

THE PARROT



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

Chemical Reaction with Prof. Payne

The Parrot: Good morning, we have heard a lot about you, and we heard that students love your class and your style of teaching chemistry. In addition, we are interested in knowing more about you. Can you please tell us about yourself?



Professor Payne: Sure. Is there anything in particular you want to know?

The Parrot: Yes. Where did you go to school? And what do you teach other than Chem 400?

Professor Payne: Okay, well I was a student here at American River College way back in the 1990s. And from here I transferred to Sac State where I got my degrees in math and chemistry, and I stuck around Sac

State and started teaching in about

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Vietnamese Teachers' Day

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"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John F. Kennedy

Seven things you might not know about the history of Thanksgiving

Why does America celebrate Thanksgiving and when was the first Thanksgiving? Was turkey always on the menu? Here, we bring you the facts about the history of Thanksgiving.



1. The first Thanksgiving

Tradition has it that the first Thanks-

giving – a celebration of good harvest – took place in 1621, when English Pilgrims at Plymouth Plantation in Massachusetts shared a meal with their Native American neighbors. However, historian Michael

Gannon argues that the first Thanks-

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Student Chirpings

A Pet Can Become Children's Teacher

Last June, my young daughter received her birthday present happily. She was very excited. She said: "Thank you so much, mom and dad. This is my best present ever." When we went home, she was busy setting up the cage with her elder sister. After this, our new family member, Buttermilk, a hamster with yellow and white long hair, started his new life. Everyone in my family loves pets. I think pets can bring some positive effects to children. There are some effects that a pet can have on a family.

The first effect of a pet on a family is to teach children to be a person with love. When children are still young, if you want them to be a person with love in the future, you had better let them own a pet such as cats, dogs, or hamsters. Since my daughters own pets, they care for other people and small animals much more than before. Once we encountered a lost dog in winter in South Dakota. My two daughters were worried if the lost dog had an owner or food. They asked me to call the local humane society for help. I saw the collar on the dog's neck; then I dialed the number, and the dog's owner picked up the lost dog. In addition, my daughters love the program in school, 'Star of the Week.' In that week, the stars can bring their pets to school. Several years ago, I brought my elder daughter's pet, Tiny, a gray short haired cat, to school. The children were very gentle touching Tiny's fur in case of scaring her. Everyone was thrilled and watched Tiny carefully. After school, my two daughters played with Tiny first. They didn't only comb her hair, but also massaged her neck frequently. They had a lot of fun with Tiny and learned how to care and love a pet and other people.

The second effect of a pet on a family is to learn life lessons. While children are growing up,



they think they know everything. They don't want to accept the advice from their parents. Because my elder daughter's persistence, her cute pet, Tiny, left us forever. Tiny liked to sleep with my elder daughter, so my elder daughter liked to sleep with Tiny. I advised her not to sleep with Tiny on the same bed for her health. Overtime, my elder daughter suffered from cough for a long time because she is allergic to cats. I had to send Tiny to the local humane society. Moreover, my younger daughter didn't take

care of her pet well. Buttermilk bit the tube of the refrigerator wick led to a water. Several months ago, Buttermilk scratched the leather sofa because of my younger daughter's carelessness.

The third effect of a pet on a family is to learn to be responsible. In summer, my family often goes on vacation for three days. Before we leave, my younger daughter knows her responsibilities such as preparing enough food and water for Buttermilk. In order to have more knowledge about hamsters and to

take care of him well, my young daughter often borrows some books to understand hamsters habits. Furthermore, once the hamster escaped into our backyard. My two daughters spent several hours looking for him. Finally, they found Buttermilk in a dark corner. Now, they know that they need to be more responsible for Buttermilk. They offer more safeguards to avoid the same trouble happening again.

In conclusion, these three positive effects that a pet can have on a family. A pet to become children's nice teacher. Don't you want a pet to become one of your family members and to bring many positive effects in addition to happiness? I will take my two daughters by a surprise of a dog next time.

Mei Peng

ESL W50

Persuasive Essay

New and Old Cultures

The world has many cultures. All of them have some differences. For some people, these differences are good and for some there are not. When immigrants come to a new country, they get culture shock. Especially for adults, the new culture is harder for them than for youth. Usually young people learn a new language and traditions faster than older people. As a result, children start to reject their parents' culture. How can we fix this problem? There are three solutions to the problem of kids rejecting parents' culture, language, and traditions.

The first solution to the problem of children rejecting their parents' culture is to speak the native language at home. When immigrants come to the United States, they start to learn a new language. They speak in English at school, at work, and with friends. Day by day, the native language becomes forgotten. Children, especially if they go to high school, study English there really fast and their level is much higher than their parents' level. As a result, kids become more and more American and they forget their native language.

My cousin Elsie came to America with her family when she was six years old and she went to school. Her parents didn't take really good care of her knowing their native language, so today she can't speak Ukrainian. She became more American, and it is very hard for her to communicate with her parents. If parents want their children to know their culture, they should speak in the native language at home.

The second solution to the problem of children rejecting their parents' culture, language, and traditions is the parents should maintain the traditions in the family. There are different lifestyles in different countries. They have personal traditions and rules. One of the good traditions in my family is going to church every Sunday. It keeps our family in our culture because the church is Ukrainian. We also learn how to live right. A couple of years ago, my friend's brother left his parents' church and began to go to American church. Then he left that one and began to

have a bad lifestyle. He started to take drugs and drink alcohol. His parents still love him and want to get him back home, but he doesn't want it because he is really addicted to drugs. Parents should keep their tradition in the family to save their children is native culture.

Finally, the third solution to the problem of children rejecting their parents' culture, language, and traditions is spending time with children to teach them their native culture. One time my father said, "You need to work hard to learn something, but if you want to forget, then just don't do that anymore and you will forget it." The new generation has some knowledge about their native culture, but if they don't use it, they start to forget it. Kids learn American culture every day, but don't learn their native culture very often. Little kids especially when their parents do not spend time teaching them, forget everything about their native culture. I see it a lot; kids don't respect adult people because their parents don't teach them. For example, my family visited one Ukrainian family together to know each other better. When



we were there, the children were playing with a ball very close to a house. Their father said to stop playing because they could break a window and took the ball from them. Then one kid started to beat the father because he stopped the kids' game. I think the father didn't teach the children how to respect adult people in Ukrainian culture. Fathers and mothers must teach their children to know their culture.

In conclusion, the solutions to the problem of rejecting parents' culture are speaking in the native language, keeping traditions alive in the family, and spending time with children to teach them their native culture. We need to study new languages and cultures for our development, but we also must remember our own. Our culture is where we started to live, so let's keep it in our hearts.

Stanislav Tkach
ESL W50
Problem/Solution Essay

Some Reasons Why Students Fall Asleep in Class

Many people study at schools, universities, or colleges at some time in their lives. Student years can be difficult, exhausting, and require a lot of efforts. Most of us can remember good and bad memories, and probably all of us have fallen asleep in class from time to time. I know that many factors exist that cause students to fall asleep in class, but I would emphasize three common reasons why students fall asleep in class.

The first principal reason why students fall asleep in class is boring teachers. All teachers are different. Some of them might be amusing, while some of them might be boring. Despite that, most of them are probably dedicated. Sometimes, teachers give you books and exercises and do not explain anything.

Sometimes, teachers just reread books. I have a friend who studied at a university in Belarus, and he told me this story. When he studied at the university, he had a teacher who just reread a book to students. That teacher never gave real-life examples or told some jokes, and when students

had difficulty with topics, she could not give clear explanations. She came to the class, sat at her table, and just reread and reread her books aloud. Eventually, her lessons became exhausting. Students who participated in her class considered her a boring and annoying teacher and consequently, students fell asleep in class. Another friend told me he had a teacher in college who spoke in an unclear, quiet, and monotone voice. Therefore, he often fell asleep in class.

Another reason why students fall asleep in class is exhaustion. All of us have different lives

outside of college. Some people have a job after or before classes. Some people have children. Some people like to watch TV or play computer games in the middle of the night. All these factors lead students to not have enough time to sleep, and they begin to feel tired. I had a classmate in school who spent all his free time playing computer games. When he came to a class, he looked exhausted. While a teacher was explaining a new topic, that student fell asleep in class. Another example is that in my country Belarus, some students have to work in order to pay for their tuition. They often work after classes and come home at midnight. Then they have to do their homework. Therefore, they don't have enough time to rest. As a result, stu-

dents come to class tired and might fall asleep in class.

The last principle reason why students fall asleep in class is insufficient motivation. All people set goals. Then people change their goals as time passes. The same happens in student life. For example, in my country Belarus, people cannot change the major if

they have already chosen it. I knew many students who chose some specialties when they enrolled in a university. When one or two years passed, they realized that they were not interested in their present specialties; however, they could not change their majors. They lost interest in studying. The studying process became annoying for them. As a result, students could fall asleep in class. Likewise, insufficient motivation can be the result of falling in love. One of my friends told me a story about his classmate who met a girl and fell in love. He spent a lot of time with his girl and lost desire and



motivation to study. Lessons became boring for him and sometimes he fell asleep in class. His grades decreased and even more, he left college.

As you can see, there are three common reasons why students fall asleep in class. The systems of education in different countries are different, but almost all countries have a problem with students

who fall asleep. If students avoid distractions, they have clear goals, and teachers are more amusing, students will probably never fall asleep in class.

Aliaksandr Zinkevich
ESL W50
Cause/Effect Essay

Earthquakes in California

In the real world, nobody is protected from natural disasters. People must be ready for emergency situations. Let's consider the situation of an earthquake, especially in California, where the movement of the Pacific and North American plates happens. An earthquake occurs in seismically hazardous areas. It can happen in areas where it has never happened before. Thus, people must know how to survive during an earthquake and how to be prepared.

I was taught in school that during an earthquake it is necessary to sit down on the floor, preferably close to the hard foundation of the building, or in doorways. It is even better if there is a hardwood table to hide under.

The person has to sit on the floor and group the body and cover the head with their hands. In such a situation, each person should have necessary things that can be quickly grabbed and will be useful to you in the future in case of an evacuation. Necessary items:

1. Documents to identify who you are.
2. Several bottles of water and some high-calorie food for a few days to survive.
3. One comfortable pair of shoes and a change of clothing.
4. First aid kit in case of injury.
5. The most possible amount of cash.



6. One flashlight and one whistle.

Having these necessary things, a person will be able to survive. Everyone needs to memorize that in the situation of a strong earthquake, lights can be turned off, and shops and banks maybe closed. It can be even worse; a person can be under the ruins of a building for a few days and wait for help. So, in different emergency situations, we

need different things, and the best way to be prepared is to have them ready to go.



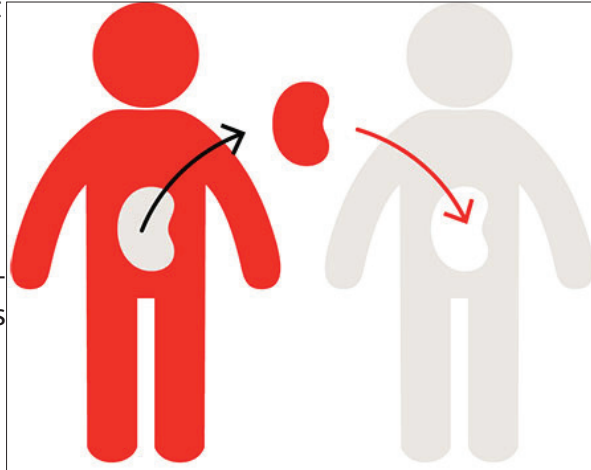
Svetlana Kovalenko
ESL G50
Expository Writing

Rebirth

In 2004, my urine had blood in it. My father took me to the hospital for a checkup. Then the doctor told me I had a kidney issue. Although they could have done more tests to find out exactly what I had, they didn't do it and just told me to rest in the hospital and drink a lot of water. I now know that I have Iga, and I could have better health if they had been serious about my illness. If you don't have a lot of money or high social position in Vietnam, the hospitals don't care about you.

After my first period, my illness went away and the doctor said, "You are fine." I should have gone to the hospital for a checkup, but I didn't do it. I still feel sad whenever I think of myself at that time. I shouldn't have eaten so much salty food because it was bad for my kidney function. However, without the knowledge of my real sickness, I put myself in the worst time of my life.

I got kidney failure, and I had to have dialysis in the hospital over eleven months to have my kidney transplant. My dad donated his left kidney for me to change my life to become a normal person.



I had my surgery in 2014, and I have been doing well. Even though I had a really terrible sickness. If I hadn't had that kind of illness, I couldn't have had this mature life with my lovely husband in America.

After all, I realize there are many things that people should and could do to protect their health. We should pay more attention to our health especially, with an invisible signal. We could have done many tests to realize a hidden illness in our bodies. We shouldn't have had so much confidence in our health and ignored the bad feeling we had when we

were tired. Finally, we always have to take care of our health and remember nothing is more important than your health. If you don't have good health, you can't do anything.

*Summer Le Nguyen
ESL G320
Narrative Essay*

My Hobby

My hobby is growing beautiful plants. First, I prepare a special place for my future and pretty plants. Plants need protection from insects, sickness, and pollution. I find advice in different books about how to care for plants. I try to encourage a healthy condition for my plants. When I invite my friends to my house, I like to present my flowers. My plants are enjoyable. I feel a positive emotion because I do this with my own hands. People need to be



careful if they want to have beautiful plants in their house. They can die if they are not watered on time. I am excited because I love my plants.



*Vera Ragneva
ESL W20
Narrative Writing*

Life in the USA

Many people around the world immigrate to the USA. Every one of them has his or her own reasons. The United States is a strong country with a powerful economy. This is the main reason why many people dream to live in this country, especially people from poor countries. The government of the United States has a lot of social programs which help immigrants. There are several benefits for people living in the United States.

First, people who live in the United States have religious freedom. It's very important for people who believe in God because many of them were persecuted

for their religion in their countries. Many countries in the world don't have religious freedom, and it, unfortunately, makes people unhappy. They are worried about the future of their children.

When people move to the USA, they feel safe. The United States has freedom and especially religious freedom. In this country, people with a variety of religious views can live peacefully together and attend the church they want. It's a blessing for religious people, and they feel a duty to this country. In brief, religious freedom is a very important advantage for people who believe in God because they can have a happy life in their new country.

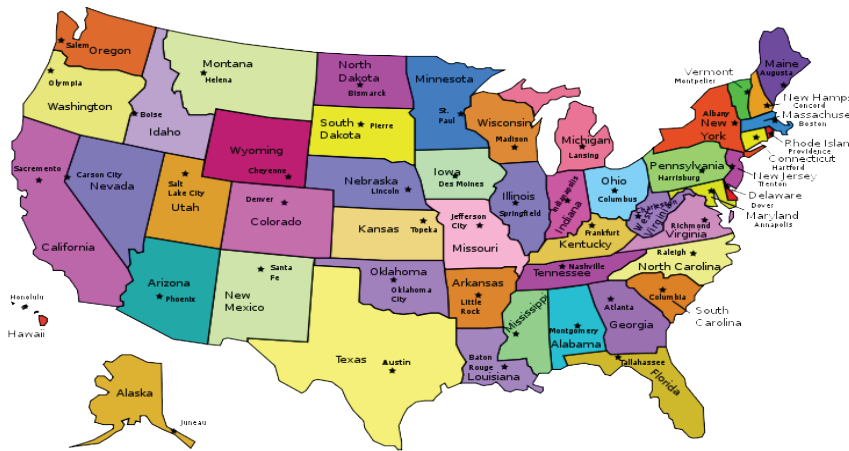
Second, the next advantage for people living in the United States is their opportunities. The government has a lot of programs for people who prefer to study and for people who work, every person can choose which way they want. It inspires people to develop their abilities. If you don't have money for education, there are many programs which help to solve this problem. When you get a degree, you don't worry about a job because there

are many ways of getting a good job. In short, every person can improve his skills and get a promotion.

Third, another advantage for people living in the USA is peace in their hearts. The United States hasn't had a war for many years. Therefore, people feel safe here in this country. People can safely travel throughout their country and not worry about their safety. Also, parents can have confidence in the future of their children. It's a very important thing because many people in other countries don't have this advantage. To sum up, safety is a very important thing for people living in the USA.

In summary, people living in the USA have several important benefits, including religious freedom, opportunities, and safety. There are precious advantages to having a happy life in this country. Many immigrants appreciate this country for these opportunities.

My family and I are also glad to be part of this country.



Alex Kravchuk
ESL W40
Expository Essay

Borrowing from Neighbors

A neighbor is a very important person in our lives. You hear him when he's nervous or you know what music he likes to listen to. He's the first to give you help when you need it. He is present in our lives. It is good to have a good relationship with him, but it does not always happen. There are three principle solutions to solve the problem of a neighbor who borrows things but never returns them: never lend anything to your neighbor again, ask him when he can return things, and explain from the start that you need to get your things back as soon as possible.

The first solution to solve the problem of a neighbor who

borrowed things but never returns them is to never lend anything to your neighbor again. In my country, Moldova, there is a saying: "When you give, you don't have." For example, a couple of years ago, a rather unpleasant incident happened to me. My neighbor, Daniel, asked me to lend him an Explanatory Dictionary of French. I lent it to him gladly

because it made me feel great to help him. A week, two, three, passed and he didn't give the dictionary back to me. I insisted for about four months. It was a very expensive dictionary, and I really needed it. Finally, after about six months, he returned the dictionary to me. All the pages were bent and the words were marked with a pen. It was incredible. Since then, I have not lent anymore books. Another neighbor, Alexandra always comes to me to borrow my clothes. Sometimes, I am angry because I don't like to do that. One day, I gave her my jacket.

A week, two, three, passed and she didn't give my

jacket back. It was my favorite jacket. One day, I needed my jacket to go to an interview but when I asked her for it, she told me that she accidentally spilled oil on it. As a result, I had to go to the store to buy another one.

The second solution to the problem of a neighbor who borrows things but never returns them is to ask him when he can return things. Sometimes we encounter some delicate situations daily, situations that will make us think and that will not have a happy ending. Such a situation is when a neighbor asks to borrow money. Should I lend that money and risk not getting it back?

Should I refuse the neighbor and risk losing my friendship with him because I didn't help him? The choice will always be difficult to make! For example, I have a neighbor, Salim. One day, he knocked on the door and was very panicked. Salim had an accident and he asked me if he could borrow money. Of course, I agreed and lent him money, but I made a big mistake. Sadly, he didn't return



my money. I was very disappointed and one day I met Salim and I asked him about the money that he borrowed from me. I felt ashamed, but it was my money. He said that he will give it back when he has the chance. As a result, I lost trust in him, and I refuse to lend money to anyone anymore.

The third solution to the problem of a neighbor who borrows things but never returns them is to explain from the start that you need to get your things back as soon as possible. If he does not agree, you have to explain to him that this thing is important for you. Then, the next time you will

know not to trust him and refuse to lend things to him. For example, in my country, Moldova, I had a neighbor, Victor, who borrowed my father's wood-cutter machine from me for two days. More than a week passed and he did not return our machine. As a result, I went to him and I talked to him a little severely. He returned my father's wood-cutter machine with some damage. My father scolded me for this reason and since then I understood not to lend such things to this neighbor.

In conclusion, to avoid losing a good rela-

tionship with your neighbor when he wants to borrow something from you, you should never lend anything to your neighbors again. You should

ask him when he can bring things back, or try to explain from the start that you need to get your things back as soon as possible. Following these suggestions, you will keep a good relationship with your neighbor.



Elena Balitchi

ESL W50

Problem/Solution Essay

The Big Lie

I'll never forget the time I told my mom a big lie. On July 20, 2005, my parents sent me to summer school. I needed to take some classes, but I did not want to be in summer school. I wanted to have fun and enjoy my vacation at home. But my friends planned to meet at the park. They told me they were not going to attend class. They said they would wait for me at the park. So, I thought that it would be fun to not attend class and meet my friends at the park.

My plan seemed easy to follow and skipping class seemed easy too. I told my mom that I had to leave the house early because I was going to have breakfast with my friends at McDonalds. And my mom told me that it was ok. I was in a hurry, so I forget my homework at home.

I met my friends at McDonalds and we drove to the park. Everyone was there. We had a good time, but my mom was desperate to reach me because I forgot my homework at home. But there was no

way to reach me, so she thought she could take my homework to school. She went to my school and asked the person at the desk in the main office to get me, but they told her that I wasn't in class.

My mom was furious and she drove home and waited for me. When I got home, my mom was sitting on the couch waiting for me to come home. She acted normal and she even asked how

my presentation was. I told her that I did really well in class. Then my mom screamed at me and called me a liar. She told me that she took my homework to class and I wasn't there. I looked at her and I told her that I lied to her. I learned that telling lies is not good. I learned to never tell my parents or anyone a lie. if I do, they will never trust me again.



Rubicelia Acosta

ESL W30

Narrative Essay

My Uncle - The Film Director

"PER ASPERA AD ASTRA" (Seneca, ancient Roman philosopher) (Through difficulties to the stars.)

My uncle Ivan Frolov was born in 1926 in a small Russian village on the Volga River. In 1941, when World War II began, he was 15 years old. It was a very difficult time. He dropped out of school and began to help adults because all the men left to fight. In 1944, he went to the army on a warship. When the war ended, he decided to finish school. He was already 21 years old and he was sitting at a desk with children. In those years, there were no movie theaters in the villages. There was a mobile cinema by car which traveled through the villages. Ivan was a volunteer during vacations and helped to run the equipment. He watched a lot of films. He wanted to make films himself.

In 1949, he went to Moscow to study at VGIK-Institute of Cinematography. He arrived in



military clothes with awards. He was asked, "What plays did you watch in Moscow?" He said, "I arrived

from far away and unfortunately did not see anything in Moscow." He thought they wouldn't accept him. But to his surprise, he successfully passed the exams. He graduated and became the director at the studio of popular science and documentary films. He went to many parts of the world when he made his films. He wrote many books about cinema. He never forgot about his village where he grew up. He often visited his mother and always went to his school. On the wall at the school is his photo and the inscription, "The school is proud of him." I studied at this school and proudly said "This is my uncle."

Vera Buchneva

ESL G50

Narrative Writing

Morning Walks

I like walking in my free time because walking is good exercise, especially because everyone can do it easily in the morning. It brings energy. We can walk in the morning and evening. Walking is also very useful. It is a very good habit. Walking costs us nothing. We may walk with our friends. Walking every night brings us sound sleep. Morning walks are the best exercise for health. They keep our body and mind sound. One who walks in the morning can enjoy the beauty and na-



ture of the smell of flowers and the chirping sounds of birds. The morning is also very fresh and free of dust and smoke. I am very fond of morning walks. I get up early in the morning to walk.

Afshin Haidary

ESL W20

Expository Writing

Around the World

Thanksgiving and Veterans Day are in November! Let The Parrot tell you about other holidays around the world!
Vietnamese Teachers' Day (Vietnam)

Have you ever heard about a holiday for teachers? Do you know anything about this meaningful holiday? Let's take a look at this holiday to gain a general idea of why and how Vietnamese celebrate it!



Teachers are receiving reward merit.

According to Tiger Tour-travel agent, in 1957, the FISE (Fédération Internationale Syndicale des Enseignants) organization, which mainly protected the rights of people in the field of educational, had 57 country members including Vietnam. After that, Vietnam chose **November 20th** as a day to show gratitude and remember teachers' contributions.

Vietnamese Teachers' Day is a meaningful day when people around the country show their gratitude to the people who teach them to be useful to society and succeed. What will people do on that day? The scene of people selling flowers in front of schools, colleges, or universities is a familiar pic-



ture to the Vietnamese on November 20th of each year. Children, students, and even adults always stop to buy some flowers to give to their teachers on that day. Not only current students, former students also gather together to visit their teachers. Schools don't often allow students to have that day off because they encourage students to come to class to celebrate and honor their teachers together.



Respecting their teachers is a significant thing that people should always remember to do. Teachers, professors, or any people who put their effort into growing future generations are venerable.

There are many special and unique holidays or festivals around the world which have beautiful meaning 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

Information obtained from: <http://www.mytigertour.com/blog/vietnamese-teachers-day-20th-november>

Nestscape -- Articles from the Web

giving celebration in North America actually took place half a century earlier, in Florida.

On 8 September 1565, he says, following a religious service, Spaniards shared a communal meal with the local native tribe.

2. Pass the venison?

While turkey is today the bird of choice for Thanksgiving dinners across the United States, this was not always the case: according to History.com, for the first ever Thanksgiving in 1621 the Indians killed five deer as a gift for the colonists, meaning venison would most likely have been the dish of the day.



Vintage illustration of a husband and wife pulling the wishbone of a turkey for good luck at Thanksgiving dinner; screen print, 1942. (Photo by GraphicaArtis/Getty Images)

3. Changing dates

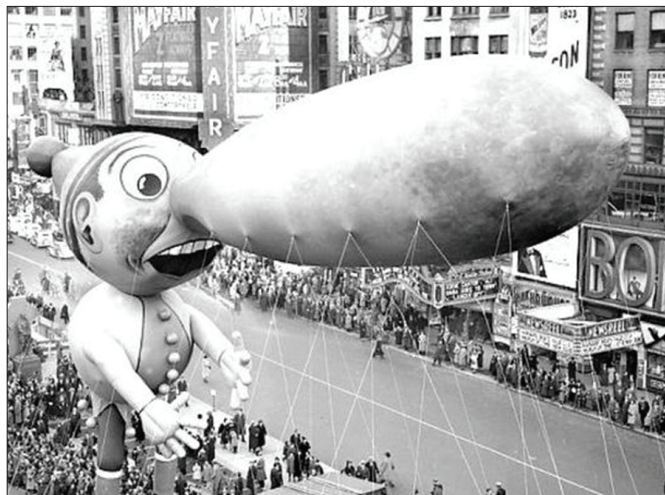
The US National Archives says that in 1939, with the last Thursday in November falling on the last day of the month, Franklin D Roosevelt became concerned that the shortened Christmas shopping season might dampen economic recovery. He therefore issued a Presidential Proclamation moving Thanksgiving to the second to last Thursday of November.

Some 32 states consequently issued similar proclamations, but 16 states refused to accept the change. As a result, for two years two days were celebrated as Thanksgiving.

To end the confusion, on 6 October 1941 Congress set a fixed date for the holiday: it passed a joint resolution declaring the last Thursday in November to be the legal Thanksgiving Day.

4. The Macy's Thanksgiving Day Parade

The Macy's Thanksgiving Day Parade, which is televised nationally on NBC, has been marching since 1924. That year, the department store's president, Herbert Strauss, organized a six-mile procession from Harlem to the Macy's store in Herald Square. The parade featured animals – including elephants – from the Central Park Zoo, and was nearly three times as long as it is today: for the purposes of television filming, the route was later reduced to 2.5 miles.



Balloons float down Broadway in the 13th annual Macy's Thanksgiving Day Parade, 25 November 1937. (Photo by Walter Kelleher/NY Daily News Archive via Getty Images)

5. A public holiday

According to the US National Archives, on 28 September 1789 the first Federal Congress passed a resolution asking that the president of the United States recommend to the nation a day of thanksgiving. A few days later, George Washington issued a proclamation naming Thursday 26 November 1789 as a "Day of Public Thanksgiving" – the first time Thanksgiving was celebrated under the new Constitution.

The dates of Thanksgiving celebrations varied. Subsequent presidents came and went, and it wasn't until Abraham Lincoln's 1863 Proclamation – in the midst of the Civil War – that Thanksgiving was regularly commemorated each year on the last Thursday of November.

6. Watching football

Each Thanksgiving, millions of Americans tune in to watch the Detroit Lions play American Football. This tradition dates to 1934, when the team took on the undefeated, defending World Champion Chicago Bears of George Halas. Despite losing the inaugural game, since then the Lions have played football every Thanksgiving except between 1939 and 1944.

7. The pardoned turkey

Each Thanksgiving, the president of the United States 'pardons' a hand-selected turkey, sending it to a farm where it lives out the rest of its days. But, contrary to popular belief, President George HW Bush was not in 1989 the first president to grant such a pardon.

According to the White House, the tradition dates to Lincoln's days, when his son Tad begged him to write a presidential pardon for the bird meant for the family's Christmas table, arguing it had as much a right to live as anyone. Lincoln complied, and the turkey lived.



President Ronald Reagan with a Thanksgiving turkey and farmer John Holden and his wife, who raised the bird, November 1985. (Photo by Dirck Halstead/The LIFE Images Collection/Getty Images)

<https://www.historyextra.com/period/modern/thanksgiving-history-facts-first/>

Reading for Beginners

My Wonderful Family

I live in a house near the mountains. I have two brothers and one sister, and I was born last. My father teaches mathematics, and my mother is a nurse at a big hospital. My brothers are very smart and work hard in school. My sister is a nervous girl, but she is very kind. My grandmother also lives with us. She came from Italy when I was two years old. She has grown old, but she is still very strong. She cooks the best food!

My family is very important to me. We do lots of things together. My brothers and I like to go on long walks in the mountains. My sister likes to cook with my grandmother. On the weekends we all play board games together. We laugh and always have a good time. I love my family very much.

Did you understand the text?

- My mother is a...

a. Doctor	b. Writer
c. Waitress	d. Nurse
- How old was I when my grandmother came?

a. 10 years old	b. Just born
c. Two years old	d. Three years old
- What do we do on the weekend?

a. Cook pasta	b. Go for a walk
c. Clean the house	d. Play board games
- Do I live near the river?

a. Yes	b. No
--------	-------
- Are my brothers smart?

a. Yes	b. No
--------	-------

Obtained from <https://lingua.com/english/reading/wonderful-family/>

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!

INDIA'S TANDOORI MURGH (CHICKEN BREASTS WITH GRAPES)

Ingredients:

1 onion, finely chopped
 ¼ lb butter
 5 tbs yogurt
 ½ pint sour cream
 ¼ tsp ground saffron
 ½ lb almonds
 1 cup white raisins
 4 to 6 chicken breasts
 1 tsp salt
 1 tsp pepper
 1 tsp cloves
 2 inches fresh ginger
 flour
 1 cup white wine



Rub with salt, pepper, cloves, and ginger.

Dredge lightly in flour.

Brown in both sides.

Put chicken in oven-proof casserole.

Pour drippings, onion, almonds and raisins over it.

Add yogurt mixture and wine. Cover casserole. Bake for about 45 minutes.

Procedure:

Preheat oven to 375 degrees F.

Fry onion in butter until golden.

Mix yogurt, sour cream and saffron.

Blanch and slice almond. Then set aside

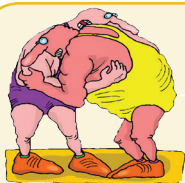
Chop washed raisins.

Combine with onions.

Wash and dry chicken breasts.



Parrot Warbling



Grappling with Grammar

Reflexive and Intensive Pronouns

Singular form: myself, yourself, himself, herself, itself.

Plural form: ourselves, yourselves, themselves.

Reflexive pronoun tells us that whoever performs the action in a sentence is also the one on the receiving end of that action. A reflexive pronoun can be used as the direct or indirect object, or object of a preposition in a sentence.

Ex: The queen bought **herself** a dog.
(*She is both completing and receiving the action in the sentence.*)

Intensive pronoun emphasizes a preceding noun, which is often (but not always) the noun immediately before the pronoun. It looks exactly the same as reflexive pronouns, but they are only used for emphasis.

EX: The queen bought the dog **herself**.
(*It emphasizes the fact that the queen (not someone else) was the one who bought the dog.*)

***** Remove Intensive and Reflexive pronouns:**

Reflexive: The queen bought **herself** a dog.
(*Without the reflexive pronoun, there's no way to know for sure who the dog is given to.*)

Intensive: The queen bought the dog **herself**.
(*The queen still bought the dog regardless of whether the intensive pronoun is in the sentence or not.*)

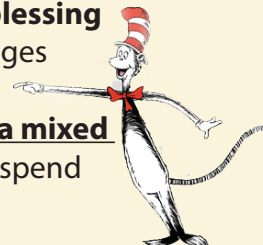
<https://www.englishgrammar101.com/module-2/pronouns/lesson-4/reflexive-and-intensive-pronouns>

Idiom--Attic

To be a mixed blessing

*something that has advantages and disadvantages.

Ex: Getting onto the team **is a mixed blessing** because I'll have to spend a lot of time training.



<https://dictionary.cambridge.org/dictionary/english/mixed-blessing>

Pronunciation of Accent Rules

When a word has more than one syllable, one of the syllables is always a little louder than the others. The syllable with the louder stress is the accented syllable. It may seem that the placement of accents in words is often random or accidental, but these are some rules that usually work.

1. Accents are often on the first syllable.

Ex: ba'/sic (basic), pro'/gram (program).

2. In words that have suffixes or prefixes, the accent is usually on the main root word.

Ex: box'/es (boxes), un/tie' (untie).

3. If de-, re-, ex-, in-, po-, pro-, or a- is the first syllable in a word, it is usually not accented.

Ex: de/lay' (delay), ex/plore' (explore).

4. Two vowel letters together in the last syllable of a word often indicates an accented last syllable.

Ex: com/plain' (complain), con/ceal' (conceal).

5. When there are two like consonant letters within a word, the syllable before the double consonants is usually accented.

Ex: be/gin'/ner (beginner), let'/ter (letter).

6. The accent is usually on the syllable before the suffixes -ion, -ity, -ic, -ical, -ian, -ial, or -ious, and on the second syllable before the suffix -ate.

Ex: af/fec/ta'/tion (affectation), dif/fer/en'/ti/ate (differentiate).

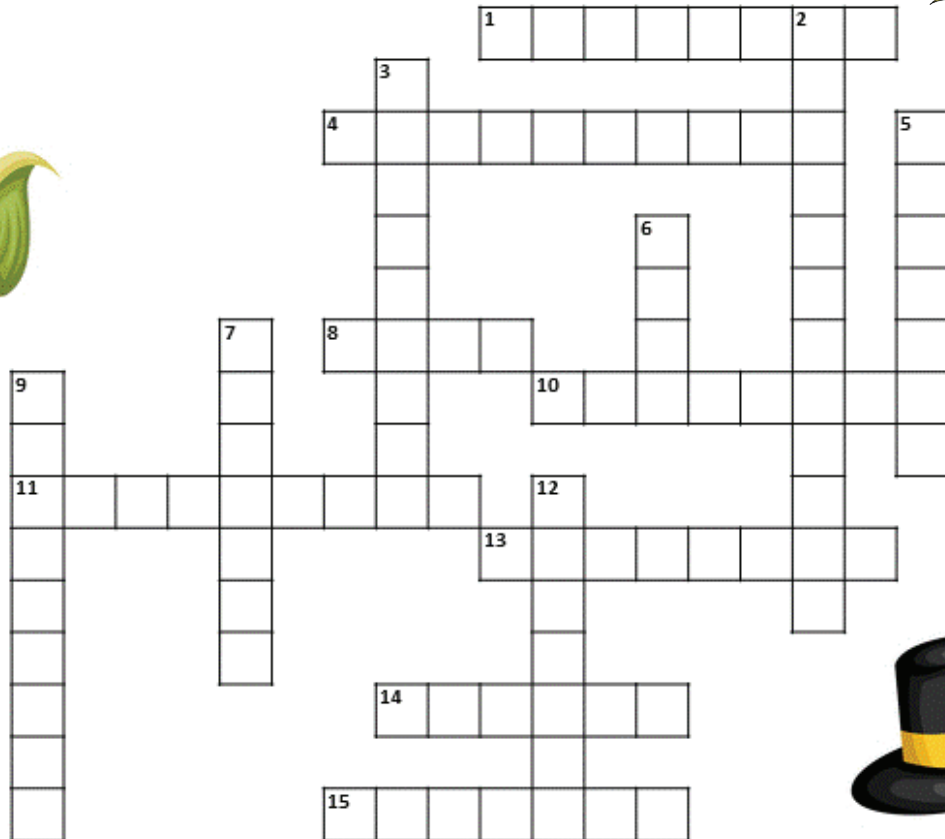
7. In words of three or more syllables, one of the first two syllables is usually accented.

Ex: ac'/ci/dent (accident), de/ter'/mine (determine).



<http://english.glendale.cc.ca.us/phonics.rules.html>

Thanksgiving Crossword



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Across

1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. Indian who taught the Pilgrims many things

Down

2. 4th Thursday of November
3. A traditional Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indian tribe that was present at the first Thanksgiving
12. Bright orange squash used to make pie





Veteran's Day

word search



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



- | | | | |
|--------------|----------------|-----------|-------------|
| camouflage | chaplain | stationed | barracks |
| deployment | service | rank | soldier |
| military | basic training | marines | coast guard |
| airman | air force | admiral | commander |
| ensign | petty officer | seaman | navy |
| general | colonel | major | captain |
| lieutenant | sergeant | corporal | private |
| army | officer | enlisted | branch |
| armed forces | veteran | | |



An Ode to my Perfume

*Perfume, the King of my spirits
 The god of good smell
 A treasure hidden in the caves
 Makes me feel happy
 The scents are like sirens
 They seduce all and sundry
 Everywhere I pass
 They drink the weird love
 Captivated by the romantic smell
 He asks to smell you
 He finds bouquet in you
 Which gets him attracted
 My perfume my love
 Makes me breathe with hope
 In a transparent bottle
 You make my heart blossom.*

By Anonymous
ESL 350 /Spring 2019

Rigoberto's Riddles

If I drink, I die. If I eat, I am fine.
 What am I?



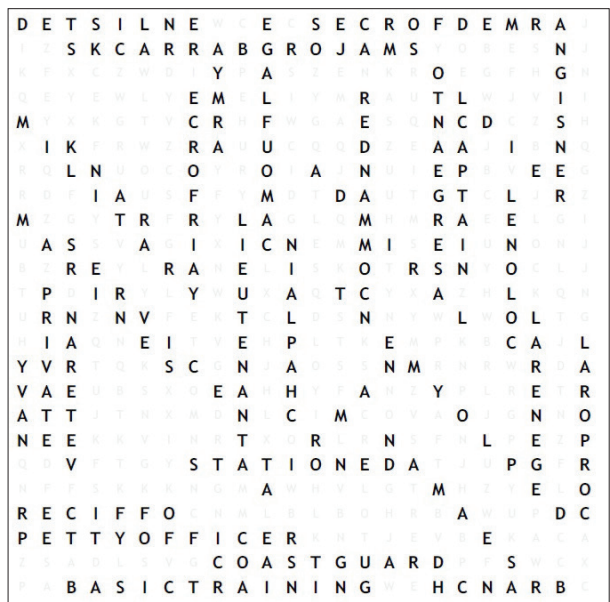
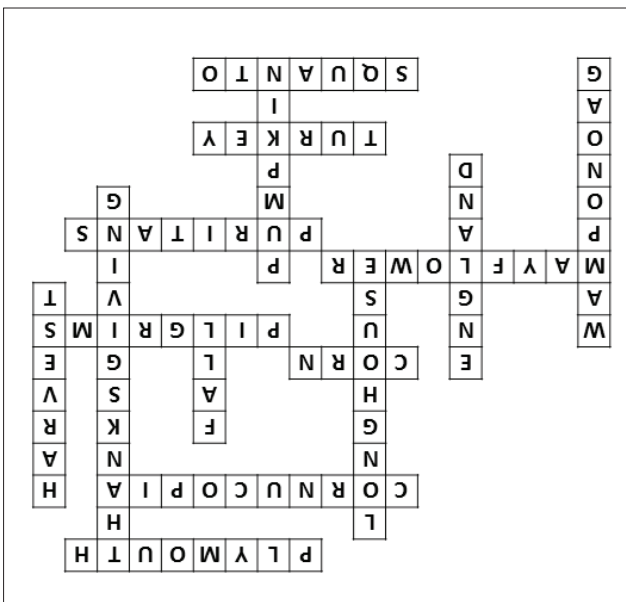
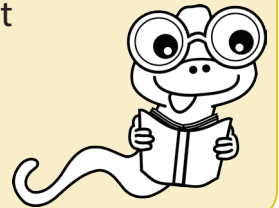
Fire.

Silly Vasily's Chuckle Chamber



A father was trying to teach his young son the evils of alcohol. He put one worm in a glass of water and another worm in a glass of whiskey. The worm in the water lived, while the one in the whiskey curled up and died. "All right, son," asked the father, "what does that show you?"

"Well, Dad, it shows that if you drink alcohol, you will not have worms."



Interview with Prof.

Continued from page 1

2004. I got my master's degree in chemistry. And then I stayed there and taught until about 2009 when I came back to AR and started teaching part time here. So, I was teaching at both AR and Sac State.

The Parrot: Oh, so you are here part time?

Professor Payne: I was part time in 2009. I'm full time now. I got a full time job at Sac City and then I transferred over here for a full time position. I've been here full time since 2014.

The Parrot: Wow, great. Yeah. So how did you decide to be a chemistry professor?

Professor Payne: I had a chemistry teacher in high school. The year I had her was not a good year for her. She was only there half the time. She had some medical issues. It was a very bad semester and I felt I could probably do better. So that's why I decided to be a chemistry teacher and ever since I started working toward it.

The Parrot: How was your chemistry teacher?

Professor Payne: From everything I've heard, she was a very good teacher. It's just that particular year, she had a lot of health issues.

The Parrot: Yeah, that happens. So, why do you always say chemistry is hard?

Professor Payne: I just know my students struggle with it. For me I've been lucky. It came to me pretty easily. Things like English and history were terrible for me. I still can't spell. It's a struggle for me. English is a very difficult language, but math and science came to me very easily. One of the things that I think is important is that I do recognize my students struggle because sometimes we as teachers just expect students to get it because it is easy for us. It is easy to think "I know what I'm doing, so why don't you" and I think it's important to remember that students struggle with this stuff.

The Parrot: Okay, so what is the best part of being a

chemistry teacher and what is the hardest part?
Professor Payne: Well, I love interacting with my students. I think that's absolutely hands down the best part of teaching. I get to inspire students to do things. So that is my favorite part, but the biggest struggle for me is getting students to recognize that they have to put in effort to learn this stuff. It's not just sit there and listen to me say it and then say it again and take the test. They have to really work hard for it. That's the part that gets frustrating. It's trying to pull my students into this subject.

The Parrot: I know that some experiments are dangerous because of the chemical reactions. Have you ever had an accident in a chemistry lab?

Professor Payne: Not here at American River College, but at Sac State I had several. I had one student pour concentrated nitric acid and concentrated sulfuric acid on themselves and they burned. I had one student blow up their entire chemistry lab set up; they literally blew up \$500 worth of glassware. Thankfully no one was injured but they certainly could have been. I had people set things on fire but thankfully nothing major. Knock on wood. I had some interesting things happen in my teaching career.

The Parrot: Wow. What about when you were a student during your studies?

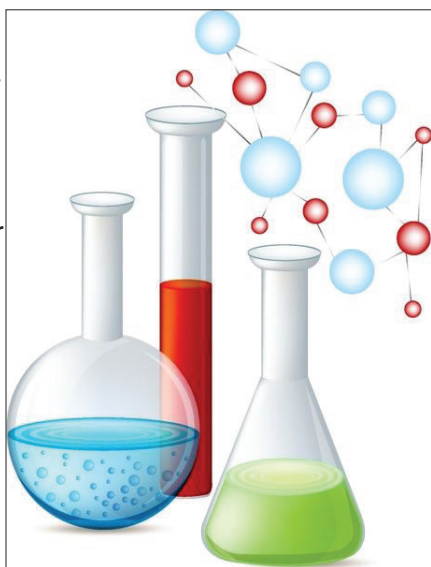
Professor Payne: Oh. I almost caused an evacuation. There is a hole at Sac State because I released a poisonous gas by accident. I don't understand why it was all my fault. They released a gas that was used as a chemical weapon and they were at one end of the building and they had to force a five-story evacuation. So, yes, stuff like that happens.

The Parrot: I'm wondering why you only like teaching Chem 400. Don't you want to teach a higher level?

Professor Payne: It's not that I don't want to although I'm not a big fan of teaching Chem 401.

The Parrot: What about 420?

Professor Payne: I've actually taught organic chemistry before and there is talk of me doing it again,



but not for probably four or five years down the road. You kind of have a specialty and you stick with that specialty, so the o-chemists tend to teach organic chemistry: 420, 421, and 423. Between Sac State, Cosumnes River, Sac City and American River, I've taught nineteen different classes in my career so I like teaching a lot of different things but there is not an opportunity for that. The o-chem people know a lot, and they are so good at it.

The Parrot: Yeah, I know. Okay. So, looking back, are there any changes you would have made in your education choices?

Professor Payne: In my educational choices? I would have been a better student. But I wouldn't have changed the classes I took or where I went. I wouldn't have changed my path, but I would've been a better student. I was a terrible student. I'm sure I told your class my story of failing Chem 400. I feel like failing Chem 400 the first time I took it here actually helps me identify with some of my students. I think it helps that I know what it's like not to do well in class. I think sometimes that's good. So, I'm not sure I would change that part of it. But moving forward from there I might, maybe by taking my studies more seriously.

The Parrot: So, after that, did you get an A?

Professor Payne: No. So, the first time I took Chem 400 here I got an F (thirty three percent). The second time I got a C. I was not a good student. In Chem 401, I got an A. Then I kind of went back down and back up again. I graduated with my master's degree and a 4.0, so eventually I figured it out, but I didn't improve right away.

The Parrot: That's great.

Professor Payne: You guys are all better students than I was.

The Parrot: Okay. So, do you have a chemistry lab at home?

Professor Payne: Not with any dangerous chemicals, but I could make the argument that any kitchen is a chemistry lab. I don't have any chemicals, but you know acetic acid is vinegar. I have some glassware, but not the sort we have in the chemistry lab.

The Parrot: Okay. So, what do you do for fun?

Professor Payne: Lots of things. I work for my brother. He owns a sound company and I do live

sound engineering, so I go and do recording and sound for concerts and stuff. I love doing that. It's a lot of fun. Also, I used to work for the Sacramento Ballet, but I was not a dancer. I love backpacking. I have a picture on my computer desk that I took right out of my tent last summer. I love hiking. So there're things I love to do. I just don't have a lot of time to do them.

The Parrot: Do you read?

Professor Payne: I love reading for at least 10 minutes every night before I go to sleep. Sometimes longer if it's a really good book.

The Parrot: Do you still sleep between three to four hours?

Professor Payne: I'm getting closer to five hours now.

The Parrot: What about when you were a student?

Professor Payne: Oh, when I was a student my problem was I slept all the time. That's why I didn't go to classes.

The Parrot: So, how long did it take you to graduate from school?

Professor Payne: Forever. So, I started here in 1994 and I left here in Fall 1997. Then it took from Spring of 1998 until 2004 to get my undergraduate degrees. But I have two of those and then it was another three years to get my master's degree. So, I was in school continuously from 1994 to 2008.

The Parrot: I thought you got your degree in four years.

Professor Payne: That's probably true if you ask ninety nine percent of the professors here. They were top of their class, they finished everything super-fast and they got all the way through. I'm the exact opposite of all of that.

The Parrot: Why? I mean you are a native speaker and you like to read!

Professor Payne: It wasn't ability. I worked very hard once I saw that when I worked very hard, I got good grades. I just didn't put in the effort. It wasn't that I couldn't do it and it wasn't a language barrier like would be true for a lot of students. It was just that I was a terrible student. I worked 40 plus hours a week. That wasn't an excuse either because then I went home and slept. Basically, I was a bad student. I didn't put in the effort. I tell my students not to do

things that I did. Don't procrastinate. Study. Do your homework. I didn't do any of that. It's almost embarrassing because I had no excuse for being a bad student.

The Parrot: What is the strategy to pass chemistry classes?

Professor Payne: The number one thing I would say is do twice as many practice problems as you think you need.

The Parrot: What if the class is based on writing explanations about why reactions happen instead of calculation?

Professor Payne: Students need to understand conceptual stuff. Read different textbooks because no one textbook is good at everything. So, you'd want to read the same section out of two or more

textbooks if possible. Balance ideas of fellow students. Get a small group of people to work together. Each one of you will have different pieces of the puzzle. Share that information. Working in a study group, students can discuss ideas, and then you will all learn it better.

The Parrot: Good advice. Thank you so much. I really enjoyed doing this interview.



Interviewer: Alaa Shatat

Nanny Noetal

***Nanny Background:** 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!*

Hey, Nanny,

I strongly need your help and it is a serious issue. I am from an Arabic country. It is my first semester at ARC. I didn't take ESL classes because I felt I am good enough in English. Now I am taking ENGR 300. In this class, I have to do in-class-essays. I have to write one thousand words. However, I asked my friend who took this class before for help. He told me about a website that I can pay to get my essay done, and that is what I did. So, my problem is this message that I received from my English professor. "Your in-class essay was judged 75 percent plagiarized by #####. You will receive a zero on the assignment and will need to meet with the dean of English. I am attaching a copy



of the prompt and the original report. I didn't know that plagiarism is so serious. No one told me about it. So, what should I do?

Adam S

My dear Adam,

I emailed my grandma, Granny Noetal and here is what she said, "It's serious. Plagiarism always is. Your friend should probably think more about if he really wishes to be a student or not, and if

he really wishes to learn. What you really should do is speak to the dean and be honest with him. Tell him that you didn't know how serious plagiarism was and you were not aware of the consequences. Good luck and don't do that again because it will destroy your future career."

Nanny Noetal

A Brief History of Veterans Day

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.



In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress -- at the urging of the veterans service organizations -- amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

In 1968, the Uniforms Holiday Bill ensured three-day weekends for federal employees by celebrat-



ing four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans



Day, and Columbus Day. Under this bill, Veterans Day was moved to the fourth Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.



Finally on September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on Nov. 11.

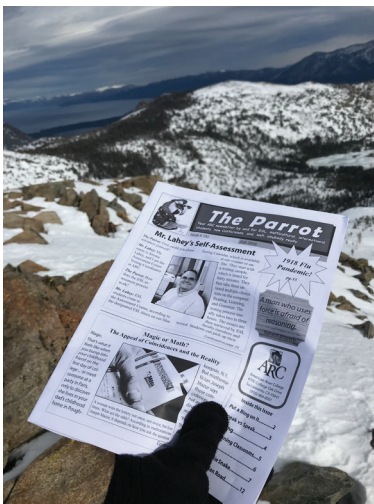
Mount Rose 10,785 ft (3,287 m)

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 highest peak near Lake Tahoe, Mount Rose.



This hike was essential in completing my goal to summit all of the peaks in the Tahoe Basin. Despite being one of the highest, the hike wasn't very difficult. I enjoyed the stream crossings, the aspens changing colors, and the meadow views, but the last part



of the hike above the tree line was brutally windy. I started at the Tahoe rim trail and hiked up to the summit. This took me 5-6 hours to complete and I was hiking straight up hill. Once you get to the top, it's freezing.

I climbed on October 12, 2018,

and it was chilly and windy but sunny. The first few miles were pretty easy but then the grade increases



and that why it's rated moderate. There are great views along the way and at the top. There was snow along the trail 1.5 miles in but not really on the trail itself until the last mile.

From the top, the views are amazing. I highly recommend starting early. I started at 11 am and got back around 5-5:30 pm. I did stop and take a lot of pictures and also sat at the top for about 20 minutes.

It's a great hike with views of several lakes, including Lake Tahoe. You will get a great view of Lake Tahoe early along the hike. It was so much cooler at the top. Hiking poles really helped. See you on the trail! Have fun and be safe!

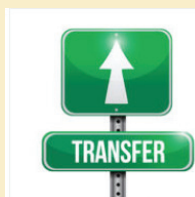


Out of the Cage

CSU Fall 2020 Transfer Workshop Wed, Nov 20, 2019 12:00 pm - 1:00 pm

CSU Fall 2020 Admissions & Applications workshop. Receive direct application assistance from a CSU/Sac State Representative. CSU filing period is from 10/1/19 - 11/30/19.

Location: Student Center Community Room 1



Beaver Food Pantry Distribution Wed, Nov 20 & Dec 4, 2019 12:00 pm - 3:00 pm

This service is open to all ARC students, faculty, and staff. The Beaver Food Pantry was started in late Fall 2017 in collaboration with the Sacramento Food Bank and Family Services.

Distribution is on a first come, first served basis while supplies last.

First time users must fill out a one-time Intake Form before accessing services.

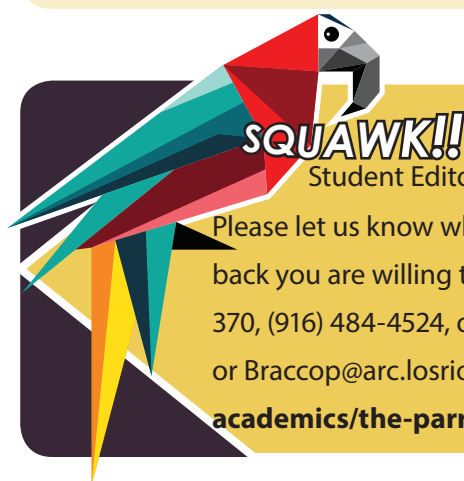
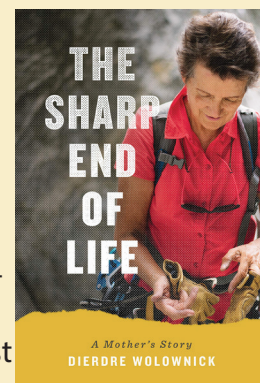
Location: In front of the Gym Ticket Window

The Sharp End of Life, with author Dierdre Wolownick Thurs, Dec 5, 2019 12:15 pm - 1:15 pm

Wife. Mother. Professor. Marathoner. Musician. Survivor. All aptly describe Dierdre Wolownick. As does "climber." But unlike her son, famed free-soloist Alex Honnold, who began his climbing career at age 19 and made a ropeless ascent of Yosemite's iconic El Capitan at 31, Dierdre began climbing at the age of 58. A native of New York City, Dierdre Wolownick has lived and worked in many parts of the world. Since 1971, she's taught five foreign languages in schools on three continents, including American River College. She is a cast member in the 2019 Academy Award-winning documentary "Free Solo."

In her latest book, *The Sharp End of Life*, Dierdre places her climbing within the context of the rest of her life, laying bare a sometimes vulnerable and isolated journey. Her experiences gave Dierdre the tenacity to follow her passions which led her, ultimately, to become the oldest woman to climb "El Cap."

Location: Raef Hall 160



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; Professor Bracco: Davies 337, (916) 484-8988, or Braccop@arc.losrios.edu. To see The Parrot in color go to <https://www.arc.losrios.edu/academics/the-parrot-newsletter>.