



# The Parrot

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

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## Professor Eifertsen and All that Jazz

**Parrot:** "Good morning, Dr.Dyne! You are teaching trombone at ARC, right?"

**Dr. Dyne:** "Actually, I teach jazz studies in the Music Department. I'm a trombone player and I do teach trombone on occasion, but I am a director of the



jazz studies program. I am the department chair of music and I also teach jazz bands, jazz combos, basic musicianship, and rock and roll history."

occasion, but I am a director of the

**Parrot:** "Nice! I want to start with knowing  
*Continued on page 19*



American River College  
4700 College Oak Drive  
Sacramento, CA 95841  
(916) 484-8001

## Python Gives Neck Massages at German Salon

March 17 (UPI) -- A hair-dresser in Germany is drawing customers to his salon with the hire of an unusual employee -- a 13-year-old python that



A customer at a Dresden, Germany, salon gets a neck massage from a python named Monty. Screenshot: WTVD-TV

gives neck massages. Frank Doehlen, proprietor of the Haar Mode Team salon in Dresden, said he started

*Continued on page 10*

### Inside this Issue

- Catch!.....2
- Picky!.....3
- Uh-oh!.....5
- Friction!.....6
- Mex Dress.....7
- Teachers & Doctors.....9
- Gazpacho!.....14



## Student Chirpings

### To Catch a Woman's Attention

I am a woman who catches men's attention. When I was only fourteen years old, my friend asked me to marry him (when I reached eighteen). Of course, I declined his offer because I was too young. However, since that time I have gotten a lot of attention from other boys. They were everywhere: at school, at college, at church, at camp, even on the street. Because I am a Christian, I decided to not have

any close relationships with men before I got married. Therefore, I stopped looking in men's eyes, and I started to ignore every man. However, it did not stop them, but it became harder for them to catch my attention. Therefore, I am a woman who has experience in such matters. I

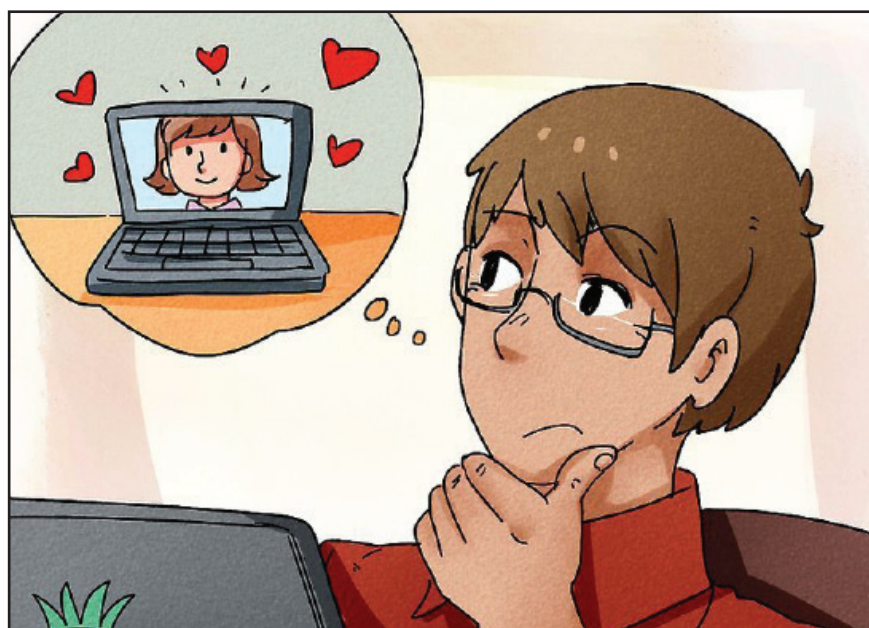
know, in fact, how to catch a woman's attention not for one single moment, but for a long time. Believe me, it is not hard at all. Just follow my suggestions. There are three major steps to catching a woman's attention.

The first major step to getting a woman's attention is to find out what is important to her. Every woman has things which she loves, enjoys, and wants. You should know it and use it. If you do not know, search for it! First of all, go to the Internet and find her personal information there. She may have an account on Facebook, Instagram, Google, etc. Attention! Do not "like" her photos, and do not give a request to be friends with her. It should be incognito! Just check her out. Next, ask her friends

about her. Do it invisibly! Nobody should notice your interest in her. It is a secret. If it will not be a secret, in her eyes, you will be a very common boy who uses simple and uninteresting methods.

The second major step to catching a woman's attention is to work on yourself. Women are very picky. Every woman has her own preferences.

Depending on their preferences, they admire and respect different kinds of boys. Some of them respect smart boys, some - cool, some - talented, some - musical, etc. That's why I told you to discover the woman's interest. If you already know it, take the next step. First of all, if you are interested in a



woman who loves music, learn how to be better in music than her. If you want to catch the attention of a woman who loves sports, learn how to be better in that sport than her. You should join the club of a specific sport. Remember, if she is really interested in a subject, she is good there. Secondly, go to fitness center every day to look impressive. Do not forget to take a shower every day to look neat. Next, read books in different styles. (Women love smart boys.) Finally, If your woman believes in God and goes to church, be interested in God and attend the church of her religion too. All dreams can come true! It is in your hands! Improve your knowledge! Be an interesting person for people! Know how to surprise her! Work on yourself! Do not be lazy!

The third major step in catching a woman's interest is to show yourself to her. If you are always at home, you will never catch the woman's attention. At least, be at the place where she is and where you can reveal yourself as a great person. If your goal is a woman who loves sport, do. First of all, invite her to watch a game where you are the best. Secondly, introduce her to your team. (She would feel important to you and the team.) Thirdly, play with her a game, in which you are the best, like basketball, volleyball, etc. Do not play with all your strength to win. Let her feel good in this sport. Therefore, use this method to show your ability in different subjects: sport, music, art, nursing, etc. Use your imagination! Be creative! For example, I am a musical person. Once, I was invited to a church where a symphonic orchestra played their repertoire. One boy had a very beautiful and strong voice there. He also played in the orchestra on the violin. I was surprised by his abilities in music. A little later, I saw him as a conductor of a youth choir. He really

caught my attention. Do not be afraid! Be creative! You can do it!

There are three major steps in the process of catching a woman's attention: to find out what is important to her, to work on yourself, and to show yourself to her. Why are these steps the best? The reason is because they absolutely work and you will lose nothing. Even if you change your mind about catching her attention, you will not feel sorry for spending your time or for spending your money. As for me, I met a man recently who really caught my attention, not for a second, but forever. He is the best man in the world! I deeply respect him! Many guys want to marry me, but only he caught my attention. Be smarter than the others! Use these steps. Grab the attention of your woman!

*Abby*  
*ESL W50*

## Solutions for Picky Eaters

"I don't want to eat this!", "I don't like to eat this kind of food!", "This is disgusting!" These are only a few phrases that I hear every day. I am sure that each mother hears these unpleasant words. In our days kids are very spoiled and capricious. From the age of two, children begin to choose what they like to eat and what they don't. It is very painful for a mom to hear "THIS IS YUCKY!" She prepares that kind of food with love and pleasure but as a result she receives only complaints. Parents are worrying about their children's health and they look for new methods or solutions how to fight this problem. There are several solutions to the problem of picky eaters.



The first solution to the problem of children who refuse to eat is to offer them a variety of healthy food choices. You have to be creative.

For example, my daughter doesn't like to eat bananas but she likes smoothies, so I decided to add a banana in her favorite strawberry and peach smoothies. Of course, she didn't understand that she ate banana! Coming up with creative ideas is another method to fight picky eaters. Cut fruits and vegetables in different shapes or make different figures from food. For instance, my kids didn't like pancakes until my friend advised me to cook pancakes in different forms. I bought a few shapes and the experiment produced results. My kids were impressed to eat a heart, a star, or a moon. Try to introduce new kind of foods as often as you can. Sometimes your child doesn't know if he or she likes or doesn't like one type of food because you



don't give it to him. My family and I were invited to our friends to have dinner together. I was surprised to see how my daughter was eating broccoli! I never gave it to her and I didn't know that she liked broccoli. The first solution to the problem of children who refuse to eat is to offer them a variety of brightly colored-food.

The second solution to the problem of picky eaters is to have meals as a family. Children like to eat with their parents,

so make time for these important moments. Make a shopping list and go to the store together. They like to choose food products and to mark on the list what they already took. Certainly, you will not forget anything from your list. Cook together. Find some easy recipes and make it fun. Children like to eat what they prepared by themselves. My children like to pre-

pare donuts because they like to play with dough. They make different figures and when they eat, they are excited to find their handmade donuts. "This is mine!" I see that they are excited to eat what they prepared. Children also like to eat outside; they like to go on a picnic. It isn't necessary to go far away for a picnic; you can go to the nearest park. One time I prepared soup and my children refused to eat. I decided to pack the soup in a jar and to go to the park. After they played and they ran out of energy, they started to say, "I want to eat!" "I am hungry!" It was the perfect time to offer them my soup. They were excited that we had a picnic and the soup was delicious. The second solution is to have meals as a family.

The third solution to the problem of picky

eaters is to have patience, not force them to eat. You have to be patient with your child. Sometimes he needs time, so don't make the mistake to offer him a reward in return. For example, one of my friends used to offer desserts to her child as a reward if she ate everything on her plate. At the beginning it was just small sweets but now the child wants toys or to go somewhere. If she doesn't receive what she requests, she makes real scandals. Let them get hun-

gry but hide all the snacks from your house. When kids are hungry, they eat almost everything. Just give them time and be patient. Don't punish children if they refuse to eat. For them it is very painful when they are punished for not eating. There is the risk that the child will hate to eat. My cousin punished her child because very often he refused to eat. The punishments were, "Today you don't play your favorite game", "You will stay in your room until you eat", or "You will not play with your friends outside." Now he is thirteen years old and he doesn't like to communicate with anybody. He likes to be

alone. I decided for myself that I would never punish my children in such a way. The third solution then is to be patient.

In conclusion, the child's character is in our hands. It depends on us how we shape it. We, the parents, have to find the right path to child's heart. It depends on us if the child will eat with pleasure or with tears. Because we love our child, we will find the right solutions to solve the problem without bad results. There are several solutions to the problem of picky eaters: to offer them a variety of healthy food choices, to have meals as a family, and to have patience.

*Lenuta Musorivski*  
ESL W50



## My Car Accident

Have you ever experienced a car accident? I did, and it was just a few months after I passed my driving test. It was spring semester of 2012 at Sacramento City College. I had just taken my grammar test. The test was difficult and it made me worried. With this feeling, I got in my car and started my car in order to leave the college parking lot.

I was then driving in fear and trembling. When I returned to my home, I called my insurance company and said to them, "I cannot speak English very well. I just want to tell you I had an accident." The insurance agent said, "Do you need an interpreter?" I said, "Yes, please." I talked with the insurance agent and interpreter at the same time and I explained to them what happened, but this



When I wanted to turn right, suddenly, I felt my car move forward instead of to the right. It was a narrow street and another car was opposite my lane. I could not control my car, and my car hit another car. For a few minutes, I was in shock. My hands were shaking and my mouth was dry. I got out of my car and talked to the other driver. I did not understand him very well. He called the police and after a few minutes, an officer was at the scene of our accident.

The officer was talking to us and asked us to exchange our information. Because it was the first experience for me, I was confused, so the officer wrote down the guy's information for me and said to me, "Keep this information and call your insurance company."

call was not the last one. Day after day, I had more calls from my insurance company and the other guy's insurance company. Finally, the guy's insurance company blamed me.

This was a horrible experience for me and I would not want anyone to have to go through it. This accident was a bad experience, but it was like a lesson for me. It showed me what a person should do after an accident, even if you do not know English very well.

*Ehteram Hashemipour*  
ESLW310



## Friction at Work

We spend a lot of our life at work. Our emotional state largely depends on the psychological atmosphere in the workplace. It is very good to have a positive and correct relationship with colleagues. It is very important to have good social skills. Some people are good managers, others are good workers. We have different abilities and different personalities. Some people love their work, others don't like it. There are several reasons leading to disagreement between colleagues. Throughout my experience, I have seen many examples of different relationships among colleagues at work. There are several reasons for friction between colleagues at work.



The first cause of friction between colleagues happens when one of the staff does not understand the specifics of the work of other colleagues. What do I mean? Some workers are responsible for one area of work, and some responsible for other work. For example, when I worked in the "Yaroslavl State Historical-Architectural and Art Museum-Reserve" as Head of the Restoration Department, I often saw a lack of understanding among collection keepers and restorers. All of them are responsible for the preservation of the artifacts in the museum. But they do different jobs. Sometimes they disagree with each other in matters of preservation. Then there was friction. For instance, we had the Museum Conservation Council. The members of the Council approved the work on the restoration of cultural monuments. However, many members of the Council were not

professional restorers and could not understand the particularities of work of the conservators. The museum had a rule that the main solution to the restoration problem should depend on people who didn't do restoration. In my opinion, it wasn't wise, so we always had friction. This practice reflected the mentality of people in society.

The second cause of misunderstanding among colleagues is scheduling. Some staff are

very disciplined and never are late or absent from work. But there are people who are late all the time. Some of my former colleagues could be late

for work without calling. It was a breach of discipline, but there usually wasn't a punishment. It was very annoying to me. In addition, many of my former colleagues preferred to go on vacation in the summer when the weather was good. That created difficulties and obstacles in the work schedule. Not everybody could have vacation in the summer. The museum is always open to visitors, and many visitors came, especially in the summer. Someone had to do the work of other colleagues.

The third source of friction on the team at my former job was the bad behavior of co-workers. There was the phenomenon of bullying on the team I worked. This situation took place with one of my colleague who constantly received comments on her work. She had no respect from the leadership of the museum; however, she had extensive experience in the conservation of icons. She probably had a bad reputation early in her

career. For instance, my niece told me that when she came to her first job, she felt a distrust from her manager. It was a very unpleasant situation. It is very important to make a first impression on the employer. I think that people who bully other people are very unhappy people and they have complexes. They show negative emotions to the colleagues. Some of my colleagues wanted to show that only they knew how to do something. They wished to promote their importance. They were very negative. They saw a big problem in every solution. Some lazy workers tried to pass some of their work on to other colleagues. They pretended that they were very busy, but it was really procrastination. Their colleagues had to do more work. For example, in our Museum there was that peculiarity,

that some of the leaders forced subordinate staff to do part of their work. At first this caused dissatisfaction among the employees, but after a while it became normal.

Misunderstanding, disrespect, disputes, and friction among colleagues does not help at work. They create a lot of negative and stressful situations. They are bad for the atmosphere on the team. With such people, it is hard to work. The result of negative attitudes of colleagues could be the dismissal of employees and finding them a new job.

*Natalia Sivoronova*  
ESL W50

## Styles of Dress in Mexico

Garments are generally called clothes. This designation covers all the products used to cover and protect the body from cold or warm weather. Clothes meet an aesthetic or decorative function too. Clothing has changed over time, and with it, styles of dressing also have changed. Each country in the world has its own styles of dressing. Some of them are very similar to others, but this situation depends on the geographical location where the countries are. Some styles of clothes in Mexico have similarities with other American countries, but other styles of dress in Mexico are completely different. There are three styles of dressing in Mexico: formal dressing, informal dressing, and traditional dressing.

The first style of clothes in Mexico is formal clothes. Formal dressing in Mexico is reserved for elegant occasions such as weddings, college graduations, business meetings, and formal dinner parties. For weddings and college graduations, men usually wear tuxedos. These tuxedos should be in dark colors such as black or navy blue if the wedding or college graduation is celebrated at night and during winter or autumn. If the wedding or college graduation is celebrated during

daytime and summer or spring, tuxedos can be white or beige. In these kind of events, women can wear long formal dresses, formal gowns or cocktail dresses; this depends on the season and where the event takes place. In addition, for business meetings and work, smooth and dark suits are the best choice of attire for men. Pinstriped suits are also a good choice for men who work in finance, the economic industry, or as managers. Women usually wear the same kind of clothing as men for business, although some women would rather wear skirts instead of pants. For formal dinner parties, the style of dress is the same as for weddings and college graduation, with the exception that women wear only formal gowns.

The way to dress in Mexico is informal dressing. Informal dressing is also known as casual dressing. Casual clothes are the ones that are used in contexts that don't require compliance with a formal dress code. Therefore, when people choose casual clothing to wear, they don't have to follow the rigid criteria of elegance. People don't care to achieve a look of seriousness. Informal clothes can be worn to any kind of informal event such as to get together with friends, to go shopping, to go



to the movies, to go to a birthday party, etc. For all these events, men usually wear denim jeans, cotton T-shirts, tennis shoes, denim jackets, or leather jackets. Women usually wear the same kind of clothes as men such as denim jeans, cotton or chiffon shirts, high heeled shoes, flats, or tennis shoes, denim jackets, leather jackets, denim vests, etc. Informal dressing is more varied than formal dressing, and casual dressing is more comfortable than formal dressing.

The third style of attire in Mexico is traditional outfits. Traditional Mexican dressing is the clothing style inherited from past generations. This means original clothing used by the indigenous people which has evolved with the Spanish colonization. This style of dressing is full of vivid and strong colors. There is a vast range of traditional Mexican clothing, especially in relation to which state of Mexico the clothing is from. When we are talking about traditional Mexican clothing, it's necessary to say that there are years of tradition and cultural information associated with these clothes. The most important types of traditional Mexican clothes are the Jalisco folkloric dresses, the Veracruz folkloric dresses, the China Poblana folkloric dresses, and the Mariachi clothing. The Jalisco folkloric dresses consist of bright colors such as magenta, gold, pink, blue, green, or yellow. The dresses are embellished with brightly colored ribbons that follow the hemline, encircling the skirt of the dress. These dresses are usually worn with flowers in the hair and made-up faces. Another type is The Veracruz folkloric. Dresses of this type are always white. These dresses are combined with a small black half-apron, embroidered with colorful flowers. These dresses are combined with a square white shawl worn around both shoulders and fastened at the chest. These dresses are worn with white flamenco shoes, complement-



ed with flowers in the hair and a hand fan hanging around the woman's neck. Men always wear a light-material white shirt with white dress-pants. These are combined with a red handkerchief tied around the collar and a white hat. Men wear white "Cuban heels" shoes. The next type is The China Poblana folkloric dresses. These are known for their white shirt, their shawl, and their wide and colorful dresses. Finally, comes the Mariachi clothing. This consists of the whole suit with pants in any color, (but the most famous colors are black and beige), a white shirt, a vest and a jacket of the same color as the pants, a special bow-tie, and of course, the big hat. There are also the special buttons. These are the metal decorations along the length of the pants. These are usually gold or silver color. Traditionally, the more elaborate the buttons are, the higher the status. The Mariachi clothing is worn with ankle boots. However, this style

of clothing is very special. This way of dressing is only used for festivities. These garments are used as part of a tradition in events and celebrations. In most cities of Mexico, people wear the modern clothing mentioned in the above paragraphs. Traditional Mexican clothing is mostly used in smaller towns and by the indigenous people that have immigrated to the larger cities.

In conclusion, formal dressing, informal dressing, and traditional dressing are the three ways to dress in Mexico. Formal dressing and informal dressing are influenced by foreign fashion. The traditional style of dressing represents old Mexico and its indigenous people. This style represents years of Mexican traditions and the history of Mexico. These three styles of dressing are the principal ones in Mexico, and each one of them is used for different occasions.

*Graciela Lopez*  
ESL W50



## My Friends - Teachers and Doctors

I admire my friends that are teachers or doctors because these careers are important professions that our society needs. Though it seems that teachers and doctors are such different careers, they have more similarities than people think. Thanks to these two careers, our societies have reached the point where they are now.

The first similarity between teachers and doctors is that both

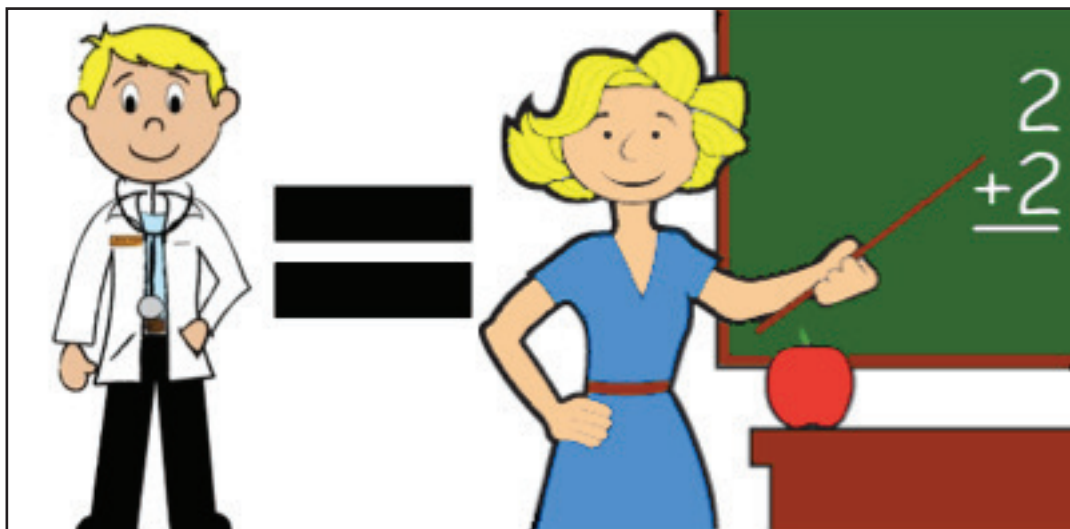
of them teach and they both must be good communicators. They try to teach and communicate to people how to use tools to have

a better life. Teachers impart knowledge to their students to help them to communicate better, to understand themselves, and to become a better persons and later to become part of better society. Teachers must communicate clearly to the students so they will understand the lessons. Doctors try to teach how to cure disease and how people can stay healthy and the doctor must be able to clearly communicate by asking good questions and then explaining the diagnosis.

Second, teachers and doctors both have to commit to their students and patients respectively. The good teacher commits to teach students what they need to learn, leads them in the process and assesses them. Teachers and doctors must also develop a good relationship with their students. When teachers make connections with their students, the students will try harder and learn more. A good doctor commits to patients when he prescribes the correct medicine to cure suffering. Like the teacher,

the doctor must also relate to his patients on a personal level. A good relationship develops trust and it is important for a positive outcome.

Finally, teachers and doctors use scientific and research methods to update their knowledge about their career. In the field of teaching, new technology is developing every day that will help students understand a subject better. Teachers must



know the latest research for teaching students that come from different backgrounds. Similarly, in the medical field there are steps forward

in this field every day and most of the time they are huge. A new medicine or a new method to cure disease is created or discovered every day. Research may also teach doctors how to better diagnose diseases that are difficult to assess.

My admiration for my friends who are teachers or doctors is big. I have justifiable reasons because they both have a life of giving. They both teach and communicate, make commitments to people and develop relationships, and they learn something new every day by studying scientific research. Most of them work with passion.

*Virgilio Lasso Lawler*  
ESL R310



## Nestscape -- Articles from The Web

### Continued from page 1

using the 13-year-old ball python, Monty, to give massages to customers after being inspired by a massage technique he witnessed on a trip to South Africa.

Doehlen said Monty's services are now in such high demand that he offers the snake massages to customers two days a week.

"But only by appointment. Monty's terrarium has no more space in the salon. I always bring it with me at the customer's request," he told German newspaper Bild.

He said the 4-foot-long snake's body is 90 percent muscle, making him an ideal masseur.

"I often have a tense neck as a chimney sweep. Monty's powerful way has done a lot of work. I'll be back!" customer Flora Magdalena said.

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[http://www.upi.com/Odd\\_News/2017/03/17/Python-gives-neck-massages-at-German-salon/9961489762592/](http://www.upi.com/Odd_News/2017/03/17/Python-gives-neck-massages-at-German-salon/9961489762592/)

## Learning the Importance of Body Language as an ESL Student



You might think that having an article about body language on an ESL language learning site is quite ironic. But, to tell you the truth... it is not that unusual. You see, you use body language in your everyday conversations whenever you speak. You use body language in your everyday conversations whenever you listen. It is a way of communicating along with your verbal communication. So if you

are learning English, you need to be aware of body language and its powerful role that impacts communication. Let's look at it a little further so you can see what I mean.

### What is body language?

Well, when we speak, we use more than just words. We also communicate with our hand gestures, facial expressions including eye contact, and other movements of the body. This is called body language or non-verbal communication. Merriam Webster Dictionary defines body language as the gestures, movements, and mannerisms by which a person or animal communicates with others.

### 60-80% of all communication is non-verbal

Did you know that psychologists have studied communication styles and note that 60-80% of all

communication with others is non-verbal? Some psychologists even believe the statistics are higher than this. No matter what the exact figures are... I think you will agree with me that those numbers represent a really high percentage. This is indicative of the importance of non-verbal communication. It does not matter what language you speak, the importance of non-verbal communication needs to be valued. In fact, you can show your attitude, feelings and moods with non-verbal communication even better than words. Someone can detect if you are happy, sad, bored, disinterested, in agreement or not, etc. Maybe you have a close friend or a spouse, and you can tell exactly what that person is feeling or even thinking by the nonverbal communication clues. There is an English expression You can read him like a book. This expression means that you can tell exactly what that person is thinking and feeling just by looking at him/her.

### **Relax – natural expression**

The main thing about body language is that when you relax, your body naturally responds to the words you convey. For example, if you say something positive, then your face, body and hands reflect that, too. And if you are upset, your face, body and hands will show that emotion. Perhaps you have noticed this before with others or with yourself. Many people believe that you if you say something and your body language reflects something different, that it is more important to listen to your body language. This means that your body language reveals the truth of what really is happening or what you meant to say rather than your words. That's how powerful it is.

### **Pick up clues from others**

A suggestion would be to watch other people when they interact and to pay attention to their body language. You can also be more attuned to your own body language and how people interact with you. Depending on the situation, you can see which elements work best in speaking. In an informal conversation the body language will be different from a more formal setting. So the more varied experi-

ences you have each day with using your English language, the more opportunity you will have to pick up valuable clues from others in how to use body language and in how to understand it better.

### **Hand gestures**

You might see someone using hand gesturing to emphasize major points, or someone might move their hand far apart to show how important something is. To show even more feeling, someone might clap their hands or raise a fist in the air. If you see someone who holds their hand out to you they might want to shake your hand as in a greeting. However this custom varies among countries. Some cultures express a greeting with a firm handshake, while others prefer a gentler grip. Some cultures close a deal or agreement by shaking hands, too. There are some countries where men don't shake hands with women outside the immediate family. In some cultures, people bow, kiss on both cheeks or have any number of other common greetings. Again, there are cultural differences that you can watch for and be sensitive to. If they hold out two hands, they may want to just welcome you or direct you to be seated, etc. Some people may count with their fingers, too. But it is suggested that you also verbally count at the same time, because in some cultures counting is done differently and it may be confusing (i.e. In France, people start with their thumb; in Japan, some people count by putting their thumb down to mean one, etc.)

Other popular hand gestures include waving to greet someone or even waving to say goodbye. And some people wave to catch a taxi. Often someone holds an index finger and thumb into a circle to mean "okay". There might be additional hand gestures that you use or that you have noticed others using.

### **Cultural differences**

An important thing to remember is that you should not assume that everyone throughout the world understands your gesture in the way that you intend it to be. If you notice an unexpected reaction to any gesture that you make, you might want to stick to



verbal communication when stating a similar point with that person or you might be able to find out why that particular person had such a reaction. If the gesture means something different in another culture, then you can determine the proper use of that gesture in the future when communicating with that particular person or people from the same culture. You can decide to substitute something else or not to use it at all.

### Facial expressions

Facial expressions are another common way to communicate. It is a good idea to have eye contact and respond when someone talks to you. Although it is also important to note that the amount of eye contact varies among cultures. In English-speaking countries like Canada and the United States, having intermittent eye contact is important. You can smile at them when they say something humorous, positive or interesting. You can nod your head to show you are following their conversation or to show agreement. You may also interject a few short words or sounds (i.e. uh huh, mmmm, I see, etc.) to show that you are listening to the conversation. If the person is sharing something sad or something that happened that is almost unbelievable, you can shake your head back and forth to empathize (for sadness) or acknowledge how this could have happened (for something shared that may be unbelievable).

### Personal space

Another factor to consider is the distance you keep to the people you are speaking to. This is called your personal space. You need to stand at a distance that is comfortable for both of you and strike a balance of not being too close or too far away. Some cultures stand closer together when they speak. Some enjoy more space. It is important for you to be aware of these differences to make the encounter positive and non-threatening. If you are unsure, the best thing to do is to stand where you are comfortable and let the other person adjust his/her space if desired. Some people lean a little towards the speaker to show they are ready to listen and that

they are open to what the speaker has to say. In some cultures, if you fold your arms in front of you, that gesture is viewed as being unfriendly. It is probably better to keep your hands at your sides when listening. Another good reason for this is that it frees your hands to make gestures, too.

### Voice characteristics

And of course, there is your voice. Besides the words you choose to say, your voice also has intonation, volume and pitch (high and low sounds). These characteristics all add to the meaning of what you say. When someone speaks strong and clear, he/she shows confidence. A quiet manner of speaking can mean several things. The person might be shy, or what is shared might be intended to be kept a secret, or perhaps the person speaking wants to say something more intimate to another person. A shrill voice might show eagerness and excitement, maybe even shock or surprise. A flat voice might reveal that the person is disinterested, bored or tired. These are important factors to remember when you go on job interviews or when you have the opportunity to talk at meetings, work in a team, etc. at work or school.

### Interpretation of body language

It might be interesting for you to read about what certain body language poses mean. Do you notice that you do some of these? Have you seen other people use these gestures? Do you agree with what the researchers' mean by these gestures?

Standing with hands on hips – readiness or aggression

Arms crossed on the chest – defensiveness

Shoulders hunched – dejection, not confident

Hand to cheek – thinking and evaluating

Touching or slightly rubbing the nose – lying, doubting, rejection

Rubbing the eye – doubt, disbelief

Hands clasped behind the back – frustration, appre-

hension, anger

Head resting in hand or eyes downward – boredom

Rubbing hands – anticipation

Open palms – sincerity, openness, innocence

Pinching bridge of nose or eyes closed – negative evaluation

Patting or pulling on strands of hair – lack of confidence; insecure

Quickly tilting head – interest

Stroking chin – trying to make a decision

Looking down or away – disbelief, lying, not interested

Biting nails – insecure, nervous



Pulling or tugging at ear – indecisive

Tilting head for a long period of time – boredom

### **Paying attention to a listener's non-verbal clues**

If you are ever in a position to lead a meeting or speak to a group of any number of people, the non-verbal clues of your audience will tell you a lot. These clues should be able to tell you when you have talked enough, when someone else wants to speak, the mood of the crowd, and the reaction of the crowd to your speech. One helpful way to become better at speaking is to listen to the reaction of what your listening audience says through their

non-verbal communication. Watch. Observe. Respond accordingly.

Understanding nonverbal communication improves with practice. The first thing you need to do is to be aware of the power of this type of communication. With experience, your beliefs, and your reaction you will become better at interpreting nonverbal communication. You will also be able to respond in more of a natural, meaningful way to others in any experience involving communication. Learning appropriate body language is important in interactions between and among others of any culture, but most specifically when engaging in conversation in any sort of global community. This skill is just as important as listening, speaking, reading and writing English when it comes to acquiring English language skills. Yes, there is a lot to learn about the English language, but with continuous effort, patient, direction, and study... your English language skills are getting stronger day by day.

### **In conclusion**

I hope this article helps explain why I decided to write on the topic of body language/non-verbal communication as an owner of an English Language Learning company. I also hope that in reading this article you may have learned a few new things; or if nothing else, you will be more aware of the importance of nonverbal language and the role it plays in your daily language, no matter who you interact with.

Please write and share any insights you have regarding the topic of nonverbal language. Share a story of how body language benefits you or what you have discovered through your interactions with others. Do you have any other nonverbal gestures, facial expression, etc. that you use? Tell me about those, too. You may want to share something about your native culture and the specific nonverbal language that is often used. That would be fine, too. I'm ready to listen.

<http://www.talktocanada.com/blog/learning-the-importance-of-body-language-as-an-esl-student/>



## Eat the World!

*The Parrot represents students of many hues and sounds --- no news there. Indeed, birds of a feather flock together, right? They also eat together. The Parrot is proud to present Parrot fodder from around the world in this and subsequent issues. Squawk!*

### What is an Easy-to-Follow Recipe for Best Gazpacho?

More of a drink than a soup, served in frosted glasses or chilled tumblers, gazpacho is perfect when it is too hot to eat but you need cold, salt and lunch all at the same time. Gazpacho is everywhere in Seville, Spain, where this recipe comes from, but it's not the watered-down salsa or grainy vegetable purée often served in the United States. This version has no bread and is a creamy orange-pink rather than a lipstick red. That is because a large quantity of olive oil is required for making delicious gazpacho, rather than take-it-or-leave-it gazpacho. The emulsion of red tomato juice, palest green cucumber juice and golden olive oil produces the right color and a smooth, almost fluffy texture.

#### Ingredients

- 1- About 2 pounds ripe red tomatoes, cored and roughly cut into chunks
- 2- 1 Italian frying (cubanelle) pepper or another long,
- 3- light green pepper, such as Anaheim, cored, seeded and roughly cut into chunks
- 4- 1 cucumber, about 8 inches long, peeled and roughly cut into chunks
- 5- 1 small mild onion (white or red), peeled and roughly cut into chunks
- 6- 1 clove garlic
- 7- 2 teaspoons sherry vinegar, more to taste
- Salt
- 8- ½ cup extra-virgin olive oil, more to taste, plus more for drizzling

#### Preparation

Step 1 Combine tomatoes, pepper, cucumber, onion and garlic in a blender or, if using a hand blender, in a deep bowl. (If necessary, work in batches.) Blend at high speed until very smooth, at least 2 minutes,



pausing occasionally to scrape down the sides with a rubber spatula.

Step 2 With the motor running, add the vinegar and 2 teaspoons salt. Slowly drizzle in the olive oil. The mixture will turn bright orange or dark pink and become smooth and emulsified, like a salad dressing. If it still seems watery, drizzle in more olive oil until texture is creamy.

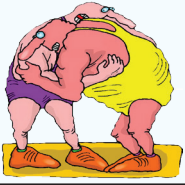
Step 3 Strain the mixture through a strainer or a food mill, pushing all the liquid through with a spatula or the back of a ladle. Discard the solids. Transfer to a large pitcher (preferably glass) and chill until very cold, at least 6 hours or overnight.

Step 4 Before serving, adjust the seasonings with salt and vinegar. If soup is very thick, stir in a few tablespoons ice water. Serve in glasses, over ice if desired. A few drops of olive oil on top are a nice touch.



<https://cooking.nytimes.com/recipes/1017577-best-gazpacho>

# Parrot Warbling



## Grappling with Grammar

### Grammar Effective Writing

**Rule 1.** Use concrete rather than vague language.

**Vague:** The weather was of an extreme nature on the West Coast.

**Concrete:** California had unusually cold weather last week.

**Rule 2.** Use active voice whenever possible. Active voice means the subject is performing the verb. Passive voice means the subject receives the action.

**Active:** Barry hit the ball.

**Passive:** The ball was hit.

**Rule 3.** Avoid overusing there is, there are, it is, it was, etc.

**Example:** There is a case of meningitis that was reported in the newspaper.

**Revision:** A case of meningitis was reported in the newspaper.

**Rule 4.** To avoid confusion (and pompousness), don't use two negatives to make a positive without good reason.

**Unnecessary:** He is not unwilling to help.

**Better:** He is willing to help.

**Rule 5.** Place descriptive words and phrases as close as is practical to the words they modify.

**Ill-advised:** I have a cake that Mollie baked in my lunch bag.

**Better:** In my lunch bag is a cake that Mollie baked.

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

### Idiom--Attic

## SHAPE UP OR SHIP OUT



Meaning: either start performing better or leave.

Ex: This is the last time I'm telling you to arrive on time.

**Shape up or ship out.**

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

### Beak Speak

## Short and long vowels

When a vowel is followed by one consonant, that vowel is usually short. A vowel is usually short when there is only one vowel in a word or syllable as in **on**, **red** and **fantastic**.

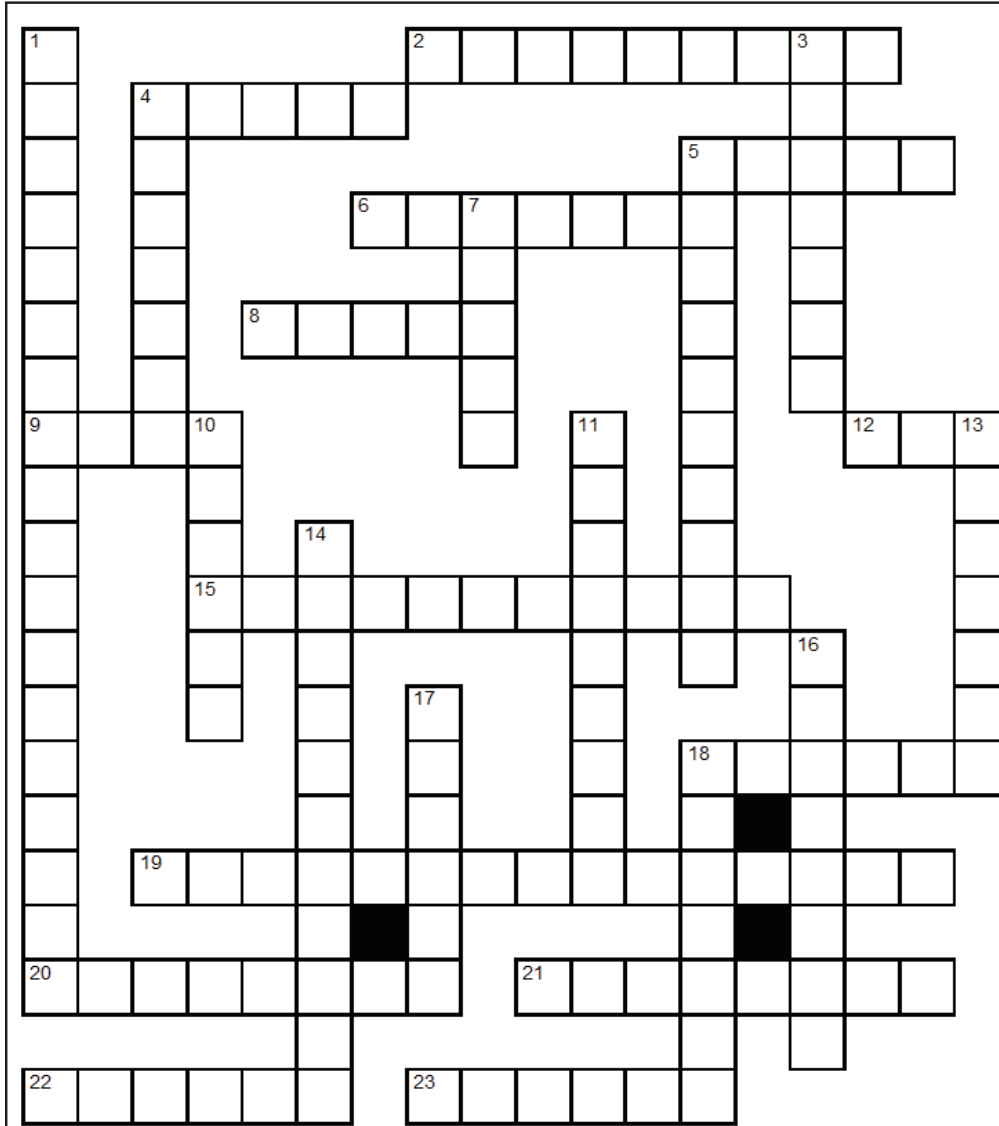
A vowel is long when it says its own name. When a single vowel is at the end of a word or syllable, it usually makes the long vowel sound, as in **go** and **paper**.



Vowels also have long sounds when they're paired with a silent e or when they are vowel digraphs (two vowels paired together).

<https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/reading-issues/14-phonics-rules-for-reading-and-spelling#slide-1>

# Some More Parrot Fun Stuff



**Across**

- 2. A person who does experiments.
- 4. Someone who stars in a movie.
- 5. Somebody who flies airplanes.
- 6. Someone who cleans buildings.
- 8. Someone who digs for metal ore in the ground.
- 9. Someone who cooks food.
- 12. Somebody who helps sick animals.
- 15. Someone who delivers mail.
- 18. Somebody who helps sick people.
- 19. Someone who serves people on airplanes.
- 20. A person who tells us the news.
- 21. Somebody who plays an instrument.
- 22. A person who sings songs.
- 23. A person who paints pictures.

**Down**

- 1. Someone who builds houses.
- 3. A person who protects a country.
- 4. A person who plays sports.
- 5. A person who makes computer games.
- 7. A person who helps a doctor.
- 10. Someone who grows crops.
- 11. A person who goes to outer space.
- 13. Somebody who teaches.
- 14. Somebody who puts out fires.
- 16. Someone who fixes cars.
- 17. A person who serves food.
- 18. Somebody who fixes teeth.





# Public Library

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a secret message - a Henry Ward Beecher quotation.



APPLIED SCIENCE	ENCYCLOPEDIA	MAGAZINES	spacer QUIET
ARTS	FICTION	MATHEMATICS	READ
BIOGRAPHY	FINES	MOVIES	RECREATION
BOOKS	GEOGRAPHY	MUSIC	RELIGION
BORROW	HARDCOVER	NEWSPAPERS	RENEW
BRANCH	HISTORY	NOVELS	RESEARCH
CATALOG	INFORMATION	OVERDUE	RESERVE
CHAIRS	INTERNET	PAPERBACK	SHELVES
CHECKOUT	LANGUAGES	PERIODICALS	SOCIAL SCIENCES
COMPUTERS	LIBRARIAN	PHILOSOPHY	TABLES
DICTIONARY	LIBRARY CARD	PHOTOCOPIER	TECHNOLOGY
DUE DATE spacer	LITERATURE spacer	PSYCHOLOGY	



*Parrot Poetry*



## I Crave Your Mouth, Your Voice, Your Hair

I crave your mouth, your voice, your hair.  
Silent and starving, I prowl through the streets.  
Bread does not nourish me, dawn disrupts me,  
all day  
I hunt for the liquid measure of your steps.

I hunger for your sleek laugh,  
your hands the color of a savage harvest,  
hunger for the pale stones of your fingernails,  
I want to eat your skin like a whole almond.

I want to eat the sunbeam flaring in your lovely  
body,  
the sovereign nose of your arrogant face,  
I want to eat the fleeting shade of your lashes,  
and I pace around hungry, sniffing the twilight,  
hunting for you, for your hot heart,  
like a puma in the barrens of Quitratue.

by Pablo Neruda

Translated by Stephen Tapscott

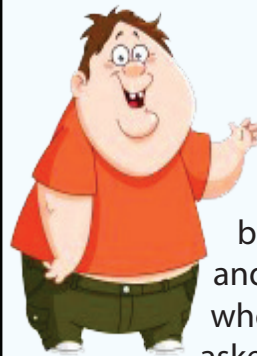
## Rigoberto's Riddles

Mr. Smith has 4 daughters. Each of his daughters has a brother. How many children does Mr. Smith have?

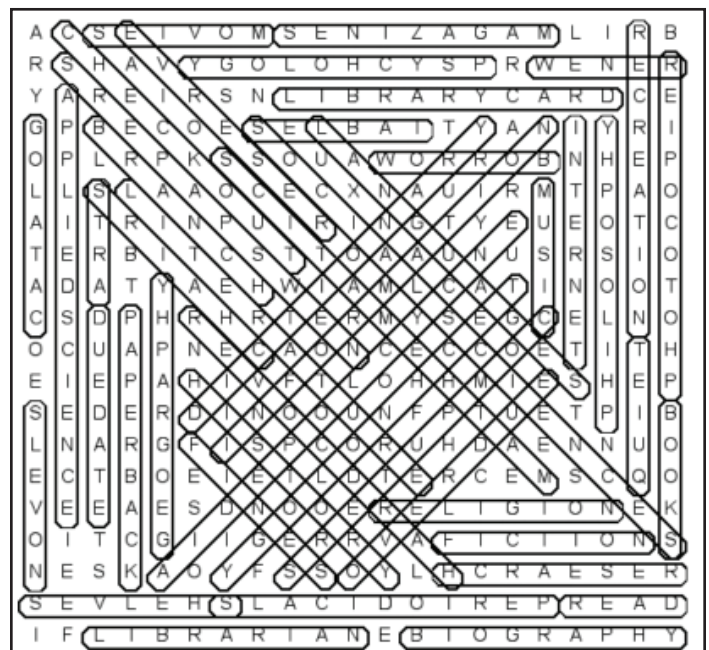
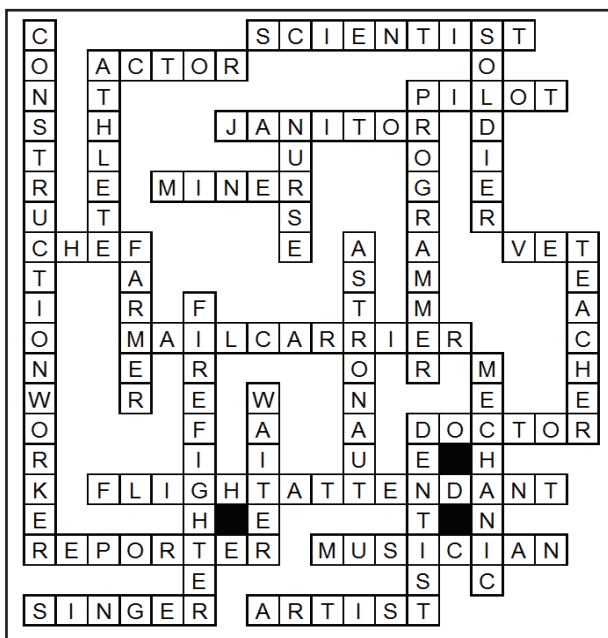
*He has 5 children, all of the daughters have the same 1 brother.*



## Silly Vasily's Chuckle Chamber



A parrot was in a pet shop with a string attached to each leg when a man walked in looking to buy a pet. A shopkeeper came over and started to try and sell him a dog when the man noticed the parrot. He asked what the strings were for and the shopkeeper replied, "Well, if you pull the right string the parrot says, 'Polly wanna cracker'. If you pull the left string it says, 'My name's Sam'". The man, being of the inquisitive nature, tried both and thought it was really neat, but was still curious. So he asked what would happen if he pulled both strings. The parrot piped up, "I'd fall off the perch, you idiot!"



## Granny Noetal

**Dear Granny Noetal,**

I've been at ARC for several semesters now and there is always a parking problem, especially the first few weeks of classes. I believe we can help everybody with traffic congestion and savings if we have carpooling. How can I organize that?

Sincerely,

**Leyla Bamn**

**Dear Leyla,**

First of all, thank you for your email and thank you for thinking ahead and thinking how to improve conditions at ARC. Off the top of my head, I would recommend asking your profes-



sors in the beginning of class if you can make an announcement about what you'd like to do. I'm sure they would give you a minute or so. Carpooling could be a big help to everyone and might work well if many people live in the same area or even same apartment complexes. This is true true for a lot of our ESL students who have relatives and friends and neighbors coming to ARC. Compiling a list of interested people with their phone numbers and neighborhoods is a bit of work but you can start small after class. Another idea may be to go to Student Services and see if you draw some interest from someone there. Perhaps you can get some help. Tell them I sent you and see if that helps!

### Interview with Professor Eifertsen

*Continued from page 1*

a little bit more about you. You are from The United States. Is that correct?"

**Dr. Dyne:** "Yes."

**Parrot:** "How long have you been teaching at ARC?"

**Dr. Dyne:** "So, I have been teaching here for fifteen years; this is my fifteenth year."

**Parrot:** "I have read that you have studied music in Boston, Massachusetts, and Washington. How many years did it take for you to get your degree in music?"

**Dr. Dyne:** "I did four years at Berklee College of Music for my undergrad in Boston, two years at the University of Massachusetts in Amherst for my Masters. Then, I taught for a while in the San Juan District around here, as I taught elementary school band for about 6 years. Then, I went to the Univer-

sity of Washington to work on a doctorate, stayed there for two-and-a-half years, then got the job here. I did not have my doctorate degree yet. I had everything done except for the dissertation. While I was teaching here, I finished my dissertation. I flew back afterwards, did my defense. I was doing my job and my doctorate at the same time."

**Parrot:** "Nice! I was really interested in interviewing you because I am also a musician, but not professionally. I studied piano in my native country."

**Dr. Dyne:** "Where are you from?"

**Parrot:** "I am from Ukraine."

**Dr. Dyne:** "Okay, great."

**Parrot:** "How did you get interested in playing trombone?"

**Dr. Dyne:** "Actually, piano was the first thing I started with. I am a terrible piano player. I can get



around; I just don't have the coordination for it. But I started piano just kind of like the kids do, you know, little piano lessons. To get into trombone, my parents actually started me off with piano lessons. I liked it. It was fun but my mom had started to play the trombone in junior high school and my dad was a drummer in high school. He came from a musical background. Band had always been in the family. My brother had played trumpet; my sister had played trumpet. It was kind of something you just did in the family. You want to try drums? My mom's trombone was up in the attic, so we brought that down; they tried that out which was fun. I thought it was kind of cool. Yeah, it was a lot of fun! So, I started in, I think, the fifth grade, fifth or sixth."

**Parrot:** "Your parents did not force you to play?"

**Dr. Dyne:** "Nope, no they did not and I think that was great! I wasn't a great athlete, didn't really get interested in that. Music was something that had attracted me since I was a little kid. I always loved listening to cartoon music; all those things were really interesting."

**Parrot:** "I understand that musicians are very creative people, but aren't as good in math or in science. Were you one of those people as a child?"

**Dr. Dyne:** "I was terrible! As a matter of fact, I was not a very good student. As a matter of fact, a lot of teachers didn't know how to teach me. I was well-behaved. A lot of times I was placed with the kids that weren't well-behaved; then I wouldn't necessarily learn as much. There were some learning difficulties, but music helped me to learn. It taught me how to organize my thoughts and eventually the discipline of practicing those things helped me gain the things to become a better student. My middle-school and high-school counselors said I would never go to college, which I thought was really cruel for somebody to say to a little kid. By the time I got to my junior year in high school, I started to figure out how to study and how to organize myself academically. Music has the tendency to help a lot of people organize then, a little bit, just the mathematical equations that happen during

music, but it's not like sitting down and doing math homework. It does have ratios and distance. It has everything math is a part of and that was helpful."

**Parrot:** "How did you get your job at ARC?"

**Dr. Dyne:** "Okay, while I was up at Washington at the University of Washington, this was early on the Internet, here it goes. It started to come up where you could find these music websites where you could go and check for jobs in music. And I would go in and it would ask where you want to teach because I am originally from Roseville just outside of Sacramento. I wanted to kind of teach here. My wife and I just had a baby in Washington and we wanted to come back and see our grandparents. I went on these academic sites and found Los Rios. I thought that it sounded familiar -- American River College. I always went to Sierra College as far as going for music and those types of things. As I was a younger person in high school, I would go and play for Sierra College. I didn't really know much about American River College but I knew it was in the area. So, I thought, well, and I saw there was a jazz studies position open full-time. So, I thought, well, I'm going to give it a shot and see what happens. I tried another position down south for a community college. I didn't get the job. So, I thought well, I'll give it a shot and see what happens. Came out and did the interviews. Came home; I didn't hear anything. I thought I didn't get it and then, all of a sudden, I got a call from the vice president of instruction who said, "Come on back; we want you to do the final round." Did that, went back home for a week or so and got the call. In fact, I was in a trombone lesson with my professor when I got the call and he paraded me around the building, the University of Washington Music Department. He said, "He just got a job!" So it was a very cool, nice way to get it."

**Parrot:** "What was the biggest challenge you've faced while teaching here?"

**Dr. Dyne:** "Hmm, interesting. I think the biggest challenge is the thing I enjoy the most and that is the different learning styles that we have with students here. Trying to figure out the best way to

teach somebody. In a large classroom sometimes that's very difficult. I try to interact one-on-one as much as I can. Some people are visual learners; some are book learners. You have to figure that out. I think that's one of the biggest challenges. That's what I love. I love getting in and working on the basics with people which I call "getting under the hood." You know, really working with people. So, it's kind of the biggest challenge, but it is also the greatest benefit of this."

**Parrot:** "Thank you. Do you have kids?"

**Dr. Dyne:** "Yes, two kids."

**Parrot:** "Do you want them to play a musical instrument?"

**Dr. Dyne:** "Yes, in fact they both are. My oldest son, who's fifteen at Woodcreek High School in Roseville, is playing trombone. It's kind of cool because of my mom's trombone which I started on as a kid. My son is playing on that same instrument. Three generations have been on that instrument and he just wanted to do it. He said, "I've seen you play it; I think it's kind of fun." He tried playing it and he got into it. He's doing great, playing a lot, goes to the camp we teach. I teach three camps over the summer, University of the Pacific and one up in the mountains. And he goes to all of those camps with me; he plays and I teach. It's a great family thing. My youngest son, just a couple of weeks ago said, "I think I want to play the trumpet." I brought him the trumpet and he's loving it. So, it looks like they are both into music; it's really neat."

**Parrot:** "Okay and last question."

**Dr. Dyne:** "Yeah."

**Parrot:** "Do you have any good tips for students going into your field?"

**Dr. Dyne:** "Yeah, I think the love of music, the love of the arts, the love of working hard at something. It's not about perfection, but I think it's about the, for me it's a spiritual kind of thing. Getting into

music is a very spiritual thing for me. That connection you get with art and soul and all those things are really good. I find that those students, I think, that find that passion, that find that soul, have that commitment to it and want to express themselves artistically. So, I think that's a big part of it. It's not really going after a job, it's more, it's just what you do. I can't not be a musician. So, the students I find who are successful are people who do that. You know they just need to. They just have to do it. That's a big part of it."

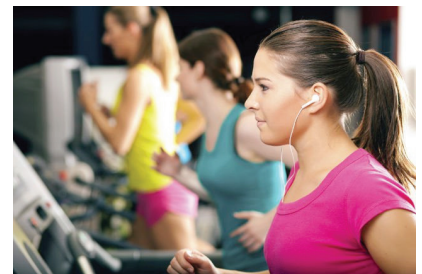
**Parrot:** "Thank you so much!"

**Dr. Dyne:** "Absolutely!"

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### Facts about Music and How they Affect your Brain

- 1- There are few activities in life that utilizes the entire brain, and music is one of them.
- 2- The chills you get when you listen to music, is mostly caused by the brain releasing dopamine while anticipating the peak moment of a song.
- 3- Playing music regularly will physically alter your brain structure.
- 4- The brain responds to music the same way it responds to something that you eat.
- 5- Listening to music while exercising can significantly improve your work-out performance.
- 6- An emotional attachment could be the reason for your favorite song choice.





## Prof. Hoggan's Haiku Happiness

Haiku is funny  
but for me is so easy\_  
I write a haiku



Mom, pain, tears, joy  
A cute baby is crying\_  
welcome to new life

**Linda Sharifi**

Spring came with a hope  
County cut the savings rope  
How to live and hope

Summer came with a sorrow  
Took my sweet sunshine far away  
No more joy no huh

**Lusyn Danial**

Winter is special  
If you think about Christmas\_  
Children like holiday

When war will be finished  
When everybody will be happy  
Why should children die

**Somaya Haidari**

The sad sky is crying  
Tender earth embraces her  
tears  
From that love comes life



Pen bleeds sadness words  
The papers heal bleeding wounds  
Create happiness

**Mohammed Al\_Asadi**

Look at the sunshine  
Happy to see summer now  
Love to be outside

My teacher is smart  
He is clever and fancy  
I enjoy his class.

**Aseel Al khalieli**

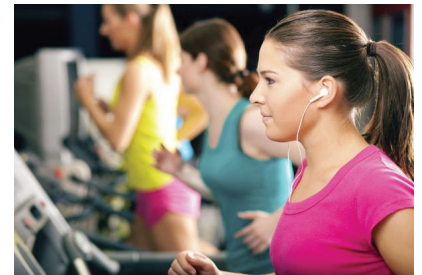
Don't be lazy, Sam  
Sam to be hardworking  
boy:  
Don't sleep in class

I don't want B+  
Never ever I don't want C+  
I want just A+

**Tayebbeh Ghaderi**

My cute small daughter  
every day I look at you;  
how I love you, dear!

The old house there  
where I spent all my childhood  
there is my young mom.



**Galina Savik**

Sandstorm approaches  
 Cover everything with dust  
 Sadness eats my heart.

Butterfly of light  
 With all shades of rainbow  
 Will die on sunset.

**Olena Moskvyyak**

Deep love is a life  
 We are all living in vain

I visited Six Flags city  
 I found a nice surprice there  
 I am pregnant right now!

**Mai Hafez**

Summer is coming  
 But a warm day will not come  
 Wet, cold and bad mood

Cool sea and hot sand;  
 Love water but can not swim;  
 Relax but alone

**Anzhela Vassilyeva**

The fisherman sit  
 A sea touches  
 horizon  
 But all fish are  
 dead



The sunset on hills  
 Trees reveal a long shadow  
 Where the evil rides

**Valentina Kolyuskin**

He left the door locked  
 I don't know what is going  
 But he is not there

It is raining out  
 My favorite season of  
 the birds are singing .

**Mohammed Tahir**

Tears are in the sky  
 The sun is on the wide earth  
 I am writing love.

Tonight without you  
 Full of tears, cold, and alas!  
 Memories are dancing.

**Zoreh Dehghani**

Monkey, monkey jump.  
 Give me banana yum yum.  
 Banana hum hum.

White sheep on the  
 ship.  
 Black wolf plays golf  
 on the gulf.  
 Anchor in the sea.

**Reem Saoor**

halku

# Out of the Cage

## Résumé Development Workshop Tuesday, August 29, 2017 3pm – 4pm

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

**Location:** DSPS Conference Room

## Important Dates

- \* **Friday, Sep 1, 2017** (Last day to drop for refunds (full semester)
- \* **Saturday, Sep 2, 2017** (Last day to enroll (1st 8-wk classes)
- \* **Sunday, Sep 3, 2017** ( Last day to enroll & to drop w/o notation on record (full semester classes)
- \* **Monday, Sep 4, 2017** ( Labor Day (COLLEGE CLOSED)
- \* **Friday, Sep 15, 2017** ( Last day to drop with a W grade (1st 5-wk classes)

## Interview Success Workshop Monday, September 18, 2017 10am – 11am

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

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

**Location:** DSPS Conference Room

## MiYo: Midtown Yoga Tuesday, September 5, 2017 6:00 pm - 7:00 pm

Midtown Association and Yoga Moves Us have teamed up to bring you "MiYo" a free weekly yoga class to Fremont Park. All levels are welcome to participate.

**Note:** Please bring a mat, water, and a friend. Please meet on the corner of 16 and P. In the event of inclement weather, the class will be cancelled.

**Location:** Fremont Park

16th St & Q St



## 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](mailto:Braccop@arc.losrios.edu). To see The Parrot in color go to [http://www.arc.losrios.edu/ARC\\_Majors/Humanities/ESL/The\\_Parrot.htm](http://www.arc.losrios.edu/ARC_Majors/Humanities/ESL/The_Parrot.htm)