



The Parrot

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

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Staying Busy with Prof. Bahm

Parrot: Good morning.

Professor Bahm: Good morning.

Parrot: Thank you for being here with us today. My name is Vivi. I'm from The Parrot. I'd love you to talk about yourself. Could you introduce yourself please?

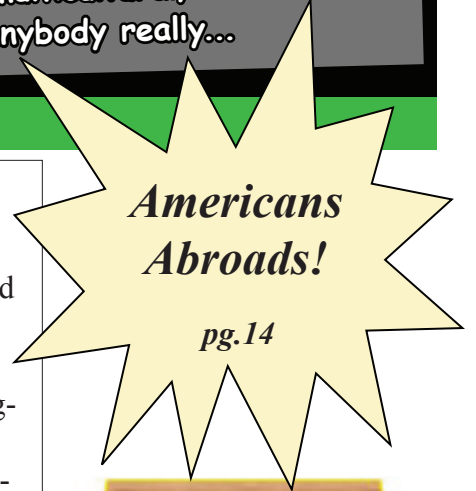
Professor Bahm: My name is Naomi Bahm. I teach in the Psychology Department. I teach both at Cosumnes



human sexuality. So, I teach a lot of

River College and American River College. I teach things like biological psychology, general psychology, developmental psychology, and research methods. I'm going to teach statistics for psychology for the first time next semester; stats for psychologists specifically and

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Do not go where the path may lead, go instead where there is no path and leave a trail.
Ralph Waldo Emerson



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The 'Selfieccino' Is Here to Ruin Coffee Forever

Here's what you can show the 1990 version of you, who was certain we'd have flying cars by now: A new drink being sold by a tea room on London's busiest shopping street. Yes, the so-called Tea Terrace sells Earl Grey in "fine bone china" that you can sip while posing inside a life-sized replica of Cinderella's carriage. But what finally got the café on Instagrammers' radar is much worse. The "Selfieccino," unfortunately, is



exactly what it sounds like — a milk-based espresso drink that, for \$7.50, imprints the customer's face directly on top of the foam. It takes about four minutes on a special machine known as the "Cino." Customers order the drink, and message a head shot

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Student Chirpings

My Black Box

All of us have this little thing that means something to us, something we had from our past or from someone else. For years I had this black box that reminds me of my beloved grandmother. Yes, she is not here with us anymore, but this box says the opposite. She is here and she is taking care of me. My black box will always be there with me.

I keep my box in the left corner of my big closet. In my small room, I always keep my precious things in a square black box of velvet. Inside of this box I have two rings and one necklace from my grandmother. One ring is a small yellow gold ring with zigzagging red lines. It was hers, but she gave it to me. My grandma gave me her ring as a gift when I graduated from high school in 2005. The ring wasn't my size at that time, but it fits me now. Maybe because I am getting older, it fits me now, maybe.



My dear grandma died in 2008 from kidney failure. We all knew that she would die soon, but not that soon. On the same day, my mom came to me and said that she wanted to give me something, although she was supposed to wait until I got married. I think she couldn't wait because I was already in my twenties and not married yet and my grandma died before seeing my wedding. There it is, the most beautiful and important thing in my life now, my grandma's necklace with yellow gold all around the necklace. There are twenty two small circled

onyx with twenty five tiny pearls and white gold all around the necklace. I haven't worn this necklace yet because I don't want to lose it. I open my box every Friday and I just look at it, to remember that we lost my grandma on Friday morning.

After her death, all of the family inherited something of my grandma's possessions to remember her by. Mine was this big onyx ring. It looks like a huge stone for me, more than a ring. I wear it sometimes to look like her when she used to wear it all the time.

I keep that stuff with me to feel she is still here. She holds my hands and says "I am here for you" whenever I see my box. It's weird how this box means the world to me. The things inside the box are not that expensive, but they're priceless to me.



Hibo Djama
ESL W50

Why do We Become Colleague Haters?

A life of adults includes many compromises. We can't just connect with people we like. Sometimes we have to work with people who aren't very friendly, interesting, or pleasant. A work team is our second family in some sense, because we spend more than half of our time there (in a work place). That is why it is very important to know reasons for disagreement there. I think all of us sometimes have conflicts with co-workers. In my view, there are several main causes of misunderstanding among colleagues.

The first main reason for friction between people who work together is bad attitudes. For example, your co-worker doesn't do his or her job on time and that's bad for your joint project. He can ignore rules or distract other people all the time. Obviously, a person like that has a bad influence on a work team. Everyone can lose benefits or even jobs. That is why it is clear that colleagues don't like people with bad behavior. I had such an experience. One of my colleagues was late all the time. This fact had a bad effect on everyone on the team, but I had the biggest inconvenience because his shift was right away after mine. That is why I had to wait and do part of his work. I couldn't go home because we were working on a news website and we had to post news every five or ten minutes. For this reason, his delays cost me three or five news-stories which I needed to write without pay. Do you think I could like this guy? Probably, no. And I did not. In fact, I really couldn't stand him!

However, there are some reasons for disagreement that don't have such obvious causes, and one of them is unprofessional management. In this case, it is not co-workers' fault that some of them can't reach agreement. If an employer can't provide good man-

agement, people don't have a clear plan, clear shifts, or clear deadlines. A work team is like an army unit. It needs a strong leader. For example, at my previous job that I've already mentioned, my colleagues and I had big problems with vacation shifts. In my department, there were four people who had to post news during the day. All of us had six-hours shifts that cover a day, so when our manager had given leave to



two of my co-workers at the same time, we had to share their work time between us. Because the manager hadn't found a substitute for them, we had to work for ten hours. We were posting news for ten hours without stopping. It was horrible. I hated everyone by the end of this torture: my colleagues, my manager, all world news, and my life. During this period, all our work team was fighting every day. After that, I quit the job, and it was because my manager couldn't do his job professionally. Another problem that a bad manager can have is favoritism. It is a clear sign of unprofessionalism. If managers give some preferences, it can cost good work relationships.

The third reason for misunderstanding on a work team is the human factor. All of us still stay just people even at work. That is why some categories of people are not pleasant for us in any situation. I know a guy who doesn't like his co-worker just because of a football team which he (the co-worker) supports. It is unprofessional but it is a reality. We can't change ourselves. We just don't like some people. Maybe one doesn't like people who stomp while walking or smack their lips when eating. It may seem little trifles, but these things affect our mood. That is why there's little we can do. We just hear this terrible champing and get angrier and angrier. It affects our ability to do our job well. Even the best professionals are just humans who have their flaws, so conflicts are unavoidable. For example, one of my colleagues had



terrible perfume. I didn't say anything, but it drove me crazy. It wasn't actual disagreement between us, but it affected our work relationship. I tried to avoid contact with her. However, at the same time, she was a good worker. It was my personal issue, and I couldn't do anything. I didn't like her because of this perfume.

In conclusion, I am sure that disagreement among colleagues is quite a frequent phenomenon and there are three main reasons: bad attitudes, unprofessional management, and the human factor. It is very important to know them in order to fix these

problems, because we should have good understanding with our co-workers to do our job well. If we know the causes of our problems, we have a chance to change something and work with pleasure.



Viktoria Gunenko
ESL W50

The Preparation for USA Immigration

Four year ago I opened a letter that changed my life drastically. My friend said that I was kissed by God. It was a congratulations letter. I was a randomly-selected person who could receive a Green Card for my husband and me which allowed us to live and work in the USA for ten years. It was my biggest dream to run away from our small, poor, unpromising, corrupt country. The USA is a very

further processing in the Diversity Immigrant Visa Program, and send everything to the Kentucky Consular Center (KCC). To complete the DSP 122 and DS230 (Parts I & II) forms, you need to have on hand all your personal documents about your living and mailing addresses, marriage, education, work experience, military service and parents' information. Sending these forms, you need to prove that



prosperous, democratic, equitable country with big opportunities to live a happy and fair life, not to exist and survive as we did in Moldova. To receive Green Cards, you need to take three main steps: to ship documents to the USA, to have a medical examination, and to have an interview at the embassy.

The first step for receiving the Green Cards is to ship documents to the USA. After receiving a congratulations letter, you need to complete as soon as possible the DSP 122 and DS230 (Parts I & II) forms, take two 2x2 inch color pictures, attach the confirmation letter that you were selected for

you are eligible for the DV lottery program and that you correspond to the two main conditions: you need to be born in an eligible country for participation in this program and you need to finish high school or to have two years of work experience from the American list of occupations in demand. These two forms you could download from <http://www.dvselectee.state.gov> or call the US embassy in your country. Today, I heard, that you can complete all the documents online. To ship documents you need to take two 2x2 inch color pictures. The photos need to be recent. The background photo need to be white and you need to follow the portrait proportions for a regular visa photo. We gath-

ered all the necessary documents and sent them with UPS to Kentucky Consular Center, 3505 North Highway 25W, Williamsburg, KY 40769, U.S.A. For shipping we paid 50 dollars and received a confirmation receipt in one week.

The second step for receiving the Green Cards is to have a medical examination. Two weeks before an interview at the US embassy, we were invited to pass a medical examination in the International Organization for Migration Mission (IOM) in Moldova. You need to bring to the appointment a vaccination list and two forms from a primary care physician which proved that your family is abso-

lutely healthy. In IOM the interviewer receives all your documents, asks about diseases that you had had and sends you to the next door to check blood pressure, weight, and height. After that, you will be sent to the hospital to have a blood test and x-ray of your chest. For these analyses, you need to pay one hundred fifty dollars. The results will be ready in one hour. You will receive a yellow envelope with a notice "Not to open" and will return to the IOM to leave this envelope there. This organization will send this envelope and other documents to the embassy. You will need to pay eighty dollars that day for IOM services.

The third step for receiving the Green Cards is to have an interview at the embassy. Every person who is randomly selected for receiving a Green Card gets a personal case number. This number influences the interview date at the US embassy. The case number consists of fourteen symbols. The last five symbols are your case number. This number can be from 00001 to 35000. Every year the number of winners changes. It's good to have the smallest number, because you will be invited to an interview first. If you have, for example, number 34567, sometimes you will not be invited at all. It

happens because there are a limited number of Green Cards. The US government sends additional letters just to select a necessary number of legal participants. We had a number of 23___ and were invited to an interview in April, 2013 while the first participants had an interview in October, 2012. For the interview, you need to bring the original copies of birth, marriage, education and work certificates, your passports valid for more than six months, and a notice from a bank that you paid three hundred dollars in fees for every person the family. First of all, you will be fingerprinted. Next, you will submit all the needed documents for verification. In twenty



minutes, you will be invited for an interview with the consul. He will ask you a few questions about where you are going and who would help you, what your occupation is and what you plan to do in the USA. By our experience, after

three minutes of conversation, he greeted us and said that we could pick up our passports with visas in one week. Your Green Cards you will receive in the USA. We were in seventh heaven after a year of fears.

Finally, we completed all the steps for receiving our green cards: to ship documents to the USA, to have medical examinations, and to have an interview at the embassy. Meanwhile, we read a lot of information and advice on the Internet on how to complete all the procedures. We found some friends that also won Green Cards and wanted to go to Sacramento. It was a very exciting and long-drawn-out process of receiving "lucky tickets" in our new life.

Svetlana Andruh
ESL W50



School Life



When I got to the USA, my life started to be more serious than before. I got my first job and I was really excited about it, but what was more exciting that happened to me was when I got the chance to be a student here in the USA, especially, when I knew that was going to be a student at ARC.

On my first day of school, I woke up at six in the morning, and that was two hours before my first class. I woke up early because I did not want to be late on my first day of school. That day was very important to me because I knew that my future would change after it. I tried to prepare myself, and I tried to focus. I ate my breakfast, I changed my clothes, and then I drove my car. I headed to the ARC Natomas Center. I still remember it was a rainy day and I was driving slowly. The good thing is I got to school on time. When I arrived, I entered the school, and I looked for my classroom. Then, I found it, on the second floor. I entered the room and



I saw my teacher for the first time. There were two of my classmates already in the classroom, and they looked serious. The teacher asked me my name, and I gave it to her. Then, I sat down with the other two students. We waited for the rest of the students to come. After a couple of minutes, all the students came, and the teacher was ready to start the class. At that moment, I felt so excited and nervous at the same time. After two hours, when the class ended, I was no longer nervous. I was so glad and happy that I attended my first class in school.

In conclusion, I was glad that I had the confidence to make that decision of going to school. The classes I took benefit me a lot. My English became better. Even my friends told me that they started to understand when I spoke to them. So, I'm really glad that I have studied at ARC.

*Aws Khaleel
ESL W30*

Effects of Overcrowding in a Classroom

Do you agree with the famous Russian proverb, "Fewer people have more oxygen?" In English I have found something like this – the idiom "The fewer, the better cheer." They both mean that overcrowding is a problem for people. I agree with this statement, especially when it comes to the educational process. Understanding the importance of education in the modern world, developed countries have the norms for class size. It is hard to imagine learning in the overcrowded classroom because it is very difficult for both students and teachers. In my opinion, overcrowding in a classroom has a few negative effects: a physical discomfort, a psychological discomfort, and a low level of education.

The first effect of overcrowding in a classroom is a physical discomfort. At my school in

Russia, I once faced the problem of an overcrowded class. Our mathematics teacher fell ill, and the school administration didn't immediately find a substitute teacher. Therefore, during the week, my classmates and I attended a mathematics lessons together with other students whose teacher was healthy. Two classes of students were engaged in the same classroom with one teacher. For me, it was very difficult to be in a class where, because of the large number of people, you couldn't see and hear the teacher clearly. Fortunately, we were given the biggest class for our math lessons, so we had enough desks and chairs for everyone, but it was too hot and stuffy for us there. My friend Lena had problems with vision, so it was especially difficult for her. She had to come earlier to get the desk

as close as possible to the blackboard. The mathematics teacher also experienced discomfort. He had to speak louder to overcome the noise of forty students and he was very tired of checking a lot of homework. I hope he was well-paid for it. It lasted only one week, but we were all exhausted. I can't imagine how people can study in an overcrowded class at all times, especially if they don't have enough tables and chairs for each of them.

The second effect of overcrowding in a classroom is psychological discomfort. Many people are shy, so it's hard for them to be in an overcrowded class, especially if they need to answer a teacher's questions in the presence of classmates. My friend Irina was always a good student, but she couldn't speak in front of people. In this situation, she had forgotten everything she knew because of excitement. I think most of us feel better when working in small groups than in overcrowded audiences.

After our experience of studying in the overcrowded class, many of my classmates complained that they were embarrassed to ask the teacher a question if they didn't understand something. Besides, it's more difficult for a teacher to maintain discipline in an overcrowded class, so sometimes in such classes some students can mock their classmates. I think that overcrowding in the classroom doesn't allow us to feel good.

The third and main effect of overcrowding in a classroom is the low level of education. An overcrowded class doesn't allow a teacher to fully concentrate on explaining the material. The teacher is constantly forced to distract himself to maintain discipline and answer additional questions, so the explanation of new material takes longer. According to my experience, the two classes of students

who studied together didn't understand the teacher's explanations well, and checking the homework took a very long time. We also faced the problem of cheating. So our success in studying mathematics was minimal. I never understood math as badly as when I was in the overcrowded class. I think that students who study in small classes or individually are much more successful in their education. My friend Anna learned chemistry with a tutor, so her success in chemistry was the most outstanding among all classmates. I do not think she would

have achieved such success if she had studied this subject in an overcrowded classroom. I heard that most universities form small groups of students because it makes their education more successful. I can also note that at the beginning of the semester at American River College, when there were too many students in a classroom, I understood the material worse.

After many students

dropped out, learning became more interesting and easier for me. Honestly, I can't imagine successful learning if a classroom is overcrowded.

Overcrowding in a classroom is a big problem for students and teachers. Studying and teaching under such conditions is difficult and inefficient. The overcrowded classroom has several negative effects: physical discomfort, psychological discomfort, and limited educational success. Classes shouldn't be overcrowded; only then can students learn as successfully as possible, and teachers can effectively teach. I hope in the future that students in all countries will be able to get a quality education.

Nadia Orlov
ESL W50





The Most Stressful Day

It was a beautiful April morning. The sun was shining in its entire splendor, and the sky was blue and very close. In a few moments I heard the swish of wheels, and plenty of applause could be heard. On every passenger's face I could see joy and happiness; very quickly everybody started to rush somewhere; but where I didn't know... It was the beginning of my life in the USA, and I realized that this day as a newcomer would be one of the most stressful days of my life.

When I arrived at the San Francisco airport I was so confused; all the people were swarming like ants, everybody was talking in languages that I couldn't understand, and I didn't know where to go and what to say. The man from the Passport Control asked me something, I looked at him with big eyes, and I just said, "No English." He smiled at me, and gently showed me where to put my fingers for fingerprints. Because I won a Green Card visa, a series of procedures followed with the documents; it was easier because they found a translator who helped me. I felt very bad and stressed, because I couldn't express myself. On that day I promised myself that I would learn English as soon as possible.

I passed through passport control, and I had to wait for my luggage. There was a big line and a lot of different suitcases and bags were there. I was looking for mine but I couldn't find it. Because I was so scared, I forgot how my luggage looked. When I looked around and I saw that everybody took their luggage and was leaving, and fewer and fewer people remained, I was ready to cry. Finally I saw mine! I was so happy, because I was waiting there

for more than an hour. Furthermore, when I tried to pick my suitcase up, I couldn't. It was so heavy and the line was moving and I couldn't move it. I tried a second time with no result, and the third time a man helped me. Thanks to my savior!!!

When I met my husband in the waiting hall, I was so tired, bitter, and hungry. On our way to Sacramento, I looked around and for me it was so overwhelming, especially the freeway and all the roads. All of them were the same; I saw only numbers and a lot of cars. I was lost, and my first thought was that I would never learn how to drive and know where to go. When we stopped at an In-N-Out to eat something and to relax a little bit, I felt that the land slipped away, I felt dizzy, and I was so scared. I also didn't know what to choose to eat, or how to use the water fountain. Everything was new for me. Fortunately, I have a kind husband who explained and helped me.

Later, when we arrived at our small apartment, I just wanted to sleep, to sleep a lot, and to forget about all the adventures that I had. I wanted to fall asleep and to wake up back in my native and lovely village in Moldova. I wanted to believe that I had a bad dream, but I knew that a new life was beginning, a life with a lot of challenges and obstacles, and tears escaped down my cheeks. Even though I like to travel, to discover new places, even if had been waiting anxiously for this day, it was too much for me. April 9th, 2009 was the day when I arrived in the USA, and it was one of the most stressful days of my life.

Lenuta Musorivski
ESL W50



The Russian Police

In a civilized world, people need different services to help and to protect them. People trust services such as the police, fire department, and ambulance services because they make our lives more secure. However, some of these services in some countries evoke another kind of feelings such as fear. One of those countries is Russia. This is true specially for the Russian police. There are several differences between the police here in the USA and the police in Russia.

The first difference between the police here in the USA and the police in Russia is trust. Most people in the USA feel protected when they are surrounded by the police. They have no doubts that police will help, protect, and care for them. People are sure that the police always obey the law and they do what is right. On the other hand, Russian police behavior doesn't allow people to trust them. People feel uncomfortable when they see police or when they know police need to be involved in their situation. Many times police are the reason why people have more problems. For example, everyone in Russia knows that if policemen find a reason to catch you, they will "hang" on you other violations because they have "a goal" they have to meet. As an example, a policeman stopped and asked my neighbor for his passport just to look. When my neighbor asked him to return his passport, the policeman refused and said that he would return the passport if he could buy a bicycle for his son. Otherwise, my neighbor seemed like a criminal to him. Only after my neighbor gave money to the policeman for a bicycle for his son, did the policeman return his passport. In addition, many people are afraid to ask Russian police for help because it could be proven that instead of being a victim they will be made out as a criminal. The police are very easy in distorting the facts to fulfill their dirty purpose.

The second difference between the police here in the USA and the police in Russia is law. In the USA, almost everyone obeys the law. People, services, and government are very strict about the police and the police in the United States follow the laws and the regulations. The law system in the USA works properly. People know that if they notice any violations and



report them, they will be successful. As opposed to the USA, most of the Russian people feel that it is not necessary to follow all of the Russian laws. Of course, there are obedient citizens who follow the law, but even they understand that most of the people and police don't respect the law. The law system just doesn't work. People in Russia know that even if they are right, they won't have justice. For example, people are anxious around police because the police stop cars for no reason even though it is unlawful. Moreover, it is usual for Russian police to take bribes, beat people, kill people or drive drunk. They aren't afraid of being prosecuted and unfortunately most of them have never been punished. For example, in my city Nizhniy Novgorod, two drunk driver policemen shot down two little girls who were playing near their house. Although there were many witnesses, these policemen have never been punished.

The final difference between the police here in the USA and the police in Russia is corruption. Of course, no government can avoid corruption. However, some governments do a better job in that than others. One of those governments is the USA. There is a strict system of fees or jail terms that works. In comparison to the USA, I think Russia is the kingdom of corruption. Everyone knows that you can solve any problem if you bribe somebody. Corruption is everywhere, starting at kindergarten and ending at the government places. Russian police are, of course, part of this list and everything has its price. For example, our neighbor's little son was hit by a car. The driver was drunk. Unfortunately, he was very rich. Even though the police had a lot of evidence, the parents of that little boy weren't able to prove anything and they lost a court case.

In conclusion, do the police help or harm us? My answer will depend on the specific situation in the particular country. If I live in the USA, my answer will be that the police help us. However, if I lived in Russia, I couldn't answer positively to this question because I don't trust the Russian police, the police don't obey the law, and the police are corrupt.

*Anaida Aleksanyan
ESL W50*

Fake Face

Everyone likes honest people. However, no one likes lying and deception. I have met many people from different countries in my life and some of them became friends to me. In my senior year at Foothill High School in Sacramento, I had a friend who had two faces and a snake tongue. She is younger than me. I will never forget that day when I helped her and when I finally saw her evil face.

I moved to the US from Syria in my senior year, and I did not know anyone here. I lived in Sacramento, and I studied at Foothill High School. On the first day, I went to school with my dad. Then he left me. My first period was biology, but I did not know how to find the class. So, I asked someone to help me. A teacher from school helped me and he had a beautiful face. I did not know how to speak with him, but he looked at my schedule, and took me to my biology class. However, I was late; the biology teacher did not say anything to me because I was new student. At biology class I met a girl named Kawsar. It was an Arabic name and she could speak my native language which is Arabic. I talked to her, and she saw my schedule. She told me everything about all the teachers at the school. After biology class, I had English Language Development, and she was with me. Honestly, the English teacher spoke a lot in English, and I did not understand anything, so I slept. I was angry because I did not like this school, and I was not good in American English speaking and reading, either. In my country, British English was taught to Syrian students. Unfortunately, everything at the school was in the English language; additionally, there were not many people

who could speak my native language, and I could not speak with boys because that's not allowed for Muslim girl. In other words, I did not speak with anyone except Kawsar.

Day after day, I thought that we were becoming friends because we were in the same classes. To be honest, she wasn't smart, but she was a very good girl with make-up. We took mathematics, English, and biology. In these classes, she asked me to help her because I was good at math, and I became better at English class. Before math class, she said, "Can you do a favor for me?" I said, "Yes, of course." She said, "I need you to help on my me math test today." Actually, I helped her by whispering the correct answers. I knew it was not a good thing, but I did it because she was my only friend. I felt ashamed of myself. One day, she invited me to visit her. I went to her house, and I met her mother. Then, in front of her mother, when we were drinking



tea, she said, "Thanks for coming and thanks for being here to help me with my math homework." I was in shock because she did not mention that at school, and I thought she invited me to meet her parents. Her mother said, "Oh, that so nice." I had no choice, so I told her "Okay, let's start." When I looked at the homework and started doing it, she was busy on her phone taking a Snapchat pictures. It was a very stupid moment, and her mother told her, "Pay attention." She did not listen, and I finished all of it for her. At the end of this visit, she said "I will be with you all the time and help you in everything you want." I went back home, and I was angry about how she used me to do her homework. I did not like this way. The next day, she asked me to help her in English class and I did that.

It wasn't a good thing because English teachers tried to teach us how to say "No," if someone asked for help with his or her homework.

All the time, she repeatedly said, "You are my best friend and you have to help me and, in the future, I will help you." I smiled when I heard that. In spite of her beautiful face, she also had an evil face. I helped her many times in many things and I did a lot of homework for her. One day, I came to her and said, "Koka, which was her nickname, I need your help in something."

She looked at me and said, "How can I help you?"

I said, "You know, I'm going to graduate by the end of this year. I have to buy a cap and gown. I don't know from where and how to buy it, and you have been here two years."

She said, "Do not worry; my sister last year bought them, and I can give them to you."

I said, "Oh, really???"

She said, "Yes, you can come tonight to take them if you want."

I spent one month repeatedly going to her house to get them, but whenever I went there, I had to do her homework. Her mother was telling me, "I don't know where I put them." Every time I went there, I had to listen to her mother's excuses. A month before graduation, Koka came to me and said, "We have a white cap and gown, not black." I was in shock and surprised about what she said. She exploited me all that time, so she could pass

her classes. I was so stupid to believe that she was going to help me. Fortunately, my older brother helped me to get a cap and gown from Amazon. So, I ordered, and it came before my graduation day. Therefore, I asked her for a different favor. I asked her if she could go with me to buy a dress for under the gown. She said, "Ok, I will go."

One day before graduation, I called her mother, and I talked to her. I told her, "Koka and I are going to go shopping tomorrow if that is okay." Her reply was, "Yes, she can go with you." On the important day for me, I asked Koka to be ready for me to take her with me. Unbelievably, she lied and said, "My mother will not allow me to go with you." It was a terrible day, and I hated it. After all that, she told everyone who knew me, "She didn't help me in anything, and she is the worst girl that I have ever known." I did not know how she did that, and how she forgot everything that I did for her, like when I helped her in her classes. The bad news was everyone believed her dishonest words, and the good news was I will never do any more favors because in this experience I looked bad and immature, especially when I asked her to do a favor for me. I became more knowledgeable about people who want to be my friend and people who want to exploit me.

Alaa Shatat
ESL W50

No Grades in Education

A modern education is a fast-developing system. Every day, schools and colleges try to use new methods for making their education more progressive and successful. There is controversy in the educational communities about the necessity of grades in schools and colleges. It is time to make a choice – on whose side are you? Do you really want to become an unremarkable student who avoids knowing his educational grade? For me, it's impossible to think that there are people who are afraid to get a grade! All generations of students before us

got grades in schools and colleges and didn't think about destroying this rational system. I firmly disagree with the idea that there should be no grades in high schools or colleges and all classes should be pass/fail.

The first reason why we should have the educational model with grades in high schools or colleges is that grades help us to understand our level of knowledge. As a student, I can say that whenever I get a grade, I understand where my strengths and weaknesses are. I get the most im-

portant, unique-to-me information where I need to work harder to increase my level of knowledge. For teachers, the grading system is very helpful too. They see what materials students don't understand and can help them. Do you really want to deprive a teacher of a possibility to find gaps in student knowledge? If yes, you are crazy! My math teacher in the high school always told us, "When I give you a bad grade, I do it not to punish you for a lack of knowledge, but to let you know what you need to work on, and help

you with it." Another part of the educational system that needs to know the level of knowledge is parents. Grades help parents to understand the abilities and performance of their children and help them. My friend Anna had good grades in chemistry

and her parents noticed that she can be successful there. They found her a chemistry tutor so she could achieve more than the ordinary school requirements and go to a university. Now she is a highly-paid pharmacist. By refusing to give grades, we deprive students of help from teachers and parents. We don't give them the opportunity to assess themselves sensibly!

Another reason for using grades in schools and colleges is that it stimulates student motivation to study hard. Everyone wants to be successful. This should be used! Be better, be smarter, and be ahead! Grades help to raise performance. Many of my classmates ask each other what grade they received on a test. It's important to understand how successful you are. If your score is lower than the rest, it's a signal that you have to study harder. Besides, usually successful students are more popular. This allows you not only to be a success-

ful student, but it is also easier to make friends. Grades allow you to find friends by interests. If there are no assessments, how can you understand who, just like you, is fond of biology, for example? In my high-school days there were two girlfriends who adored mathematics. Their friendship began with a trip to a mathematical contest, which they were selected to based on their grades. I want to ask anti-grades supporters, "How should it be with the scholarships awarded to successful stu-

dents? Do you want to cancel them like the grades?" This is silly! Many of my friends, including myself, were holders of scholarships on the basis of high academic achievement. This is very motivating to further success!



A final and extremely important reason for saving the educational system with grades in high schools or colleges is that it helps to enhance the level of education in general. This helps to assess the quality of knowledge in class, school, college, university. Based on this, the administration of an educational institution can identify the most successful teachers and students. For example, at my school, teachers received bonuses if their students showed outstanding results in contests. Refusing of assessments will deprive teachers and students of this opportunity and reduce the quality of education. Using the grading system helps to rate schools and colleges. Many of my friends choose a school for their children based on its rating. Students are also looking for a college or university with a good rating, which indicates a high level of education there. No grades deprive us of this possibility. Just imagine how the quality of education will fall if colleges and schools stop

fighting for a high rating! If you still want to cancel the grades, you are the enemy of a quality education! In addition, what about prestigious educational institutions, where only the most successful students are taken? Harvard, Stanford, Cambridge, UC Berkeley, MIT agree to take everybody? It's even funny to think about it! The system with grades is practical and understandable for teachers, students, parents and society as a whole. Educational departments analyze information coming from schools and colleges and develop new programs. Destroying the grading system will lead to chaos in the educational system in general!

The world around us changes rapidly. Education also does not stand still. Innovations are important and should be used, but let's be reasonable! A

rejection of the grades system is a way to nowhere! There can be no discussion on this matter! The rating system has proved itself over many years of use. It is foolish to break an existing system without offering a better alternative. Aristotle said, "The roots of education are bitter, but the fruit is sweet." A bad evaluation can upset, but only by working on our mistakes can we improve our knowledge. I strongly disagree with the opinion that we don't need grades in high schools or colleges and all classes should be pass or fail.

Nadia Orlov
ESL W50

My Magical Ring

Every woman in this world has something that inspires her, that gives her energy and emotions. I call such feelings "treasure". I am very happy and proud to have my treasure: my sparkling ruby ring. Although there are a lot of fantastic rings on the market, my ring is the most valuable for me.

When my mother got married, she received a beautiful ruby ring from her mother. My mother gave it to me when I got married. She presented it to me on my wedding day. She said that this ring would make me feel that she was always with me, like her mother was with her. I told her that I loved her very much. I will give it to my daughter when she grows up. It will be passed from generation to generation.

My ring is made of gold and it has a big magnificent stone called a ruby. It's sparkling red color makes all my day happy when I wear it. It is so delicate! I also feel delicate when I look at it. The ruby is the king of precious stones! Jewelers often call it the gem of gems, the stone of love, passion,

and energy. I definitely agree with this contention. Wearing this splendid ring, I have an expensive look. It is elegant and classy. It helps me to look unique and confident. I can combine my ring with any outfit, classical or modern. I wear it only on special occasions because it is too expensive for my soul. It looks great!

Now, when I am so far from my mother, my ruby ring always reminds me of her. I feel that she is close to me, always ready to help me, always ready to give me advice. So my ring has a big spiritual value for me.

My "magic" ruby ring is definitely the most valuable thing that I have. It gives me admiration for my previous generation, love for my family, power, and energy to move on.



Alina Baci
ESL W50



Nestscape -- Articles from The Web

Continued from page 1

to the café's app. The barista uploads that pic to the Cino, which works some magic using flavorless food coloring, and your image appears in the froth. You then sit back and wait for the Instagram likes to roll in while drinking your self-portrait.

Owner Ehab Salem Shouly is clearly proud of what he's done, telling Reuters that in today's restaurant world, Instagrammability now beats "great food and great service" hands down. The drink debuted on Saturday, but they'd sold over 400 by midday yesterday. Shouly is already preparing to trademark "Selfieccino," install Cinos in the Tea Terrace's two other locations, then take a moment



to cackle at people's egomania.

Below, a quick look at primary sources currently documenting food's newest low-water mark:

<http://www.grubstreet.com/2017/12/london-cafe-makes-selfieccino-drink-with-customers-faces.html>

Subtle Giveaways That Show You're an American Tourist Abroad



As an American in Paris, you are a walking faux pas. I learned this immediately, despite having arrived in the City of Light and thankless clichés armed with a French last name, a practiced pronunciation of sauvignon blanc, and a pair of loafers I had deemed quintessentially Parisian.

On my very first morning in the Sixth Arrondissement, a barista nailed me. "You're from New York, aren't you?" she asked.

"Oui," I nodded, wondering whether or not one can, in fact, speak French with a Brooklyn accent (while dreading the pos-

sibility that I might actually have a Brooklyn accent).

"All Americans want their coffee to go," she explained in perfect English. "New Yorkers always take it black." I realized she was ignoring the fact that I'd ordered in French.

After all the time I'd spent reading Hemingway, acquainting myself with cheeses, and finding the perfect pair of trousers, I'd been betrayed by my coffee order. I was American. This was obvious to Parisians. During the following weeks, as I strolled the Rue Crémieux ordering Sancerre by the glass, I knew I was an imposter in plain sight. Parisians just know.

Americans tend to wear their nationality unwittingly on their sleeves (or more accurately, "half-pants"), so it comes as no surprise that they're easy to spot abroad -- but the French have made this a sport unto itself. Their culture, tightly wound and difficult to infiltrate, makes them particularly adept at calling out the imposters. Beyond all the standard tourist grievances, I found that the locals who were willing to converse with me -- in spite of my obvious Yankeehood -- had agreed upon a certain master list of subtle tells that Americans can't help but display.



Americans drink excessive amounts of water

While at dinner with a friend in St.-Germain-des-Pres, I pointed out that I had finished my glass of lukewarm tap water and no one had refilled it. (In the States, a back waiter would've refilled the glass twice already.) She laughed and explained that Americans are notorious in Paris for over-hydrating (see: gallon challenge). Apparently, toting a water bottle like a handbag (Nalgene flexing) is a dead giveaway that you hail from the US of A -- as is compulsively requesting water refills and blaming any/all maladies on inadequate water intake.

They rest their phones face-up on the dinner table

You shouldn't do it in Philly, you shouldn't do it in Peoria, and you really shouldn't do it in Paris, where dining out still maintains an elevated, almost sacred tone. Once, while eating with three friends at a small bistro (no more than four tables) in the Montmartre neighborhood, my phone rang. Naturally, it was lying face-up on the tabletop beside my silverware. I shut it off quickly, before noting that everyone else seated at my table had their phones out as well -- and that the rest of the tiny restaurant's patrons were all looking at us disapprovingly.

"Don't worry," the waiter said when I apologized. "At least you haven't asked for the Wi-Fi password."

They ask for the Wi-Fi password. Immediately.

If you can't survive a Wednesday without checking on your friends' Instagram stories, you might as well consider never traveling ever again. Apparently we Americans, more than any other tourists, equate cell phones with lifelines.

They harbor dainty misgivings about day-drinking, yet imbibe like college girls the moment the sun goes down

Parisians indulge in moderation. They consume (with frequency) extraordinarily rich desserts, gluten-heavy pastries, and best of all, midday alcohol. It is standard for Parisians to lunch over beers or pop out of the office for an afternoon pick-me-up (wine) without disrupting their routines. Americans, on the other hand, are known for starving themselves till they binge -- "Just one drink" is not a popular mantra in the States. "It's like if Americans start drinking midday, you can't stop again until you go to bed," one bartender explained to me. "They either refuse to drink until the sun goes down, or they start pounding shots back-to-back."

They carry oversized backpacks stuffed with non-essentials

While there are plenty of actual backpackers traipsing around Paris in search of hostels, Americans are known for their bloated daypacks. While waiting in the grueling security line to enter the Pompidou, the man in front of me kvetched, in French: "How will we ever get through security when all the Americans brought backpacks the size of small children?"

They study a menu like it's an SAT manual

"I trust you will need some time," a waiter once told me in accent-heavy English, as he passed me the menu at an outdoor cafe in Belleville. "Espresso, s'il vous plaît," I responded (I was a woman on a mission), and he paused, seemingly flustered that I had not, in fact, required "some time." He told me that Americans in restaurants are known for their indecisiveness -- they tend to read food and wine menus cover-to-cover as they debate one another about what they'd like to eat. "Parisians already know what they like," the waiter explained. "They barely even glance at the menu."

They wear shorts year-round

I arrived in Paris in early May, which does not exactly imply shorts weather -- especially in a city notorious for its dismal gray shroud of a sky. I was traveling with a male friend who, natch, was dressed in a pair of shorts. While talking to a group of boys gathered along the bank of the Seine, hoping to gather some local nightlife recommendations, one of them interjected disdainfully: "You definitely can't go to a club wearing half-pants." I realized we hadn't seen another soul in shorts all day. Simply put, if you're looking to blend in, half-pants are definitely not the move.



They say sorry all the time

I have a particularly charming knack for knocking over glasses, and on one occasion, while apologizing profusely to the bartender who was presiding over the section of the bar on which I'd just spilled water, he stopped me: "Americans say sorry too much -- it's such a waste of energy," he said.

He was not wrong. Americans apologize when they walk through crowds, when they bump into one another on the Metro, before they ask questions -- the French simply say pardon. I'm not sure when I'm sorry became the equivalent of "excuse me" or "I have something to say," but it's a uniquely American habit.

They're always in a rush, even on vacation

It's true that tourists often blow through foreign cities, ricocheting from place to place at breakneck speed to check off Lonely Planet bucket lists. On my last day in Paris, when I had more



than accomplished the spread of cultural things I'd set out to do, I stationed myself in an outdoor cafe for coffee. "Anything else?" my waiter asked me in French when he brought out my espresso on a silver tray. "Just the check," I said.

"Always in such a hurry," he laughed, pulling the bill out of the pocket of his apron, "Americans, I mean." I'd asked for the check out of habit -- the understanding that once you've completed your meal, you're required to up-and-go in as little time

as possible. But I had absolutely nowhere to be. In fact, I had intentionally devoted my whole afternoon to Parisian nothingness. And still, somehow, I was readying myself to move on to the next thing. Even on that final, French-est day, I remained undeniably American.

<https://www.thrillist.com/travel/nation/american-tourists-paris-giveaways>

7 Things You didn't Know About Alcohol in America

Alcohol's storied relationship with the U.S. dates back to the dawn of the nation, according to Derek Brown, chief spirits advisor for the National Archives Museum's "Spirited Republic" exhibit.

Brown is an innovator of cocktails who owns several bars in Washington, D.C.'s Shaw neighborhood. We joined him at Mockingbird Hill, his punk-rock sherry bar named for a lyric from The Clash song "Spanish Bombs," for a history on alcohol in the U.S. Here are seven things you might not know about alcohol's history in America.

1. At the time the U.S. was created, alcohol was seen as healthy.

In 1790, drinking-age Americans consumed an average of 5.8 gallons of pure alcohol annually, according to the "Spirited Republic" exhibit. By 1830, that number had risen to 7.1 gallons. That's a lot, considering that Americans today drink on average 2.5 gallons a year, according to the World Health Organization.

At the time, alcohol was viewed as a digestive aid and a source of strength. With no standard water treatment system in the U.S., some considered it an alternative to water.

"For some people, it was because water was poisonous in the sense that it had all kinds of bacteria they didn't quite understand," Brown said.

2. Doctors used to prescribe whiskey to patients.

During Prohibition, the U.S. Treasury Department authorized physicians to prescribe alcohol. It was used to treat depression and even cancer.

But the prescriptions, which cost approximately \$7 to obtain and get filled, were largely a way for the

medical industry to make money, Daniel Okrent, author of "Last Call: The Rise and Fall of Prohibition," told Smithsonian Magazine.

"There may have been some people who were being prescribed because of a perceived medical need, but it was really a way for some physicians and pharmacists to make a few extra bucks," he said.

3. George Washington once made orders for his troops to receive whiskey and rum.

While encamped at Valley Forge during a brutally cold winter, General George Washington issued orders for his troops to receive a "gill" of whiskey and rum each. Washington, who owned the largest rye whiskey distillery in the country post-presidency, knew good whiskey, Brown said.

Brown and "Spirited Republic" curator Trevor Plant created a cocktail inspired by this bit of history. Called "The General's Order," the drink is, you guessed it, rum and whiskey-based, while incorpo-



rating Martha Washington's recipe for cherry bounce.

4. The first definition of the cocktail came about in 1806.

A newspaper based in Hudson, N.Y., called *The Balance and Columbian Repository* defined a cocktail this way: a drink comprised of sugar, water, bitters and "spirits of any kind." The paper's editor, Harry Crosswell, wrote the definition in response to the question, "What is a cocktail?" He continued:

It is vulgarly called bittered sling, and is supposed to be an excellent electioneering potion, in as much as it renders the heart stout and bold, at the same time that it fuddles the head.

Crosswell's definition of the cocktail most resembles what is known today as an Old Fashioned, Brown said.

5. Lewis and Clark journeyed with wine and beer.

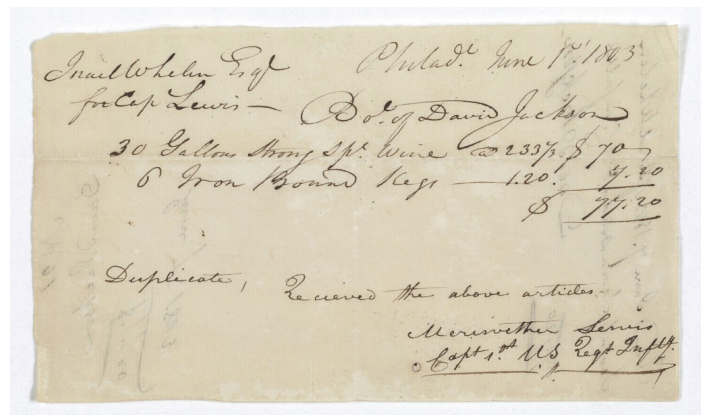


The famous Lewis and Clark expedition across the U.S., led by Meriwether Lewis and William Clark, totaled more than 30 people. To keep the group satiated, Lewis purchased 30 gallons of "rectified spirits" for the journey, according to records from 1803.

6. The 19th century is considered "The Golden Age" of alcohol.

The ad men of Don Draper's era owe much of their time sipping cocktails to the 100 years before the 1960's. That's when the Manhattan, martini and daiquiri were born. In 1862, the "Bar-Tender's Guide" by Jerry Thomas — widely considered the first bartending guide — was created. Prohibition would come 51 years later.

7. A surprising number of amendments pertain to alcohol.



Of the 27 amendments to the U.S. Constitution, two are focused on alcohol.

The 18th amendment, known as the Prohibition Act, was ratified in 1919. It prohibited the manufacture and sale of alcohol. It wouldn't be repealed for another 14 years under the 21st amendment.

An earlier version of this post incorrectly stated that the 18th amendment was passed in 1913.



<https://www.pbs.org/newshour/arts/7-things-didnt-know-alcohol-america>



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!

An Easy-to-Follow Recipe for Shepherd's Pie

Serves 6 to 8

Stew Ingredients:

- 4 tablespoons unsalted butter
- 2 pounds lean boneless leg of lamb, cut into 1/2-inch cubes
- 1/2 pound turnips, peeled and diced
- 1/2 pound carrots, peeled and diced
- 3 celery stalks, trimmed and sliced
- 1 medium onion, peeled and diced
- 1 teaspoon fresh thyme leaves
- 1/2 cup all-purpose flour
- 2 cups beef stock or water
- 1/3 cup tomato paste
- Salt and freshly ground black pepper to taste



Potato Topping Ingredients:

- 2 pounds white or red boiling potatoes, peeled and cut into 1-inch cubes
- 1/4 pound (1 stick) unsalted butter
- 1 egg
- 1 egg yolk
- 1 teaspoon salt, or to taste
- 1/2 teaspoon freshly ground white pepper, or to taste.



Instructions:



1. To make the stew, melt the butter in a Dutch oven or large saucepan over medium high heat. Add the lamb and brown on all sides, making sure not to crowd the pan. This may have to be done in batches. Remove the lamb from the pan with a slotted spoon, and set aside.

2. Add the turnips, carrots, celery and onion to the pan, and saute for 3 minutes, stirring frequently, or until the onions are translucent. Return the lamb to the pan along with the thyme, and sprinkle the flour over the lamb and vegetables. Cook over low heat for 3 minutes, stirring frequently, to cook the flour. Add the cold stock or water, raise the heat to medium high, and bring to a boil. Stir in the tomato paste, and season with salt and pepper. Cook the lamb mixture covered over low heat for 40 to 55 minutes, or until the lamb is tender.

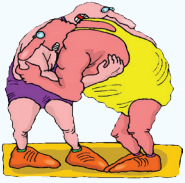
3. While the lamb is braising, place the potatoes in salted cold water and bring to a boil over high heat. Boil the potatoes until tender, about 15 minutes. Drain, and then mash the potatoes using a potato masher or hand-held electric mixer with the butter, egg, yolk, salt and pepper. Place the mixture in a pastry bag fitted with a large star tip.

4. To serve, preheat an oven broiler. Place the lamb into a large baking dish or individual dishes, and pipe the potatoes into a latticework pattern on the top. Place 6 inches from the broiler element, and brown the potatoes. Serve immediately.

Note: The lamb and potatoes can be prepared up to a day in advance and refrigerated, tightly covered. Reheat the lamb over low heat before piping the potatoes and the final broiling.

<http://www.history.org/Almanack/life/food/fdshep.cfm>

Parrot Warbling



Grappling with Grammar

Grammar Brackets

Brackets are far less common than parentheses, and they are only used in special cases. Brackets (like single quotation marks) are used exclusively within quoted material.

Rule 1. Brackets are interruptions. When we see them, we know they've been added by someone else. They are used to explain or comment on the quotation.

Examples:

"Four score and seven [today we'd say eighty-seven] years ago..."

"Bill shook hands with [his son] Al."

Rule 2. When quoting something that has a spelling or grammar mistake or presents material in a confusing way, insert the term *sic* in italics and enclose it in nonitalic (unless the surrounding text is italic) brackets.

Sic ("thus" in Latin) is shorthand for, "This is exactly what the original material says."

Example: She wrote, "I would rather die than [sic] be seen wearing the same outfit as my sister."

The [sic] indicates that then was mistakenly used instead of than.

Rule 3. In formal writing, brackets are often used to maintain the integrity of both a quotation and the sentences others use it in.

Example: "[T]he better angels of our nature" gave a powerful ending to Lincoln's first inaugural address.

Lincoln's memorable phrase came midsentence, so the word *the* was not originally capitalized.

<https://www.grammarbook.com/punctuation/parens.asp>

Idiom--Attic

Finding Your Feet

To become more comfortable in whatever you are doing

Example: You've only been working here a few days, but you really are **finding your feet!**



<http://www.idiomsite.com/index2.htm>

Beak Speak

What is the Pronunciation RULE for "X"?

"X" is a combination or cluster of two sounds; "K" and "S," as in "six"

1- When the "X" is followed by a consonant, it is usually pronounced as "KS."

Example:

- extra exception excellent expect
- extract excited experiment experience

2- When the "X" is followed by a vowel, it is usually pronounced as "GZ."

Example:

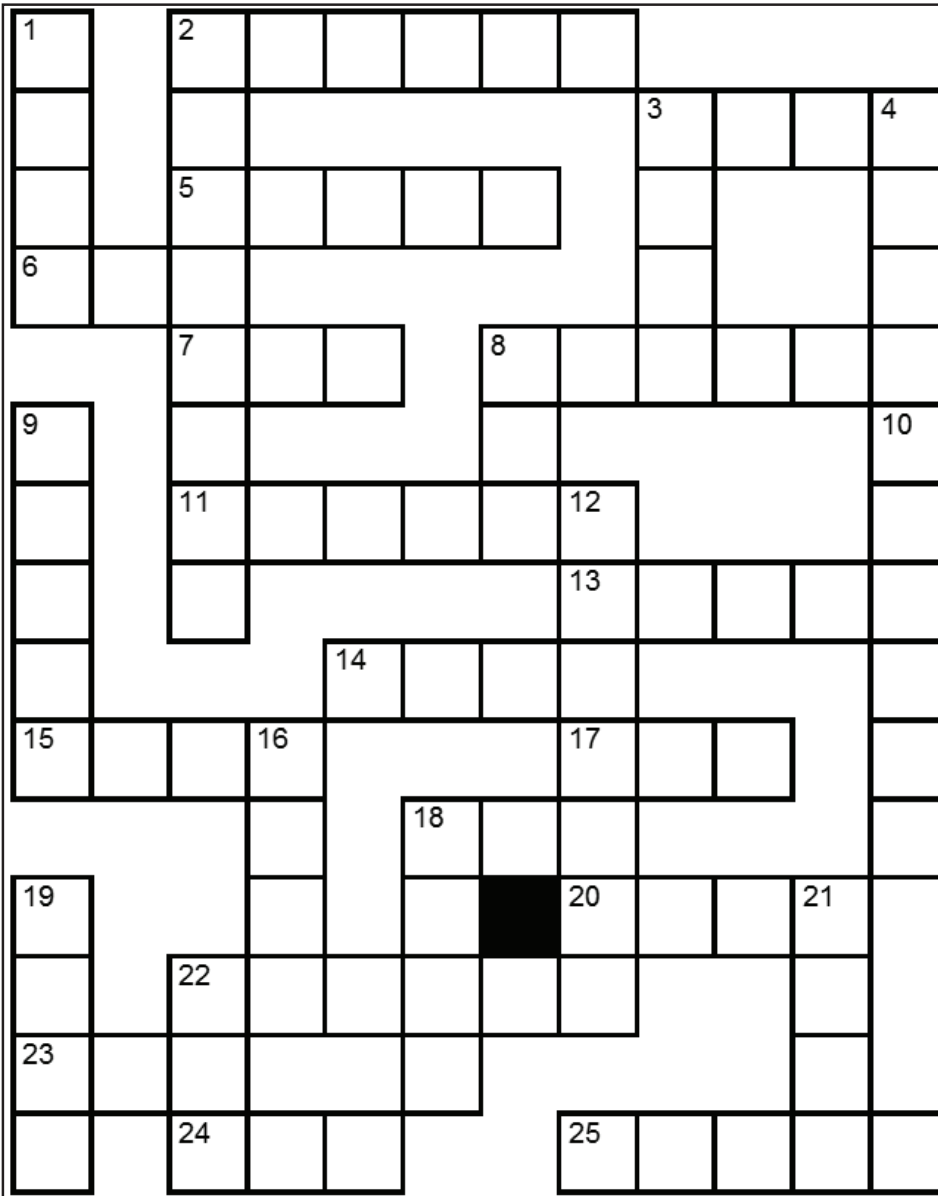
exist example executive exacerbate
exact exaggerate exude exalt
exam examination examine exit
exasperated exempt exonerate exorbitant
exotic exuberant exude

Exceptions: exercise execution

<http://www.eslrules.com/blog/what-is-the-pronunciation-rule-for-x>



Some More Parrot Fun Stuff



Across

- 1- A kind of bird that begins with P.
 4- A season that rhymes with king.
 8- A place that rhymes with pool.
 10- Another word for angry.
 11- A food that rhymes with dice.
 12- A toy that rhymes with tall.
 13- A kind of fruit that begins with G.
 18- A farm animal that rhymes with boat.
 19- A synonym for trash.
 20- A farm animal that rhymes with sleep.
 22- A toy that rhymes with bite.
 24- The antonym of easy.
 27- An animal that rhymes with word.
 29- A synonym for yell.
 30- The opposite of east.
 31- A pet that rhymes with log.
 33- The opposite of far.
 35- The opposite of young.
 38- A drink that rhymes with sea.
 39- Another word for pull.
 40- A farm animal that rhymes with wig.
 41- A season that rhymes with ball.
 42- A kind of fruit that begins with B.

Down

- 1- A fruit that rhymes with hair.
 2- A type of flower that begins with R.
 3- Another word for throw.
 5- Another word for sick.
 6- The antonym of good.
 7- The antonym of big.
 9- A type of fruit that begins with O.
 12- A place that rhymes with teach.

- 14- The opposite of wrong.
 15- A place that rhymes with dark.
 16- A synonym of afraid.
 17- A drink that rhymes with silk.
 21- The opposite of push.
 23- The opposite of first.
 25- A type of lizard that begins with I.
 26- The opposite of hot.
 27- The opposite of top.
 28- A forest animal that rhymes

with here.

- 32- The opposite of in.
 34- A kind of fruit that begins with A.
 36- The opposite of up.
 37- The antonym of thick.





Gardening

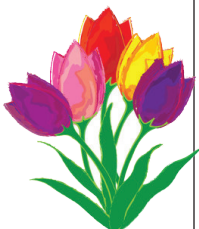
Find and circle all of the words that are hidden in the grid.



F S W H E E L B A R R O W W H G E G R
 U P E G S P E T U N I A S S N F N R T
 C A G O R T L S O I L O C I N O W A U
 H D H R R E L R O W S A T O M A E K L
 S E R O O A E S S E B N I E M A E E I
 I S W C U W F N S D A T R N E P L B P
 A E C N U O E O H L L U O G N O O S S
 L L N A I L R G P O T O N M V E U S F
 P A B R L N T M N L U A G E A N I L T
 I I E E O I I I U I R S G I S T O B S
 N N E T C A L C V D G E E H R W O S E
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 L E V O H S A E P S M U I N A R E G H
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- | | | | |
|------------|--------------|------------|-------------|
| ANNUALS | GERANIUMS | PERENNIAL | SUNSHINE |
| BEANS | GLOVES | PETUNIAS | TOMATOES |
| BEETS | GNOME | PINWHEEL | TROWEL |
| BIENNIAL | GREENHOUSE | PITCH FORK | TULIPS |
| BROCCOLI | GROW | PLANTING | VEGETABLES |
| CARROTS | HOES | RAIN | WATER |
| COMPOST | HORTICULTURE | RAKE | WEEDS |
| CULTIVATE | HOSE | RELAXING | WHEELBARROW |
| DAISIES | HYDRANGEA | ROSES | |
| DIGGING | LILACS | ROWS | |
| FERTILIZER | LILIES | SEEDS | |
| FLOWERS | MARIGOLDS | SHOVEL | |
| FUCHSIA | ORGANIC | SOIL | |
| GARDEN | PEAS | SPADE | |





Parrot Poetry



Water

Everything on the earth bristled,
 the bramble
 pricked and the green thread
 nibbled away, the petal fell, falling
 until the only flower was the fall
 ing itself.
 Water is another matter,
 has no direction but its own bright
 grace,
 runs through all imaginable colors,
 takes limpid lessons
 from stone,
 and in those functionings plays out
 the unrealized ambitions of the
 foam.

By: Pablo Neruda

Rigoberto's Riddles

People buy me to eat
 but they never eat me.
 What am I?



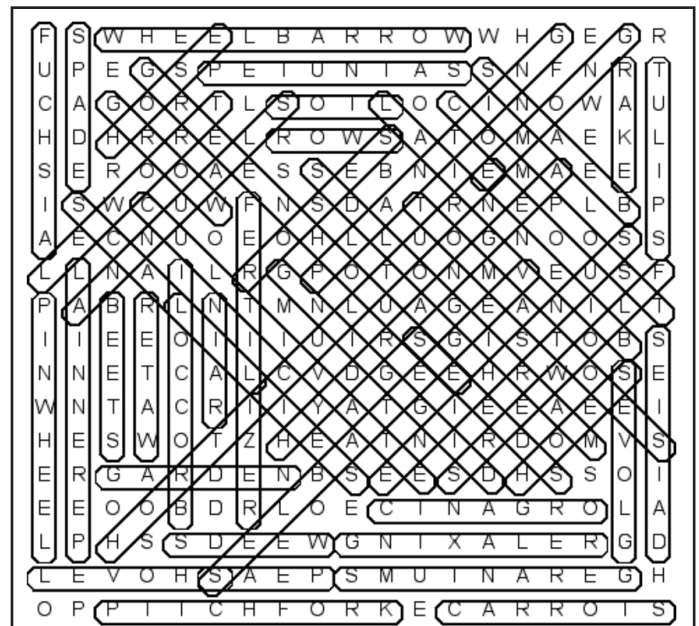
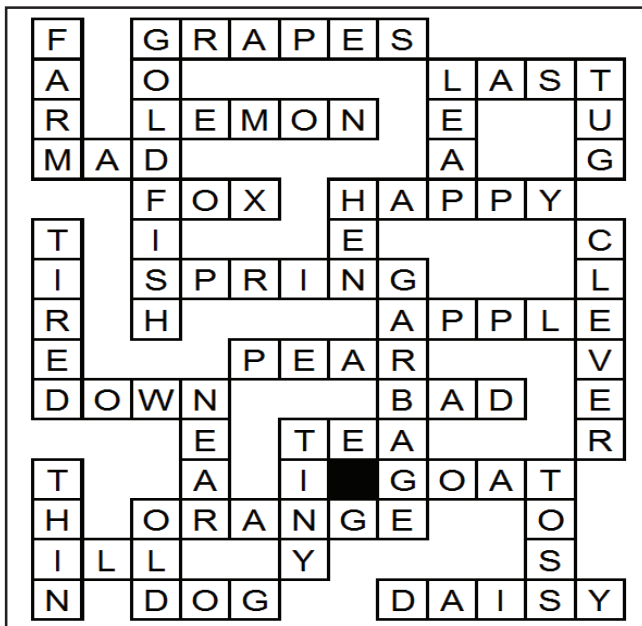
Plates and cutlery.

Silly Vasily's Chuckle Chamber



Financial Trouble Bhojali finds himself in dire trouble. His business has gone bust and he's in serious financial trouble. He's so desperate that he decides to ask Ganesh for help. He goes into the temple and begins to pray. "Oh Ganesh, please help me, I've lost my business and if I don't get some money, I'm going to lose my house as well. Please let me win the lottery." Lotto night comes and somebody else wins it. Bhojali goes back to the temple. "Ganesh please let me win the lotto. I've lost my business, my house and I'm going to lose my car as well." Lotto night comes Bhojali still has no luck. Back to the temple he goes. "My Ganesh, why have you forsaken me? I've lost my business, my house, my car and my wife children are starving. I don't often ask you for help and I have always been a good servant to you. Why won't you just let me win the lotto this one time so I can get my life in order?" Suddenly there is a binding flash of light as the sky parts open and Bhojali is confronted by the voice of God. "Bhojali, buy a lottery ticket first."

<http://www.jokes4us.com/miscellaneousjokes/lotteryjokes.html>



Granny Noetal

Dear Granny Noetal,

I'm not doing well in my writing classes. I just don't get it. I am very good at speaking English. I worked as an interpreter with the US Armed Forces in Afghanistan. What should I do?

Mehmed

Dear Mehmed,

Writing can be tricky, especially if you are not used to it. You probably learned a lot of conversational English, enough that maybe your classmates envy your ability to speak. What do good writing skills require? They require a focus on grammar, spelling, and vocabulary; an ability to



organize your ideas for the benefit of the readers; recognition on your part that learning to write is different from learning to speak. They are connected but may require a more concentrated focus and good study skills. What to do?

First of all, go to your teacher and explain your situation. See what advice she can give you. Secondly, think about getting help by registering for a half unit or unit in the ESL Center. Additionally, you can get free tutoring help at the Learning Resource Center. Doing these things will help you both in the short term and the long term. Good

luck!

Granny

Interview with Professor Bahm

Continued from page 1

different classes in psychology on those two campuses. I am adjunct, which means part-time. I also help out at UC Berkeley in the field of Attachment, which is part of developmental psychology, specifically with adult attachment interviews.

Parrot: I am taking human sexuality, actually.

Professor Bahm: That's a great class. That one is relevant to everybody!

Parrot: It's so much fun. Students really get excited for that class.

Professor Bahm: It's a good class. It's important too because there are a lot of people who don't really know much.

Parrot: We can learn a lot absolutely! So how long have you been at ARC?

Professor Bahm: Four years. I first taught here in fall of 2013. I first taught at CR in spring of 2013.

Parrot: So tell me how you got here.

Professor Bahm: Well, I graduated from Berkeley. My husband was working in Sacramento already at

the time, so he was actually in a vanpool but we were living in Berkeley and he was working here. So we moved to Sacramento, and then I actually was teaching at Sac. State for a little while and then I guess about three-and-a-half or close to four years, I saw an ad for someone to teach biological psychology. Since my fields are both biology and psychology, I applied for that. I started with biopsychology lab at CR and then they needed someone to teach biopsychology lecture here at American River College and they actually had to do a waiver thing for me to teach a little bit more time than I'm supposed to because they couldn't find anyone to teach that class so that's how I started teaching at AR. I just taught biological psychology and then a number of other things as well.

Parrot: Do you like Sacramento?

Professor Bahm: There are some things I like about Sacramento. There are a lot of family things in Sacramento. I could really do without the warm weather in the summer and I currently live very close to ARC, about a mile, and that's a very busy street so that I don't like so much.

Parrot: Since I live here, I feel like everywhere I go,



I have to go on that road.

Professor Bahm: Exactly! We used to live in East Sacramento over close to Sac State, and there are a lot of places you can go where you don't have to go onto busy streets but here, as soon as you leave the house, somewhere you are going to be on busy streets or one of the freeways even just going to the library or one of the parks. We are very close to several parks but there is heavy traffic between us and the parks.

Parrot: How did you get interested in your area of expertise?

Professor Bahm: I started with biology and then added psychology, a double major, and then, when I came to grad school at Cal UC Berkeley, I took some classes in psychology and got interested in attachment, so that's how I got specifically in Attachment, that particular field of psychology, but I like the scientific rigor of biology but I prefer studying people and what's going on in people's head and stuff like that, which is not biological per se.

Parrot: Okay, and how did you get into the teaching field? Did you decide that you would be a teacher when you first started college?

Professor Bahm: No, not specifically, but I enjoy teaching. I taught when I was a grad student and then I taught at Sac State for a couple of years. I don't really want to be in industry and that's kind of the other alternative for the degree I have.

Parrot: So, what kinds of jobs do you actually want to do?

Professor Bahm: Eventually, I would like to be full-time somewhere where I could do both research and teaching.

Parrot: Research. Yeah, you like to learn about people, so what kind of research would you like to do? Doing surveys or doing biochem research?

Professor Bahm: What I did for my graduate work was EEG, electroencephalograph which is electrical signals in the scalps with the Adult Attachment and Interview showing them pictures. I was specifically looking at people's responses to cemetery images and whether being sensitive to past losses makes people's brain patterns more responsive. So I would continue something like that if I am in an area where they

already had that equipment or there are lots of other things that I could do that would not involve brain research specifically but probably more using methods like interviews rather than surveys.

Parrot: It's amazing how the technology developed. I am taking human sociology and in one part of my class, I have to learn the history of how it was about a hundred years ago. They already had the technology to manage your blood pressure and your insides and every single little detail. Wow, so that is a hundred years ago. A question for you: If you could give advice to students in general and students that want to go into your field, what would that advice be?

Professor Bahm: Well, one thing I would say for students just coming in is if they are not really sure what they are interested in, to try classes in different fields because like I said I went in as a biology major originally and then took some psychology classes I liked so much. So I added it as a second major and of course some people switch completely. Whatever topic they think they are interested in changes to something else. So that would be one thing -- to take a bunch of classes in different topics and different fields just to see because you might find something you like better than you thought. As far as specifically in psychology, we have an associate degree for transfer psychology which requires you to take a certain number of classes that you are going to need research methods in Stats, general Psych, and social Psych, or Sociology. There are five different classes that they have to take for that associate degree for transfer so it's just like you have the basic classes and then when you end up transferring, you can take more specialized things if there is a particular field. It's good to have a broad background, a lot of different classes, and it also helps you to decide what area you specifically want to go in. I took clinical and counseling psychology when I was an undergraduate.

Parrot: You can learn about yourself when you are taking classes in addition to learning their real knowledge.

Professor Bahm: I have had students tell me that they take biological Psychology which has biology in it but that's made them interested in psychology because of the other side of it.

Parrot: So I understand that you are more interested

in doing research. Do you think that being a teacher has changed you in a way?

Professor Bahm: I wouldn't say that I am more interested in doing research. I just would like to do research also. I like teaching, interacting with students. There are always interesting things going on. You learn more about people in general rather than being in the office all the time, never seeing anyone except whoever works with you so it's interesting to stay ahead and learn about the field too. It's like when I first taught BioPsych three years ago. The last time I had looked at a BioPsych text book was twenty five years before. So there were a lot of new things in the text book, learning new information, so that's interesting to stay ahead of that kind of thing.

Parrot: Can you describe your discipline philosophy, your teaching skill or how you manage your teaching?

Professor Bahm: I try to use a lot of different methods. Some people learn better by hearing information, some people learn by looking at a projector or physical items, some people learn better by doing something with their hands. It's not so easy to do that in a lecture class but like with a lab class you can do a lot of different things. When they are learning about different areas of the brain give them an outline of the brain, and they color in different lobes and write down what they do, things like that. But yeah, group discussions, class activities, try to use different types of questions on exams so it's not all just multiple choice. This is a little difficult with scantrons but I still do true/false and matching to a limited degree.

Parrot: Back to technology, how do you feel the development of technology has affected your field, especially in teaching?

Professor Bahm: It definitely does for teaching because it allows you to have things available for students no matter where they are. So like in D2L you can post things and students can go and look at them and download them. Also they can listen whenever they have time so that part is good. It's a little tricky with intellectual rights what you can post. Usually text books will allow you to post anything from a textbook as long as it is on the password protected site. D2L students have to type a password to get there so it's OK to post graphs or whatever from

the textbook, power points, like that kind of thing in D2L because students have passwords to get into it. But I couldn't just go and post on some other website that anyone could access. I do tend to use things from other places too, so usually with that, either you have to give them copies or just show it in class and not put it on D2L. If I get something from a website, for example, usually I put in the website address in the power point so if they want to go to that website address and they can get it themselves but I am not posting somebody else's material on D2L. So that part is a little tricky if you are trying to use things outside of your own textbook. As I said, the textbook usually allows you to post things from the textbook for students in your class.

Parrot: Wow, we did not know or have any idea how professors manage to put up that much information.

Professor Bahm: Usually it is okay to distribute paper copies of things for academics. Usually it allows you to do that. As I said, I can print it out and give it to students but as far as posting on the website where they have files of it, then it's more problematic.

Parrot: Interesting! Is there anything throughout your life about the educational choices that you would like to change?

Professor Bahm: No, not really. It took me really a long time to finish. I was actually in grad school eleven and half years before I finished, but there were a lot of reasons for that. I had my children at that time. They were born during that time and also I switched fields.

Parrot: So you assume that everything that happens was for a reason. You don't want to change anything.

Professor Bahm: Yes or there isn't a strong enough benefit from changing. It's kind of hard actually to know what would happen if something were different.

Parrot: What are two words that your students would use to describe you?

Professor Bahm: I think, hopefully, "helpful," "flexible." You know I am really flexible allowing students to make up the assignment if they are sick or have kids that are sick. I am more flexible, in that regard, than other professors. Some teachers lock the door as soon as the time period for the class starts and do not



let anybody enter after that so I am more flexible in that way. I am interacting with them more personally in the topics that they are struggling with.

Parrot: If you had ten thousand dollars, what would you do?

Professor Bahm: My student loans would be one thing. I wouldn't go out and spend it on a car or stuff like that so probably put it toward something, educational expenses or helping other people with their educational expenses, stuff like that.

Parrot: You really value education, but have you ever thought of a vacation maybe. What are your ideas about vacation?

Professor Bahm: I like going places with my family.

Parrot: A vacation in Hawaii, trekking in the Himalayas?

Professor Bahm: Probably the Himalayas. I was in the Peace Corps in Cameroon, Africa in between undergraduate and graduate school about twenty five years ago. That's different!

Parrot: Would you describe yourself as adventuresome or cautious?

Professor Bahm: Somewhere in between. Not adventuresome as far as some things that are really risky or physically dangerous but I enjoy going out and doing things and I can think about going to new places, so sort of in the middle somewhere.

Parrot: Energetic or relaxed and carefree?

Professor Bahm: Mostly relaxed.

Parrot: Artistic and creative or scientific and practical?

Professor Bahm: Somewhere in between on that because I definitely have a scientific, practical stuff career but I also do as a hobby, which is not very often, creative writing. I used to do a lot so some of the in-between on that one.

Parrot: You like writing! So what kind of writing do you do?

Professor Bahm: I write a journal. I used to write short stories or poems or things like that I haven't done for that many years. I haven't had time, but I enjoy doing that. I think when I was a second grader I wanted to be a writer. A writer of things like books, not like scientific articles.. haha.. So maybe some day

I'll go back to that when I have time.

Parrot: Some day you'll write a book?

Professor Bahm: Maybe. Definitely not in the near future, haha, but maybe some day.

Parrot: Organized or disorganized?

Professor Bahm: Organized if I have time. By nature I am very organized but it takes a lot of time so when I get busy, things get out of order.

Parrot: If your interview is in The Parrot, do you think it will change your life

Professor Bahm: I don't think it will really change my life. Haha. I suppose it might give students a little more background information because usually you don't learn much about instructors as far as their personal life and things like that. Other things are interesting besides teaching so in that sense, it's not bad.

Parrot: Alright! Thank you so much, Professor Bahm.

Parroteer: Vivi



Spring Break!

Hey, parents of college students: Your kids are using that tuition money you gave them to take a March trip to Florida. (Hey, college students: Your secret is safe with us!) Here's a little bit about the history of Spring Break.

The idea of Spring Break as one long beach party began in Spring 1938. Fort Lauderdale, Florida, hosted a “swim forum,” a meeting of more than 300 swimmers and coaches who all gathered in Florida to swim and socialize.

- History of Spring Break The idea of Spring Break as one long beach party began in Spring 1938. Fort Lauderdale, Florida, hosted a “swim forum,” a meeting of more than 300 swimmers and coaches who all gathered in Florida to swim and socialize.

- But the concept of college students hitting the beaches of south Florida for a week of misbehavior reached a national audience in 1986 – that’s the year MTV started round-the-clock coverage of the party scene with a week of programming airing partially live from Daytona Beach, Florida. The number of visitors to Florida each March began steadily rising.

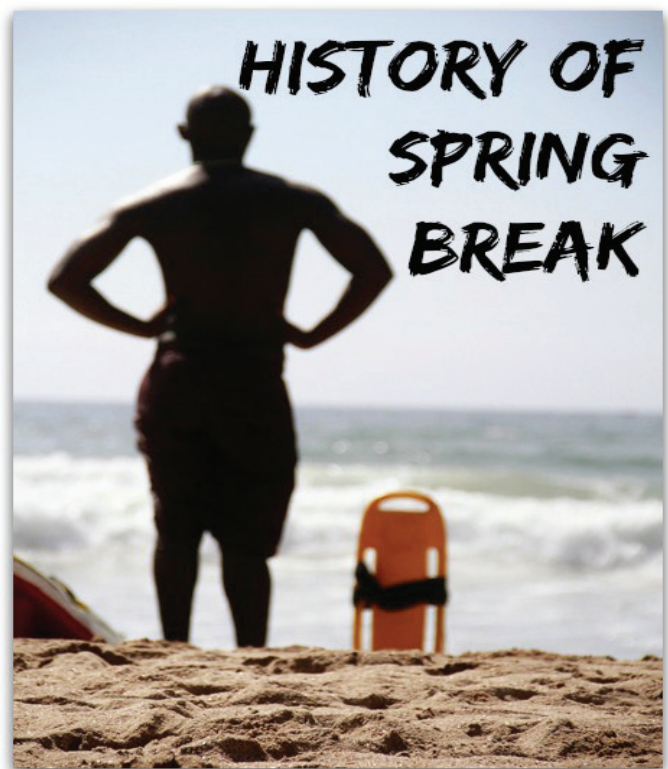
- College students spent about \$2.1 billion on Spring Break trips, on average about \$1,100 each. Because students don’t have a lot of money, many put it on credit cards, and that \$1,100 contributes to about 5 percent of the average college student’s total post-graduate debt.

- Daytona Beach once brought in more than a half a million vacationers at its 1990s peak. Despite the \$120 million it brought to town, city planners hated the image that spring breakers were giving Daytona, so they rebranded the city as a family destination. Result: Daytona has been supplanted as the top Florida Spring Break destination by Panama City. More than 500,000 revelers flock there each year.

- Other major hotspots include South Padre Island in Texas (about 150,000 visitors) and Cancun, Mexico (100,000).

- According to the American Medical Association, Spring Break can be damaging to one’s health. In 2002, the AMA released a statement that said, “Spring Break is no longer an innocent respite from the rigors of college academics; it’s potentially life threatening.” Reason: The average student on vacation drinks a whopping 10 alcoholic drinks a day.

- But not every college student is up to no good. Since 9/11 and Hurricane Katrina, thousands are using the week off from school to do volunteer work. It’s estimated that about 45,000 donate their time, with 10,000 of them working with Habitat for Humanity.



Spring
Break

<https://www.bathroomreader.com/2014/03/history-of-spring-break/>

Out of the Cage

College Hour- Word Soup Thursday March 22, 2018 12:15pm – 1:15pm

Please join us for an earful of Word Soup! This annual event during National Poetry Month features the reading of original fiction, poetry, and nonfiction of our very own American River College professors and staff. This time enjoy the poetry of Michael Crowder and Irene Whitcomb!



Location: Raef Hall 160

College Hour- UNITE Presents (Armenian Genocide Remembrance) Tuesday April 10, 2018 12:15pm – 1:15pm

April marks the 103 year anniversary of the beginning of the Armenian Genocide. A community discussion will take place about its historical significance, impact on Armenian culture, those who deny it ever existed, how it relates to today's global events, and ask if something like this could happen again. More information coming soon about this important and necessary dialogue.

Location: Raef Hall 160

College Hour- ACTS in the Classroom Thursday April 5, 2018 12:15pm – 1:15pm

Conor Short, an actor/teacher from Shakespeare's Globe in London conducts a workshop on how Shakespeare's conflicts and characters live in the idea that the shared humanity of art reflects the shared humanity of all. NOTE: Attendance is limited to 35 participants.

Location: Raef Hall 160

College Hour- Honors Reads: Redefining Realness: My path to Womanhood, Identity, Love and So Much More Thursday April 12, 2018 12:15pm – 1:15pm

Presenters: Emilie Mitchell, Pride Center Coordinator; Neha Singh, Honors Club President.

A discussion of Redefining Realness: My path to Womanhood, Identity, Love and So Much More, by Janet Mock

Location: Raef Hall 160

Questions/Comments?



Student Editor: **Elaf Khafaja**

Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D337 (Davies Hall), call (916) 484-8988, or e-mail Braccop@arc.losrios.edu. To see The Parrot in color go to http://www.arc.losrios.edu/ARC_Majors/Humanities/ESL/The_Parrot.htm