



The Parrot

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

Issue # 127 Fall 2018

A Healthy Parrot Interview

The Parrot: Could you tell me a little bit about The Health Center and its role on campus?

Arnott: The ARC Health Center provides health care and education to ARC students and staff to support their academic and career goals. The Health Center promotes well-



Michele, Pamela, Ryan Nix

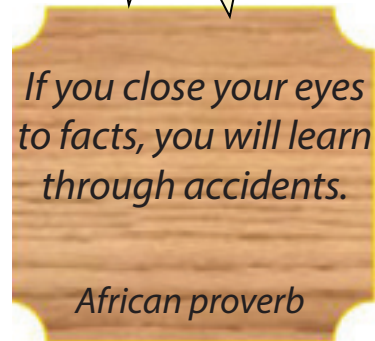
ness, both physical and emotional

The Parrot: What services do The Health Center provide?

Arnott: The Health Center provides first aid for minor/episodic injuries and

illness, health (including mental

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Woman, 84, Finds Engagement Ring Wrapped Around Carrot in Garden 13 Years After She Lost it

That wasn't exactly the type of carrot a Canadian family was expecting to find in their vegetable garden.

Mary Grams spent over a decade wondering where her diamond engagement ring had



disappeared to. The 84-year-old woman lost the ring in 2004 while pulling up weeds in her garden, BBC reports.

Grams was so embarrassed about losing the ring that she decided not

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Student Chirpings

Become a President

*There is at bottom only one problem in the world...
How does one break through?
How does one get into the open?
How does one burst the cocoon and become a butterfly?*

-Thomas Mann, Dr. Faustus

Have you ever dreamed of becoming a president? I hadn't dreamed about it at all. However, everything changed when I was in middle school in Russia. I was a short, thin, and shy boy. I wasn't the best student; I studied well just because I sat next to the best student in the class and in combination he was my best friend, so, he helped me a lot with my grades (you know what I mean). Despite this, I was elected by my classmates to be the president of the class. I couldn't believe that it was true; it was just one class and contained only 26 students, from millions of classes in the world, but still - I became a president!

This status absolutely changed my quiet and ordinary school life. It seemed for me that the whole world's problems fell on my shoulders. I attended the summits of the highest people in the school and those people who had never even talked to me now asked me what I thought and what ideas I had. At first, I was confused but then I was happy to be part of them. Together we cre-

ated and planned all the school's events. I helped with planning and was involved in acting in some dramas for the school events. Also I was allowed to be absent from the lessons once a week to go to meetings, while my classmates were in the lessons. After these meetings, I went to my class and

spoke about upcoming events and how we needed to be prepared for them. In a while, almost everyone in the school knew about me.

It was very difficult for me to cope with these global and unexpected changes in my life but it was my chance! It was a chance to break through the cocoon of my comfort zone. And I didn't let this chance slip away I

became a stronger person!



*Andrii Pidsadnyi
ESL R310*

Types of Wedding Gifts in Russia

A wedding is an unforgettable day for almost all couples. Even if a bride and a groom don't celebrate this day, most of them get gifts from relatives and friends. Flowers and postcards are an integral part of any wedding gift in Russia. Regarding other gifts, folk wisdom says, "Don't look a gift horse in the mouth," but, honestly, some gifts are accepted with great pleasure, and some are thrown away or given to others. I can classify three types of weddings gifts in Russia according to their usefulness: tchotchkes, things for the home, and money.

The first type of wedding gifts in Russia according to their usefulness is tchotchkes. The most common gifts in this category are statuettes, paintings, and candles. Many people consider tchotchkes to be useless gifts. My rational mother calls all tchotchkes except jewelry "dust collectors". If you've ever held a statuette of a cat or cute children or a couple of doves, you understood that it wasn't a very useful thing. Some people like to give paintings to newlyweds. The usefulness of this gift is difficult to assess. One day, my friend Masha and her fiancé received their portrait for the wedding. It was nice, and they were pleased. Another bride and groom got a terrible picture in dark tones, on which there was an abandoned house in the forest. The newlyweds didn't hang this picture in their house. On our wedding day, my husband and I received two candles as a gift. One candle was in the form of a hugging couple, and the other was in the form of kissing pigeons. We thanked the people and I



don't remember where we put these "valuables". I'm not against tchotchkes as gifts. Some of them are able to please newlyweds, but in my opinion, often their usefulness is minimal.

The second type of weddings gifts in Russia according to their usefulness is things for the home. The most common gifts in this category are bed linens, dishes, and household appliances. Every couple I know, as well as me, got something in this category. Usually, these things are very useful and necessary gifts for the groom and the bride. It is good if family members and friends of newlyweds agree among themselves what gift each of them is going to give. I know an example of when guests didn't do it, and the newlyweds received a gift of three coffee sets. Two sets of bed linen were received at the wedding of my other friends, but this wasn't a problem because it was necessary to have many sets of bed linen at home.

Household appliances are also a common and useful gift. For example, my husband and I were grateful to my grandmother for a coffee maker. Things for a house are useful, enjoyable, and reasonable gifts for a young couple because they are just beginning to furnish their home.

The third type of weddings gifts in Russia according to their usefulness is money. Money is the most useful and desirable gift of all. A couple themselves decides how to spend the amount received. Some newlyweds spend money on a honeymoon, others partially pay the cost of organizing the wedding, and others invest the money into buying a house. Some newlyweds openly say that they want to



receive money as a gift. Of course, no one talks about how much money guests should give, so it's up to them. I think money is convenient for both guests and newlyweds. Guests don't have to puzzle over the gift, and the newlyweds know best what they need to buy with this money. In my experience and the experience of my married friends, money is now the most common gift for a wedding in Russia.

The wedding day is always a joyful and

touching event. Newlyweds and their friends and relatives are preparing for this day. Gifts and congratulations are remembered for many years, but some gifts are more in demand in life. Tchotchkes, things for a house, and money are three common types of wedding gifts in Russia according to their usefulness.

Nadia Orlov
ESL W50

Immigrants and ESL

The U.S. has many people from other countries who come to live here. When people go to live in another country, they need to know the language of the country. They should find schools where they can study the language. When people know the language, they can understand and speak with other people. They can understand the laws and rules in the country. Immigrants should study ESL at an adult school when they first arrive in the U.S.A. for three reasons.

First of all, immigrants should study ESL at an adult school to help them get a good job in the U.S. When people come to the U.S., they have the possibility to learn ESL at an adult school. Studying ESL helps them have a good job because if people don't understand English, they cannot get a good job. All owners of companies or businesses want to have workers who understand them and who understand all of what they need to do. Every owner would rather take a person who they can speak to and understand. In short, if immigrants want to have a good job in the U.S.A., they need to study

ESL.

Second, immigrants should study ESL at an adult school because they need to have American friends. Many people who come from other countries study at adult schools. Sometimes immigrants can meet Americans in adult schools. When immigrants have American friends, they can speak and

understand English more. Friends help each other to study. They learn new words together. Americans explain what each thing that surrounds them is called. When immigrants study ESL, they can find friends not only at schools. In brief, it is very important for immigrants to have American friends because it is helpful for them.

Finally, when people arrive from other countries, they should study ESL at an adult school

because they want to live here and they need to know the language of the U.S. It is very important to know the language of the country where they live. When people know the language, they are independent of others. They need to know the language because sometimes they need to go to the doctor by themselves or go shopping. When



people know and understand the language, they are sure of themselves. Adults schools help people study ESL from the beginning to learn colloquial English. Indeed, immigrants should study ESL at an adult school because they live here, and every day English is necessary for them.

To sum up, people live better when they can speak and understand everything in the country where they live. When people cannot understand,

they need help all the time from other people, and it makes them dependent. Learning ESL in the U.S.A. at an adult school is very helpful for immigrants. Immigrants can learn spoken English because they want to have good jobs, they need to have American friends, and they want to live here and know English is necessary for them.

*Yuliia Krykota
ESL W40*

Breaking Through

*There is at bottom only one problem in the world...
How does one break through?
How does one get into the open?
How does one burst the
cocoon and become a
butterfly?*

*By Thomas Mann, Dr.
Faustus*

I came to America in 1993 when I was 14. My aunt put me in McClatchy High. I was illiterate and I couldn't speak English. In Kenya my grandmother couldn't afford to send me to school. In high school I was nervous and scared and I had a lot of problems academically. I was placed in special education classes and I graduated from McClatchy High in 1997. I still couldn't read or write, but I was passed through because I did all of my assignments.

After high school I went to Sacramento City College but it wasn't working, so I dropped out of school. Years later my daughter was about four and she brought me a book and said, "Mommy, can you read to me." I felt really bad because I couldn't and I felt embarrassed and hurt. I thought to myself, "What kind of example am I to my daughter? I want



my daughter to be proud of me." I wanted her to know that success requires hard work. At that very moment I had my breakthrough, and I decided to come to A.R.C. in 2014. I took regular English classes

for two semesters but I didn't succeed. I felt hopeless, mad, hurt, and depressed! I had the same feeling of wanting to give up again, but Jesus brought me an angel. I met a lady from D.S.P.S. and she became my tutor. She told me about ESL classes because she used to be an ESL student. This

was my second breakthrough because I now felt new hope returning to me. I finally had someone who understood my struggles in school. I'm very grateful to her because each semester my progress in reading and writing improves.

In conclusion, I have learned though this experience that in life you have to go through different obstacles. We will sometimes need help and motivation in picking ourselves up when we fall. I am now confident in trying to reach my goals with the help of Jesus. I have finally broken free from my cocoon and I am a butterfly!

*Hamida Hightower
ESLR310*



Day Shift Versus Night Shift

People often have to choose to work at night or to work during a day shift. Have you ever chosen what shift is the best for you to work? Did you compare them? Two years ago, when I had to choose either to work day shifts or work at night, I could not make up my mind. Even though I had a few friends who worked during the day and on night shifts and who gave me some advice about work, they did not help me come to a decision at all. I wanted to go college, but I needed money to live on. However, after I compared the opportunity to study, the free time, and the health considerations, I was eventually able to arrive at my decision to work during the day shift. Curiously, there are many differences between working the day shift and working at night.

The first difference between a day shift and a night shift is having spare time to communicate with family and friends. Working during the day time gives more opportunities to go out with friends or visit relatives because most people work day shifts and usually get together in the late evenings. I sometimes go to an Italian restaurant with my friends after work to have fun and share the news; however, when I worked nights, I could not meet with them because I had to go work in the evenings. In addition to that, people who work during daytime can have dinner and then breakfast with the spouse and children, which makes the family stronger. Unlike, on day shifts, people working on the night shifts,

in most cases, rush to work in the evenings and sleep after work, in the morning, when families should have breakfast together. They usually wake up at noon while the children and the other members of the family are at work. Therefore, there is not enough time for night workers to communicate with family, even though both a day shift and a night shift are eight hours long. I work during the day because I believe that spending time with family and sleeping at night

are the most important things. In contrast to the day shift, working at night isolates a person from family, children, and friends. For instance, my friend Anna worked nights and did not have enough time to spend with the children. As



a result, her son started smoking marijuana and found bad "friends". Unlike working during the day, the night shift has a big impact on the family, especially relationships with children or between spouses.

Another difference between working during the day shift and working at night is an opportunity to find a job and go to college. People who do not have any experience, work skills, or knowledge of English, find it hard to find a job on a day shift. My nephew applied for a job at a hospital many times and after nine month of waiting, he was able to find just a night shift job. Most people in general want to have a day shift job. I work during the day because I want to sleep at

night and spend time in the evenings and mornings with people I love. However, before I got day shifts from the manager, I worked at night for one year. Furthermore, all nurses I know told me that after they graduated, they could not find a day shift job, only night shift. Whereas a day shift job is harder to find, a night shift job is easier to get because usually people do not want to work at night. However, unlike working during the day, the night shift has fewer things to do because there are fewer customers, phone calls, and visitors. Therefore, it is easier to find a night job and the work at night is easier as well.

A final and an extremely important difference between a day shift and a night shift is the influence on a person's health. Working during the day is right for a human's biological clock. After sunrise, the human brain starts producing a hormone that helps people stay awake and be energetic. Studies shows that people who work during the day are healthier than people who work at night. In addition, in contrast to the day workers, the night workers have hazards which include sleepiness on the job, fatigue, and restlessness. My friend Alex says, "Fatigue decreases safety." Many of us share the road with exhausted night workers who are very dangerous for drivers. One of my colleagues at work told me that her son died in a car accident.

She explained to me that her son worked nights as a drug (medicine) delivery driver. While he was driving, he fell asleep and collided with another car. On top of that, according to the scientific study "How Work at Night Impacts Health", in the US and Europe, working on the night shift "runs counter to the body's natural circadian rhythm." The scientist approved the fact that people who

work at night have more chance to have heart disease, chronic fatigue, and constant headache. Therefore, working at night is worse for our body and mental condition.

In conclusion, communication with family and friends in people's free time, an opportunity to find a job, and the influence on health are important differences between working during the day shift and working at night. Humans were created to sleep at night and work during the day. People who work at night drink

a lot of coffee, drink tea with sugar to stay awake at night, and take drugs that help them fall asleep in the morning. They just harm their health. After a lot of thinking, I am sure I made the right decision to choose to work the day shift.



Taisiya Sukhanov
ESL W50





Preparing a Camel for a Beauty Contest

A beauty contest is very exciting for young women. The future of these women can be changed if they are recognized as the most beautiful women. The desire to be loved and beautiful are the inner feelings of every woman. It has been proven how many things women would do to reach this goal. However, time changes, and the tastes and desires of people change too. Men currently want to have some exotic desires to express their qualities as leaders (such as comforting the weaker than they). As a result, there is an exclusive idea that was created in men's brains, "Let camels participate in a beauty contest." This is an insulting thought for women. Women would say, "Let a camel, instead of a woman live with a man." Nevertheless, woman was created as a helper for man, and she will do it successfully. There are three major steps in preparing a camel for a beauty contest.

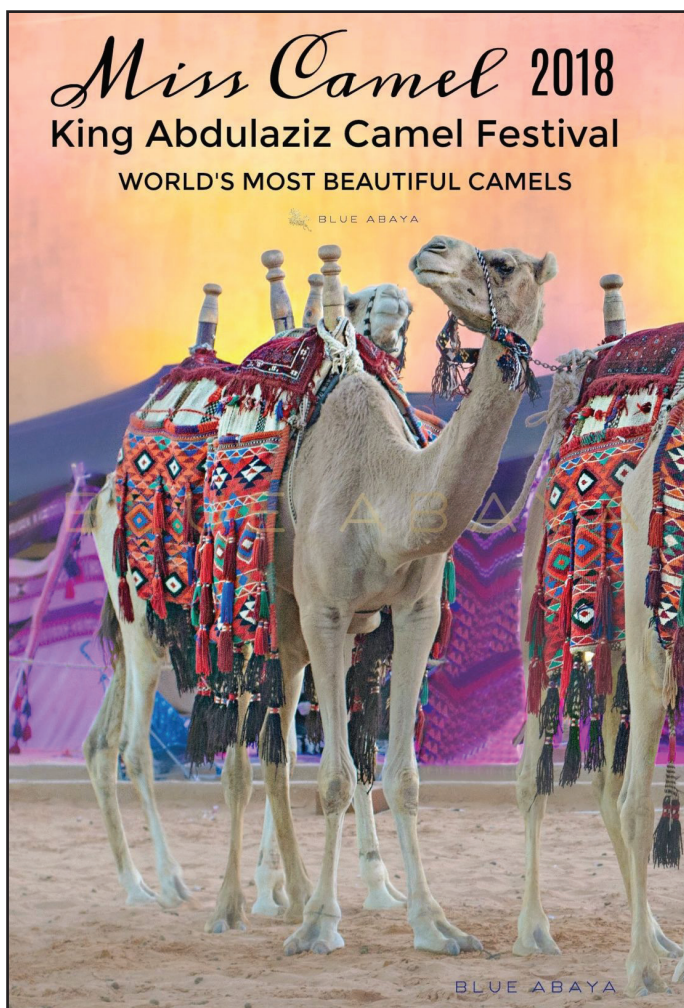
The first major step is to choose a camel by its appearance. The camel should have beautiful long legs and big eyes that look sadly at its owner. Then you should bring your camel out from the stable and take him to a place to wash him. Now when you have done that, fix your camel to a tree and bring things used for washing animals. You can use a simple soap for washing a camel, although the shampoo for washing animals has a pleasant smell that makes your camel more attractive to people.

The next step is that you should wash thoroughly all parts of the body of the camel, because he should be pleasant to look at. After washing the camel with shampoo, it's necessary to rinse off the

shampoo with water. You might use a water hose for this or pour water from a bucket on the camel. Soon afterward, you should bring your camel to a sunny place. If you do this, the animal's skin will soon dry and he will look nice. You have completed general steps to washing your camel. Now continue to take other steps for preparing your camel for a beauty contest.

The next major step is to think about the image of your camel. You should remember that the attractiveness of your camel

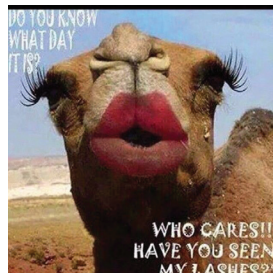
depends on your work done with love. First, you can go on the Internet and look at pictures of camels. Using the Internet, you will learn a lot of interesting things about the history of a camel's life. As soon as you look at these pictures, you can choose the image of your camel. At this point, you must buy medieval-style bedspreads to cover your camel. To use a more intriguing image of medieval times, you can dress like a Bedouin. If you want to make a lighter style for your camel, you should not use bedspreads and simply try to accentuate the natural beauty of your camel.



For this reason, you should use a little cosmetics to make your camel more beautiful. So, you can apply lipstick and mascara. If you want to emphasize the strong, long legs of your camel, you must put this animal in such a place where illumination is good. The last step in preparing your camel for a beauty contest is to put your camel in a shady place and to sit near him to quickly fill his needs.

After completing these steps, your interesting animal is fully prepared for a beauty

contest. My warning for you – you can get so carried away preparing your camel that you will forget about the charm of women. Is the beauty of a camel more important for you?

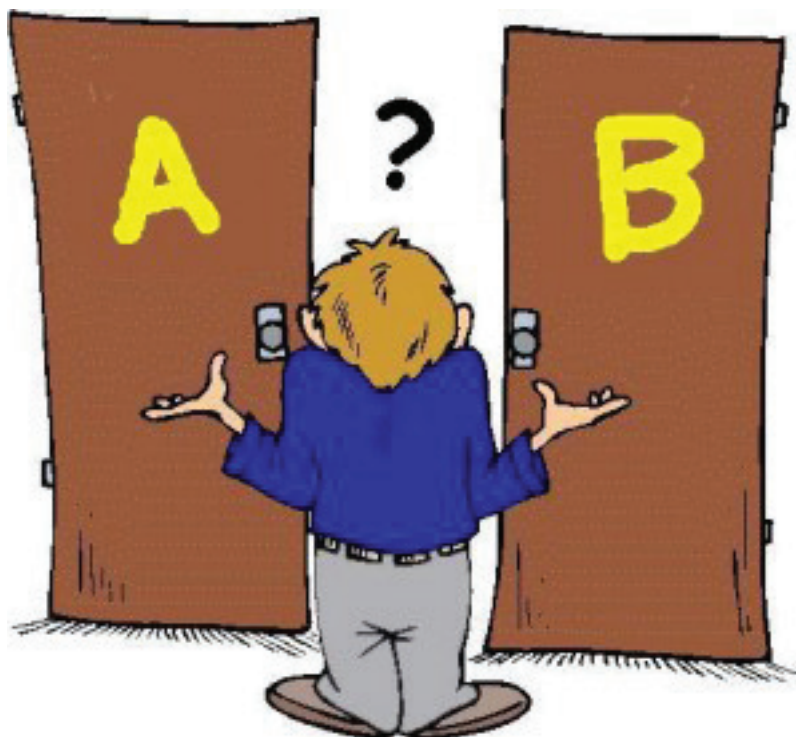


Nataliya Valaga
ESL W50

A Difficult Decision

Every experience in our lives builds us. Every one of us in life has to make difficult decisions. My decision was about immigrating to the U.S.A. and it was life changing. It was hard to make the right decision, but in the end I was happy with my choice.

Three years ago I was faced with a very difficult situation. I got a visa to the U.S.A. At that moment I was very happy, but at the same time I was also sad. I waited two years for this visa but at that moment I didn't expect it. I already had a good life in Ukraine. My biggest reason why I didn't want to move was my family. I love them so much and I didn't want to move without them. My family talked a lot with me, and we decided that I would be better if I left Ukraine



and tried life in the U.S.A. for more education. Six months after I moved to the U.S.A., Russia started war with Ukraine. Many of my friends died in the east of Ukraine and I could have been with them.

At that moment when I decided to go to the U.S.A., I also decided to be alive. Now I am here so I can study English with my new friends.

Every moment we are faced with decisions. Some are harder to make, as in who to marry and some are easier, as in which flavor candy to eat. However, every decision we make impacts on our future. I am glad that I made this decision. It totally changed my life.

Roman Gorboch
ESL W30



Culture Clash

Dragonwings, by Laurence Yep, takes place in America, the Land of the Golden Mountain, in the beginning of the twentieth century. The main character, Moon Shadow, came from China to San Francisco to see his father and met with a completely different culture of white demons. Undoubtedly, the interaction of such different cultures could not be without misunderstandings and conflicts. In fact, one of the most significant themes in this book is cultural clash.

One example of cultural clash in *Dragonwings* is a different understanding of the nature of dragons. For Americans, the dragon was a symbol of evil and danger for people. Those who could kill these creatures were considered saints. Moon Shadow saw this vision of the dragon on the stained-glass window when he was visiting Miss Whitlow. He was terrified

because for the Chinese the dragon is a symbol of their nation. They see them as intelligent, powerful, and kind to people. The boy could not accept the wrong way of demon thinking and was determined to tell the truth about dragons to Miss Whitlow. He was delighted with how open she was to his culture and how she was interested in learning about people as people. As a result, she told him, "Perhaps the truth of the dragon lies somewhere in between the American and the Chinese versions." This wise woman showed the boy an example of tolerance and acceptance of other cultures, which helps to communicate with people and prevent misunderstandings and conflicts.

Using many examples of cultural clash, Laurence Yep showed in his book that people who grew up in different ways see the same things with different truth. However, if people are open and tolerant of other cultures, then there are no obstacles to communication between them.

It is impossible to determine exactly how

many cultures there are in the world because each culture is defined not only by its language, but also by traditions, religion, norms, and other elements. They are not isolated from each other, and this often leads to such a phenomenon as cultural clash.

As I began to live in the U.S., I experienced cultural clashes many times. One of them for me was a different approach in the education system. For example, when my son was in the first grade, his teacher asked me one day to talk with him. It turned out that my son wrote the letters very neatly and,

accordingly, very slowly, so the whole class had to wait for him and could not complete all tasks on time. I was very embarrassed because it was I who taught my son to write this way, believing that it influences his assessments. In elementary schools of the countries of post Soviet Union, it is important to write neatly. You can do all the work correctly, but if the handwriting

is inaccurate, students never get a high score. In the U.S., on the contrary, the result and ability to think is more important. I acted based on those cultural norms that were practiced in my native country, and I did not know that it prevented my son from focusing on more important things in his studying in the U.S. This situation is not only about the importance of understanding the American education system in order to help children assimilate in a new culture. This also shows that even insignificant things can lead to a cultural clash.

The consequences of cultural clash can be many. Some situations may be just ridiculous. Others can cause bewilderment or even conflicts. To avoid serious misunderstandings, people should be open to other cultures and be tolerant of people regardless of their nationality, religion, views, or outlook. Especially if one lives in another culture, it is necessary to learn, understand, and accept it. As they say, "When in Rome, do as the Romans do."

Natalia Barysenka
ESL R320



ESL Classes at ARC Should Be Limited to Twenty Students per Class

American River is a very popular community college. ARC has a great variety of career programs and an ESL program for non-native English speakers. People can start from beginning level and progress to advanced. I have an opportunity to get an education here. I have spent one year at ARC and it is not a bad place, but there are some disadvantages. For example, ESL classes are overcrowded. I totally agree with the idea that ESL classes at ARC should be limited to twenty students per class.

The first reason why classes should be limited is there is simply not enough space for students in classrooms. For example, if you come late by a couple of minutes, it is very hard to find a place to sit. Usually, students don't like to change their seats. I remember that in my high school, every student had her own seat. It was easy for students to sit in the same place. However, at American River College, students have freedom. Students can sit anywhere and everywhere they like. Let's limit class to twenty students and then students will find space easily. Another example is teachers always ask us to move away from other students during a test. How can we move? There are many students in the classroom and very little space. The same problem exists in my reading class. The teacher doesn't like it when students sit very close. I do not know where we can move if there are not enough seats.

The second reason is students get less attention from the teacher. How can the teacher work with thirty students? It is not possible!!! For example, in my reading class, my teacher doesn't know the name of every student. It is a shame!!! I can understand her because it is not easy to remember thirty different

names from around the world. It is the same for me because I don't know every classmate's name from my class. It is very uncomfortable for me. For instance, in my writing class I can't catch office hours for feedback from our teacher. When I tried to get face to face with my teacher, I could not because there were very big lines. I believe that ESL classes at ARC should be limited to twenty students per class. Let's do something for our college!

The last reason why ESL classes at ARC should be limited to twenty students per class is because it will have a positive impact on education. If the classroom limits the number of students, students will have a big opportunity to get more education. For example, in my native country we divided into two

classrooms, one for Gagauzian class and one for Romanian class. It means that for language classes, we had to limit the number of students. My group had fifteen students and we could work all together. Study in groups really improves our language skills. For example, my writing teacher

suggests studying in groups. It helped me a lot with my essays.

In summary, an education is very important for everyone. ARC is a place where we should feel comfortable. In my opinion, American River College would be better if it limits the number of students per class to twenty.

*Ivanna Tucan
ESL W50*





The Effects of Living in a Bad Place

On my second day in California, while we were looking for a place to live, I was shocked about some places to live in. These were bad areas, but with low rents for housing. We decided that for our family it was not suitable. We wanted the best for our children. It had to be a secure, clean, and nice place. There are a number of possible effects of living in a place we do not want to.

The first effect of living in a place we do not want to is unhappiness. Doing things that we do not want causes a bad mood. When I don't like something, I am always frustrated. I have no energy to move on, I am desperate, and I am depressed. If I am depressed, my family is not happy either. We begin to realize that life is not as beautiful as it can be. When we looked around those apartments, we saw bars on the windows, garbage on the floors, unhappy people, dirt, and poverty. People often need good examples of how others are living. Only in this case their productivity doesn't diminish, but, on the contrary, it grows. When we saw that apartment, we said definitely "No." In Moldova we didn't have good or bad areas. All the areas were the same. It was safe and unsafe at the same time.



The second effect of living in a place we do not want to is the feeling of insecurity. In fact, yesterday our friend called us and complained that his car had been stolen. Another friend of my husband kept his bicycle on his balcony. It was stolen too. Some moms told me that their strollers disappeared. I want to minimize such types of situations by keeping my family in a safer place for living. While we were looking for a place to live in a bad area, we also saw many drunks and drug takers. My children were not prepared yet for such a picture. We also saw houses with bars on the windows.

That meant that the houses could be broken into too. I told my husband that I wanted more security for my family, even if we would have to pay much more. He agreed with me. Our family came here to find a safer place to live. In our country it wasn't really safe. We also had bars on the windows, and I was always afraid for my children's security.

The third effect of living in a place we do not want to is the possible low level of education in schools. In the USA the school rating depends directly on the living area. In bad areas the school rating is lower. In consequence, my children will possibly get a low level of education. We came to the USA because its schools and universities are some of the best in the world. That's what I want for my family: "The Best." I am afraid for my children because in a low-rated school, they have a better chance to mix with bad company. It can possibly cause irreversible effects on my children's education. Our friend, who had lived here almost ten years, faced a complicated situation with his son at school. His son came into contact with bad classmates. It was a bad group of kids who asked for money every day. When his son told my friend about this situation, they felt they had to change that school for another in a better area. The problem was solved.

The possible effects of living in a place we do not want to can be unhappiness, insecurity, and a low level of education in schools. I hope one day we will not have bad areas for living, and it will be possible to live anywhere. In this case, everybody will be happy and will feel more secure!

Alina Baci
ESL W50

The Istanbul Earthquake

Istanbul had a huge earthquake when I was in Istanbul, Turkey in November 1999. There were a lot of buildings destroyed and damaged. This natural disaster brought a lot of problems to Turkey. It was one of the most dangerous days I've ever had.

This earthquake happened about 4 p.m., after I came home. I was cooking at home and listening to the news on TV. A couple of minutes later, I felt something moving a little bit, but just thought that it was windy. When I was walking to the door, I suddenly felt things were shaking inside the room. I understood that all the apartment was shaking and fast. I was alone at home. I couldn't get out because it was too late for me to get out of the apartment. I preferred to stay in my bedroom during the earthquake.

I was shocked because I had never had this experience before in my life. I went to my bedroom and climbed in my bed just to pray and wait to die. I thought that I was going to die inside my apartment without saying goodbye to my family and friends, but I didn't die. After a few minutes, the earthquake stopped. I will never forget that moment of my life. It is hard to explain when something happens like that. I just had a very terrible feeling and surprise when the earth-

quake suddenly happened.

Most people were running away from the earthquake to find a safe place to go. When I saw people on the streets, some people were even half naked because they did not have time to get dressed. There were a lot of people on the phone calling their families and friends. Everybody was shocked, surprised, and unhappy. It was on their faces. Some people were trying to help others who were under buildings. The streets were full of ambulances and police cars. Everybody wanted to try to help and save lives.

In conclusion, I will never forget this terrible earthquake in my life. Nobody died in my apartment building, but nine hundred eighty-one people died in the Istanbul earthquake. Generally, in the Marmara region of Turkey about 17,000 people died from the earthquake in 1999 in Turkey. A lot of people lost their homes and more prop-

erty. If you are at home and living on the 11th floor of an apartment, and you have no time to leave, what would you do?



Huseyin Korkmaz
ESL W50



Nestscape -- Articles from The Web

Continued from page 1

to tell her husband. Instead, Grams said she went to the store and purchased an identical, cheaper band.

The only person in her family who knew about the lost ring was her son. That is until his wife went out the garden to pull vegetables for dinner earlier this week and found the ring wrapped around a carrot.

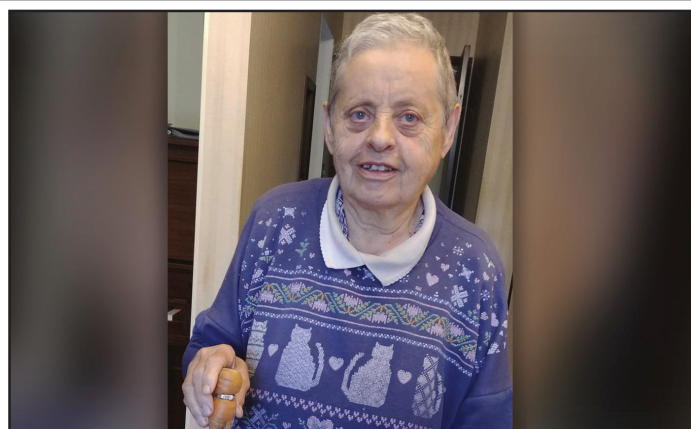
"I knew it had to belong to either grandma or my mother-in-law," Colleen Daley told the Canadian Broadcasting Corporation. "I asked my husband if he recognized the ring. And he said yeah. His mother had lost her engagement ring years ago in the garden and never found it again."

Daley said the carrot had grown perfectly around Grams' ring.

"It was pretty weird looking," she said. "I've never seen anything like that. It was quite interesting."

Grams' husband died five years ago, a month after their 60th wedding anniversary.

She told BBC that her husband was a jokester so she



Mary Grams lost her engagement ring over a decade ago.

knows he would have found the discovery funny, but she will be a lot more careful.

"If I am going outside or anything I am going to put it in a safe space," she said. "That is what I should have done."

<http://www.nydailynews.com/news/world/woman-finds-lost-engagement-ring-wrapped-carrot-article-1.3420381>

How Can We Help Struggling Readers and Support Literacy Efforts?

Donate new and gently used books

Many schools and libraries are more than happy to give new and gently used books a home. Make some calls to see who's accepting donations. "It's a great way to get books into the hands of those who need them," says Kristi.

Organize a book drive

You can always go a step farther and organize your own book drive, too. Find some local elementary schools with children in need and let them know you'd like to host a book drive. Plan dates and a collection goal for the event, then spread the word to friends and family.



Volunteer for story time

Carve out some time to volunteer during story hour at the neighborhood library, Kristi suggests. “I had to practice and get used to reading aloud to children, but once you get the hang of it, it’s so much fun,” Kristi admits. “When you see the expressions on their faces, you really feel you’re making a difference.” And it goes without saying you should read to your own kids, too!

Tutor a child

Many childhood literacy groups also run programs in which a volunteer reading partner is matched with a child who struggles to read. Often a structured lesson

plan is also provided to help students learn specific skills needed to become proficient readers.

Donate to a community program

Take some time to research and identify nonprofit childhood literacy organizations with missions you’re interested in supporting. Your monetary contribution can aid in the distribution of books to low-income communities and fund vital reading programs.

<https://www.theguardian.com/personal-investments/ng-interactive/2018/mar/13/olympian-kristi-yamaguchi-wants-kids-to-go-for-reading-gold>



“Oh I could tell you where self-help is, but that’d sort of defeat the purpose, wouldn’t it.”



R 320 Poems

Music genre is
Throughout the violent world
It brings distinct peace

Summers are hot
In a big, blue, water pool
I drive very high.

Romanpreet Kaur

The love will stay forever.
The peace will prevail in the universe.
The hatred will end forever.

I always smile every morning.
If you fall down, don't give up.
Crying doesn't return your loss.

Nidaa J Alsalmani

Summer night is hot,
People get burned on a sun day
Turn on your cooler.

An orange hanging
It was tasty to drink juice
That orange fell down.

Dipesh Majhi

$2+4=6$
If you believe it, good!
Otherwise, get out!

Hussain Gevhari

Running in the bank
Summer is coming soon-
Pizza is smiling.
Relaxing at home
Having dinner with my dog
Happy birthday!

Julie Choi



Love is always free
But not all people have it,
Buy gifts and flowers
Life is a rainbow;
Some people are always grey,
Be happy and glow.

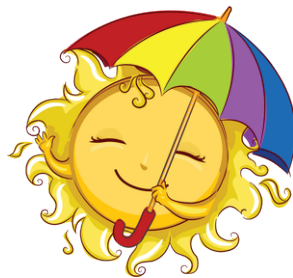
Veronica A Simon

Cherry blossom tree
Opened its magic flowers
Spring is already here
Morning sun shines
Right above my sleepy face
Time to get to school.

Pavlo Karaputa

Don't drive crazy and
Die unless you are ready
To go to heaven

Andras Novak-Kovacs



Spring – tradition
 Spring comes and spring goes
 That is the circle of life
 Like the life of man.

Summer – modern
 Summer come and go
 That is the circle of life
 Like our younger day

Autumn – modern
 The day autumn comes
 Is the day leaves leave the tree
 Like money leaves my wallet

Winter – tradition
 Winter comes and goes
 That is the circle of life
 Like sadness will go.

Seasonal Student

It's a sunny day
 The lake is full of water-
 So let's go fishing
 It is a hot day
 We are so tired and thirsty
 Drinks are not allowed.

Masuod Ahmad

In the spring time
 The nature dancing on the
 Land, but it's gone soon
 Falling, falling love
 Make sure you are string
 So you can stand up.

Sara Fallahi



We all do mistakes
 Does not matter who you are-
 Be thankful to God.

Business is small
 Time to go to company
 Check inventory

It is Saturday
 Cheap stuff is available
 Go to garage sale

I dated two girls
 They sleep with another man;
 How faithful are we?

My girlfriend and I
 Go out with others on dates-
 Birds flock together

I am a genius
 And the best in mathematics;
 One plus one is four

Take part in debate
 No info or any background;
 Everyone is laughing.

My dog is loyal
 I trust him when I am out;
 He bit my baby.

Nasrullah M Talabani





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!

Middle Eastern Shawarma!



Shawarma is thinly sliced cuts of meat, like chicken, beef, goat, lamb, and sometimes turkey rolled into a large piece of flatbread

Ingredients:

- * 1 tablespoon olive oil
- * 1 pound beef top sirloin, thinly sliced
- * 1 tablespoon shawarma seasoning
- * 1 teaspoon ground allspice
- * 1/2 teaspoon salt

Tahini Sauce:

- * 1/2 cup tahini
- * 3 tablespoons plain yogurt
- * 1/2 lemon, juiced
- * 1/2 teaspoon salt
- * 1 (10 ounce) package large flour tortillas
- * 2 tomatoes, halved and sliced
- * 1 onion, thinly sliced

Directions:

Prep: 20 m

Cook: 5 m

Ready In : 25 m

1- Heat olive oil in a large skillet over medium heat. Add beef, shawarma seasoning, allspice, and 1/2 teaspoon salt; cook, turning occasionally, until beef is browned and tender, 3 to 5 minutes.

2- Whisk tahini, yogurt, lemon juice, and 1/2 teaspoon salt together in a small bowl until creamy.

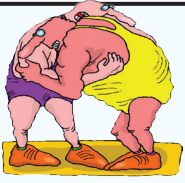
3- Spread 1 to 2 tablespoons tahini sauce in the center of each tortilla. Divide beef slices, tomato slices, and onion slices evenly among tortillas. Roll up tortillas.



4- Preheat a panini press according to manufacturer's instructions. Press rolled tortillas seam side-down until grill marks appear, about 2 minutes. Cut each tortilla into 4 to 5 pieces.

<https://www.allrecipes.com/recipe/259046/easy-beef-shawarma/>

Parrot Warbling



Grappling with Grammar

Grammar

Exclamation Points



Rule 1. Use an exclamation point to show emotion, emphasis, or surprise.

Examples:

I'm truly shocked by your behavior!
Yay! We won!

Rule 2. An exclamation point replaces a period at the end of a sentence. It also replaces a midsentence comma.

Incorrect: I'm truly shocked by your behavior!
Correct: I'm truly shocked by your behavior!

Rule 3. Avoid using an exclamation point in formal business writing.

Rule 4. Overuse of exclamation points is a sign of undisciplined writing. The writer F. Scott Fitzgerald once said, "An exclamation point is like laughing at your own joke." Do not use even one of these marks unless you're convinced it is justified.



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

Idiom--Attic

If it is raining in large amounts, most cultures have an interesting way of saying that:



•In English, it would be "**raining cats and dogs**"

•In Africa, they might say "**it's raining old women with clubs**"

<http://examples.yourdictionary.com/idiom.html>

Beak Speak Syllables

Many words are made of small parts called syllables. Each syllable has one vowel sound.

***Closed syllable** - can only have one vowel and it is followed by one or more consonants. The vowel sound is always short.

For example: last, napkin

*exceptions of this rule are ind, ild, old, olt and ost words.



***Open syllable** - can only have one vowel sound

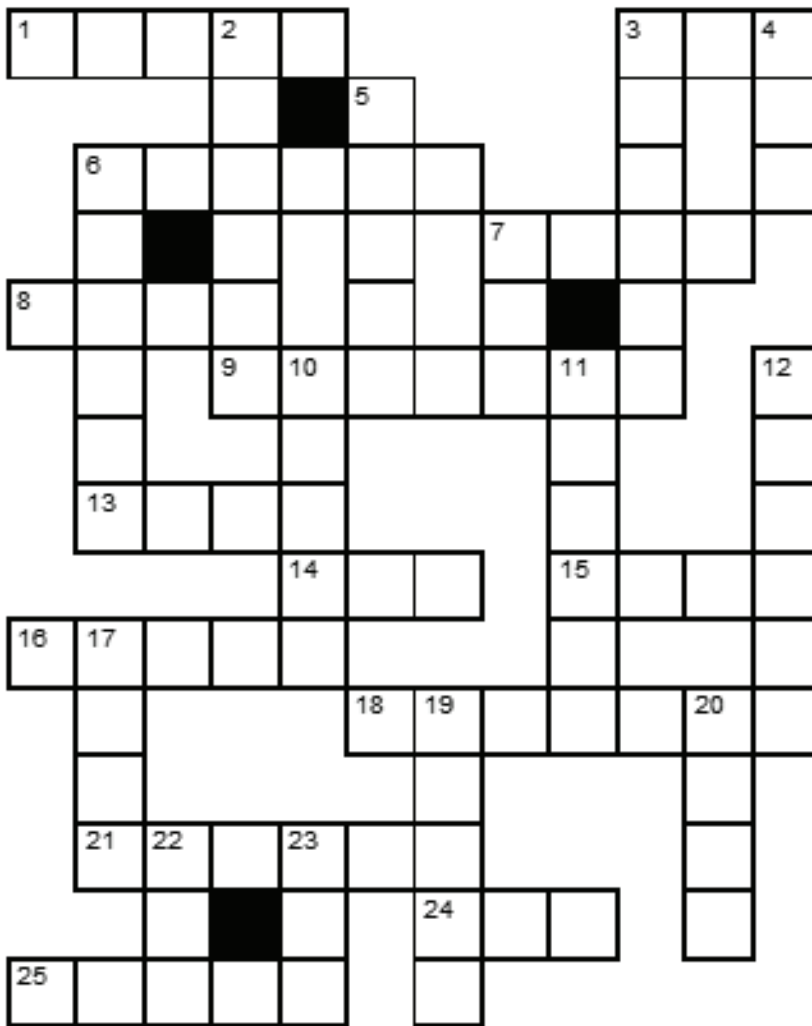
which is the last letter in the syllable. The vowel sound is long.

For example: hi, sky, skyline, me, etc.

http://www.glencoeschools.org/images/central/phonics_rules.pdf



Some More Parrot Fun Stuff



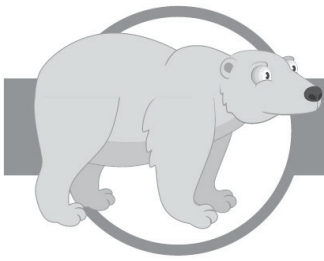
Across

- 1 A kind of flower that begins with D.
 3 The opposite of young.
 6 Another way to say “run fast”.
 7 Another way to say “very small”.
 8 The antonym of thick.
 9 A synonym for trash.
 13 Another word for jump.
 14 The opposite of high.
 15 A fruit that rhymes with hair.
 16 Another word for rock.
 18 A synonym of gift.
 21 The opposite of weak.
 24 A farm animal that rhymes with pen.
 25 The opposite of heavy.

Down

- 2 A season that rhymes with king.
 3 A type of fruit that begins with O.
 4 A pet that rhymes with log.
 5 The opposite of over.
 6 A place that rhymes with pool.
 7 A drink that rhymes with sea.
 10 A kind of fruit that begins with A.
 11 A kind of fruit that begins with G.
 12 A kind of bird that begins with P.
 17 Another word for throw.
 19 The opposite of wrong.
 20 The opposite of far.
 22 Another word for pull.
 23 The opposite of in.





Tundra Dwellers

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

- | | | |
|--------------|-----------------|-------------|
| ARCTIC FOX | MOOSE | SHREW |
| ARCTIC HARE | MOSQUITO | SLED DOG |
| BALD EAGLES | MUSK OX | SNOWY OWL |
| BUMBLE BEE | NORWAY LEMMING | SQUIRREL |
| CARIBOU | POCKET GOPHER | TUNDRA SWAN |
| ERMINE | POLAR BEAR | VOLE |
| GRAY FALCONS | PTARMIGAN | WATER BIRD |
| GRIZZLY BEAR | RAVEN | WHITE WOLF |
| GYRFALCON | RUDDY TURNSTONE | WOLVERINE |



War Of The Words

Our English language? A curious thing!
 Hammers don't ham and fingers don't fing,
 Grocers don't groce and ushers don't ush,
 And why is a rear called a toosh, not a tush?
 What is the plural of mitt? Is it mitten?
 And what's a caboodle if there is no kit'n?
 Do women count coins when they go
 through their change?
 Is all lucre filthy? Are bedfellows strange?
 You can't have the willie, the heebie or jit-
 ter,
 And patter is noisy unless it's with pitter.
 If a guy's queer, is he gay or just odd?
 And if a girl's skinny, is she still a "broad"?
 Can you do a flip? That's an interesting
 word...
 Flip a house or a pancake or even a bird!
 You'd never say fum without fee, fi or foe,
 And why do we go to the bathroom... to go?
 Slim chance or fat, they are one and the
 same,
 And dick can be naughty unless it's your
 name!
 So if you love words and you don't take
 them lightly,
 You'll find by and by that you can-can write
 rightly!

By Wendy Clay

Rigoberto's Riddles

Q. How many cats can you put in an empty box?



One. After that, the box isn't empty ore.

Silly Vasily's Chuckle Chamber



When George was thirty-five, he bought a small plane and learned to fly it. He soon became very good and made his plane do all kinds of tricks.

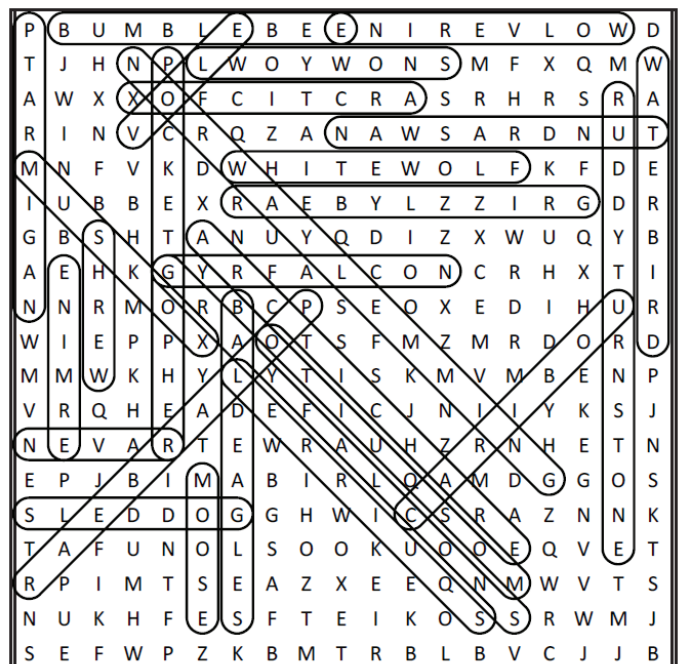
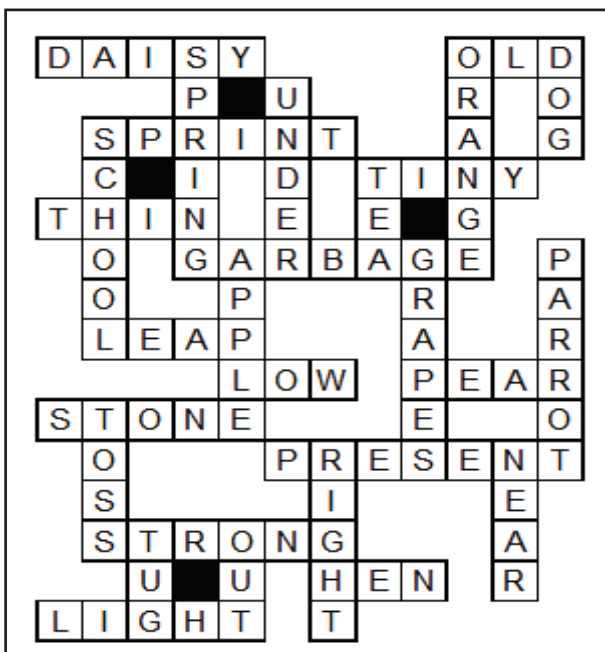
George had a friend. He name was Mark. One day George offered to take Mark up in his plane. Mark thought, "I've traveled in a big plane several times, but I've never been in a small one, so I'll go."

They went up, and George flew around for half an hour and all kinds of trick in the air.

When they come down again, Mark was very glad to be back safely, and he said to his friend in a shaking voice, "Well, George, thank you very much for those two trips in your plane."

George was very surprised and said, "Two trips?"

"Yes, my first and my last," answered Mark.



Granny Noetal

Dear Granny Noetal,

I was a student at an adult school in North Highlands and now I'm starting to be a student at ARC. When I was at adult school, our teacher brought us The Parrot from ARC and all the students loved it. Our teacher showed us student essays, which helped us know if we were ready for college. We started out with Word Search or Crossword Puzzles in teams. Now that I am a student at ARC, how can I get The Parrot? Is it free? What's the difference between the Parrot and the Current, which I saw yesterday in Starbucks?

Betron Sienna

Dear Betron,

Welcome to ARC and thanks for your questions! The Parrot is free and can be found in many places on campus, including Starbucks. If you are taking ESL classes this semester, your professor will prob-



ably have The Parrot for you. There are 5 issues in the fall semester and six in the spring. Most teachers pass them out in class and spend a few minutes telling you what's in each issue. The Parrot is put together by ESL students, and they do a good job. In addition to puzzles and language tips and student writing, you can often find out a lot about student services on campus. The Current is a product of students taking journalism classes. Its form is more like a regular, traditional newspaper. You can find it all over campus. Reading both publications will surely help you with your English, which I see from your letter is very good. Granny wishes you the best of luck in your stay at ARC. By the way, to see The Parrot on-line, go to our ESL site:

http://www.arc.losrios.edu/ARC_Majors/Humanities/ESL/The_Parrot.htm

sincerely,

Granny

Health Center Interview

Continued from page 1

health) assessments and referrals, health screenings (Blood Pressure and TB skin tests), literature and pamphlets on numerous health topics, free condoms, immunizations (TDAP, HepB, MMR, Varicella), lab referrals for blood titers, health insurance information, smoking cessation information, and drug and alcohol abuse information.

The Parrot: Are all services free?

Arnott: There is a fee for TB skin tests, immunizations, and blood titers.

The Parrot: Who can be seen at the Health Center?

Arnott: Currently-enrolled students (within Los Rios) as well as staff may utilize the Health Center.

The Parrot: Who staffs the Health Center?

Arnott: The ARC Health Center is staffed by two Masters-prepared registered nurses (Michele Arnott

& Pam Whipple) and one Health Assistant (Ryan Nix).

The Parrot: What difference is there between a nurse in The Health Center and a nurse in a regular clinic?

Arnott: Los Rios College Nurses are required to hold Master's degrees; this is generally not the case for other types of clinics. Also, the Los Rios College nurse role is more diverse than many clinic nurses. We are more integrated into the college community and do more program planning and administrative work than the average clinic nurse roles. Even among community college nurses and health centers, there are different models of staffing and service.

The Parrot: Do students need an appointment to see a nurse?

Arnott: Monday through Thursday no appointments are necessary; it is purely walk-in. On Fridays, RNs are available by appointment only.



The Parrot: What if students just need nutrition\ dietary advice or sexual health information or just emotional counseling?

Arnott: We encourage students with these types of concerns to meet with an RN in the Health Center. The RN can assess the level of care needed and if it can't be provided in the Health Center, a referral to a community resource can be made.

The Parrot: Can students get prescriptions from the ARC Health Center?

Arnott: Some over the counter medications are available at the Health Center but prescriptions and prescription medications are not available.

The Parrot: Does the staff ever visit classrooms to give information or advice?

Arnott: The RNs have gone into classrooms to speak on specific topics per a professor's request. Due to the Health Center's limited staffing, it is challenging for the RNs to leave the Health Center but when possible the RNs really enjoy participating in outreach/ educational efforts throughout the campus.

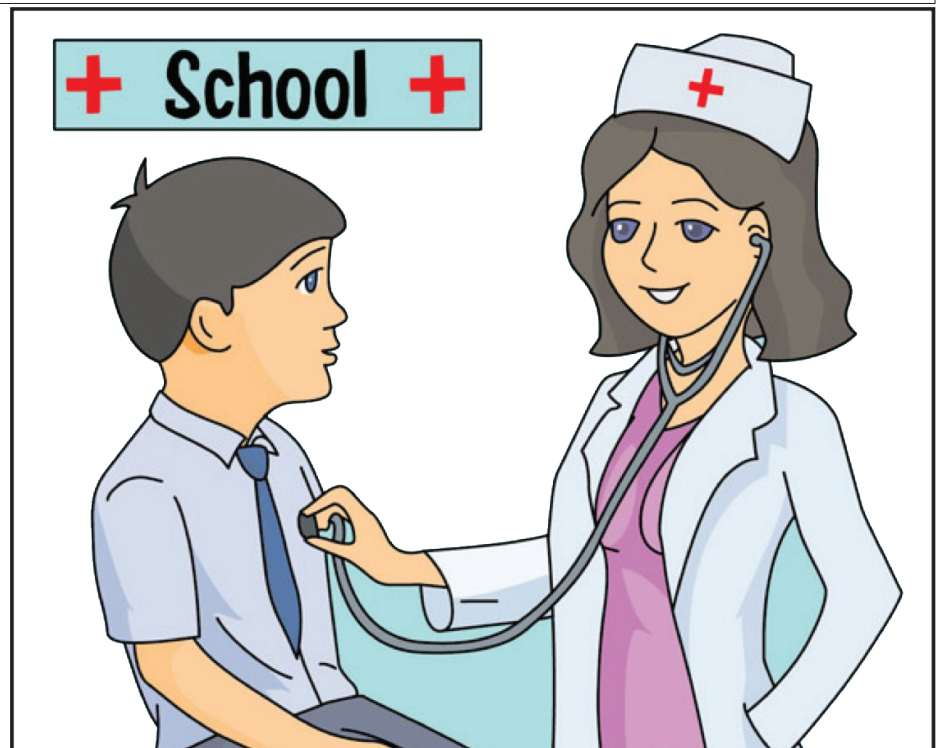
The Parrot: Would you give some advice to students on how to maintain their health?

Arnott: Health involves a balance of both physi-

cal and emotional/mental health. So much can be said about this. It is best to start with the basics and focus on moderation. Eat a balanced diet and enjoy the "not so healthy" foods in moderation. I can't say enough about sleep and how important it is to get enough sleep (8 hrs/night is the goal). Turning off all electronics/avoiding screen time (computers, TV, cell phone) at least 30 minutes before going to bed and avoiding caffeine at least 3 hours before going to bed will help to prepare you for a good night's sleep. Some of the risks related to lack of sleep include decreased immune system, decrease in judgement/ability to concentrate, higher stress levels, and increased irritability. Exercise within moderation will help you improve your physical health and can provide benefits to mental health as well. Exercise produces endorphins, "feel-good brain chemicals", that can elevate your mood and help reduce levels of stress. Enroll for health insurance so you can develop a relationship with your primary care provider. Wash your hands often. Get the flu shot every year.

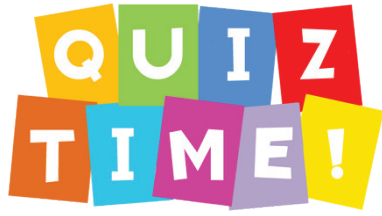
The Parrot: Thank you for all the info!

Paroteer: Alex Grynishyn





Squawk! Parrot Grammar Quiz



1. We couldn't get there on timethere were traffic jams.

- A. because
- B. because of
- C. due to
- D. since
- E. as

2. The waste of the factory..... the river.

- A. pollutes
- B. dirties
- C. wastes
- D. extinct

3. Margie didn't learn Frenchshe lived in Paris for a year.

- A. because
- B. because of
- C. until
- D. therefore

4. The emperor the sounds of wind blowing through the garden.

- A. saw
- B. tasted
- C. heard
- D. felt

5. She failed on her exam the fact that she had studied hard.

- A. although

- B. despite
- C. though
- D. eventhough
- E. inspite of

6. I have been sitting here three hours.

- A. for
- B. since
- C. about
- D. to

7. A : Mom, I'm going to school now. B: OK.

- A. don't move!
- B. be careful!
- C. look out!
- D. watch out!



https://www.proprofs.com/quiz-school/story.php?title=fun-english-quiz_2

1-A,D,&E	4-C
2-A	3-C
5-B & E	7-B
	6-A



The Parrot off-Campus! Mt. Shasta!



The Parrot is read everywhere, even on top of chilly Mt. Shasta, where Parroteer Alex Grynishyn and companions keep warm by reading, (not burning), The Parrot to learn about all the latest going-ons at ARC. As you might have surmised, Alex and other Parroteers are always ready to deliver The Parrot to the far corners of ARC and beyond. The Parrot can be used as a prize, as a reward, and as a souvenir of a visit to your office! Just let us know how many issues you need and we'll be there.





The Oak Café Bakery

For Fall 2018 semester
Regular hours: W-F, 8am-2:30pm

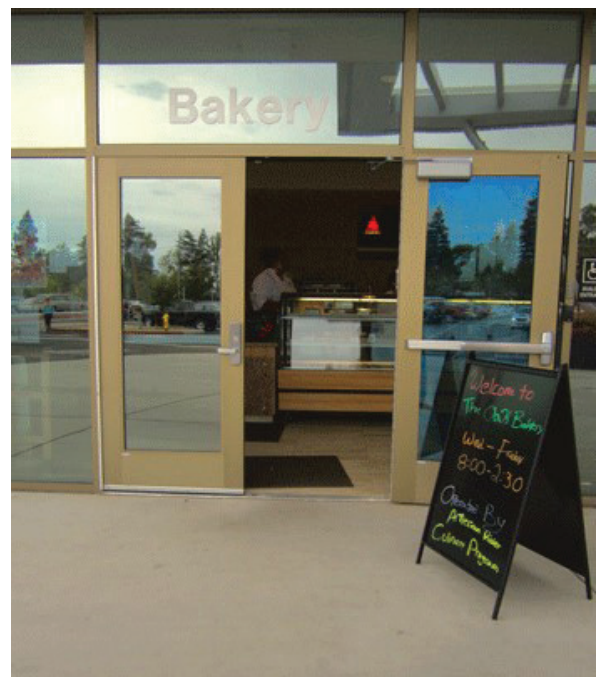


True/False Quiz!

The Oak Café Bakery offers:

- | | |
|--|----|
| • Breakfast pastries | TF |
| • Aerobics classes | TF |
| • Coffee and tea | TF |
| • Non-fat, non-sugar, non-existent doughnuts | TF |
| • Cookies | TF |
| • Desserts | TF |
| • Lunch choices (like stuffed potatoes, single-serving pizzas, and quiche) | TF |
| • One free brioche for every 5,000 purchased | TF |
| • Discounts for customers seen joyfully reading The Parrot | TF |
| • Tables and chairs to use while sipping and munching | TF |
| • French-speaking croissant handlers to enhance your experience | TF |

Answers to be found at The Oak Café Bakery!



Out of the Cage

Alfred Eichler: Art & Architecture in the Golden State

Tuesday, August 28 2018

9:30 am - 4:00 pm

Like many state architects, Alfred Eichler's name is not widely known, yet the structures he designed reflect the everyday lives of many Californians – schools, hospitals, office buildings, prisons, border inspection stations, bridges, historic restoration projects, and state parks and fairgrounds. Eichler often worked on a structure from concept to completion, although some of his project designs were never built or were modified before construction. At times, Eichler's artwork was based on designs by other architects, illustrating how a building might look once completed.

The architectural drawings and paintings featured in this exhibition were created by Alfred Eichler from 1925 to 1962. The selections are drawn from the Alfred Eichler Collection, within the Architecture Division of the Department of Public Works records housed at the California State Archives. Eichler utilized a variety of styles and art media to create these pieces. Each one is an example of the Golden State's efforts to address the needs of a diverse and growing population through public projects.

Location: California State Archives,
4th Floor 1020 O Street

Admission: Free

Yoga in the Park

Saturday, September 1 2018

10:15 am



Yoga Moves Us makes yoga available by organizing free vinyasa yoga classes in the Greater Sacramento area and beyond. This free all-levels vinyasa yoga class is accessible to everyone! Do what you can, and take rest when you need to.

Note: Bring a yoga mat and a water bottle. Wear clothes that allow for comfortable movement. A limited amount of yoga mats will be available for those without a mat.

Location: McKinley Park, H Street & Alhambra Blvd

Sacramento Zoo Free

First Wednesdays of every month

Thanks to the generosity of Wells Fargo Bank, the first Wednesday of every month will be free for kids at the Sacramento Zoo. Up to four children ages 2-11 receive free admission to the Sacramento Zoo with a paid adult.



Location: Sacramento Zoo, Land Park Drive & 16th Ave



Questions/Comments?

Student Editors: **Elaf Khafaja & Alex Grynishyn**

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