's a lot of additional work that needs to happen to wrap their heads around a context which might not be close to home as other businesses led by male founders.

"So it's a lot more work into setting the context and establishing that relationship as well."

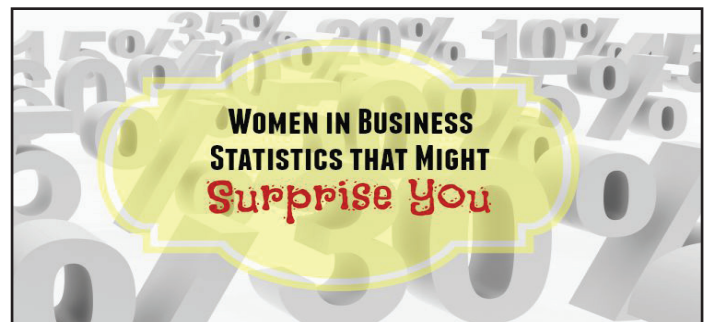
<http://www.abc.net.au/news/2017-08-31/female-entrepreneurs-create-a-fake-male-co-founder/8859282>

Women in Business Statistics that Might Surprise You

Did you know that women make just \$0.78 for every dollar men make in the United States? Some of the data is well-known, but it's great to see it all in one place. This is a collection of women in business statistics that shouldn't be missed.

Here are some highlights that might surprise you if you haven't seen them before:

- Women receive 60% of undergraduate degrees and 60% of graduate degrees but only 44% of masters degrees in business and management. Even worse, women only receive 37% of MBAs.
- In 1965, just 1.2% of graduates from the class of 1965 at Harvard Business School were women. In 2017, that number will reach 41%.
- Only 4.6% of S&P 500 companies have women CEOs.
- The most women CEOs can be found in the professional, technical, and scientific services sector (15.4%) followed by the real estate and rental leasing sector (9.5%). The fewest women CEOs are in the transportation and warehousing sector (0%) and the mining, quarrying, and oil and gas extraction sector (0%).
- On average, women CEOs are paid an average of



11.5% less than their male counterparts.

- At the current rate of progression, women won't reach pay equality with men until 2058.
- Companies with boards that include at least 3 women with sustained representation on the board outperform those with no women board directors with 66% higher return on invested capital, 53% higher return on equity, and 42% higher return on sales.
- The country with the most women board directors is Norway (35.5%) followed by Finland (29.9%). The country with the fewest women board directors is Japan (3.1%) followed by Portugal (7.9%). In the United States, 19.2% of board directors are women.

<http://www.womenonbusiness.com/women-in-business-statistics-that-might-surprise-you/>



Are Musicians Better Language Learners?



Today's economic environment demands that our children become the very best they can be. A lot of demands are placed upon us as parents, and whether we like it or not, we need to help our children navigate their way in today's fast-paced world and build their skills for the future. But not all methods, from flashcards to baby signing, actually boost a child's intelligence, language skills or other abilities for success. Reading through many research papers from peer-reviewed scientific journals, I discovered that music training is the only proven method to boost the full intellectual, linguistic and emotional capacity of a child.

Thankfully, for the sake of the stress levels of parents and children, for the whole-brain boost, there is no need to emulate Tiger Mother Amy Chua who pushed her children to play classical instruments for several hours a day, often prompting tearful tantrums from her daughters. According to the studies, just one hour a week of learning music is enough for the full brain benefits to take place – including an all-round boost in language skills and a significant increase in IQ.

In my birth country, Finland, the average person speaks three to five languages – after all, no one understands our obscure native tongue. But Finland's peculiar custom of early music training where even babies and toddlers learn core music skills through songs and games, may also influence the fluency of foreign-language speaking Finns. As music training boosts all the language-related networks in the brain, we would expect it to be beneficial in the acquisition of foreign languages, and this is what the studies have found.

When children start studying music before the age of seven, they develop bigger vocabularies, a better sense of grammar and a higher verbal IQ. These advantages benefit both the development of their mother tongue and the learning of foreign languages. During these crucial years, the brain is at its sensitive development phase, with 95% of the brain's growth occurring now. Music training started during this period also boosts the brain's ability to process subtle differences between sounds and assist in the pronunciation of languages – and this gift lasts for life, as it

has been found that adults who had musical training in childhood still retain this ability to learn foreign languages quicker and more efficiently than adults who did not have early childhood music training.

Humans first started creating music 500,000 years ago, yet speech and language was only developed 200,000 years ago. Evolutionary evidence, as interpreted by leading researchers such as Robin Dunbar from Oxford University, indicates that speech as a form of communication has evolved from our original development and use of music. This explains why our music and language neural networks have significant overlap, and why children who learn music become better at learning the grammar, vocabulary and pronunciation of any language.

The benefits are not just for those of us whose mother tongues are obscure. Even for English speakers, there is a growing interest in the advantages that come with learning foreign languages. There are many languages that can benefit us in immense ways, from culture to trade – Chinese, Russian, Arabic, French and Spanish to name but a few – and what better way to ensure your child can pick up all these languages than by teaching them the master language that transcends all others: music.

Music training plays a key role in the development of a foreign language in its grammar, colloquialisms and vocabulary. One recent study found that when children aged nine and under were taught music for just one hour a week, research concluded that they exhibited a higher ability to learn both the grammar and the pronunciation of foreign languages, compared to their classmates who had learned a different extra-curricular activity.

Finnish children are commonly musically trained from a young age (up until the age of seven) with the playful Musiikkileikkikoulu method, but they only start school at age seven and start language learning at nine or older. Despite this “late exposure” to everything excluding music skills, they commonly end up speaking three to five foreign languages. Any English-speaking person who has ever visited Finland can attest to the fact that nearly every Finnish person speaks English without any problems. My contention

as an average Finn who speaks four languages is that speaking languages is fun – it allows you to engage with different cultures from an insider’s point of view.

Take Ken Stringfellow, the American singer-songwriter known for his work in the Posies and REM, as an example of the impact of music on the ability to learn foreign languages. Ten years ago, well into his thirties, he married a French woman and subsequently picked up a whole new language from scratch. Recording with him in Paris, at first I was amazed at how he had learned it so well without any prior background, compared with my 12 years spent studying French at school; but the research explains it. As a musician who made music from toddlerhood, he would have significantly boosted his brain’s capacity for the syntax, semantics and pronunciation of learning any new language in adulthood.

We must not forget that our children often learn the most when they are engaging in free play and discovering the world for themselves. The combination of a bit of music training and a lot of free play certainly has not harmed the Finns, who in the OECD’s Pisa tests are among the top students in the world not just in their language skills, but in their abilities in mathematics, literacy and science.

The future and its economic demands may be uncertain, and there may be a lot of pressure on us parents, but one thing is certain: in order for our children to thrive, we need not impose this pressure on them. The brain takes care of its own development, with a little bit of music and a lot of love and free play.

<https://www.theguardian.com/education/2014/feb/27/musicians-better-language-learners>





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!

Easy-to-Follow Recipe for Creamy Corn Casserole



An irresistibly delicious side dish, this Creamy Corn Casserole is a cross between cornbread, creamed corn and soufflé. It's savory and sweet, soft, and moist inside like a soufflé with a lovely golden brown caramelised top.

Thanksgiving will not be complete without this. Make this super fast using a cornbread mix OR from scratch!

Ingredients

420g / 14 oz can creamed corn

420g / 14 oz canned corn kernels - do not drain!!

8.5 oz packet Jiffy corn muffin mix OR homemade corn muffin mix (below)

2 eggs, beaten

1 stick / 115g unsalted butter, melted

1 cup sour cream

Pinch of cayenne pepper

.....



Homemade Corn Muffin Mix

$\frac{2}{3}$ cup flour

$\frac{1}{2}$ cup yellow cornmeal

3 tbsp white sugar

1 tbsp baking powder

$\frac{1}{4}$ tsp salt

2 tbsp vegetable oil



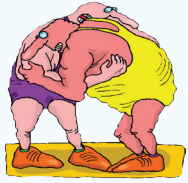
Instructions

1. Whisk ingredients in a bowl until mostly lump free.
2. Preheat oven to 325F/165C.
3. Mix all ingredients together in a bowl (including all the liquid in the canned corn kernels).
4. Pour into a $1\frac{1}{2}$ quart / 1.5 litre / 6 cup casserole dish.
5. Bake for 55 - 60 minutes (standard ovens) or 50 minutes (fan forced / convection) or until set but still a bit "jiggle" in the center (it will set when cooled).
6. Serve warm or even at room temperature.



<http://www.recipetineats.com/creamy-corn-casserole/>

Parrot Warbling



Grappling with Grammar

Grammar Capitalization Rules

Rule 1. Capitalize the first word of a document and the first word after a period.

Rule 2. Capitalize proper nouns—and adjectives derived from proper nouns.

Examples:

the Golden Gate Bridge

Rule 3. Capitalize nicknames in all cases.

Examples:

Meet my brothers, Junior and Scooter.

Rule 4. Capitalize a formal title when it is used as a direct address in place of name or with a name. The more formal the title, the more likely it is to be capitalized.

Examples:

Will you take my temperature, Doctor?

Rule 5. Capitalize relatives' family names (kinship names) when they immediately precede a personal name, or when they are used alone in place of a personal name.

Examples:

I found out that Mom is here.

Rule 6. It is not necessary to capitalize city, town, county, etc., if it comes before the proper name.

Examples:

the city of New York

Rule 7. In general, do not capitalize the word “the” before proper nouns.

Examples:

We visited the Grand Canyon.

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

Idiom--Attic

WHEN PIGS FLY



Meaning: this means that something will never happen

Ex: Aren't you going to buy that dream house you told me about?

Ugh, I will **when pigs fly**. It's just so expensive. I don't think it'll happen.

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

Beak Speak

Silent Letters (Continue)

4- Silent **G**, the letter is not pronounced when it comes before 'N' or 'M'

- Gnat
- Diaphragm

5- Silent **GH**, th 'GH' is not pronounced before 'T' and at the end of many words

- Rough
- Through
- Alight
- Light
- Borough

6- Silent **H**, the 'H' is not pronounced when it comes after 'W'

- Why
- Whether
- Where

Sometimes the '**H**' is silent for some words, even when it is the first letter of the word

- Hour
- Heir

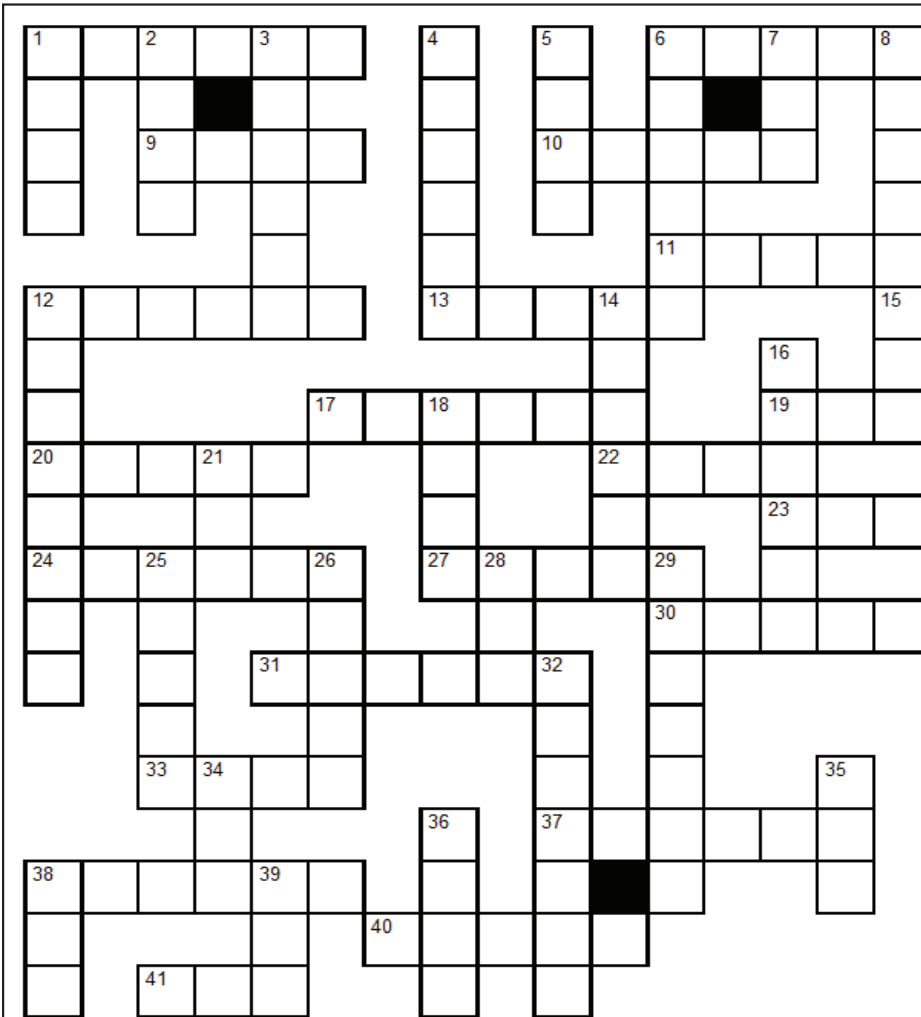
'**H**' is not pronounced when it comes before 'Y' if it is part of a consonant cluster at the beginning of the word.

- Thyme
- Rhyme

<http://www.englishleap.com/other-resources/silent-letters>



Some More Parrot Fun Stuff



Across

- 1 A place that rhymes with pool.
 6 The antonym of long.
 9 A farm animal that rhymes with boat.
 10 A synonym for yell.
 11 A toy that rhymes with bite.
 12 A kind of fruit that begins with G.
 13 A kind of flower that begins with D.
 17 The opposite of top.
 19 Another word for pull.
 20 The antonym of clean.
 22 A fruit that rhymes with hair.
 23 The opposite of young.
 24 A type of lizard that begins with I.
 27 A farm animal that rhymes with sleep.
 30 The opposite of wrong.
 31 A season that rhymes with king.
 33 A food that rhymes with dice.
 37 A kind of fruit that begins with B.
 38 Another word for cold.
 40 Another word for big.
 41 A farm animal that rhymes with wow.

Down

- 1 The antonym of fast.
 2 Another way to say 'very big.'
 3 A type of fruit that begins with O.
 4 A synonym of afraid.
 5 A type of flower that begins with R.
 6 Another word for scary.
 7 The opposite of in.
 8 Another word for speak.
 12 A kind of fish that begins with G.
 14 Another word for easy.
 15 A pet that rhymes with log.
 16 The opposite of strong.
 18 Another word for throw.
 21 A drink that rhymes with sea.
 25 The opposite of over.
 26 A kind of fruit that begins with A.
 28 A farm animal that rhymes with pen.
 29 A synonym of gift.
 32 A synonym for trash.
 34 Another word for sick.
 35 The antonym of good.
 36 A forest animal that rhymes with hair.
 38 A pet that rhymes with hat.
 39 The opposite of high.





Thanksgiving (U.S.)



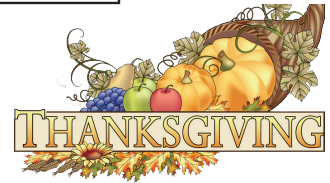
Find and circle all of the words that are hidden in the grid. The remaining 26 letters spell a popular Thanksgiving Day event.



ANNUAL
AUTUMN
CELEBRATION
CORN
CRANBERRY
FAMILY
FEAST
FESTIVAL
FOOD
FOOTBALL
FRIENDS
GATHERING

GRAVY
HARVEST
HOLIDAY
LONG WEEKEND
MASHED POTATOES
MEAL
NOVEMBER
PARADE
PILGRIMS
PLYMOUTH PUMPKIN
PIE
RELATIVES

REUNION
SQUASH
STUFFING
SWEET POTATO
THURSDAY
TRADITION
TRAVEL
TURKEY
WAMPANOAG
YAMS





Parrot Poetry



A THANKSGIVING POEM

May your stuffing be tasty, may
 your turkey be plump,
 May your potatoes 'n gravy have
 nary a lump,
 May your yams be delicious, may
 your pies take the prize,
 May your Thanksgiving dinner
 stay off of your thighs.
 Remember to share with those less
 fortunate,
 And may your thanksgiving be
 blessed!

by CJ Beaman



Rigoberto's Riddles

What can travel around
 the world while staying in a
 corner?



A stamp

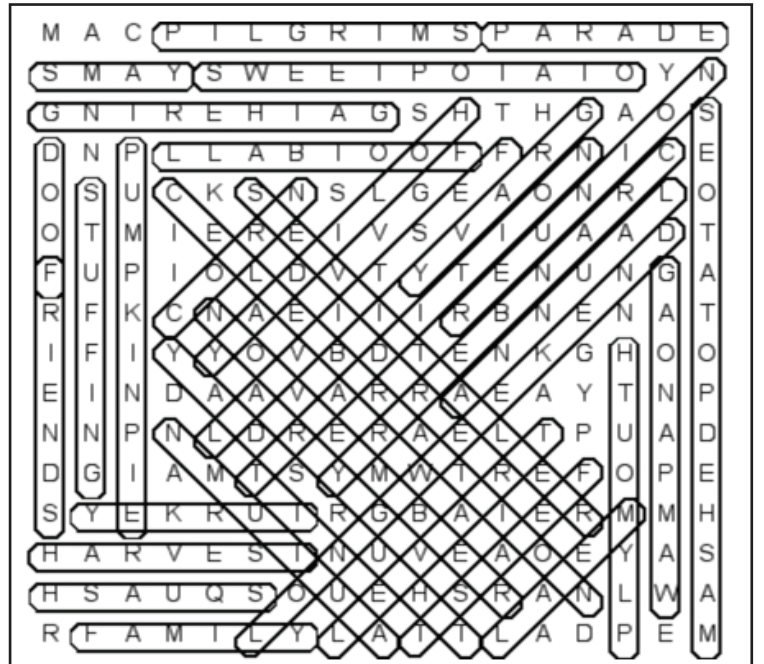
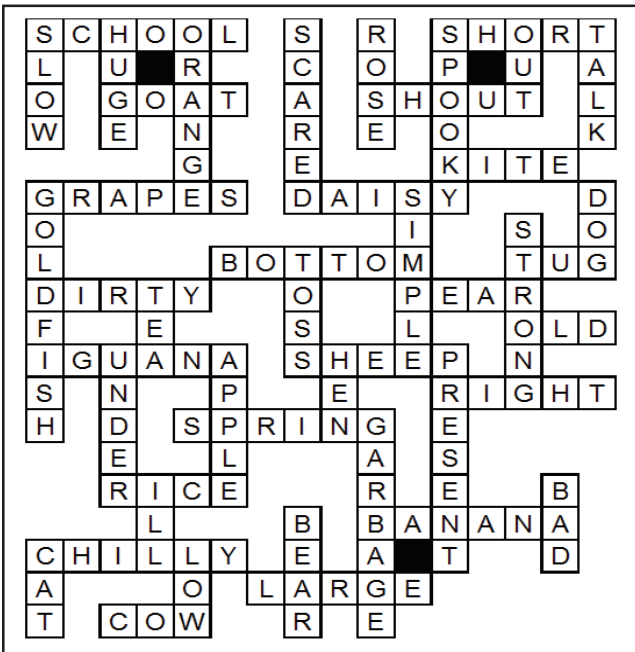
Silly Vasily's Chuckle Chamber



Ronnie goes to the auction. He notices a parrot that was on auction. Ronnie decides to bid for it, and so Ronnie starts off with 50 Dollars.

Auctioneer: 50 Dollars. **Voice:** 100 Dollars. **Ronnie:** 200 Dollars. **Voice:** 300 Dollars. **Ronnie:** 400 Dollars. **Voice:** 750 Dollars. **Ronnie:** 800 Dollars. **Auctioneer:** 800 going once,

twice and the parrot is sold. **Ronnie** to the auctioneer, "I hope this parrot can speak as I have spent a lot of money on it." **Auctioneer** laughing: "Who do you think was bidding against you?!"



Granny Noetal

Dear Granny Noetal,

Why do some instructors give a final exam and others say that if you have an "A" going into the final, you don't need to take the final?

Sonia Benachim

That's a great question. I'm responding about the ESL Dept. but I can imagine that this practice exists in many departments. In any case, I asked around and got a variety of good responses. One instructor said that it's simply what is required – complete the class by taking the final. Another instructor pointed out that some classes don't have a cumulative amount of material to be tested on – it's more a matter of if students have learned or improved on the skills and strategies necessary to move to the next level. That might apply for a reading or listening/speaking class. The ESL writing final is a good case in



point. The final essay is usually weighed in the same way as other in-class essays are. Thus, failing it doesn't necessarily mean a student fails the entire course. It does, however, indicate to the instructor (and the student) that she/he would be advised to take a semester to work on skills in the ESL Center before moving to the next level. So both students and instructors can learn something through tests and final exams can be an especially good tool for that.

A final thought about the value of taking a final is this: in a class that requires the acquisition of a large body of material, the final can present for students a challenge but one that provides motivation and one that a student can be proud of. Has the material been fully assimilated or were previous, less-demanding quizzes simply crammed for briefly with material not settling into long-term memory? Sonia, these are good questions for discussion, don't you think? Talk to your instructors! I'm sure there other ideas that I haven't come across.

Interview with Prof. Hokerson

Continued from page 1

letters. I aspire someday to be on the "Wheel of Fortune because I am pretty good at that game! I coach my youngest daughter's soccer team and also volunteer as an art docent at her school. (My undergraduate degree is in art, so it's fun for me to share my love for creativity with young kids).

Parrot: Why did you choose this career?

Prof. Hokerson: I enjoy working with people and knew that I didn't want to sit behind a desk for a career. After I stopped coaching, teaching seemed to be an ideal fit for me, and I knew I wanted to work with adults, not children.

Parrot: When did you first become interested in a career in psychology?

Prof. Hokerson: I worked in the field of men-

tal health with emotionally disturbed kids after graduation and have always been interested in the field of mental health and other aspects of psychology. I realized however that I wanted to be a college professor as I was transitioning away from coaching and moved into the field itself – that's when I realized I missed the interactions in helping adults grow and strive to be better. I then began to pursue teaching as a career.

Parrot: So is there any specific branch of psychology that you like the most?

Prof. Hokerson: I enjoy most of the branches of psychology, but I especially enjoy biopsychology, multicultural, developmental, and social psychology.

Parrot: What are your long term career goals? In five years? In ten years?

Prof. Hokerson: I hope to be teaching until retirement! My goals would be to continue to improve my teaching skills to be a more effective teacher.



I don't ever see a time when I will feel like I've reached this goal; I will always strive to do a better job than I am currently doing. Teaching is an evolution; it's not a destination.

Parrot: What do you like most about your current job?

Prof. Hokerson: Of course I love the flexibility of being able to schedule my teaching load to accommodate my family and personal life. I enjoy the people that I work with both in and outside my department. I appreciate my students, hearing the stories of their lives and sharing their goals and dreams with me, then helping them navigate successfully toward those goals and dreams. There is nothing I dislike about my job...okay, maybe homework-grading takes a lot of time sometimes. :)

Parrot: So what is your favorite part of your current job?

Prof. Hokerson: I love when students return after completing my class and tell me how much they learned and grew from the experience.

Parrot: Describe your philosophy of teaching?

Prof. Hokerson: Learning is an interactive experience between teacher and students; therefore, in my classroom I try to create that interactive experience. I believe in creating varied learning activities for students, offering choice and flexibility to help students succeed. I try to create a real-life experience for students in my classroom.

Parrot: Have you ever had any other jobs besides teaching college?

Prof. Hokerson: Yes, I've had many; however, this one is by far the most amazing, fulfilling one!

Parrot: What strategies do you use to be successful in college?

Prof. Hokerson: I read a lot of non-fiction, keep up with current events, follow educational and technology blogs, attend trainings, and work hard for my students. I am never complacent with my curriculum, which is constantly in iteration, which

helps me to keep my curriculum contemporary and fresh.

Parrot: How do you adjust your style to the less-motivated or under-prepared student?

Prof. Hokerson: Regardless of motivation or preparation, I try to be supportive and show students that I care about their success. I will reach out if I feel students are slipping behind and connect them with resources, including myself, to help them overcome obstacles. I build in writing and reading supports into my classroom, try to utilize varied activities in the classroom to keep things interesting.

Parrot: What is the best way to study for your class?

Prof. Hokerson: Come to class. Use the study guides to focus on what you read. Space out your study sessions. Start early, review often. Ask questions if you need help. Form study groups.

Parrot: Is it possible to make learning fun for students? How?

Prof. Hokerson: Of course. Fun is not the goal, but it is certainly something that can be woven into a lesson. I do not strive for learning to be fun, but I do think making the lesson feel "real" to students, that it is relevant in their lives, is an important goal in learning.

Parrot: I saw a sign on your office door which says Psi Beta. Could you please give us some information about it and what is your role with them?

Prof. Hokerson: I am a co-advisor for Psi Beta, a national honor society for community college students. It is a student-driven club, with membership requirements such as minimum GPA, completed units in psychology, and good standing with the college. Our students create and get involved in research as well as community service activities on and off-campus. Students who join can get the opportunity to present their research at psychological conferences, which is a great application builder for transfer.

Parrot: What's one thing a lot of people don't

know about you?

Prof. Hokerson: I am really, really good with song lyrics. For some reason, I can pick them up and remember them very well. Strange and useless talent, considering I have a horrible singing voice. I also love Wonder Woman!

Parrot: Why should students take a psychology class?

Prof. Hokerson: Psychology is useful to better

understand yourself, as well as other people. It can help you to become a better community member, employee, neighbor, and friend. But at the very least, taking a psychology class can help to make you a better person.

Parrot: Thank you so much Professor Hokerson.

Prof. Hokerson: You're most welcome.

Parroteer: Elaf Khafaja

Thanksgiving Fun Facts



Did you know that turkey wasn't even served at the first Thanksgiving — and that the Pilgrims didn't use forks because they weren't invented yet?

On the fourth Thursday in November, families across the U.S. gather to feast on turkey, watch football and gear up for Christmas by looking for Santa during the Macy's Thanksgiving Day Parade, but did you ever wonder why these Thanksgiving traditions started?

1- **The first Thanksgiving was held in the autumn of 1621** and included 50 Pilgrims and 90 Wampanoag Indians and lasted three days. Many historians believe that only five women were present at that first Thanksgiving, as many women settlers didn't survive that difficult first year in the U.S.

2- **Thanksgiving didn't become a national holiday until over 200 years later!** Sarah Josepha Hale, the woman who actually wrote the classic song, "Mary Had a Little Lamb," convinced President Lincoln in 1863 to make Thanksgiving a national holiday, after writing letters for 17 years campaigning for this to happen.

3- **No turkey on the menu at the first Thanksgiving:**

Historians say that no turkey was served at the first Thanksgiving! What was on the menu? Deer or venison, ducks, geese, oysters, lobster, eel and fish. They probably ate pumpkins, but no pumpkin pies. They also didn't eat mashed potatoes or cranberry relish, but they probably ate cranberries. And no, Turduckens (a turkey stuffed with a duck stuffed with a chicken) were nowhere to be found during that first Thanksgiving.

4- **No forks at the first Thanksgiving!** The first Thanksgiving was eaten with spoons and knives — but no forks! That's right, forks weren't even introduced to the Pilgrims until 10 years later and weren't a popular utensil until the 18th century.





5- Thanksgiving is the reason for TV dinners! In 1953, Swanson had so much extra turkey (260 tons) that a salesman told them they should package it onto aluminum trays with other sides like sweet potatoes — and the first TV dinner was born!

6- Thanksgiving was almost a fast — not a feast! The early settlers gave thanks by praying and abstaining from food, which is what they planned on doing to celebrate their first harvest, that is, until the Wampanoag Indians joined them and (lucky for us!) turned their fast into a three-day feast!

7- Presidential pardon of a turkey: Each year, the president of the U.S pardons a turkey and spares it from being eaten for Thanksgiving dinner. The first turkey pardon ceremony started with President Truman in 1947. President Obama pardoned a 45-pound turkey named Courage, who was flown to Disneyland and served as Grand Marshal of the park's Thanksgiving Day parade!



8- Why is Thanksgiving the fourth Thursday in November? President Abe Lincoln said Thanksgiving would be the fourth Thursday in November, but in 1939 President Roosevelt moved it up a week hoping it would help the shopping season during the Depression era. It never caught on and it was changed back two years later.

9- The Macy's Thanksgiving Day Parade began in 1924 with 400 employees marching from Convent Ave. to 145th Street in New York City. No large balloons were at this parade, as it featured only live animals from Central Park Zoo.

10- Turkey isn't responsible for drowsiness or the dreaded "food coma." So what is? Scientists say that extra glass of wine, the high-calorie meal or relaxing after

a busy work schedule is what makes you drowsy!

11- How did the tradition of watching football on Thanksgiving start? The NFL started the Thanksgiving Classic games in 1920, and since then the Detroit Lions and the Dallas Cowboys have hosted games on Turkey Day. In 2006, a third game was added with different teams hosting.



12- Wild turkeys can run 20 miles per hour when they are scared, but domesticated turkeys that are bred are heavier and can't run quite that fast.



<http://allparenting.com/my-life/articles/969379/20-thanksgiving-fun-facts-to-teach-kids>

New ESL Adjuncts: What have you enjoyed in your new gig?



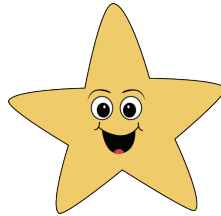
Hmmm, so many pleasures to pick from! I guess I will say... I have enjoyed that the classes are large, action-packed, and never boring! I was surprised with the measure of diversity that makes up the student body - truly a wide range of ages, race, religions, and gender.

Prof. Kimberly Lengyel



“So far, I’ve really enjoyed teaching at ARC. I have had many fantastic and hard-working students. Plus, I’ve had the chance to teach in the same classroom after a veteran teacher. Seeing her positive interactions with students and her creativity with the Parrot are something I really appreciate. Also, Liliya, Masha, & Anjelica in the Humanities office have been very helpful!”

Prof. Naomi Ennis



“So far, I really like the Student Center. I like to get a coffee at the Starbucks there and watch students and teachers working, relaxing and chatting.”

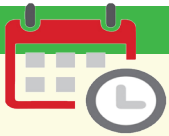
Prof. Brittney Bouc



This is my third semester at ARC, and I have had many pleasures since I began working here. I would say that one of the biggest pleasures has been the helpfulness and kindness of my ESL department colleagues. I truly felt like part of a team when I joined them, and like I had finally met “my people.” (You know, fellow nerds who like to discuss grammar and teaching techniques in their spare time. I love it.)

The second pleasant surprise I have noticed since working here is how hard-working my students are. I typically teach evening classes, but my students show up with energy and a willingness to learn that makes my job even more enjoyable. Between my fellow colleagues and my students, working at ARC is one the best teaching experiences I’ve ever had and I hope I am here for many years to come. Prof. Lindsay Curtis





EVENTS CALENDAR

Out of the Cage

VN CARES FREE Pacific Outreach Health Fair

**Sunday, November 12, 2017
9:00 am - 3:00 pm**

We are VN CARES, a committee at the University of the Pacific Thomas J. Long School of Pharmacy and Health Sciences, and we are hosting our FREE annual Pacific Outreach Health Fair. This event provides the Sacramento community with health education and FREE health screenings such as cholesterol, blood pressure, diabetes, osteoporosis, and much more. Pacific Outreach Health Fair will take place on Sunday, November 12th, 2017 at the Vietnamese American Community of Sacramento.

- Please visit www.uopvncares.org or contact UoPVNCARES@gmail.com, (209) 553-8368 with any questions.

- Please note that this event is open to EVERYONE so please come and invite your friends, families, co-workers and everyone that you know!



Location: 6270 Elder Creek Road, Sacramento, CA 95824

CSU Application Workshop Wednesday, November 15, 2017 12pm - 1pm

Are you planning to transfer to a California State University (CSU) campus in Fall 2018? Come learn about the CSU's new application process, Cal State Apply. Learn about the requirements, deadlines, and how to apply. These workshops are presented by Carlos Rubio, a CSUS representative.

Location: Learning Resource Center

ACE Program Information Session Thursday, November 16, 2017 6pm - 7pm

Struggling to find classes that fit with your work schedule? The Accelerated College Education (ACE) program is designed for working or busy students who wish to complete general education classes towards an Associate's degree and/or transfer. Students in the ACE program are part of a cohort that takes two classes every 8 weeks; these classes meet Tuesday evenings and Saturdays for a total of 10-12 units each semester. Attend an ACE Information Session to learn more and get enrolled!

Location: 2421 Del Paso Blvd, Sacramento, CA 95815. Room N202



Questions/Comments?

Student Editors: **Elaf Khafaja, Betul Nabeel & Habiba Salehzada**

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: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