



The Parrot

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

Issue # 131

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The Islamic Club's Aesha

The Parrot: Hi, Aesha, I know that you are originally from Iraq and you came to the US when you were nine years old. Now you are the head of the Islamic Club at ARC. Am I right?

Aesha: Yes.

The Parrot: So could you please



And how did you come to be the president of this club?

Aesha: Well, a little bit about me. First of all, I am an only child. I grew up alone, with no kids my age around me. That kind of really shaped my personality, be-

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Christmas Tree History

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Once again, we come to the Holiday Season, a deeply religious time that each of us observes, in his own way, by going to the mall of his choice.

Dave Barry



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How Is Christmas Celebrated in the Middle East?



As the birthplace of Jesus, the Middle East never fails to put on a good Christmas celebration or two.

Whilst almost every country in the Middle East has its own cultural festivals that are unique to its history, the

majority are united in celebrating religious occasions, whether they are Muslim events or otherwise. And Christmas is one of the biggest and best examples of this.

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Student Chirpings

Spending Too Much Time on Social Media

We can't imagine a modern life without the Internet and social media, but sometimes it seems like we love our Facebook friends more than our relatives. I know this problem because I spend a lot of time online, and my husband sometimes says to me, "Hey! I'm here! Can you put away your phone? I miss you." Some of us work online, some chat with friends, but it is terrible when we replace our real life with virtual reality. There are several solutions to the problem of families spending too much time on social media: to limit online time, to spend more time outside, and to find a hobby.

The first solution to the problem of families spending too much time on social media is to limit the time when members of a family can be online. For example, in my family, there is a rule that every dinner we spend together without the Internet or social media. We just talk to each other, tell interesting stories that happened to us or our friends and share plans for tomorrow. I can say that it is the best part of the day for me. Many of my friends told me that they tried not to use cellphones for social media during their family meetings too, and it is wise. Usually, we don't have much time for good family conversations, so we should appreciate every minute spent together, not chatting with virtual friends. I know another example about limiting online time sensibly. My friend Oksana always turns off the Wi-Fi router every evening, so her sons have to find some activity.

The first time they didn't like it, but now Oksana's boys look happy when they play, talk, or read fairy tales together. I think it's wonderful to have a special time for family when we can communicate with each other. We will remember our mother's laugh, father's jokes and, brother's and sister's school stories for years, but not Instagram posts.



The second solution to the problem of families spending too much time on social media is to have more time outside. I know a lot of people who like hiking. It is difficult to communicate online when your family and you are hiking, so you can get double benefit by spending time together and making your health better. In my family there is a dog, so we need to walk it every day. It is always family time too. We go to a park, walk, scare squirrels with our laughter, and play with the dog. We don't remember our smartphones during this time. Another example how to beat social media is to take care

of a kitchen-garden. All my relatives and friends who have it don't waste time on the Internet. They always need to plant, to water, to take care of vegetables, and, in the end, to harvest them. Kitchen-garden owners spend a lot of time with family and they are happy. I think it is a great idea for online-addicted people: just go outside and look around; our world is amazing!

The third solution to the problem of families spending too much time on social media is to find a hobby. If your family had a hobby, you could forget about Facebook and Instagram. I know a family in which the father and the son liked to fix their car. They did it together every evening, and this hobby became their family's business. The mother



in this family doesn't fix cars, of course, but she is glad to see her men working and talking together. Some of my friends dance and some go to the gym with the whole family. In my family, we like to read books or watch movies and share opinions about them. Sometimes we have great discussions! No one wants to chat online when we fight about our favorite characters.

The Internet makes our lives easier and more interesting. We can find any information with the speed of light. We can communicate with people from many countries. For me, the Internet and so-

cial media is an opportunity to be in touch with my family and friends in Russia, so I spend a lot of time online, but sometimes my husband and American friends miss me. Many people have the same problem. Sometimes we get more time communicating with people who are far away rather than our relatives or friends near us. To limit online time, to spend more time outside, and to find family hobbies are several solutions to the problem of families spending too much time on social media.

Nadia Orlov

ESL W50

Problem/solution essay

Studying ESL at an Adult School

A lot of immigrants arrive in the U.S.A. from different countries in the world. They can speak their native language well, but they should study ESL at an adult school when they first arrive in the U.S.A. Why should immigrants study ESL at an adult school? In my opinion, immigrants should study ESL at an adult school because they need to use English in everyday life, immigrants need to get an education and a good job, and they need to get citizenship.

First of all, immigrants should study ESL at an adult school because they need to use English in everyday life. Immigrants need to fill out a form to rent an apartment. They need to open a bank account and pay bills to rent an apartment. They need to pay bills for electricity, the Internet, and other services. People need to make an appointment with the doctor. They need to get a driver's license and buy a car. In short, immigrants should study ESL because they need to use English in everyday life.

Second, immigrants should study ESL at an adult school because they need to get an education and a good job. Immigrants can continue to study at college after adult school. They can choose

a different occupation and learn it. After that, people get a job if they have a good education. In brief, immigrants should study ESL at an adult school because they need to get an education and a good job.



Third, immigrants should study ESL at an adult school because they need to get citizenship. After four years and seven months, immigrants can get citizenship. They should know American laws. Before they get citizenship, they need to learn a lot of information about it. Then they will answer a lot of questions. Getting citizenship is very important for immigrants. In short,

immigrants should study ESL at an adult school because they need to get citizenship.

In conclusion, immigrants should study ESL at an adult school because they need to use English in everyday life, immigrants need to get an education and a good job, and they need to get citizenship. Immigrants can have a good life in the U.S.A if they study English. The U.S.A has a lot of opportunities for them. The U.S.A is a great country.

Oleksandr Borysov

ESL W40

Argumentative essay



Three Categories of Vacations

Many people work hard and they need to rest. Many years ago in my country, Moldova, people couldn't afford a simple vacation. Times have changed and people are starting to think about some different types of vacations. They are starting to visit other countries. There are three categories of vacations people take outside of my native country, Moldova: beach vacations, mountain vacations, and vacations to historical places.

One type of vacation that people take is beach vacations. Usually people choose summer time for their vacation. In my country people prefer to visit sunny Turkey. They reserve a tour a couple of months before summer because hotels are going to be full. Why do people choose Turkey for vacation? First of all, the flight to Turkey takes one and a half hours. Turkey is located in the Middle East and it has several seas: the Black Sea, the Mediterranean Sea, and the Aegean Sea. For instance, my sister's family visited Turkey two years ago. They were very satisfied. Their tour included a five-star hotel with everything included. I hope to visit Turkey with my family one day.

The second type of vacation that people take is mountain vacations. In my country, people visit the mountains in Romania in winter time. Romania is located at the crossroads of southeastern and eastern Europe. Romania is very close to Moldova. People travel by car or take a bus. My country doesn't have ski resorts and mountains. People take a vacation in the ski resorts in Romania. They are very popular places for tourists. They rest with the whole family and have a lot of fun. Romania provides guides who are extremely helpful, friendly,

and knowledgeable. So, people can easily rest and enjoy views of mountains. I have never been in Romania, but I was in Lake Tahoe last year. It was a great time for skiing and I enjoyed our Christmas trip.

The third type of vacations that people go on is vacations to historical places. In my country,

Moldova, we have only a couple of museums. I visited them when I was seven years old. However, people want to explore new places and see places first hand. Usually people travel to Europe. It is not a secret that Europe has a lot of historical cities. For example, people like to visit Rome, Italy. Rome has many historical places. Rome has many monuments, museums, and interesting churches. It is a very popular tourist city for Moldovans in Europe. Moreover, people like to visit Paris, France. Paris has

some beautiful and historic buildings and monuments. It is the city of love and romantic places. The popular attractions for tourists are the Eiffel Tower, the Sun Palace, and the Louvre. The Eiffel Tower is the most famous of all.

In the end, we are all human beings and we need rest. Everyone has their own preferences. Today's world provides many types of vacations. In addition, people from my native country like to go on vacations. There are three types of vacations that people like to take: beach vacations, mountain vacations, and historical places. Which one do you prefer?



Ivanna Tucan

ESL W50

Classification essay



Staying Healthy During the Winter

After the hot days of summer and wonderful fall, people wait for the cold weather of winter. Winter brings a lot of joy to those who like to skate or ski in the mountains; however, many people get colds and get sick. Children enjoy winter the most, but they are the ones who often contract flu when winter comes. Having a cold or flu is terrible! High fever, cough, sniffles, sore throat, and chills keep you in bed for almost three days, but you can't get rid of a cough and sniffles for at least a week. Luckily, there are some solutions in order to prevent this problem.

The first solution to the problem of staying healthy during the winter time is to wear the proper winter clothes. The cold is the main cause which exposes you to the flu virus. When the cold winter weather comes, I never leave the house before I put on my coat and hat. I hate getting sick when I have so much to do! I really like to skate. Last winter, I was with my friend Mary at the ice rink. Always when I go to the ice rink, I put on a jacket, a scarf, gloves, and a hat. As for Mary, it seemed to me that she was very lightly dressed. She wore only a blouse and a skirt. We had a lot of fun at the ice rink, but the next day Mary had a cold and was sick. I also like going to ski in the mountains. Whenever I ski, I wear my special attire. It keeps me safe from the severe cold of the mountains and the wet of the snow. I can't remember when last I had a cold!

The second solution to the problem of staying healthy during the winter is to eat healthy food. Healthy food maintains the immunity of the body which defends people and me in particular against cold and flu. First of all, I follow my meal schedule. This keeps my immunity in balance and I don't have cold or flu during the winter. Another example would be that I eat more vegetables and fruits en-



riched with vitamins, especially vitamin C. I make different vegetable salads of cabbage, spinach, pepper and different fruits salads of raspberries, pineapple, kiwi, etc. It is healthy and delicious! When I find out that there are cases of flu in the town, I add to my meals more ginger and I drink herbal tea. Ginger has medicinal properties and it is considered a "natural antibiotic." Herbal tea and ginger help me a lot and I don't contract flu when others struggle with it.

The third solution to the problem of staying healthy during the winter is to respect hygiene. The majority of us know that bacteria and viruses are some of the main factors that cause the cold and the flu. For instance, I always use disinfectant solutions for my hands and alcohol wipes for surfaces.

These things kill bacteria and viruses, in this way keeping me away from flu. Another method to ensure good hygiene is to use a tissue when you sneeze and cough. You can see some people who sneeze or cough into their hands. Thus, they can spread the bacteria or viruses to other people around them. The ventilation of the rooms is also a good practice to prevent the flu and stay healthy during the winter. Bacteria and viruses are spread everywhere, even through the air. For example, every morning I open the windows of my apartment for up to an hour or less and my family doesn't have colds and flu in winter time.

In conclusion, wearing proper winter clothes, eating healthy food, and observing hygiene are the three solutions that can keep you healthy during the winter time.

Vera Gusacinski
ESL W50

Problem/solution essay



A Time to be “Chosen” or to be “Shot Down”

In the sky, all the stars winked at me. I felt the cold breeze and heard the soft music from far away. I was cuddling with my head on his shoulder. I felt his heart beating and smelled my favorite cologne. I felt as if no one was around us; there were only him and me at that moment. I wished that that moment would never end. It was a beautiful night on the Tahoe Queen at South Lake Tahoe. Is your

heart beating and are you smiling when you think about the first day that you met your boyfriend? If your answer is “NO”, is it time for you to think about your relationship with your boyfriend. The boat is still moving. The world is still spinning. Our life must keep on going. No one is right or wrong. It is a part of life. You have to be strong. Life is too short. Today you are a person who can “choose”, but tomorrow you may be a person who gets “shot down.” I have a process for someone who wants to break up with a boyfriend. There are three major steps in the process of breaking up with someone.

The first major step in the process of breaking up with someone is asking yourself what the real reason is that you want to break up with him. First, you ask yourself why you want to break up with him, and if you have a very strong reason for breaking up to support your decision. Next, you have to make sure that you won't change your mind. Then, you should make a list of all the good and bad points of your boyfriend. After, you should ask yourself many times because it isn't easy to break up with someone. A woman is more sensitive than a man who breaks up with his girlfriend

as if he lost one of his socks. Finally, you think many times and you still want to break up with your boyfriend. Let's go to the next step.

The second major step in the process of breaking up with someone is planning how to tell your boyfriend. When a man has a broken heart, he can turn into a monster. It doesn't matter how

nice you are when you tell your boyfriend that you want to break up with him. He will still be upset anyway and he can't take it. First, try to avoid him a little bit, so you don't have to call him. Next, you have to tell your family why you want to break up with your boyfriend, but you don't have to tell your friend about your decision. Soon after, when he calls or leaves a message, don't answer his call or call him back. Be sure not to have a



new boyfriend at this time. You will miss the point of breaking up. The next step is, when he asks you to go out, to try to avoid going out with him, but if you can't avoid him, bring a friend with you. Last, you tell him you want to see him on a day that is convenient for both of you, and you pick the time and the place. You gather all the stuff that he gave you, and you especially return to him something of value.

The last major step in the process of breaking up with someone is changing your lifestyle. The first month your ex- boyfriend will call you, and he will want you to be his girlfriend again. First, if you have a strong reason for breaking up, you have to tell yourself to be strong. Next, try to go out with your friend, but don't get a new relationship too soon. Then, you tell all your friends that you are single, but don't tell anybody that you just broke



your ex-boyfriend's heart. Later, try to enjoy your single life as much you can, and then you will be surprised how charming you are. Finally, don't go back with him because you are lonely. Don't answer his calls or try to know anything about him. It is all in the past and well done.

If you think that a person isn't for you, you should end that relationship and follow my three major steps. First, you should ask yourself what the real reason is that you want to break up with him. Second, you should plan what you are going to tell your boyfriend. Last, you should change what you are going to do each day. "Love" is like a delicious dish. If you take a little bit of time for each bite, you will know how to enjoy it. It doesn't matter for you

if you can "Choose," or you get "Shot down." Love is a wonderful feeling. While you are thinking about love, your eyes will be full of stars or tears. It depends how you create your love. You should take time to know someone before you jump into a new relationship. Don't forget that love is a wonderful feeling.

PS. If you want to know how to get "The right man for you," you can contact me at Davies Hall 209, Tuesday and Thursday: 2:45 - 4:50 p.m. in Professor Bracco's writing class.

Pattaraporn Callorina
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Process essay

Computer Instead of Teacher

Today, we are living in a digital time. Computers are doing a lot of work to help people. Computers count our taxes, computers check our identities, and computers hold important information about people. Computers also can teach you something and check how you learned. How about checking essays by computer? Some people might say that it is a great idea. Others can say that it is a waste of time. I firmly believe that computers have never been a substitute for a teacher to grade your essays for several reasons: the computer doesn't have intuition, the computer doesn't have handwriting recognition, and the computer doesn't have algorithms to check your ideas.

The first reason why a computer shouldn't



grade your essay is that a computer doesn't have a natural intuition. Intuition is a very important human sense that people have. When a teacher reads your essay, he may understand what you want to say because students might make mistakes like a

wrong word or a subject/verb mistake. A computer may grade you like a misunderstanding problem but a teacher can realize what you want to say. A computer will give you a low grade but the teacher intuitively understands you.

The second reason why a computer shouldn't grade your essay is that a computer doesn't have handwriting recognition. For example, 25 students from different countries wrote essays. They have different styles of writing. People from the Middle East write the same letters differently than people from Europe. In addition, every person has a different style of writ-



ing the letters. A computer shouldn't grade you because a program won't recognize the handwriting. Teachers have experience in checking essays and they should grade by themselves student essays because teachers' "computers" are naturally more powerful than digital machines. The other example about handwriting recognition is when I tried to use a scanner and a special program to convert hand-writing into a soft copy. I scanned my paper which I wrote by hand and used special tools to recognize the letters. The result was 15% of 100%. This experiment proved that a computer shouldn't grade your essay.

The third and most important reason why a computer shouldn't check your essays is that a computer doesn't have an algorithm to grade your ideas. The idea and how you explain the idea is the main point in writing an essay. No one programmer can write a logic which will grade your ideas. It is impossible. A programmer might write a code which may check the spelling, the paragraph, the margins, and even grammar but he can't write the code which will check your examples or topic

sentences. For example, some paragraphs may have topic sentences in the middle. How can the program find the topic sentences or examples? Yes, the program may use keywords such as "example," "experience," and "opinion" but if the writer doesn't use these keywords? For example, if I'm going to say, "I had a situation when..." the computer doesn't know if it's an example or something else. For this reason, a computer will grade you incorrectly. Only the teacher ought to grade your essays because he knows who you are, where the topic sentences are, the examples, and the ideas. Only the teacher is able to grade you correctly.

I strongly disagree with checking essays by a computer which isn't able to use intuition, handwriting recognition, and checking your ideas. Besides, we don't need to forget that a computer was invented by humans who had teachers. The teacher above all programs gadgets and machines.

Sergei Vitcov
ESL W50

Argumentative essay





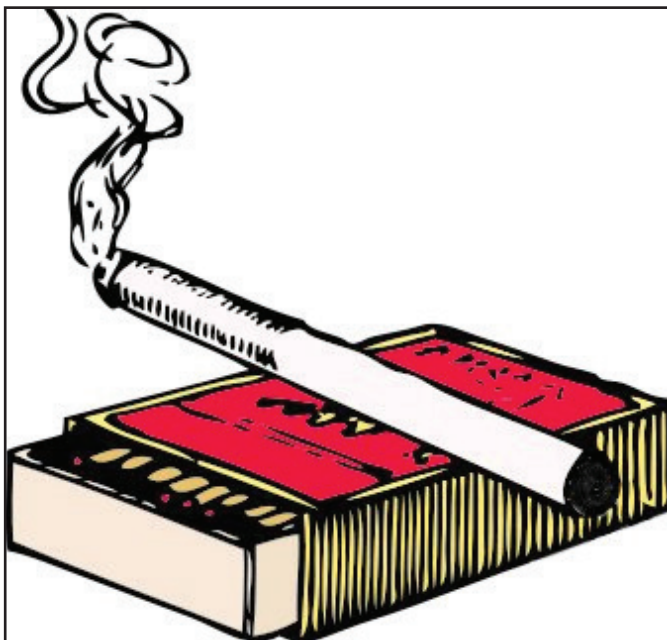
Do you Have a Light?

I am a student . I have just finished two hours of hard work taking a test. Weekly preparation, a sleepless night, and a nervous morning are all in the past. I feel as tired as after a hardworking shift. The test results will be known after only a few days, but now I can relax. I breathe the spring air. The sun is falling toward the sunset, and the wind blows the petals from the flowering trees. My hand reaches for a pack of cigarettes. A lighter click, a light dancing in the wind, and a sweet menthol taste of a cigarette ... Do not even dream! The college is a zone free from smoking. Is this right? No. Therefore, I firmly believe in the premise that smoking at ARC should be allowed.

Firstly, sometimes a cigarette and a sip of coffee are just necessary. And if you can easily buy coffee on the premises of the college, why can you find a place for smoking only outside of it? "It's a bad habit," you will say. I will not argue with this statement. However, it is officially proven that coffee can also cause the onset of cancer. In the near future in California, coffee producers will be obliged to inform potential consumers of this drink about it. All this does not prevent us from easily finding three places for selling coffee on the campus. Smoking is also legal in California. And I'm not talking about selling cigarettes on the campus. I'm talking only about the need for a designated place for smoking.

Secondly, there is the fact that non-smokers may not like the smell of cigarettes. However, some non-smoking students use such perfume that it can easily be used as a "secret chemical weapon" against the enemies. I also want to point out that lovers of

tobacco smoke can easily make new friends. It's like a club of interests. There are many different clubs on the campus of the college. Many students may also not like the hobbies of some of them. I mean the club of sexual minorities. But society must be tolerant and respect other people's desires. I remind you that I do not discuss the need to create a club of cigarette lovers. I'm talking only about the need for a special place for smoking.



Thirdly, let's consider the ban on smoking next to educational institutions. The law forbids doing this near children's educational institutions. I agree that smoking is unacceptable for pregnant women and for children. However, in college, all students are adults. There is also the fact that there are several specialized places for smoking in amusement parks such as "Six Flags". Despite the fact that this is a park for children and families, its owners do not want to discriminate against smokers. I especially want to emphasize

that I do not recommend the creation of several easily accessible comfortable places for smoking. However, one specialized place on the grounds of the college could certainly be realized.

Many of the fierce opponents of smoking were themselves in the past smokers. I know many people who stopped smoking. Usually they can say exactly the time spent by them without cigarettes. All because it's just keeping an account until the next cigarette. Therefore, we must respect someone else's choice.

Olga Kirsanova
ESL W50
Argumentative essay



Say “Goodbye” to Your Comfort Zone

The way you speak reveals who you are. It can show a level of your education, your background, and even your life status. That is why it is very important to learn the language as soon as possible when you immigrate to a different country. It will affect your entire life: your job, your surroundings, and your perspectives. One of the first things I did when I came to the US were to take my assessment test for the ESL program in ARC. I did this test five days after I had come. However, my experience shows that it is better to mix an academic learning of English with out-of-the-classroom learning because when you learn language from real life, you can have extra benefits. In my opinion there are several advantages to learning English outside the classroom: you can hear the real everyday language, you can feel a variety in language, and you can learn language much faster.

The first advantage of learning English outside the classroom is an opportunity to hear real everyday language. In my opinion, a language is alive in a manner. Languages live, progress, and change all the time. You can't speak and understand language correctly if you don't hear and feel all these changes. I learned English in Ukraine for many years at school and I had good grades, but when I came here, to the US, I understood that I couldn't speak. At first, I could understand just half of what people said, but I couldn't lead myself to say a word. I was scared because I had all this vocabulary, but words didn't come together into sentences in my head. However, after some time, I finally understood that this wasn't a classroom test, and there were no grades. People didn't kill me if I mixed up Past Simple and Past Perfect. Very slowly, I started to hear and feel real Eng-

lish. I got used to it. Now, I don't need to remember the tense chart all the time; I just speak. Of course, my English is not perfect. My English's not even very good, but people understand me, and I can express myself. The second example how real speech differs from classroom English is contractions. At first, when I heard all this “they're”, “we'll”, and “who's”, I wanted to say “What???” I couldn't understand why these people was in a rush. Why can't they say a whole word? However, then I learned to understand them. I still don't use contractions when I speak, but I can

figure out what people tell me. Surely, this is one of those things you can learn only outside the classroom.

The second main advantage of learning English outside the classroom is getting an opportunity to feel the variety in language. English has so many dialects that even native speakers do not always understand each other. You can't learn

all this nicety in the classroom. You need to go and hear it. For example, I don't have any problem with understanding here, in California. However, I visited Texas last week, and there was a big surprise for me because I hardly understood what people said. My husband and I went to a restaurant and the waiter was very nice. He asked us where we were from and how our trip was going and made all this kind of chatter, and my husband answered something, but I just nodded. I was in shock. I thought my listening-speaking teacher should change my A to C because I could understand less than sixty percent of what this guy said.

The third main advantage to learning English outside the classroom is to get the opportunity to learn language much faster. Learning language is like learning to drive. You can know all the rules, but





while you don't test yourself on the real road, you won't drive. You don't have the time to think what rule matches this situation. You need to think very fast and decide what to do. It is the same situation with language. You don't have much time to think what word or tense you should use. At first it is very hard, but then you start to get used to it, and think faster. When time passes, you will stop translating in your head and start to think in English. I haven't reached this goal yet, but I'm on my way. In real life, you don't have a choice and you have to learn faster. Life won't wait until you read your textbooks.

In conclusion, learning language outside the classroom gives you many benefits – you can improve your English in a real-life context, you can experience the various dialects, types of English, and you can learn faster. Of course, academic studying is very important and useful too, but if you want to speak well, you need to leave your comfort zone in your comfortable classroom and go outside.

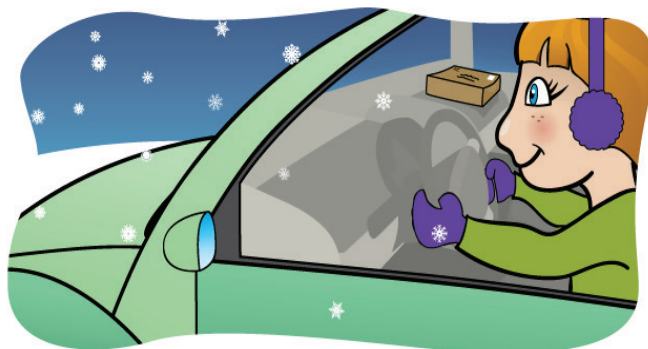
Viktorija Gunenko
ESL W50
Expository essay

Snowy Nightmare

How beautiful is Russia in the winter! To be honest, I miss it. In my head I have a lot of good memories about fun times with my friends. We loved to hang out in the snowy mountains. We went sledding and just had fun together. Unfortunately, I had one bad day I still can't forget.

That was about ten years ago. My eldest sister used to live in central Russia. It is a very cold place. We went to visit her in the winter. That was about six hours from our city, so, it is as not such a so big distance! We left home early in the morning. Everything was perfect! When we got closer to that area, the road got more snowy and frozen. Cars began to get stuck on the road. The situation was getting worse. I was a little excited girl that didn't understand clearly what was going on. I was ready for adventure.

There was softy, white, and shiny snow everywhere! The sun went down and night was getting ready to come. I really loved everything! Our driver drove a little bit crazy to avoid the traffic. That made a lot of fun for me! I stared trough the windows at the other people's faces. I made stories about them in my head. Some of those faces were so funny; just only now I understand that they were just scared! I



was not afraid of that situation at that time.

Finally! We got to my sister's house after many hours of driving. Everybody was so tired. After a couple of hours, adults started to discuss our trip. Just only at that time I understood how dangerous the situation was! The next day, we saw in the news that people stayed on the road all night long. When people came to get something hot for warming up, owners sold them products at the highest prices. That is why not everyone could buy everything that they needed. Some people died that night because some

of them needed some medications etc. Nobody helped them. Fortunately, we were able to avoid it. I can say that the situation showed me how bad some people are. They try to make money from someone's sorrow. It was the day between life and death.

My "snow nightmare" shows the other side of the beautiful Russian winter. This is really an amazing time in the year. There are a lot of fun things such as a skiing, skating, and sledding, but sometimes it can be dangerous. Unfortunately, I was faced with that bad side of the beautiful season.

Iana Ardelian
ESL W50
Narrative essay



Nestscape -- Articles from the Web

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As a time of peace, love and family, it is no wonder that people all over the world get excited during the Christmas period, and the Middle East is no different.

With that in mind, we thought we'd take a look at what some Middle Eastern countries get up to at Christmas.

Egypt

Camels wearing Santa hats? Check. Christmas tree in the desert? Check. Christmas dinner while lying on a sunbed? Check. Egypt goes large for Christmas! From celebrations at the famous Red Sea Riviera, to Christmas lights on the streets of Cairo, you can really get into the Christmas spirit.



United Arab Emirates

In the UAE, Christmas is a lavish affair; enormous trees in every mall, endless shopping, and lots and lots of fairy lights. With a huge European community living in the UAE, there is a real atmosphere of excitement and anticipation and the locals certainly get involved in the festivities!



Lebanon

Dreaming of a white Christmas? Lebanon might just be the place to be! Beirut is one of the most religiously diverse cities in the Middle East and, every year, the local council puts on an amazing program of events for everyone. In Lebanon, with its history of conflict, people from all religious groups come



together as one and share this special time.

Have you experienced Christmas in the Middle East before? Let us know what you think, get in touch!



<https://ummahsonic.com/christmas-celebrated-middle-east/>

The History of Christmas Trees

The evergreen fir tree has traditionally been used to celebrate winter festivals (pagan and Christian) for thousands of years. Pagans used branches of it to decorate their homes during the winter solstice, as it made them think of the spring to come. The Romans used fir trees to decorate their temples at the festival of Saturnalia. Christians use it as a sign of everlasting life with God.

Nobody is really sure when fir trees were first used as Christmas trees. It probably began about 1000 years ago in Northern Europe. Many early Christmas Trees seem to have been hung upside down from the ceiling using chains (hung from chandeliers/lighting hooks).

Other early Christmas Trees, across many parts of northern Europe, were cherry or hawthorn plants (or a branch of the plant) that were put into pots and brought inside so they would hopefully flower at Christmas time. If you couldn't afford a real plant, people made pyramids of woods and they were decorated to look like a tree with paper, apples and candles. Sometimes they were carried around from house to house, rather

than being displayed in a home.

It's possible that the wooden pyramid trees were meant to be like Paradise Trees. These were used in medieval German Mystery or Miracle Plays that were acted out in front of Churches on Christmas Eve. In early church calendars of saints, 24th December was Adam and Eve's day. The Paradise Tree represented the Garden of Eden. It was often paraded around the town before the play started, as a way of advertising the play. The plays told Bible stories to people who could not read.



The first documented use of a tree at Christmas and New Year celebrations is argued between the cities of Tallinn in Estonia and Riga in Latvia! Both claim that they had the first trees; Tallinn in 1441 and Riga in 1510. Both trees were put up by the 'Brotherhood of Blackheads' which was an association of local unmarried merchants, ship owners, and foreigners in Livonia



(what is now Estonia and Latvia).

Little is known about either tree apart from that they were put in the town square, were danced around by the Brotherhood of Blackheads and were then set on fire. This is like the custom of the Yule Log. The word used for the 'tree' could also mean a mast or pole, tree might have been like a 'Paradise Tree' or a tree-shaped wooden candelabra rather than a 'real' tree.

In the town square of Riga, the capital of Latvia, there is a plaque which is engraved with "The First New Year's Tree in Riga in 1510", in eight languages. You can find out more about the Riga Tree from this website: www.firstchristmastree.com

A picture from Germany in 1521 which shows a tree being paraded through the streets with a man riding a horse behind it. The man is dressed a bishop, possibly representing St. Nicholas.

In 1584, the historian Balthasar Russow wrote about a tradition, in Riga, of a decorated fir tree in the market square where the young men "went with a flock of maidens and women, first sang and danced there and then set the tree aflame". There's a record of a small tree in Breman, Germany from 1570. It is described as a tree decorated with "apples, nuts, dates, pretzels and paper flowers". It was displayed in a 'guild-house' (the meeting place for a society of business men in the city).

The first person to bring a Christmas Tree into a house, in the way we know it today, may have been the 16th century German preacher Martin Luther. A story is told that, one night before Christmas, he was walking through the forest and looked up to see the stars shining through the tree branches. It was so beautiful, that he went home and told his children that it reminded him of Jesus, who left the stars of heaven to come to earth at Christmas. Some people say this is the same tree as the 'Riga' tree, but it isn't! The Riga tree originally took place a few decades earlier.

The custom of having Christmas trees could well have travelled along the Baltic sea, from Latvia to Germany. In the 1400s and 1500s, the countries which are now Germany and Latvia were then part of two larger empires which were neighbors.

Another story says that St. Boniface of Crediton (a village in Devon, UK) left England and traveled to Germany to preach to the pagan German tribes and convert them to Christianity. He is said to have come across a group of pagans about to sacrifice a young boy while worshipping an oak tree. In anger, and to stop the sacrifice, St. Boniface is said to have cut down the oak tree and, to his amazement, a young fir tree sprang up from the roots of the oak tree. St. Boniface took this as a sign of the Christian faith and his followers decorated the tree with candles so that St. Boniface could preach to the pagans at night.

There is another legend, from Germany, about how the



Christmas Tree came into being, it goes:

Once on a cold Christmas Eve night, a forester and his family were in their cottage gathered round the fire to keep warm. Suddenly there was a knock on the door. When the forester opened the door, he found a poor little boy standing on the door step, lost and alone. The forester welcomed him into his house and the family fed and washed him and put him to bed in the youngest sons own bed (he had to share with his brother that night!). The next morning, Christmas Morning, the family were woken up by a choir of angels, and the poor little boy had turned into Jesus, the Christ Child. The Christ Child went into the front garden of the cottage and broke a branch off a Fir tree and gave it to the family as a present to say thank you for looking after him. So ever since then, people have remembered that night by bringing a Christmas Tree into their homes!

In Germany, the first Christmas Trees were decorated with edible things, such as gingerbread and gold covered apples. Then glass makers made special small ornaments similar to some of the decorations used today. In 1605 an unknown German wrote: “At Christmas they set up fir trees in the parlours of Strasbourg and hang thereon roses cut out of many-colored paper, apples, wafers, gold foil, sweets, etc.”

At first, a figure of the Baby Jesus was put on the top of the tree. Over time it changed to an angel/fairy that told the shepherds about Jesus, or a star like the Wise Men saw.

The first Christmas Trees came to Britain sometime in the 1830s. They became very popular in 1841, when Prince Albert (Queen Victoria’s German husband) had a Christmas Tree set up in Windsor Castle. In 1848, a drawing of “The Queen’s Christmas tree at Windsor Castle” was published in the Illustrated London News. The drawing was republished in Godey’s Lady’s Book, Philadelphia in December 1850 (but they removed the Queen’s crown and Prince Albert’s moustache to make it look ‘American’!).



The publication of the drawing helped Christmas Trees become popular in the UK and USA.

In Victorian times, the tree would have been decorated with candles to represent stars. In many parts of Europe, candles are still used to decorate Christmas trees.



<https://www.whychristmas.com/customs/trees.shtml>



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!

Basque Lamb Stew!

Ingredients

3 1/2 lbs. lamb shoulder, cut into 2 inch pieces

6 cloves garlic, crushed and peeled

1 sprig fresh rosemary, about 1 tablespoon chopped

1/2 cup dry white wine

2 Tbsp extra-virgin olive oil

1 large onion, peeled and chopped

Salt

2 teaspoons sweet paprika

1 10-ounce can roasted red bell peppers, cut into 1/2 inch strips

1 large ripe tomato, peeled, seeded, and chopped

2 tablespoons chopped fresh parsley

1 bay leaf

1 cup dry, full-bodied red wine

1 cup chicken stock*

Freshly ground black pepper

Method

1. Marinate lamb with garlic, rosemary, white wine: Combine the lamb, half of the garlic cloves, rosemary, and white wine in a medium bowl. Let marinate for 2 to 3 hours. Drain the meat, discard the marinade, and pat dry with paper towels. Mince the remaining garlic cloves and set aside.

2. Brown the lamb: Heat olive oil in a large, heavy-bottomed

Prep time: 20 minutes
Cook time: 4 hours
Marinating time: 2 hours
Yield: Serves 4 to 6



pan with lid, over medium-high heat. Working in batches, brown the meat on all sides, about 10 minutes per batch. Salt the meat as it browns.



3. Sauté onions and garlic: Remove the meat from the pan and add the chopped onion to the pan. Cook, scraping browned bits stuck to the bottom of the pot with a wooden spoon, until the onions are soft, about 5 minutes. Add the garlic and cook another minute.



4. Return meat to pan, add paprika, roasted peppers, tomatoes, parsley, bay leaf, red wine, bring to simmer: Return the meat to the pan with the onions and garlic. Stir in paprika, roasted peppers, tomatoes, parsley, bay leaf, and red wine. Bring to a boil, reduce heat to medium, and simmer uncovered for 15 minutes, allowing the liquids to reduce a bit.

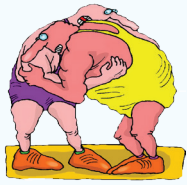


5. Add chicken stock, simmer: Add the chicken stock, bring to a boil, reduce heat to low and simmer, covered, stirring occasionally, until meat is very tender, 2 to 2 1/2 hours. Add freshly ground black pepper and more salt to taste.

Serve with rustic bread. If you want, try garnishing with fresh mint leaves (though I have no idea how "Basque" that is, it just tastes good).



Parrot Warbling



Grappling with Grammar

Grammar

A, An



Use **“a”** when the first letter of the word following has the sound of a consonant. Keep in mind that some vowels can sound like consonants, such as when they’re sounded out as individual letters. Also, some letters, notably h and u, sometimes act as consonants (home, usual), other times as vowels (honest, unusual).

Examples:

- a** yearning
- a** hotel
- a** U-turn (pronounced “yoo”)
- a** NASA study

Use **“an”** when the first letter of the word following has the sound of a vowel.

Examples:

- an** unfair charge
- an** honor (the h is silent)
- an** HMO plan (H is pronounced “aitch”)
- an** NAACP convention (the N is pronounced “en”)



<https://www.grammarbook.com/homonyms/a-an.asp>

Idiom--Attic

LET YOUR FREAK FLAG FLY



to let others see your uniqueness

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



Beak Speak

How to Pronounce “ough”

The letters ough, when together in a word, are quite an interesting case. Sometimes they make a vowel sound, sometimes a diphthong sound, and sometimes a vowel and consonant sound.

1. The ‘oh’ as in ‘no’ diphthong.
2. The ‘ow’ as in ‘now’ diphthong.

Ex: dough, thorough, although.

3. The ‘oo’ as in ‘boo’ vowel.

Ex: Through, throughout.

4. The ‘aw’ as in ‘law’ vowel sound.

Ex: Thought, fought, bought.

Those are the diphthong sounds. Now, there are two cases in which these four letters make a vowel sound plus a consonant sound.

5. It makes an ‘ah’ as in ‘father’ and F sound.

Ex: Cough, trough.

6. It can make the ‘uh’ as in ‘butter’ with the F consonant sound.

Ex: rough, enough.



<https://rachelsenglish.com/pronounce-ough/>



Some More Parrot Fun Stuff

Christmas Crossword



ACROSS

- 1. December 25
- 4. A popular Christmas color.
- 5. Santa Claus is coming to...
- 7. Santa Claus comes through it.
- 9. It's cold and white.
- 12. People have it in their home and like to decorate it.
- 15. December 24
- 16. Other popular Christmas color.

DOWN

- 2. He brings children their presents on Christmas day.
- 3. A hard candy with stripes.
- 6. It looks like a man made of snow.
- 8. On January 1st we say "Happy New"
- 10. In what season is Christmas Day?
- 11. Light made of wax.
- 13. You can see this at night in the sky.
- 14. Santa's helpers.

SNOWMAN

SNOW

CHRISTMAS EVE

CHIMNEY SANTA

CLAUS

CANDLE

CHRISTMAS DAY

CHRISTMAS TREE

YEAR

WINTER

STAR

GREEN

ELVES

TOWN

CANDY CANE

RED



Say Hello Around the World



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

AHN NYEONG HA SE YO (Korean)
 ALOHA (Hawaiian)
 BOM DIA (Portuguese)
 BON GIORNO (Italian)
 BONJOUR (French)
 CHAO (Vietnamese)
 DIA DUIT (Irish)

DOBRY RANO (Czech)
 GOEDENDAG (Dutch)
 GUTEN TAG (German)
 HEJ (Swedish)
 HOLA (Spanish)
 KONNICHIWA (Japanese)
 JAMBO (Swahili)
 MARHABAH (Arabic)

NAMASTE (Hindi)
 NI HAO (Chinese)
 SALAM (Arabic)
 SHALOM (Hebrew)
 SZIA (Hungarian)
 YIA SOU (Greek)
 ZDRAVSTVUITE (Russian)





The Snow Man



One must have a mind of winter
 To regard the frost and the boughs
 Of the pine-trees crusted with snow;
 And have been cold a long time
 To behold the junipers shagged with ice,
 The spruces rough in the distant glitter
 Of the January sun; and not to think
 Of any misery in the sound of the wind,
 In the sound of a few leaves,
 Which is the sound of the land
 Full of the same wind
 That is blowing in the same bare place
 For the listener, who listens in the snow,
 And, nothing himself, beholds
 Nothing that is not there and the nothing that is.

By WALLACE STEVENS

Rigoberto's Riddles

Why was Santa's little helper feeling depressed?



Because he had low elf esteem.

Silly Vasily's Chuckle Chamber



"Isn't the principal a dummy!" said a boy to a girl.

"Say, do you know who I am?" asked the girl.

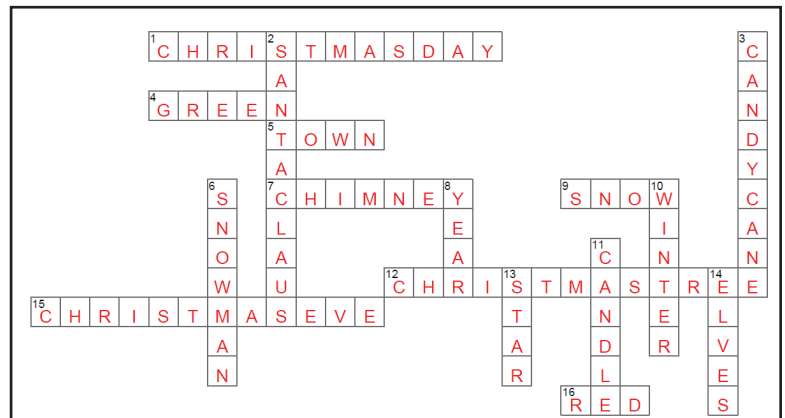
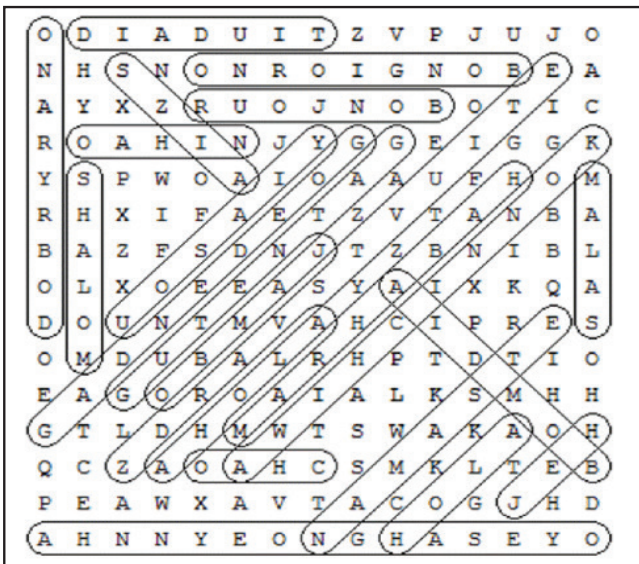
"No."

"I'm the principal's daughter."

"And do you know who I am?" asked the boy.

"No," she replied.

"Thank goodness!"





Granny Noetal

Editor's Note: Granny Noetal is on hiatus at the moment: hiking in Hungary, biking in Burundi, sailing in Singapore, kayaking in Kenya, gliding in Guyana, racing in Romania, fly-fishing in Finland, parachuting in Paraguay, swimming in Switzerland, diving in Denmark, and flying by the seat of her pants wherever she goes. In her place, her great grand-niece Nanny Noetal will be running her column with the same insightful advice and tips for ESL students. Don't forget to give your questions to your instructor and she will see that Nanny Noetal will receive them!

Hi Nanny,

It is my first year celebrating Christmas in the U.S. I am wondering about many things because in my country, Syria, Christmas is not popular for many people. I need your help in what type of gifts I should buy and to whom I should give?

Is there any reason why we put the star on the top of the Christmas tree? What should I say to people on this day: Happy Christmas or Merry Christmas? What should my response be? Additionally, when I was a child, I thought that Christmas was the same as New Year's. Is that right? I don't want to be stupid during Christmas time.

Alaa Shatat,



My Dear Alaa,

People should say "Merry Christmas." "Merry Christmas to you." on Christmas day. They say Happy Christmas in Great Britain. As far as the star on the tree, an article at this website https://en.wikipedia.org/wiki/Christmas_tree will help you get information about the history and the tradition of the Christmas tree. Buy a gift for whomever you'd like. It doesn't need to be anything expensive.

Christmas and New Years are different days. New Year's Eve is celebrated with parties and it is a date on the Gregorian calendar of Christendom. Christmas commemorates of the birth of Jesus Christ. Merry Christmas, Alaa! You don't need to get me a present, but I will be happy if you do that.

Nanny Noetal



Interview with Aesha

Continued from page 1

cause there were only adults around me. I would always debate them about politics and world problems, and I would always suggest ways we could solve these problems. It's rare to see a child enjoying watching news and standing up for what they truly believe to be true. Most people that meet me think I was born in America, but actually I came to America as an immigrant.

The Parrot: So why did you leave your country at that time?

Aesha: We left our country because it was no longer safe. I witnessed horror in reality when I was in Iraq. I was young but I remember everything, and because I remember everything, it will always hurt. I left my childhood, my family, my friends, and my home, all in Iraq. Maybe the pain and the horrible past makes me more eager to change the future. When I realized that the Muslim Student Association existed at ARC, I knew I had to get involved.

The Parrot: Did the club exist at ARC before you started ARC?



Aesha: Yes, and when I started with them, the current members and the past members, it made me fall in love with MSA more. Seeing how passionate they were, and how welcome they made me feel to be part of this club, which honestly is more like a family, made me want to give more than I take.

The Parrot: Why was this club created at ARC? What is its goal?

Aesha: The aims and the purposes of the Muslim Student Association are to serve the best interest of Islam, of the Muslims at American River College. Its members promote unity and joint actions among Muslims and non-Muslims of any faith, educate students and faculty about Islam and its true teachings with accurate evidence, conduct social, cultural, religious, and other activities in the best traditions of Islam, arrange and hold congregational prayers and Islamic religious festivals at appropriate times, promote and encourage friendly relations between Islam and non-Muslims or any other club, and endeavor to make Islamic teachings known to interested non-Muslims.

The Parrot: There are many places inside ARC which offer services, so what can this club offer different or new to students?

Aesha: This club is organized by students, so we share so many things in common, that we might be better suited to help them. Not all students at ARC know which services are offered so we can direct them there. Our members all speak second languages. If a student needs help with any formal paper, we can help them. We also have a special services. If mail comes in and students can't understand, we will help them translate it. Each Friday,

there is an Arabic translation that is always available.

The Parrot: Great! I think many students would love to have someone who understands their culture to help them. So does your club have a certain location and specific time to meet?

Aesha: Our club meets every Friday, and we have two mandatory meetings each month.

The Parrot: What time and where exactly do you meet?

Aesha: Our club meets every Friday from 9:00-10:30 in the club meeting room by E-services. Members don't have to come every Friday, but they have to make it to two meetings each month.

The Parrot: Do you have a website or email address so students can contact you?

Aesha: Our website will be on-line soon, but students can contact me at my email: abduljabaraesha@yahoo.com

The Parrot: How many students are in the club now?

Aesha: We have seventeen members now.

The Parrot: Who can join this club? Only Muslims or other religions too?

Aesha: Our club is open to everyone. Everyone that is interested in Islam or might have any questions.

The Parrot: So now let us move a little bit to ask about your experiences. Could you describe a time when you faced a difficult task or problem. What was your motivation to work through that issue and how did you keep yourself positive? Can you elaborate a



bit more here on a difficult task or problem?

Aesha: Life is like a rollercoaster; there are the good days, but for every good day there will be a bad day. Once you understand that life is not easy, and that everyone faces challenges, you will start to understand that you must carry on. Life does not stop, and not one or even billions of failures will stop you from achieving your dreams. I always tell this to myself that failures are lessons to be learned from, and not to be afraid of. One thing for sure that always makes me move forward is that God has better plans for me, better even than the ones I have for myself. A struggle I sometimes find is not fitting in. Sometimes I felt different from the people around me. I didn't see a lot of people that represented me or my religion. So I decided to be someone that can actually make that difference, so others like me don't have to feel like they are outcasts.

The Parrot: What educational preparation would you recommend for a student who wants to study at ARC?

Aesha: I will always, always be grateful that I came to ARC first. It's incredible how many opportunities this college has for all students that are seeking different paths in life. I would recommend students not be afraid. Everyone at ARC from the bottom of their hearts will help you find what you are searching for.

The Parrot: Aesha, now we need to be a little bit specific, so what are the main challenges that faces Muslim students in the US first and at ARC second? And what is your advice to overcoming them?

Aesha: Not at a lot of Muslim students are represented. Everyone would always try to

learn about Islam through social media and the news, which unfortunately doesn't always show the truth. I think Muslim students are always under pressure because of bad people that don't even come close to what our religion is. I find it hard and sad. How can they make us all into bad people and give us so much hate for no reason. Like we all have dreams, we all want a good future, we all want to be loved, and we all want to build communities. So don't we all deserve to be happy? The best advice I can give to overcome islamophobia is to always remember that it's not your fault; this person that is abusing you chose to be ignorant rather than to seek knowledge. So pray for them because people that are willing to hurt others are truly not at peace in their hearts. I can't say that I face any difficulties at ARC. I met the sweetest people on this campus and I will be proud to call ARC my second home. I honestly only have my experience on campus, and I can't speak about how other students behave because I never heard anyone talk about their struggles on campus.

The Parrot: I agree with you on this point. ARC is a great place for all. I heard that from many students. So at the college, how hard was college life at the beginning when you first started in terms of language use and communication with other people?

Aesha: Talking was easy because I really liked to talk, so I learned quickly. But I still faced difficulties. Like two years ago I sometimes had no confidence to talk, which people that might know me wouldn't believe. I was scared that I was using the wrong grammar. I was so scared of being judged that when someone talked to me, I would no longer



speaking back. I would freeze because I was that scared to speak. I didn't want anyone to think I was not smart, or didn't try to learn. It was just because I was still learning. But I got rid of that fear and then I truly started to be me. I tell people beforehand that there are some things I just can't pronounce, and when I speak in front of a group of people, I laugh at myself when I don't pronounce something right because it's okay, we are just learning, and we can never be perfect at a language that is second. Always remember to never be afraid of yourself because at the end, the person who truly judges is not others, but actually yourself, so quiet these bad thoughts, and let go. Learn how to have fun while learning. You will love the journey.

The Parrot: I noticed that you wear the "hijab" (scarf). What does that mean in your religion? Many people here don't understand why you wear it.

Aesha: My headscarf is my everything. It's part of me and it's part of what makes me the person I am today. One thing to make really clear is we don't wear the scarf because of men; we wear it because we love our religion. Our beauty is so special that we alone choose who can look at us. The rest will always wonder. The scarf gives me so much confidence, and so much love, and self-respect. I will always be proud that I wear my hijab, because whenever I accomplish something, I want others to remember, "Look, it's a Muslim woman who did this incredible achievement."

The Parrot: Thank you for your time, Aesha, and thank you for the nice talk today. We learned new things about your association and Muslims at the ARC, so do you want to add

anything before saying goodbye?

Aesha: No, thank you for having me today. To be honest, I have no clue. Being young means you still don't have your life together; you are always changing your mind and path. But all I know is that I will work really hard to make whatever goal I have come true.



THANK
YOU





ESL Students

YOU HAVE A CHOICE:



A) Take a reading class and a writing class

OR

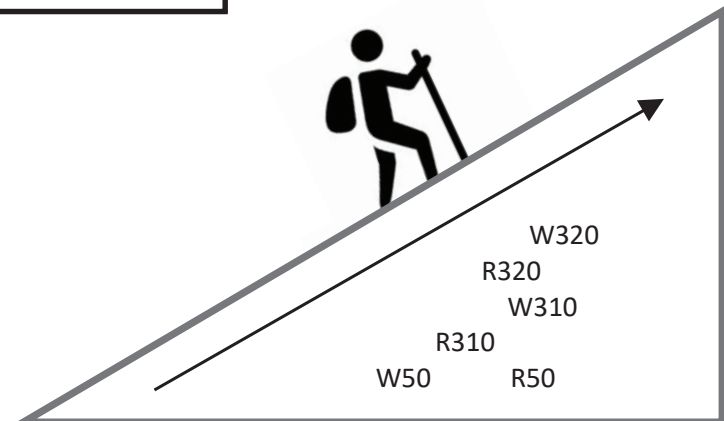
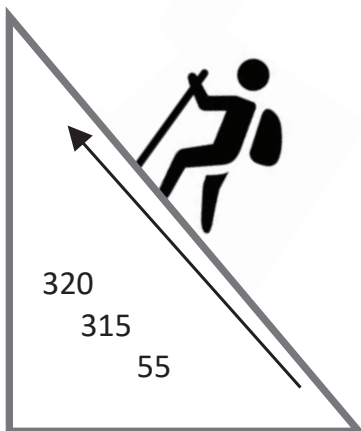
B) Combine the same level reading with writing

(R50+W50=ESL 55 / W310+R310=ESL 315 / W320+R320=ESL 325)

↓
Sign up for Spring 2019 classes!

4 + 4 units
R50 + W50
W310 + R310
R320 + W320

6 units
ESL 55
ESL 315
ESL 325



ESL 55

[course code: 20614]

Tues/Thurs (10:15am-12:20pm)
+ Friday (8am-10:05am)

>Prof. Fertel
Contact:
fertelk@arc.losrios.edu

ESL 315

[course code: 21176]

Mon/Wed (10:15am-12:20pm)
+ online

> Prof. Specker
Contact:
speckeE@arc.losrios.edu

ESL 325

[course code: 20570]

Mon/Wed (12:30-2:35pm)
+ online

> Prof. Valcu
Contact:
valcus@arc.losrios.edu



What is Your Plan for Christmas?



This year it would be different. We are going to be in our pastor's house with his family, eating you know, a normal dinner that we have. Also we use that day to honor that day on which Jesus was born and we remember all things he did for us.

Graciela



I would stay at home with my family and celebrate this holiday with a Christmas tree and special dinner.

Olena



For winter break, I will go to Lake Tahoe for some skiing and having some fun there, chat with friends. That is my plan.

Sayed



I am going to plan to go somewhere, maybe to Lake Tahoe, to enjoy my weekend and to rest with my family. I am planning to enjoy myself.

Andrew





I am planning to work and go to Lake Tahoe for a couple of days and play table tennis.

Ibrahim



Well, for Christmas break I am planning on traveling to Toronto, Canada because I will want to meet with my uncles and aunts and I am planning to go with the whole family. I hope it is going to be fun.



Samra

Well, actually, until now we do not have a real plan, but definitely, we will find some place so we will go there to celebrate the entire end of the year and to receive the New Year.

Alaa



We are expecting the birth of our son on December 25th. My plan for Christmas is to prepare and be ready for this great event.

Nick



Out of the Cage



Accelerated College Education program (ACE) Information Session

Date: Dec 11, 2018

Time: 06:00 -07:00pm

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

Location: Natomas Center room N202

Beaver Food Pantry

Date: Dec 12, 2018

Time: 12:00 - 03:00 pm

Fresh Produce & Bread from 12-3 PM. 1st time users will need to register using our intake form available on the Beaver Food Pantry website. Please bring a reusable bag with you as well. See you there!

Location: ARC Gym Ticket Window



Questions/Comments?



Student Editors: **Elaf Khafaja, Alex Grynishyn, Alaa Shatat, Betul Yousif, Alik Sayfullin**

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