

# THE PARROT

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

## From Actor to Professor with Prof. Moran

**The Parrot:** Hi, Professor Jeff Moran. I'm from The Parrot. I'm here because many students want to know about you. Why did you decide to be an ESL teacher?

**Professor Moran:** Why? When I went to University, I studied English and Theater, performing arts. I graduated in 2004 and I really focused on the Theater part first. I



tried to be an actor, and I worked with a lot of different theaters in the Bay Area. That was a fun job, and I loved it, but I did not make a lot of money. After that, my mom got sick, so I needed a job with health insurance. So, I applied for a job where I was performing in schools, and we were doing educational "plays" related to health care. That's when I really fell in

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## Mujadara (Recipe)

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"Being deeply loved by someone gives you strength while loving someone deeply gives you courage."

Lao Tzu

## Seven Tips to Make Your Holidays a Little Greener

It's getting colder (though not as cold as it should be) and the days are shorter. The holidays are here, and with it an opportunity to have a more environmentally-friendly celebration.

Make your holidays joyous in spirit and gentle on the environment. Here



are some tips from us at the Rainforest Alliance for a green, clean holiday season.

### 1. BUY AN ACTUAL TREE.

In an article about how to reduce your personal carbon footprint over the holidays, it may seem counterintuitive to talk about Christmas trees. After all, trees

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## How to Earn Money When You Don't Have a Job

In life, people sometimes experience situations when they don't have a job. In my life, this situation happened one year ago when I lost my job, and I found ways to solve this problem. I started to prepare food and sell it, I asked my neighbors and friends about temporary jobs in the Ukrainian immigrant group, and I used the internet.

First, if you don't have a job, you can prepare food at home and sell it. When I didn't have a job, I started to smoke fish and sell it because in my country, I often prepared it and knew how to do it very well. First of all, I found sawdust in a cabinet shop that was located not too far away from my house and bought it. Next I built a fish smoker from wood that I found in my home. Last, I bought fish in a store. After I finished the whole process of preparing food, I sold it to my friends and neighbors. I earned 300 dollars and was very happy that I could do it. Preparing food is the best way to solve financial problems.

Second, if you don't have money because you lost your job, you can ask your neighbors about temporary jobs. For instance, when I had the same situation, I went to neighbors and asked them about jobs. My neighbor Igor immediately gave me a job. He said, "Can you paint a fence?" I said, "Yes." He brought tools and paint, and I started to work. I finished this project very fast. That made Igor very happy. I was happy because I earned 200 dollars. Also, I cut grass, trees and cleaned houses for my neighbors. I always felt tired after work but very happy because I brought money for my family. In short, asking neighbors is a great way to earn money, and thereby solve your financial problems.

Third, if you have a problem with money

because you don't have a job, you can find a temporary job on the internet. For example, when I arrived in America, I registered in an immigrant group on Facebook where I saw a lot of ads about temporary jobs. I didn't pay attention to it, but when I met problems with money, I used this resource to find some work. My first job was to buy food for an old woman and bring it to her house. I did it two times a week for a month. For this time, I earned about 700 dollars. Not too much, but this amount of money was enough to solve my financial problems.

Also on Facebook, I found a lot of different jobs that I successfully did and earned money. I worked very hard, but I was always in a good mood after work. Finding temporary work on Facebook is an excellent way to earn money.

To summarize, if you don't have a job, or you don't have money, or if you want to earn more money, my three ways to solve these problems can help you, too. First, you can prepare food at home and sell it in your community.

Second, you can easily find temporary jobs by asking your friends or neighbors. Finally, you can find a lot of offers about temporary jobs on the internet. In my opinion, these three ways of solving financial problems are not too difficult. Using these tips in addition to solving your financial problems may also bring to you a lot of positive emotion.



*Kostiantyn Doroshenko*  
ESL W40  
Problem/Solution Essay



## Solutions to Problems in My Town

People encounter many problems, but there is always a way to solve them. I grew up in a town of the Republic of Moldova, Causeni. This town is very beautiful with hard-working and nice people, but, unfortunately, we have a problem that impedes the development of the town. This problem is massive emigration, but there are solutions to this problem. In recent years, people are increasingly emigrating. That's a very serious problem because my town is becoming more deserted. There are three principal solutions to the problem of massive emigration from my town: ending the economic crisis, offering competitive jobs, and stopping corruption.

The first solution to the problem of massive emigration is to end the economic crisis. My town continues to face a deep economic crisis and the authorities apply drastic actions to reduce budget spending. For example, I started my studies in my country, but because of the economic crisis, I had to emigrate to the U.S to continue my studies and develop my skills for a better future. I think that the main solution to ending the economic crisis in my town is to create conditions for changing the pattern of economic and investment control and offering more well-paid jobs because only in this way will people have a future in their own home.

The second solution to the problem of massive emigration is to offer competitive jobs. People are less informed about the possibilities they have to achieve their economic goals. They know very little about the job market requirements because of poverty. The informational system is not so developed in our country and people can't learn too much about how to open and maintain a business career. In addition, my town can offer a lot of jobs, but unfortunately, these jobs are very low paying. The medium salary in my town is paid according to the country's standards and it's about 3150 lei (182 U.S.

Dollars) per month, but market prices are calculated at the European level, which is too much to cover all costs. For example, my grandmother, Valentina, has worked hard all her life hoping that she will have a decent retirement, but because of poverty, she was very disappointed because her pension covers only a small part of all the necessary expenses. In order to solve this problem, the government should think about how to pay people more. Offering well paid jobs will improve the country's economy.

The third solution to the problem of massive emigration is to stop corruption. In my town, the main source of getting rid of any problem is massive corruption. Most often policemen, doctors, and

teachers are involved in committing these crimes. Sometimes people are forced to pay bribes to avoid a problem with the law. For example, I have a friend, Andrew, in the town where I grew up. One day he was driving on a road and decided to drive faster and was stopped by the police. The police explained to him about his violation, and my friend decided to give him a bribe to make the problem disappear. This happens every day, but no one can do anything.

I think the way to stop corruption requires laws to stop these kinds of crimes. People have to be severely punished by implementing more severe new rules that are strictly enforced and those guilty people should respond according to the law. As a result, people will know how to respect the law and solve problems in a peaceful way.

In conclusion, I think that ending the economic crisis, offering competitive jobs, and stopping corruption will help to solve the massive emigration problem from my town. It takes a lot of effort to make a change. People should try their best to get involved to solve these problems. Together as a community, people can face a problem more easily.

*Elena Balitchi*  
*ESL W50*  
*Problem/Solution Essay*





## “Chosen” or “Shot Down”

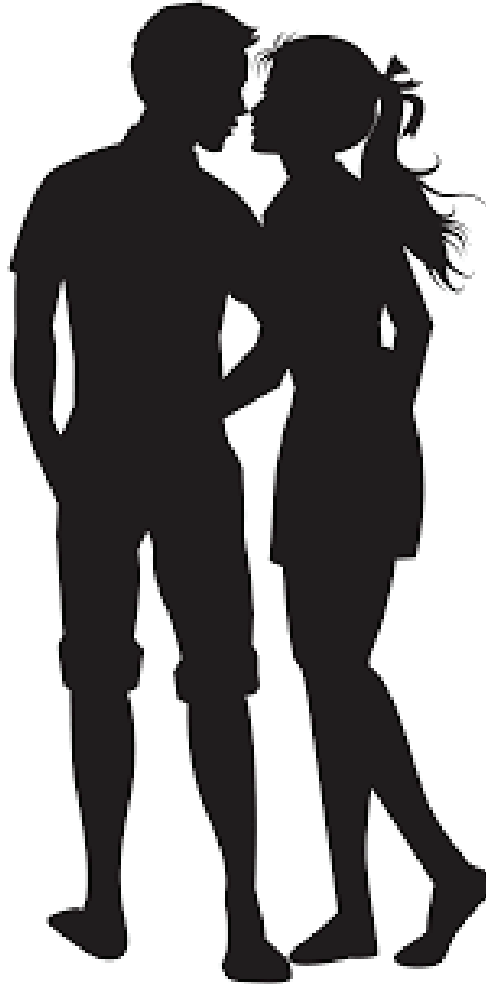
In the sky, all the stars winked at me. I felt the cold breeze and heard the soft music from far away. I was cuddling with my head on his shoulder. I felt his heart beating and smelled my favorite cologne. I felt as if no one was around us; there was only him and me at that moment. I wished that moment would never end. It was a beautiful night on the Tahoe Queen at South Lake Tahoe. Is your heart beating and do you smile when you think about the first day that you met your boyfriend? If your answer is “NO,” it is 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 to break 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, ask yourself why you want to break up with him, and 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. Then, you should ask yourself many times why you want to break up because it isn't easy to break up with someone. A woman is more sensitive than a man who breaks up with his girlfriend who acts like he just lost one of his socks. Finally, think many

times to make sure 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 turns 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 accept 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 friends about the 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, 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. Prepare all the things that he gave you and return it to him, especially something valuable.

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





single life as much as you can, and then you will be surprised how charming you are. Finally, don't go back to him because you are lonely. Don't pick up his phone call or 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. You can "Choose," or you can 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.

*Pattaraporn Callorina*  
*ESL W50*  
*Process Essay*

## Driving in Sacramento

Many people have a car. A car is very important transportation. Some people have two or more cars. Also, some people use a small car, and others use a big car. Most people prefer driving in Sacramento to save time and protect themselves from the weather and because they have work and school at the same time.

First, saving time is a very important reason to prefer driving in Sacramento. Sacramento is a big city. Some people have work, but it's not close to their home. The distance between their job and home is far. Some people work in Elk Grove, but their home is in Carmichael. If people use the bus, it takes a long time to get to work because the bus stops several times on the way. However, if they use their car, they arrive on time because they can arrive at work more quickly.

Second, families prefer driving to protect their kids from the weather. Sacramento has a rainy winter and a hot summer. The weather isn't good all the time. Some families have two kids or more, or they have a baby. Some families use a car to go shopping, to a doctor's appointment, or to go to school. If the weather isn't good, then the car will

protect them until they reach the place they want to go. In short, driving in Sacramento is a good way to protect a family from the weather.

Third, students prefer driving in Sacramento.

Some students have work and classes at the same times. Also, some students go to their job before or after college. Driving helps them get to work or college faster because if they wait for a bus, they waste their time and don't always arrive at work or college on time. Also, some students work the night shift, and when they finish their shift, there is no bus at night. However, if they use their car, then they can go home. In short, driving in Sacramento is very useful for students, especially if they are working and studying.

To summarize, people prefer driving in Sacramento because they save time, protect their family from the weather, and work and study at the same time. Also, some people feel comfortable when they use their car to go anywhere. Driving isn't easy, but people prefer it.



*Zaman Zawit*  
*ESL W40*  
*Expository Essay*

## Immigrant Children Reject Parents' Culture

Immigrants to a new country have many problems, but even when they integrate into the new environment, they face the problem of maintaining their culture in the family. Their children assume local culture as their own because they grow up and communicate here. They don't see the point in learning their parents' language and culture. I know the problem from examples of many of my friend's families. To instill in children the culture of their ancestors is difficult but possible. In my opinion, there are three solutions to the problem of children's rejection of their parents' culture in immigrant families: at home speaking only their native language, regular communication with other immigrants, and spending time in the parents' native country when possible.

The first solution to the problem of immigrant children's rejection of parents' culture is only speaking their native language at home. I know two immigrant families in Sacramento. The parents of one family, Michael and Alina, speak only Russian with their children. They refuse to speak English at home. Even if their children try to ask or say something in English, the parents answer, "Speak Russian. I don't understand you." Michael and Alina have lived in the US at least fifteen years; they speak English fluently. I know they think in English, but at home they "suddenly" can't understand it. Therefore the children in this family know the Russian language and speak it really well. My friends Alex and Oksana are immigrants from Russia too. They have lived here twenty years and know two languages – Russian and English. Their two sons speak only English and understand Russian a little bit because Alex and Oksana use English for communication at home. There

is one more family near me in which children have to speak Russian because of family circumstances. Their grandmother lives with them. She doesn't speak English at all. Out of respect for the grandmother, everyone in this family is forced to speak only Russian, so the children do it very well. In my opinion, refusing to speak English at home can help children to practice their parents' first language and be included in their culture.

The second solution to the problem of children's rejection of parents' culture in immigrant families is regular communication with other immigrants. The immigrant community can help children to embrace their parents' culture. A multicultural country like the US has its own "Little Armenia", "Koreatown", "Slavic Society," etc. Many of my friends attend Russian-speaking churches, where their children have communication with other Russian immigrants. It helps them to maintain a culture of language and customs. In addition, many of my friends send their



children to "Russian schools" in America. Education there is, of course, in English, but there are lessons of the Russian language and culture. The immigrant community also holds fairs and festivals in which children can participate in some traditional entertainment, listen to folk music and songs, and see traditional outfits. My friend's children are happy to participate in such events. Communication in the immigrant environment allows children to see their homeland in miniature, to get acquainted with the culture, and also to communicate with families the same as their own. Many children are beginning to become more interested in their native culture after such activities.

The third solution to the problem of children's rejection of parents' culture in immigrant's families is finding an opportunity to spend time in the parent's native country. My friends Anna and Oleg have a daughter, Lanessa, who was born in America seven years ago. Lanessa spent last summer with her grandparents in Ukraine. When she came back to the US she told us, "I want to fly to Ukraine again. I love it!" She had a wonderful summer. Lanessa stayed in a small town, walked in the forest, picked berries, swam in a lake, played with her Ukrainian friends, and celebrated the "day" of the town. Her grandparents told Lanessa many interesting stories about her ancestors and family customs and about the childhood of her parents. Now Lanessa understands her parents better and wants to learn about Ukrainian culture. Another family I know had a European tour last summer. Mike, Irina and their two teenage daughters visited Italy, Germany, Estonia and Russia. When I asked the girls which country they liked most of all, they answered, "Russia. We wanted to spend more time there. We never knew how huge and beautiful it is. It was our first visit to Russia and now we understand why our parents want us to speak Russian and know our origins." In Russia the girls visited a few historical museums, met many of their relatives, and tried the local food. They didn't like some things. The weather was colder than in California, Russian roads

in places were terrible, and some people were not as welcoming as here. However, the girls got to know the history of Russia and their family, found new friends, spent time with their relatives, and got closer to their parents. In my opinion, it's very difficult for children to love something that they have never seen. Only personal meeting with their parents' culture can help them to understand and like it. Experts call this phenomenon "immersion" in a culture. They consider this the best way to study the culture of the country.

Many families of my immigrant friends are faced with a problem when their children don't want to maintain their native culture. I know that this is a common phenomenon in immigrant families. Children speak the language of the country where they live perfectly. They love local holidays and traditions, but the language and traditions of their parents don't interest them. I think that only speaking their native language at home, regular contact with other immigrants, and the opportunity to spend time in the parents' native country are a few possible solutions to the problem of immigrant kids rejecting their parents' culture.

*Nadia Orlov  
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Problem/Solution Essay*

## My Dear Mom

My mom is my best friend. She is very nice and so kind. She is a very strong woman, very calm, and also dependable. She is a very hard worker. She helps poor people. She likes education. She wants her children to be better. She cannot read or write, but she is very smart. My mom always tells me to learn something new and be humble. She gives me advice and she shared her experience with me. She is very faithful. She says, "I always



pray for you." She loves her children so much. She has a lot of experience. My mom is the best person in of my life. Mother is the best gift from God.

*Palwasha Musawe  
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## Lost and Found

Sometimes we lose something in our life, and sometimes we find it. In my previous country Russia, our people usually tell each other, "If you lose something suddenly, don't cry so much. When you find a costly thing, don't be excited." We always have the choice to keep found treasure in our hands, or we can return possessions to their legal owner with joy. My good and intentional reader; if you help people, you will help your children. I never forget that day when I found and returned to one old man the most important thing in life, happiness. One day my family and I prepared for a day trip at the Blue Lake. It is near the city of Krasnodar, Russia. My two sons, daughter, my wife, and I sat in our car, and said, "Let's go guys!" At that moment, our car was full of joy and children's happiness. After one turn onto the main street, I noticed a wallet lying on the road and some money surrounding it. When I saw the money, I said to my family, "We are lucky today! We will have fun for free." My family answered, "Yes! Wow! Lucky Day!" After I noticed the documents, two controversial thoughts went through my mind.

At first, we agreed to use about \$100 for goods for our trip because we counted ourselves very successful. Of course, we needed money, but I inspected the list of documents and one photo. It was an old man in the picture of a pension ID, and my heart overcame my previous decision. What can I show my children? What will they learn from me today?

I decided to tell my family to return all the money because I wanted to teach my children about the happiness of "Lost and Found." I showed them a passport, driver's license, pension ID, and other important documents of that man. "He has to

pay a lot of money for it!" I said, "He can even have a heart attack or stroke. I don't want money like this!" My children said, "Papa! Maybe he is crying right now. What do you think? Will we return the money to the grandpa?" We usually call old people in this way. I answered my family, "Of course! I'm glad to hear these words from you! We will do it after our trip. Okay?" They agreed, "Yes. We wait." We gave him respect when my sons returned him his documents and money that evening after our trip. When the elder had received his possessions, my children saw his face as a sun shining with happiness. My children asked him with childish charity, "Grandpa! Are you happy right now?" He answered them affectionately, "You don't understand how much." My eyes filled with tears when I saw the old happy man trembling and saying, repeatedly, "Thank you, children! Thank you, my dear! You are my saviors." He lost his happiness on that day, but we found it

for him. How is it possible to forget this moment? When you wish to find something, somebody has to lose it. As you see, we can get more important learning in our life. It was just one average day, but I discovered three important things. I saw the old man's, my children's, and my happiness. As I see it, when I help people in the presence of my children, I will teach my children to be really happy.



Andrey Kozlov  
ESL W50  
Narrative Essay

## Moving into a House

People in the United States live in apartments and houses. Often people make a choice to live in a house. They find a house and move into it from an apartment. Why do they do it? People should move from an apartment into a house for the following three reasons.

First, people who need more comfort and silence should move into a house. For example, living in a house is quiet because they don't have noisy neighbors and their dogs. In addition, almost nobody can come without an invitation. It is a comfort to them when they don't have a surprise and have peace and quiet. Also, they have no noise from a large number of cars on the roads near the house or in the parking lot. In short, living in comfort and quiet is a reason to move from an apartment into a house.

Second, every house has its own property, which includes a backyard, a garage, and a driveway. They are good for different reasons. For instance, a backyard is a very good place for children's games and rest after work. Also, if you have a party, a backyard is a nice place for this. Besides that, a garage is useful because you can keep a lot of things in the garage. We know apartments don't have enough space. Also, a house has a driveway, and you can park two or three cars without problems. In brief, having their own property is one of the reasons to move into a house from an apartment.

Third, a house is bigger than an apartment. If you have a big family, you need more spacious bedrooms. Also, a house has two or more bath-

rooms. It is really good, especially in the morning or when you have guests. In addition, a bigger kitchen is a convenient kitchen for a woman because she can cook something with pleasure. Finally, houses have bigger closets than apartments. It is helpful to store clothes and shoes. In short, more space in a house is an important reason to move out of an apartment.

In conclusion, people move from an apartment

into a house for three reasons. They want to live quietly and without discomfort. They want to have their own property that includes a garage, a backyard, and a driveway for cars. Also, houses are bigger and have more space. All of the above makes people's lives more comfortable, and people feel better than in an apartment.



## The Important Role of Cell Phones

A cell phone is an integral part of people's lives now. It became very popular not only between youths but also between adult people. They use cell phones anytime and everywhere. Now a cell phone is used not only for conversation. The three most common reasons why people prefer to use cell phones are portability, useful apps, and the internet.

First of all, a cell phone is a portable device. It is one of the most important reasons why people prefer to use it. That is, they can take a cell phone everywhere and put it in the pocket or in a handbag. Cell phones are very light, also. That means even children can take cell phones with them. Some cell phones are waterproof, also. It means that people can even take waterproof ones with them in the shower or in a pool, despite the water. In brief, the size and the weight of cell phones make them very popular to use.

Second, people prefer to use cell phones because of the useful apps. For example, old people can have apps in order to check the condition of their health. They can check their heart rate, the number of steps they take, and so on. Children can use apps with educational games. Some apps, such as Skype or Viber, help people not only to hear their interlocutor but to see him or her, too. In summary, people prefer cell phones because cell phones help people in daily life, and apps make people's lives more interesting.

Third, people prefer cell phones because of the internet. Most people can't imagine their lives

without the internet. In modern life, the internet is very important in order to quickly find information. For example, if people are going to a restaurant and don't know where it is, they can quickly check the address of this restaurant using a cell phone because a cell phone is almost always with them. If people talk with another person who speaks in a foreign language, they can quickly check the word they didn't understand using a cell phone. In short, if people need to quickly make a decision or find any information, they can use the internet on their cell.



Modern life offers a lot of electronic devices, but cell phones remain the most popular ones. Using cell phones doesn't depend on nationality, country, age, or religion. Cell phones help people to solve a lot of problems and make their lives easier and more convenient.

Indeed, people prefer to use cell phones because these portable devices are not only very convenient, but the internet and very interesting and helpful apps also make people's lives easier.



Ekaterina Androsova  
ESL W40  
Expository Essay



## Around the World

*Christmas is coming! Let The Parrot tell you about other holidays around the world!*

### St. Nicholas Day (European countries)

Have you ever wondered who Santa Claus is? Do you want to know why children and every people love him? Let's take a look at St. Nicholas Day to explore who Santa Claus is and why people celebrate the holiday to remember him!



The original Santa Claus is Saint Nicholas who provided for the needy and brought gifts on Christmas for children. He was born into wealthy family, but after he lost his parents at an early age. He contributed his inheritance and life to helping people. The legend of leaving shoes or stockings for Nicholas was from a story when he secretly helped three daughters of a man to have a dowry to find a good husband.



Later on, children started to write to Nicholas (known as Santa Claus) about what they wanted. They often wrote a letter and put it in their shoes or socks before Christmas day and then wait to get their gift. However, the children have to be nice to receive gifts from Santa Claus.

St. Nicholas Day is usually on the 6th

of December or in the middle of December depending on the country. In some countries, this holiday is giving day; children leave their shoes or boots out for St. Nicholas. They often receive some fruits, chocolates, cookies, or other gifts. In Greece, this day is known as fasting day. On that day, they will fast, but they can eat after midnight. In some other countries, children put their boots in front of the fireplace. Sometimes they also put out carrots to treat St. Nicholas' horses.



To remember the kindness of Saint Nicholas, people often showed the lesson gratitude by helping needy people around them. The idea of gifts on St. Nicholas Day is often about family making crafts together; coin chocolates and candies to fill their kid's shoes; a small pouch of coins, such as nickels and quarters; or small toys and games. Some are expensive and some are not, but it will make their kids happy.



There are many special and unique holidays or festivals around the world which have beautiful meanings you can explore. We hope this page gives you some information about other countries' holidays that you can enjoy. Have fun and enjoy reading!

*Tuyet Le*

## Nestscape -- Articles from the Web

*Continued from page 1*

are a carbon sink and provide a ton of other benefits, from clean air to water filtration. But keep in mind that Christmas trees are not cut down from virgin forests. Christmas trees grown on farms, just like other crops—and while they grow on the tree farm, they still do provide those essential carbon sequestration and other ecosystem services. Like other crops, you have a choice about what kind of tree you purchase. Organic, more sustainable options exist. Check this list of organic and low-pesticide trees to find a vendor near you. But what about fake Christmas trees, you ask? Fake Christmas trees are made from plastic and often manufactured in China. This comes with a bevy of environmental and human health problems, from the pollution that springs from the production of the plastic, steel, and brackets in the tree, to the emissions generated from shipping it from another country, to the packaging and resources required to store the tree. Fake Christmas trees are not recyclable, and often end up in landfills. A 2009 report from the Montreal-based consulting firm Ellipsos compared resource use and emissions generated from the production of natural trees versus fake trees. The report notes that while a fake tree can be reused, you would have to reuse the fake tree for twenty years before it could be considered greener than a real tree.

### **2. RECYCLE OR COMPOST YOUR CHRISTMAS TREE**

Unlike fake Christmas trees, real trees are recyclable or compostable. Many municipalities offer recycling programs within the first two weeks of the New Year—so it's important to be timely about your recycling. On the other hand, trees in more rural communities are often taken to landfills, if you're not careful to take the right steps. Check this handy recycling tool to see how you can recycle a tree in your town. Be sure to remove all the decorations before you put it out on the curb—if your tree still has ornaments, or if it's "flocked" (sprayed white for a more wintery feel), it will almost certainly go to a landfill. Another option is composting. If you already have a compost heap, your tree will have a happy home. If not, tree branches provide a

great base layer for composting. In both cases, chop the tree into smaller, more manageable sections, and add to your compost bin. Some cities, like New York, will convert your tree to mulch for free—great for the compost heap or for your garden later in the year.

### **3. DO HOLIDAY LIGHTS RIGHT**

Another area of consumption during the holidays is festive holiday lights. They're beautiful and they make our homes feel cozy, but they use 6.6 billion kilowatt hours of electricity a year—according to the Center for Global Development, that's enough to power 14 million refrigerators. There are two main ways to reduce your energy use while using holiday lights: replacing your traditional lights with LED lights, and using a timer to reduce the amount of time the lights are on.

According to the U.S. Department of Energy, LED lights have a longer lifespan and consume 70% less energy than conventional incandescent light strands. It costs \$0.27 to light a 6-foot tree for 12 hours a day for 40 days with LEDs, compared to \$10 for incandescent lights. They're also much less likely to burn out than incandescent lights. Another added benefit to LED lights—they radiate less heat than incandescent lights, making your tree less of a fire hazard. Using a timer will help reduce and regulate the amount of time your lights are on. You can find them at almost any store that sells holiday decorations, but your best bet is home improvement stores.



### **4. CARBON OFFSETS FOR HOLIDAY TRAVEL**

The days before and after Christmas and New Years are some of the busiest travel days of the year. We're



all hopping on planes, trains, and buses to be with faraway loved ones for the holidays. But greenhouse gas emissions from transportation are a big contributor to global warming and climate change, and are the second-largest source of emissions in the U.S. If you do travel for the holidays, consider offsetting the emissions with carbon offsets. How does it work? In very basic terms, a carbon offset project is one that offers services to sequester carbon—examples include reforestation and agroforestry projects. The money from carbon offsets supports the project and incentivizes local people to keep the forests intact. In some cases, carbon offsets also represent a new way for communities to make money. It's important to make sure your well-intended funds actually go to these communities and forests. Validated carbon projects have been audited by independent third-parties to ensure high-quality, verifiable, real carbon offsets.

### 5. SET A MORE EARTH-FRIENDLY HOLIDAY TABLE

The leading cause of deforestation, and another huge source of greenhouse gas emissions, is agriculture. 80% of deforestation comes from clearing forest for agriculture, and this releases approximately 1.5 billion tons of greenhouse gases each year. Granted, most of this deforestation occurs in the tropics, far away from most of our holiday dining tables, but the impact on our lives is much more immediate than that. The choices you make when you're at the grocery store can help you reduce your personal agricultural carbon footprint. Meat intake is a good place to start—just by reducing your meat consumption could help reduce food-related greenhouse gas emissions by about one-third, according to The Guardian. At your holiday dinner table, this translates to a greater number of vegetable- or grain-based dishes, while giving meat a smaller role. Look for vegetables that are in season, and other goods that bear sustainable certification seals (coffee, chocolate, and tea, for example).

### 6. SMILE AND DON'T CHOOSE TWO-DAY SHIPPING

Doing your holiday shopping online is a relatively stress-free way to buy gifts. Click, click, done! But when purchasing goods online, consider the difference in shipping methods. One- or two-day shipping is ex-

tremely convenient, but the emissions from such rapid shipment methods tend to be extreme in comparison to slower methods. One-day shipping usually means air freight, and airplanes are a big source of carbon emis-



sions—the U.S. aviation industry is responsible for 11% of domestic transportation-related emissions. Vox produced a video explaining the environmental costs of two-day shipping. And this excellent column from Grist explains the logistics of opting for a slower shipping time like this: “If the shipper has more freedom in scheduling deliveries, it can choose to hold back a delivery truck until it's crammed full rather than send it out half-empty. And if your package doesn't have to reach you by any particular time, the company can design the most efficient delivery route to your neighborhood.” The takeaway: The more time you give a company to fill your order, the more efficient they can be with delivery. Finally, if you choose to buy gifts online, this browser plugin can help you find more sustainable alternatives. And if you use Amazon, consider using Amazon Smile—Amazon will donate 0.5% of the price of eligible purchases to the charitable organization of your choice.

### 7. INSTEAD OF GIFTS, DONATE

One of the best ways to be environmentally friendly is to buy and use less stuff. At a time where our climate future is less than certain, consider asking your mom to donate to a cause you believe in, rather than give you another sweater you'll never wear. Set up a monthly donation to a cause you know is near and dear to a loved one's heart, in their name. Many organizations run matching programs at this time of year, doubling (or potentially tripling) the impact of a donation.

(This article originally appeared on GlobalCitizen.org).



## 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!*

### Syrian Mujadara

#### Ingredients:

1/3 cup olive oil

4 or 5 large onions, halved and thinly sliced (use the slicing blade on your food processor, or a mandoline if you have one)

Salt and pepper

1 1/2 cups brown or green lentils, sorted and rinsed

1 1/4 cups long-grain white rice

Plain yogurt or sour cream, optional, for serving.

#### Preparation:

1. Heat the olive oil in a very large nonstick skillet over low heat (if you only have smaller skillets, divide the oil and onions between two). When the oil simmers, add the onions and cook, stirring frequently, until golden, 15 to 20 minutes. Season with salt and pepper to taste.

2. Meanwhile, bring 4 1/2 cups water to a boil in a large saucepan or small stockpot and add the lentils. Simmer, uncovered, for 20 minutes, then add the rice and half the cooked onions. Season with salt and pepper to taste. Simmer, covered, over very low heat

until the lentils and rice are tender, about 20 minutes more. You may need to add more water toward the end; check after 15 minutes. Remove from the heat and let rest, covered, for 5 minutes.



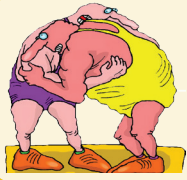
3. While the rice and lentils are cooking, cook the onions remaining in the skillet over low heat, stirring often, until dark brown and nearly crisp, 15 to 20 minutes.

4. Serve hot or at room temperature, with browned onions sprinkled on top.

Add a dollop of the yogurt or sour cream if desired.



# Parrot Warbling



## Grappling with Grammar

### Capitalization

Here are some rules for how you can write the names of people.

**\*Capitalize the pronoun I.**

Ex: Linda and I go to the market to buy food.

**\*Capitalize the names of people and animals.**

Ex: Erin MacDonald, Daniel Joseph, Garfield, Spot, etc.

**\*Terms of endearment used as names are also capitalized.**

Ex: Good morning, Sweetheart.

**\*Capitalize initials of names.**

Ex: Peter M. Carlson, Sallie P. Emerson.

**\*Capitalize courtesy titles and abbreviations of titles when they are used with names or in place of names.**

Ex: Mister Thompson, Mr. Thompson, Dr. Colombo, Fr. Page, the Rev. Dennison, Good morning, Doctor (Doctor is replacing his/her name).

**\*Capitalize abbreviations after a person's name. You are capitalizing the first letter of each word.**

Ex: Sr., Jr., III; A.A. (Associate of Arts); B.S. (Bachelor of Science); M.D. (Medical Doctor)



<https://www.englishgrammar101.com/module-11/capitalization/lesson-1/names-of-people>

### Idiom--Attic Out for the count

Unconscious or in a deep sleep. Likened to a boxer who has been knocked out.

**Ex:** I didn't even hear you come in last night—I was so tired that I was

**out for the count** as soon as my head hit the pillow.



<https://idioms.thefreedictionary.com/out+for+the+count>

### Pronunciation -- Silent Letters



This list contains most of the silent letters that give English as a second language students difficulties.

**Silent B:** is not pronounced when following M at the end of a word.

EX: climb, crumb, dumb, comb.

**Silent C:** is not pronounced in the ending "scl."

EX: muscle.

**Silent D:** is not pronounced in the following common words:

EX: handkerchief, Wednesday.

**Silent E:** is not pronounced at the end of words and usually makes the vowel long.

EX: hope, drive, gave, write, site.

**Silent G:** is often not pronounced when followed by an N.

EX: champagne, foreign, sign.

**Silent GH:** is not pronounced before T and at the end of many words.

EX: thought, through, daughter, light.

**Silent L:** is often not pronounced before L, D, F, M, K.

EX: calm, salmon, talk, should., etc.



<https://www.thoughtco.com/pronunciation-silent-letters-1212086>



# Some More Parrot Fun Stuff

## Christmas Movies



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



Grinch

Just Friends

Lampoons  
Christmas

Home Alone

Frosty the Snowman

Fred claus

Mickey's Christmas

Polar Express

Prancer

Scrooge

Rudolph

Four Christmases

Family Stone

Elf

A Christmas Story

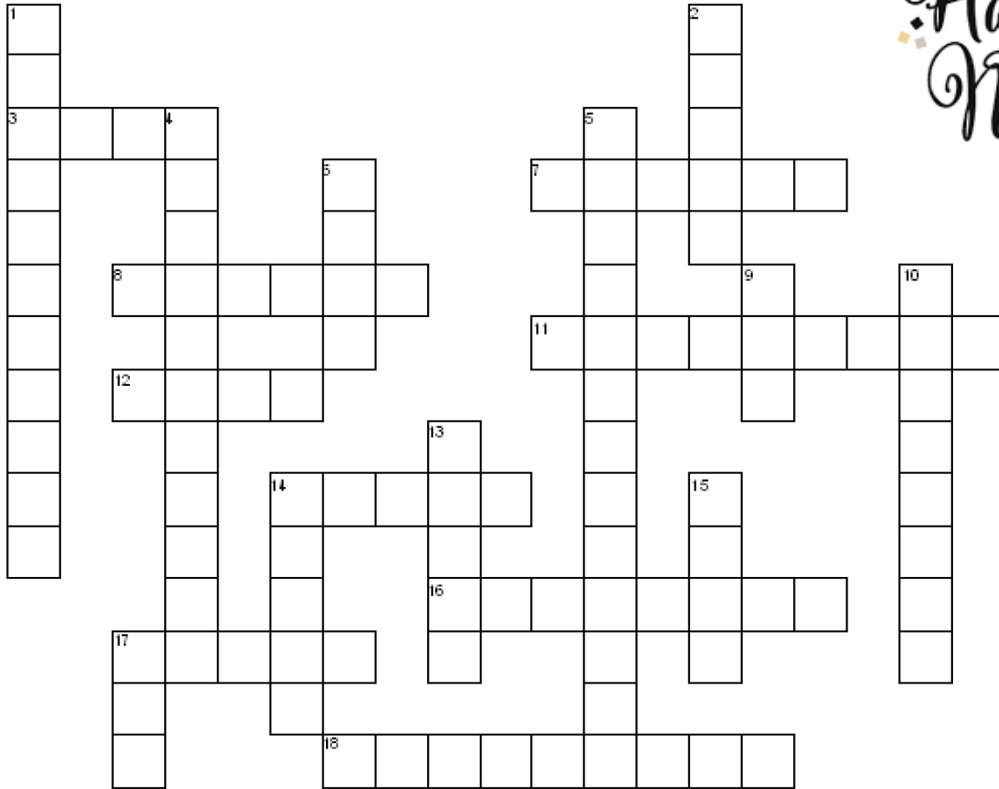
Charlie Brown  
Christmas







# WINTER WEATHER



## ACROSS

- 3. The process by which snow or ice changes to water.
- 7. A period of very cold winter weather that damages plants.
- 8. Intensely cold temperature.

11. The temperature felt by the human body when wind makes it feel colder than the actual temperature.

- 12. Mildly cold feeling.
- 14. Bright with sunshine.

16. Snowfall that is so heavy one can see little or nothing on the horizon.

17. Ice crystals on a frozen surface; "Old Jack \_\_\_\_\_."

18. A large mass of snow that slides down a mountain.

4. A tool used to measure the temperature.

5. Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.

6. Pieces of ice falling from the sky.

9. A solid form of frozen water.

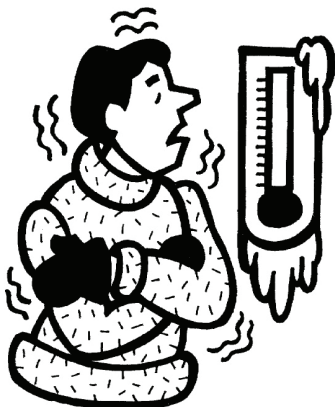
10. A storm with heavy snow, strong winds, and severe cold.

13. Covered with snow.

14. A mixture of snow and water.

15. Precipitation in the form of small white ice crystals that form inside clouds.

17. Thick water vapor that makes it hard to see.



## DOWN

1. A standardized measure of how hot or cold it is outside.

2. Rain that freezes as it falls.





# Forest

*As soon as I put my step in, you hug  
me with tall bodies and call me  
Your smell is so fresh, your beauty  
mesmerizes me all day long  
Your color changes in different sea-  
sons and it is the best  
Your sound meditates me with all  
creatures in*

*You make me strong  
You make me happy and refreshed  
I wonder how some people do not  
get the same feeling  
But, when*

*The tree falls, everybody realizes the  
sound of falling,  
The forest grows, someone does not  
understand  
People are this way, they did not  
pay attention to your growth  
But they pay attention to the fall.  
So, take care of your place  
You are walking in the forest*

**By Anonymous**  
ESL 350 /Spring 2019

# Rigoberto's Riddles

Who spends the day at the window, goes to the table for meals, and hides at night?



# Silly Vasily's Chuckle Chamber

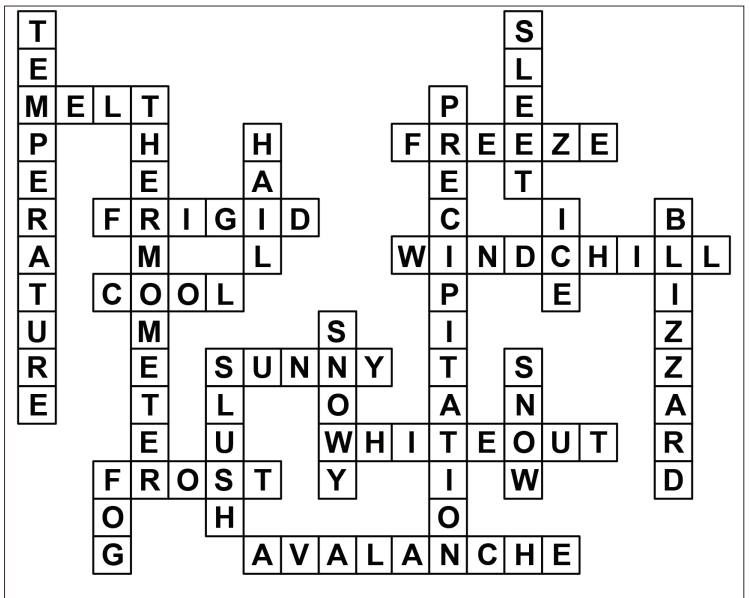
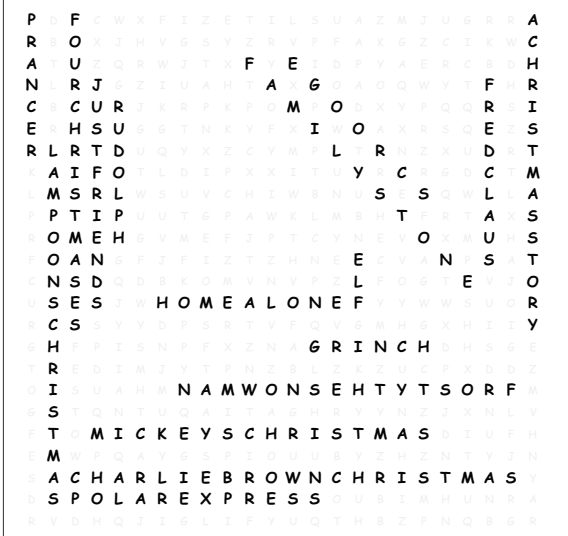
Four men are in the hospital waiting room because their wives are having babies. A nurse goes up to the first guy and says, "Congratulations! You're the father of twins." "That's odd," answers the man. "I work for the Minnesota Twins!"



A nurse says to the second guy, "Congratulations! You're the father of triplets!" "That's weird," answers the second man. "I work for the 3M company!"

A nurse tells the third man, "Congratulations! You're the father of quadruplets!" "That's strange," he answers. "I work for the Four Seasons hotel!" The last man is groaning and banging his head against the wall. "What's wrong?" the others ask. "I work for 7 Up!"

# Christmas Movies







*Continued from page 1*

love with teaching and being in the classroom and education. I did that for a long time, but eventually I started thinking about living outside of the US. I decided that I could teach English, so I went back to school to get my Master's degree in TESOL (Teaching English to Speakers of Other Languages) and that's how I got here.

**The Parrot:** I heard that you taught in the Bay Area before coming to ARC. Where were you teaching?

**Professor Moran:** I started teaching ESL at a small school called College of Alameda in the Bay Area. I also taught at Berkeley City College and UC Davis. At all of my schools, I got to work with adult students who were in the US maybe two or three years, and I just loved my work. I feel like I was good at it and I enjoyed it. I think I help people. I love it and it makes me happy. It took me a really long time to figure that out because I tried a lot of different jobs. When I found this one, I knew this is it. This is what I'm here to do.

**The Parrot:** Who inspired you to be a teacher?

**Professor Moran:** Even when I was young, I loved going to school. School felt good, safe, and fun. But as an adult, there was a teacher named Doctor Sedique Popal. He is the teacher that always told me, "Jeff, you should do it. You can do it. You can get this master's degree." He is my hero. He made me believe that I could do it. He is not my inspiration for how to teach, but he is the inspiration for believing in myself. He always told me that you need to understand your students and treat them with respect because they deserve it. There is no professor Jeff without him. That's for sure.

**The Parrot:** You said you wanted to live outside of the US and got a TESOL degree to teach English. Where did you go?

**Professor Moran:** I went to a country in South America called Colombia. When I finished my first master's degree in 2014, I applied to a PhD program and something called the Fulbright Program. The Fulbright Program is between the US government and other governments all over the world. So, I spent one year teaching English at the University of Cartagena, Colombia. It was a wonderful experience, plus I got to practice my second language

Spanish.

**The Parrot:** What's best part of working at ARC?

**Professor Moran:** The students. I feel blessed to have this job. The thing I enjoy the most is learning about our students here. I love to learn from students and all of their experiences. I also like their kindness. The students here are understanding and they always try to support each other.

**The Parrot:** If you went back to school, what would you study and why?

**Professor Moran:** For a career, I think I'd go back to study Physics. For a hobby, right now I'm taking a creative writing class at Sac City this semester. It's actually a poetry class, and it's great because I love to write. I also want to take a horticulture class here just for fun.

**The Parrot:** Most ESL students choose to take face-to-face classes because they think online classes or hybrid classes in which they study half of the time on campus and the rest on Canvas are really difficult for them. What is your opinion about teaching online or hybrid class? Do you think it can attract students?

**Professor Moran:** I think hybrid classes can be great. A class that is only online might be hard, especially for ESL students. Also, I think language is created in community. It's really hard to learn a language alone on a computer. But, I like to teach hybrid classes because we get to meet face to face and then the teacher will give you work that you can do at home. To attract students, I think I need to go to lower level classes and let students ask me any questions that they have about what to expect in a hybrid class. Then, I can tell students about the benefits of the hybrid class: save some time, work on your own schedule, and practice the skill of setting a clear goal and doing it at home.

**The Parrot:** How can students best succeed in your class?

**Professor Moran:** I'd say come to class as much as possible. All of my students know that I understand "life happens." So, if you need to miss a class because your child is sick or you had to go to work, I understand. But if you skip a lot of class, there are opportunities that you can't take advantage of. So first, come to class. Second, and it may sound weird,

but students in my class should believe “it’s okay to fail.” Because when learning a new language, you have to make mistakes. It’s true for anybody and any language. Plus, I’m always willing to let students earn extra credit if they are worried about their grades. But remember- I think learning is more important than grades. Finally, students in my class should “come talk to me.” I try to be a really patient and gentle teacher; however, my “pet peeve” is when students miss work and then don’t talk to me about it. For example, if a student misses a quiz in Week 3, but doesn’t come talk to me about it until Week 12, that drives me crazy!

**The Parrot:** When you were a college student, what mistakes did you make and what is your advice for students in general?

**Professor Moran:** Be realistic about what you can do. This is connected to the stress about grades too. Because if you work forty hours a week, have two children to take care of, and are taking 3 classes... you probably don’t have 20 hours a week for homework! You should know that and accept that. Don’t be mean to yourself, be realistic. This is what I’m still learning now even as a teacher- “be realistic.” If you are realistic, set an achievable goal for yourself, and then reach your goal, you will feel really good. It’s like a double win! You feel good because you accomplished the goal and you were less stressed about the work. It’s what I wish I had done in college.

**The Parrot:** What do you want students to know about you?

**Professor Moran:** First, I hope they know that I love my job and I love my students. I think I’m good at my job because my classes are all about the students. I want to give you guys what you want, and I’ll do whatever I can to help you learn what you want to learn. I also care about my students as human beings. I care about them outside of the classroom because if something happens outside the class, it will affect them inside the class. I love my students to have community in my class.

**The Parrot:** What do you like to do in your free time?

**Professor Moran:** Reading books and writing. I like to read all kind of things: fiction, non-fictions,

poetry, news article. I have also written a lot of poems. Finally, I love to go camping and hiking. Being outside is the best!

**The Parrot:** Are you a) excited b) super-excited or c) super-super excited to be in The Parrot? Why?

**Professor Moran:** Yeah! C! Super-super. I’m really excited to be in the Parrot because it’s a place where the voices of English learners are respected, celebrated, and honored. I think that’s awesome. Another reason is because I can introduce myself to you all. I know everything in life is about relationships and connections between people. Well, I’m the new guy, so I need to make some new connections! Hopefully, students can see my name and my picture, and they’ll think, “Oh, that’s Jeff! I want to take a class with him.” Finally, I’m excited for all of you to learn about how much I love teaching and helping people learn English.

**The Parrot:** Thanks for your time professor.

**Professor Moran:** You are very welcome.





## Alpine Alex Castle Peak (9103 ft / 2775 m)

*In the old days of The Parrot, there was Trail Mick. Mick has now given way to Alpine Alex.*

Hello, ARC family! The mountains have definitely been calling. Today I decided to answer the call from the most popular hiking destinations in the Lake Tahoe Basin, Castle Peak.



This is classic Donner hike with a couple of challenges, including some steep climbs. A pretty busy hike on the weekends is the only downside. Amazing scenery along the trail, the prize is at the top with spectacular views. You don't really get to the very top unless you bring climbing gear or have very large confidence. There is an incredible view from



the East tower which is the true summit and maintains the hardware to prove it. Well worth the journey which is almost entirely uphill. The trail is clearly visible and easy to navigate. This was super fun and an easy trail three miles out and three miles back! I went early in the morning and it was very chilly at

the top, so definitely prepare for that. It does get windy and a bit chilly on the ridge and at the top. At the top, you can see two ridgelines; make sure you



descend on the correct ridgeline because it's easy to get them mixed up! There was a little bit of snow but it was mostly melted. I would recommend wearing waterproof shoes. Great hike and work out! The elevation gain from the pass to the peak is strenuous. Trekking poles definitely help coming down as some of the rock dirt is slippery! Definitely a trail I would do again!



I definitely would recommend this hike! It's a great trail if you don't want to drive all the way to Tahoe but want to do some good hiking! See you on the trail! Have fun and be safe!



Can you name some things you would like to do during winter break?



*"I like to cook, sleep, and snow boarding."*

**Holly Meddeiros**



*"I want to work to save money for Spring classes because my tuition fee is a lot."*

**Beheshta Formal**



*"Hmm, hang out with my family and to see if I can go up to South Codolva to see my friends and hang out with them, too."*

**Angelick Wilson**



*"Snow boarding and visit family."*

**Gerald Demontmollin**



*"I would like to sleep and study up for my next semester. I need to prepare for those and mostly spend time with my family and friend."*

**Sophia Harris**

# Out of the Cage

**First Day of Winter Family Crafting**  
**Sat, Dec 21, 2019**  
**03:00 pm - 06:00 pm**

Bring the whole family and celebrate the 1st day of Winter at this free crafting workshop with a snowy theme.

**Location:** Gifts From The Heart Of Elk Grove. 9685 Elk Grove Florin Rd, Elk Grove, CA 95624.

**Admission:** Free.



**Tech Help**  
**Sat, Dec 21, 2019**  
**03:00 pm - 04:00 pm**

Get 30-minute, one-to-one tech help with your laptop, tablet, or other device with Colonial Heights Library's technology liaison.

Note: This session is meant for adults.

**Location:** Colonial Heights Library. 4799 Stockton Blvd., Sacramento, CA 95820

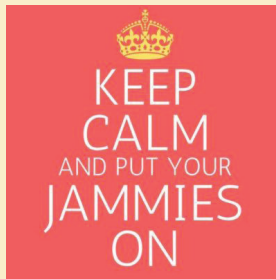
**Admission:** Free.

**Pajama Party Christmas Eve**  
**Tues, Dec 24, 2019**  
**9:00 am - 1:00 pm**

Bring the family to the Sacramento Zoo for the most comfortable Christmas tradition and you don't even have to change out of your pajamas! For part of the day, zoo admission is free for the whole family. Wear your best PJs and spend your holidays with the animals at the Sacramento Zoo.

**Location:** Sacramento Zoo. 3930 West Land Park Drive, Sacramento, CA 95822.

**Admission:** Free.



**SQUAWK!!**

**QUESTIONS/COMMENTS?**

Student Editors: **Alex Grynishyn, Alaa Shatat, and Tuyet Le**

Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Contact us by e-mail, call, or drop by. Professor Travis: Davies 370, (916) 484-4524, or [Travism@arc.losrios.edu](mailto:Travism@arc.losrios.edu); Professor Bracco: Davies 337, (916) 484-8988, or [Braccop@arc.losrios.edu](mailto:Braccop@arc.losrios.edu). To see The Parrot in color go to <https://www.arc.losrios.edu/academics/the-parrot-newsletter>.