



The Parrot

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

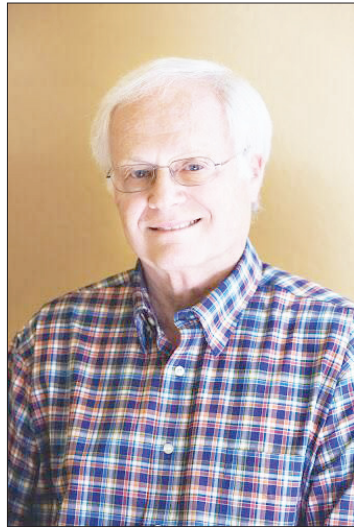
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Race and Gender with Prof. Miller

The Parrot: You've been at ARC for a while, right? Please tell me how you got here?

Professor Miller: Yes, this is my 10th year at ARC. I used to teach when I graduated, and when I got out of the military. My first teaching job was in high school in Michigan. I also taught some community college courses in Michigan. I did that for 17 years. I started writing on the side,



and I began to sell some things that I wrote. The first thing I got published was in 1972. Ten years later, I continued writing on the side while teaching. In 1982, I was offered a full time job writing opinions for a newspaper in Detroit. I was there for two-and-a-half years. Then, I was recruited to come to San Diego, where I worked for twenty years as an opinion writer. When I was away from teaching, I missed it. So, I used to go out and talk to classes, just talk. They

Continued on page 21

Unique Baby Names!

pg.13

"If you stop at general math, you're only going to make general math money."

Snoop Dogg



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Inside this Issue

- Work = Success.....2**
- Start at Adult School.....3**
- A Real Dream.....4**
- Afghani Women.....5**
- Balcony Bliss.....6**
- Lottery Love.....7**
- Cheating Meets Demand..8**
- Roman Concrete.....14**

Mailman in Italy stashed half-ton of mail in his garage, postal police say

Italians fed up with the country's lousy postal service may now have found a culprit: Police say they discovered more than a half-ton of undelivered mail in a rogue postman's garage.

The postal police said the 573-kilogram (1260-pound)

stash in the Vicenza home of the 56-year-old postman was the biggest seizure of mail ever undertaken in Italy.

The missing mail had been collecting for the past eight years and included utility



Continued on page 12



Student Chirpings

Hard Work is the Definition of Success

There are a lot of people who become successful because of their talents and natural abilities. These people are scientists, physics, chemists, writers, the big minds of our world. They help our society to develop itself and to grow. However, they achieve it not only because they are born with a talent inside, but because they put in a lot of hard work to be successful. There are three reasons why hard work plays a more important role in success than talent: stability, growth, and absence of fear.

The first reason why hard work plays a more important role in success than talent is stability. Talented people sometimes have a crisis in their talents. They always need an inspiration to do their job or other activities. When they feel a lack of inspiration, they can't start doing what they need to do because "it's not time yet", or "I'm waiting for my muse to come". However, hardworking people never wait until the moment "X" comes. They do everything they need to do based on their schedule, and never wait until the last moment.

The second reason is growth. It's so important for every person to grow in a certain sphere: in playing a musical instrument, in business, in a deep studying of certain subjects in school, etc. Hardworking people have a big advantage over talented people because in the main they develop not only a specific domain that they were born with, but they develop themselves in every sector of their interests. Basically, they are more competitive in different spheres than talented people. Talented

people mostly grow only in a specific area/talent that was given them from above.

Opponents may say that talented people will spend just a little time to finish doing a specific type of work while hardworking people will spend hours and hours working on it. However, it is a big advantage for diligent people because every time they face difficulties in their lives, they don't give up. They are not afraid to deal with troubles. In

the achievement of results, everything depends on the perseverance and purpose of the person. Because of such qualities, even the most ordinary specialist who works in a big company, for example, can "move mountains" and can bring in a lot of revenue. Such people overtake someone who is gifted from birth, but lazy, unassuming, unmotivated, and one who surrenders before difficulties. Somebody once said that the key to success is not the absence of falling, but the ability to rise every time you fall and move on.



In conclusion, stability, growth, and absence of fear are three reasons why hardworking people succeed in life more than talented people. Hardworking people don't need an inspiration in their deeds; they do everything on time. People who work hard grow in every sphere of their life. Finally, hardworking people have no fear because they go through the mill during their lives to achieve what they need.

Viktorii Biliak
ESLW310
Argumentative essay

Adult Schools and Immigrants

A lot of immigrants come to the U.S. every day. Most immigrants do not speak English very well. They do not speak well or understand people when they talk to them. It is very hard to live in a country if you do not speak or understand the language. They should find a way to learn English. Immigrants should study ESL at adult school when they first arrive in the U.S.A. for three reasons.

First, immigrants need practical English. They will need English in all details of their lives. They will learn the most common phrases that American people use in their lives. That will help them to communicate with people and deal with them. They will need English a lot especially when they go shopping, go to the doctor, meet their children's teachers, or even when they need to ask somebody about something.

Learning English will also help newcomers to answer calls and understand people on the phone. In short, learning practical English is a very important reason to study ESL at an adult school.

Second, immigrants can quickly get a job. Most adult schools find jobs for their students. Finding a job is hard for immigrants alone because they do not know yet how to find and get a job. Also, finding a job is a very important thing for immigrants to get a salary, pay their rent and bills, and buy a car, furniture, or anything else they need to buy. Also, finding a job can help them to open a bank account, build their credit history, and get a

loan from the bank in the future. In short, finding a job quickly is an important reason to study ESL at adult school.

Third, immigrants can learn about American citizenship at an adult school. Everybody who wants to get American citizenship has to speak English very well. They will have a test on that, and they should understand and answer a lot of questions about American history and life in America. Getting American citizenship will help them to stabilize in the U.S. and get a better future for themselves and their children.

In brief, getting citizenship is a very important reason for immigrants to study at an adult school.

In conclusion, learning practical English, getting a job, and getting American citizenship are very important reasons for immigrants to study English at an adult school. Also, immigrants can meet each other in adult schools and be friends, so they can help each other

and learn more about life in America from each other.



*Huda Mahmood
ESLW 40
Expository essay*



A Dream Came True

Have you ever had an experience that one of your dreams comes true? Every person has her own dreams in her life. Some of them become true but most of them stay as a dream. We can just think about them. I have a lot of dreams in my mind when I am sleeping. They come and visit me and show a colorful world, my sleepy world. When I was fifteen years old, I wanted to go to foreign countries and feel relaxed without any fear. Traveling to other countries from Afghanistan was impossible. I'll never forget one of my most important dreams, which was to move to the USA.

In 2013, my father decided to go to Pakistan to request the UNHCR (The UN Refugee Agency) office to send us to any foreign country. The UNHCR Office helps those people who have urgent problems and who are not safe to move to countries such as the USA, Canada, Australia, etc. We moved to Pakistan and we started a very hard and difficult life. We didn't have enough money and we had to work very hard. We stayed in Pakistan until our documents were approved by the UNHCR Office. We wanted to go to a country that protected us from war, threats, fighting, firing, and discrimination.

It was a new life with new people with a new language in Pakistan. We searched for jobs. I found a job as a teacher in an Afghani School and my father sold "Bolani" (a kind of Afghani food) from a small cart. We had to stay in that situation. There was no other chance. The people were very different, and the weather was very hot, and very harmful. Every day we waited for an answer

that we were accepted or rejected. Everyone in the family waited for the ring of the cellphone, but nobody called. We waited for three years. Every minute passed like an hour, an hour passed like a day, and a day was like a year.

One day in August 2015, I was cooking. Suddenly, the phone rang. I hoped that maybe this was from the office. My father answered yes, it was from the office. A man was speaking. He said, "Your application was accepted by the USA. We are working on your papers. Your process may take a few months. Be prepared and we will call you back." That day was very good. All of us were very happy. We were planning what to do when we arrived there, from where we should start, these kinds of questions. We were excited. In July 2016, when we arrived at Chicago International Airport, I found everything different. Now I am breathing fresh air without any pathogens and receiving no threats. I have learned new things, new ideas, new laws, and new abilities.



In summary, most dreams can become true if you try to realize them, and solve the problems that are in your way. You should try to be patient, careful, and kind and not forget your family that helped you at every moment. Traveling to the United States of America was a dream for my family and me, which changed to reality now. This is one of the memorable stories in my life.

Halima Hussani
ESLW 50
Narrative essay

Afghan Women's Value

Women are a huge part of a country. Women are energy for men and men are energy for women in a society. A woman is a wife, a mother, a sister, and a friend. In fact, women's and men's value is equal. There is not any difference between men and women. Women are the symbol of love, kindness, friendship, constancy, and calm. There is an expression in Afghanistan about women. "Women shake the cradle with one hand and they can shake the world with another hand at the same time." Unfortunately, women are like slaves in some countries. I don't know why. There might be a lot of reasons. Afghanistan is one of those countries. When I was in Afghanistan, I didn't want to be a woman. Being a woman in my country is a big problem. There are several drawbacks to being a woman in Afghanistan.

The first disadvantage of being a woman in my country is that men look at women as slaves. Men hurt women and hit them. If a woman does something wrong, the husband, father, or brother hits her immediately. For example, if a woman cooks some food, but it is not delicious or she makes any suggestion without her elder's permission, the man hits her. Another example is that women can't talk with men who are unknown outside of the home. Women have to endure that situation because there is no solution. People in my country aren't educated and often illiterate. They can't recognize who women are or how men should behave with women.

The second drawback of being a woman in my country is that women are limited by some wrong traditions. We know that traditions are the frame of a country or a society, but some rules of culture are not fit for Afghani women. For example, most women aren't allowed to go to the gym and exercise. They can't have membership on any team in martial arts. The parents and some husbands say that sports are against the laws. If a woman goes to

a gym, it is a bad action. Another example is a woman can't go somewhere without her mother, brother, father, or some close relatives. A third example is that a woman can't request a divorce from her spouse. If a wife and husband have some problems in their life, the wife can't request a divorce until her husband agrees.

The third disadvantage of being a woman in my country is that women can't have higher education. They can't study beyond high school. They can't be a doctor or professor. Generally, they can't be educated in our country. People say, "Women should stay home and their jobs are housekeeping, cooking, and producing and raising children. I saw some women who struggled with this situation and they have higher education right now. For example, I remember that time when my family didn't let me continue my higher education, but I struggled with that situation and now I am studying. Another example is one of my best friends, who left school because her family didn't let her



continue her education. She had to wed her cousin. Nowadays, most women in my country can find their way, but I know some women in my country just stay silent and they prefer to be illiterate.

In conclusion, being a woman in my country is a big challenge. The disadvantages of being a woman are first, men view women as slaves, second, women are limited by some misguided traditions, and third, women can't receive higher education. Now, I am in the United States of America. I have everything as a woman. I can have my own values without any resistance. I know the real meaning of being a woman now. Women are the best!

Halima Hussani
ESLW 50
Expository essay



My Place to Relax

People often need a place where they can feel tranquility, safety, privacy, and harmony. I need it for sure. I need a discreet place where I can get inspired, where I can be in peace and quiet. I am lucky. I have a wonderful place that makes me really happy, that gives me inspiration: my small balcony.

Two years ago, when we were looking to rent an apartment, I saw my balcony for the first time. It was pretty small but it had something that I couldn't explain: something magical, attractive, and comfortable for myself. It was a compact and a clean place, nothing extraordinary. Of course, we chose that apartment. I always trust my intuition. I knew that it would be my favorite place. We only bought a coffee table and two soft armchairs, perfectly designed to make me feel comfortable and relaxed.

I adore the morning time. It is the beginning of my day and of the next step in my life. It is important for me to start my day in tranquility, peace, and inspiration. Every day I wake up early, when my family members are sleeping. I need to be alone, away from everybody. I prepare a cup of coffee and breathe its aroma on my balcony. I sit down in my lovely armchair and admire the fascinating beginning of the day. My day begins with seeing the sunrise. The sun which is shining through our pine-tree. I breathe the pleasant smell of this tree, which brings me a lot of energy for the entire day. I can admire from my balcony the sounds of birds singing different melodic songs. I can admire the clean blue sky, which is like

a sea. I plan all my day there, all my chores that I have to do. I get inspiration for a good day on my balcony, and hope for a positive, peaceful day and good results.

After a busy, full-of-events day, I come home. Usually, I am very tired but I still have lots of things to do in my house. I need to recharge my batteries and escape for relaxation. Fortunately, I have a place where I can be alone for a few minutes. I go to my balcony! I sit down in my armchair again and I feel extremely happy. It is dark outside. The

sun is already setting. The sky has a peaceful color. The luminous stars are glittering. All my worries calm down. I recharge myself again.

I am a sentimental person. It is very important for me to sometimes be alone with my thoughts. I am very happy that I found such a fascinating place. This is my balcony—a place of peace, creation, and escape.



Alina Baci
ESLW 50
Descriptive essay

One of the Most Important Days in my Life

I really like the phrase "Always remember that your present situation is not your final destination. The best is yet to come." One day something happened that radically changed my life. That day didn't start as a normal day of my life. It was the 5th of May, 2014. It was a feeling that something would happen and so it happened. I will never forget that day.

On the morning of that day, we had just come back home from a trip to Europe. My family and I were at home. We had forgotten that we had applied for participation in the DV-lottery. Participation in this lottery gave us an opportunity to get a green card for the US. Suddenly, we realized that it was time to check the results. It was the day when we found out about the results of the DV-lottery. No! Unbelievable! I became a winner of this lottery. It meant that my husband and I could go to the US. However, our son couldn't go with us because he was over 21 years old. I thought it was so bad. Our family is so close. On the other hand, we wanted to go to the US. We like to travel. We had visited many different countries in the world. It would be very interesting to see the USA.

In the afternoon, I tried to do my daily activities. I cooked dinner. I did the laundry. But my thoughts were about the future developments of our lives. I had to leave my favorite job. I really loved my work. I worked at a museum. I was a paper conservator. Conservators are like doctors, only their patients are cultural properties. How could I leave it? I also have many relatives and friends in my hometown. I loved to meet them and

chat with them. They were like my family. What would we do? What about my family? We had a lot of questions, but there were no answers to these questions. It was a stressful situation for me.

At night, I was watching TV when I remembered the words, "Everything comes to you at the right moment." I calmed down and decided to think about it later. After that we went for a walk along the embankment of the Volga River. I think everything that happens in our life has to happen. I believe that if given the chance to try something new, it is necessary to do it. So we decided to move to the US.

Now we are excited to be starting a new life in a new country. It is very interesting to learn a new language. It is very important to meet new friends. I'm very happy to do something that I had never done before. It helps me to be active, to know more about myself. Living in another country is like a new, different life.



Natalia Sivoronova

ESLW 50

Narrative essay



Cheating Meets Demand

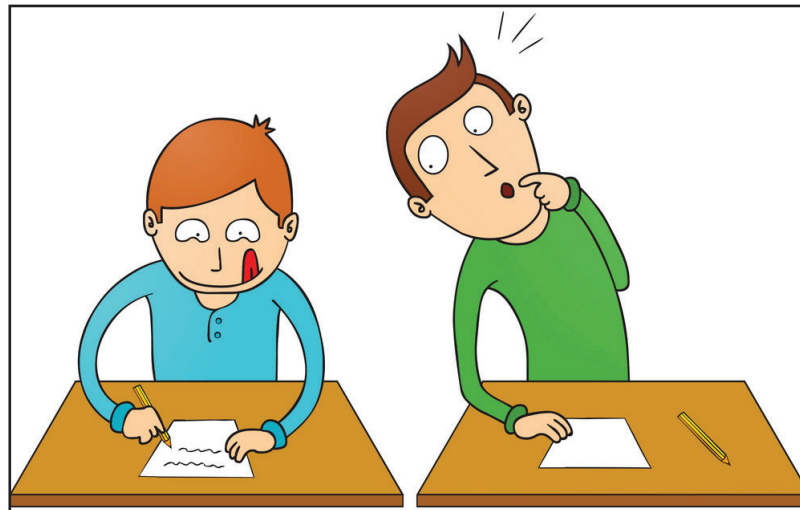
Have you ever wondered about the problem of academic cheating? In the article, "The Demand for High Grades Motivates Students to Cheat," Eric M. Anderman, a professor of educational psychology at The Ohio State University, writes about the growing problem of academic cheating among students. Moreover, the author expresses his viewpoints on the solution to this problem based on his developments over the last years of research in this field with his fellow sociologists. He also emphasizes that the influence of parents and correct approaches of teachers can change this situation to reduce cheating on exams. I agree with the author's ideas that certain demands of education increase cheating on exams.

One of the author's arguments against cheating is the importance of determining clearly that cheating is a harmful crime. Maybe not all people understand the cost of this kind of crime. In this article, it is written that nowadays

between three quarters and almost all college students cheated in high school (Anderman). This kind of statistic shows us more than enough to understand that cheating is a huge problem. The author worries that this terrible crime takes over almost 100% of college students. People might react with smiles if someone cheats, but this should be totally changed as soon as possible. As I see it, cheating is not a joke, but a destruction of learning. I think that if we recognize cheating as a dangerous crime and combat it, we can get good learners.

In most cases, "extrinsic" goals push students to cheat, and this is another argument of the author that I support. Professor Anderman refers to research that "students who experience classrooms in which extrinsic goals are common are more likely

to cheat." Why do they cheat? Some students are pressured by their parents' focus on the good performance of their children on exams, and students who want to avoid punishment might try to cheat on a test. This serious tendency was discovered by Professor Anderman and his colleagues during their study over the last years in the field of sociology. In addition, Anderman shows, "Research ... also indicates that teachers and parents can influence those goals, and thus potentially deter cheating." I would say that the author is very attentive to the aspirations of our children and carefully finds that certain demands of education can provide certain



conditions for cheating on exams. This picture should certainly be changed; otherwise, we will get a lot of cheaters. Setting "mastering goals" is a good concept that can prevent cheating (Anderman). I would emphasize that it is the best advice

of the author and an argument against cheating. The author says, "Some students are motivated by their desire to learn" (Anderman). As to our common belief, he explains that it would be better for students to know the study material and master it instead of collecting good grades and knowing nothing even about their goals. In the article, Anderman concludes, "When students have to demonstrate mastery of material, cheating doesn't serve much of a purpose – if you truly have to show the teacher that you understand and can apply the information that you learned, then cheating won't buy you any shortcuts." Moreover, the author gives some suggestions for teachers on how to improve students mastering goals. That is true and should be accepted sooner. To support the author's

idea, I can point to an example from my HCD 310 classroom study where my teacher, Joe Rust, used comparable techniques for us to master our assignments. He provided three attempts to get the highest score on the test. In different attempts, the test questions were the same, but the answers were in different positions. After a frustration of three times taking the test, I finally mastered it and got 100%. I was very impressed by this kind of learning technique, and this is why I understand that the author's advice can help more attentive learners.

In sum, the importance of labeling cheating as a crime, refuting "extrinsic goals," and setting "mastering goals" might reduce the possibility of

academic cheating. Anderman provides good ideas and advice to improve our learning. We should believe that if people pay attention to his concepts and avoid the problematic demands for education, then we will probably have an excellent system of education for future generations.

Andrey Kozlov
ESLW 340
Research paper

Dog Day Danger

Have you had such a day when life was very dangerous? March 2012 was a very dangerous time. I was in Kabul, Afghanistan. Kabul is the capital of Afghanistan. It was 8:00 am in the Kabul Paghman. Paghman is a suburb. That's where I am from. Our own home was in Chahar Qala ai Chaharde. Chahar Qala ai Chaharde is a suburb. I went to visit my relatives. It was morning. My aunt sent my cousin and me to the neighbor's house to buy some eggs for breakfast. That was the most dangerous day of my life.

When we arrived at the neighbor's house, I knocked on their door and a woman opened the door for us. My cousin told her that we needed to buy some eggs. She said OK. Once we entered the house, we saw a big black scary dog in their house. When the dog saw us, he started growling. The woman went to put the dog in the cage. I was so scared.

So we bought some eggs. The reason why we didn't go to the market is the market was so far. That's why we bought eggs from their house. So finally we got the eggs, and we got out of their house. The dog saw us when we left the house. I was scared of the dog and I ran. When we started running, the dog got out of the cage, and ran after us. My cousin was so



fast in running. He ran so fast the dog caught me and bit my leg. I cried so much and screamed so badly. Then the woman came from their house and took her dog to the house.

My uncle took me to the hospital because blood was coming out of my leg. Once we arrived at the hospital, immediately the nurse came and put me in a wheelchair. The doctor came and took my blood to test it. Everything was OK. He told me that there was nothing to worry about. He put a bandage around my leg.

I was in the hospital for three days. It felt like someone was putting in and taking out a needle from my leg. The woman came to the hospital to apologize about her dog and bring some juice. It was around 5 pm.

At that time my uncle was so mad. He told her to get rid of her dog because her dog became violent. He might bite someone else too. After a few minutes my dad entered the room and he told her the same thing as my uncle said. I didn't go to Paghman for a long time. Since then, I am scared of dogs. That was a day when life was very dangerous.

Ahmadullah Ibrahim
ESLW 50
Narrative essay



Obedience or Resistance?

Have you ever thought about where the law comes from? A child gets to know about a lot of rules from birth. Obviously, we have to follow two types of principles in our society: the moral rules and the government regulations. In my view, people have to respect the law of the country where they live even though they do not like authority as a person. I firmly believe if we obey the authorities, our country becomes safer and stronger and we give a good example for the next generation.

First, people should obey a person in authority since following rules makes their lives orderly. Also, the economics of the country develops better when its residents respect the law, not based on their personal relationship with the authorities, although it is often hard for them. A great example of that is the developed Western countries where the population mostly follows the rules. For instance, Poland is a part of the European Union now. Since it became a member, its citizens have changed the law and started to obey their authorities, so their incomes have grown a lot. That is why we should separate our feelings from the law.

Next, when people obey a person in authority, whether or not they personally respect her or him, they become an example for their children to do the same. I believe that a child inherits its behavior from the family first. Our young children absorb all things like a sponge when they are looking at their parents. I see this effect in developed countries where the young generation is brought

up to honor the law and other people. As a whole, children copy their parents often so that adults have to control their emotions and follow the principles.

On the other hand, some people think that we should not obey the authorities because they can abuse their power if they have a bad personality. Sometimes the authorities can behave impolitely when they do not like some individuals. I partly agree with this claim because people are not perfect at all, so they make different mistakes. However, the population may remedy those situations by using the judicial system in a country. Residents

can appeal to a court to defend their rights. We need to build a well-developed society which protects human rights. For these reasons, people should obey the authorities and control themselves as well.



To conclude, having a safe, wealthy society and being a positive example for the next generation are sufficient reasons for complying with the law and authorities. We need to respect each other to gain a mentally healthy environment that we are going to leave to posterity.



Alla Grynishyna
ESLW 310
Argumentative essay

My Pocket Handkerchief

It was winter 2006 when I fell in love with my wife, and she gave me a beautiful handkerchief and told me to always keep it in my pocket. Since that day, I have had this handkerchief very close to my heart. And I love it. I always keep it clean and I have never used it to clean my face or used it for any other reason. I didn't want to use it. It is just neat and soft. To me it's not just a piece of cotton or regular pocket handkerchief. It is the most valuable gift I have received from my wife.

It is a piece of white cotton, a hemmed square, 14 x14 inches of thin fabric that can be carried in the pocket or purse and which is intended for personal hygiene purposes such as wiping one's hand or face, or blowing one's nose.

In our country Afghanistan, most of the girls who live in small towns know how to make or sew handmade clothes such as Afghani traditional clothes, Afghani scarfs, Afghani hats, and Afghani hand-

kerchiefs. It's tradition that when girls fall in love or become engaged to someone, they always want to give handmade creations to their loved ones. They become proud of themselves when they see their handmade creations are used by their loved ones.

What I really like about this pocket handkerchief is that it's very small and something I can always have with me. It's not big and heavy. It fits almost every pocket of the pants I usually wear. Therefore, I can have it with me all the time as long as there is a pocket in my pants or coats. What I don't like about this special gift is that it's getting old because sometimes it needs to be washed. After every wash, it looks like it's getting old and this

tells me that I may no longer have it after a couple of years. However, I still want it. It means a lot to me because it took my wife a month to make it. It's handmade by my wife and has a beautiful Dari (my language) poem with the date written on it, which means "to the most loved one in the world, 10/01/2006". It also has a picture of a pigeon plus a rose sewn on it. It's very soft and neat. It still smells of the cologne my wife put on it a couple of years ago. The smell never goes away.

Back in 2007, while I was a soldier in my country and had tough missions on the frontline of the battlefield, I used to take it out of my pocket

and smell it. It reminded me of my wife, whom I love so much. By looking at that handkerchief, I could see my wife's face on it and I felt so loved. I used to keep it in my top pocket in my Afghani clothes. But now, since I don't wear my Afghani clothes all the time, I



always put it in my pants pocket or in my work desk drawer. Even my daughters now know the value of their father's handkerchief. Whenever my daughters see it, they just put it somewhere on my work desk. So, whenever I can't see it in my pocket, I know it's somewhere at home. I feel so great when I have it with me. I don't want to lose it at any cost. I really want to have it for the rest of my life because it is so valuable to me.

Abdul Baqi Jamal

ESLW 50

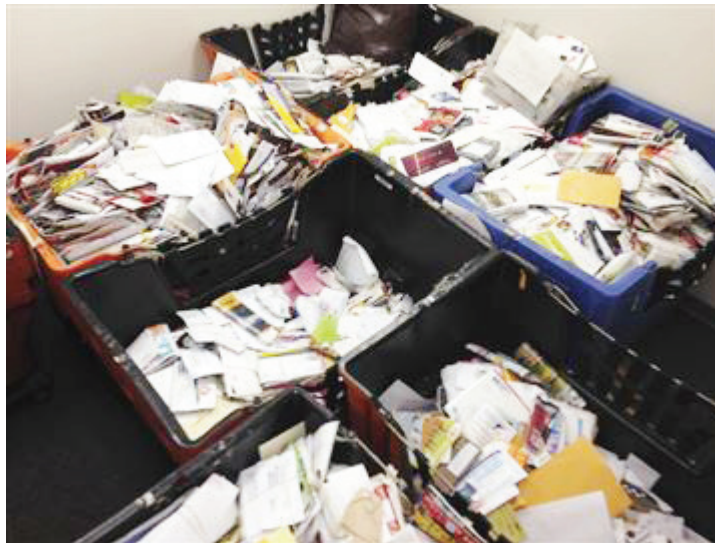
Descriptive essay



Nestscape -- Articles from the Web

bills, bank statements, old phone books and political propaganda mailings from the 2010 regional elections.

Police were tipped off when volunteers from a recycling center reported receiving 25 big yellow containers from the postal service, with mail still inside. He joins other postal workers accused of pilfering vast amounts of their customers' mail. In New York City, for instance, a mail carrier in the Flatbush section of Brooklyn was charged in 2014 with hoarding more than a decade's worth of the stuff — about 40,000 pieces of mail — in his work locker, his car and his home. Federal prosecutors later dismissed the charges against the mailman, Joseph



Brutocao, according to the New York Daily News.

In North Carolina, 53-year-old Gary Collins pleaded guilty last year to “detaining and delaying” more than 1,800 letters and parcels, according to the U.S. Attorney’s Office in the state’s Western District, while in Philadelphia, a postal worker was charged in 2015 with secreting away 22,000 parcels, NBC Philadelphia reported.

In Italy, the postal police say the mail will now be delivered to its rightful owners — a few years late.

<https://www.nbcnews.com/news/world/mailman-italy-stashed-half-ton-mail-his-garage-postal-police-n842306>

Why More People Are Choosing Unique Children’s Names

A kindergarten teacher tells her students to form a circle on the floor while she takes attendance. A stampede of 5-year-olds scrambles over, and after several minutes spent squirming and rearranging limbs, they finally manage to settle down into some semblance of a round shape. The teacher begins roll call — “Dionysus?” “Here!” says a tiny blond girl. “Basil?” “Here!” shrieks a small boy. “J— Jone ... or John?” the teacher hesitantly says. “Am I saying that right?” “Yes,” John says quietly. The other kids turn and stare at him. “John?” questions the girl named Dionysus. “What a weird name!” All the kids squeal with laughter.

It’s not just celebrities who give their kids names like Apple and Pilot Inspektor. Creative names have been popular in many African-American communities since the Black Power movement of the 1960s and ’70s, as activists called for Black people to choose names with African significance. Today, Americans of all backgrounds are increasingly picking unusual names for their children. A 2016 Goldman Sachs report found that in 1940, 20 percent of all male babies in the U.S. were given one of the top five most popular names in the country. By 2014, that number had dropped to just 4 percent. The internet, though not only baby-name websites, has been a key driver of this shift because parents

can easily find out which names are most popular. If it was James, Robert and John or Mary, Linda and Barbara in 1940, today it's Liam, Noah and William, as well as Emma, Olivia and Ava.

"Before the internet, no one realized how popular certain names were, but now the information is out there," says Cleveland Evans, professor of psychology at Bellevue University and former president of

the American Name Society. That's how we ended up with so many Jennifers and Jessicas, born in the 1980s. Today, anyone can access naming data from the Social Security

Administration and go against the trends if they so choose. And more and more people are doing just that. When cosmetics entrepreneur Lu — who requested her last name not be used — learned she was pregnant, she knew right away she would give her baby a special name. "I hated my name growing up," says Lu. "I wanted my kid to have a name with meaning." Lu and her then husband, who's Israeli, initially decided if they had a boy, they wanted to give him the Hebrew name for "my ocean," which is pronounced LEE-yahm. But Lu liked the English translation better, so the couple chose "Ocean." Today, Ocean is 12 and Lu says people constantly tell her how much they love his name.

Shermain Jeremy, a New York mommy blogger, also started thinking about names as soon as she learned she was pregnant. She wanted to give her child a unique name to make her stand out. "Your name is your banner," Jeremy says. Inspired by J-Zay and Beyoncé naming their first child Blue

Ivy, Jeremy wanted her kid to have two first names. "Rose" was her favorite; she also liked "Opal," her first daughter's birthstone. Jeremy threw in a hyphen to make sure no one would drop one name for the other. Today, Opal-Rose is 3 years old. Jeremy used the same formula for daughter No. 2, Ruby-Rain. "It's about meaning and a sense of pride and identity," says Jeremy, who has already purchased domain names for both daughters — Opal-rose.com and

Ruby-rain.com — should they want them in the future.

Jeremy isn't alone in using pop culture to choose a name. Last year, 69 people in the



U.K. named their baby Khaleesi, after the character played by Emilia Clarke on HBO's Game of Thrones, according to the Office for National Statistics. "It's a different name, but it's not too different," says Evans, pointing out that "Khaleesi" sounds a little like the more familiar names Lisa or Kayley.

So are the Johns of the world feeling left out these days? Not yet. John Soat, a graphic designer in Brooklyn, New York, is named after his uncle and says he has no qualms with his name. "No one has ever told me, 'Wow, that's a beautiful name,' but I don't ever have to correct anyone after pronouncing it," Soat says. He feels like the best names, regardless of how common they might be, tap into something unique about the individual.

The history of unique names runs deeper within African-American communities. During the civil rights and Black Power movements, African-American activists began distancing themselves



from names associated with slavery. The rise of Elijah Muhammad's Nation of Islam played into that trend too — after joining the Nation of Islam, Cassius Marcellus Clay changed his name to Muhammad Ali, in 1964. Many Black Power activists joined him. “There were concerted efforts on the part of Black people to adopt names that intentionally gave a nod to the continent,” says Nghana Lewis, associate professor of English and African diaspora studies at Tulane University in New Orleans. As part of the Black Power movement, Lewis' parents chose her first name to ensure her connection with Ghana. The tradition of unique names among African-Americans is still going strong decades later, though today it's more focused on connecting the child to family rather than to Africa, Lewis says. She recently christened a baby named Carjay — a combination of his parents' first names.

But a unique name alone isn't enough, says Elisabeth Waugaman, author of *Women, Their Names, & the Stories They Tell*. Whether it's a common name or an unusual one, having a story behind it is more important to your identity, Waugaman argues. Whether their parents came up with it or it came from family history, the women she interviewed for her book were happiest when their

names told a story. Waugaman also believes one reason unique names are more popular today is because each generation tries to separate itself from the previous one.

Over the past decade, several studies have been conducted that reveal names can affect job prospects. In 2003, the National Bureau of Economic Research found that job seekers with “White” names needed to submit 10 résumés to get one callback, while those with “Black” names needed to send 15 résumés to get one callback. A 2017 study published in *PNAS*, the journal of the National Academy of Sciences, found little has changed since then. White applicants receive 36 percent more callbacks on average than African-Americans. Education, gender and occupational group barely influenced the results.

Still, unique names continue to grow. “Kids with the top 50 names keep going down,” says Evans. And from pop culture influence to food, the methods people use to create new names is diversifying too. The name John isn't dead. But the future, as in *Game of Thrones*, may belong to Khaleesi too.

<https://www.ozy.com/fast-forward/why-more-people-are-choosing-unique-childrens-names/87613>

Seawater in the pores? It's what made Roman concrete great

The ancient Romans mastered concrete more than 2,000 years ago and used it to build piers, breakwaters and other structures. Despite the batterings of time and seawater, some of those structures still stand today.

In fact, their concrete has grown stronger over time — the result, scientists now say, of complex interactions between seawater and volcanic ash used in the mortar.

“The Romans had a very different framework for making the cementing fabric of their concrete,” says University of Utah geologist Marie Jackson, lead author of a new report on the concrete published recently in *American Mineralogist*.

She explains that for ancient concrete makers, the first

step was to mix volcanic ash with lime and water — fresh water for architectural monuments, and seawater for marine concrete. (Chunks of volcanic rock were also added to the mortar as aggregate.)

“This produced a very potent reaction, called a pozzolanic reaction, that created a really robust framework of coherence in the concrete,” Jackson says.

But in the new research, Jackson and her colleagues were interested in something that seemingly occurred later, long after the concrete was cured. In samples of Roman harbor concrete, they found the minerals phillipsite and aluminous tobermorite. They were particularly interested in the presence of tobermorite, a rare mineral with interlocking, plate-shaped crystals.

“We found that tobermorite grows through the fabric

of the concrete,” Jackson says. “This is a platy mineral that has some very important industrial ... applications, but we have a great deal of difficulty making this mineral.”

As she explains, the team discovered that the mineral cements formed over time, as the volcanic ash remaining in the concrete slowly corroded from exposure to seawater. Rather than the “bad” corrosion we typically

“They were actually using a geologic framework to develop specific properties in their concretes,” she adds. “And so what we are actually recognizing is a rock-like process that grows these zeolite and tobermorite cements.”

According to the press release, the researchers haven’t yet pinpointed the Romans’ exact recipe for marine mortar. But what they’ve uncovered about the ancient



expect in interactions between saltwater and infrastructure, this reaction resulted in a stronger structure.

“We’re looking at a system that’s contrary to everything one would not want in cement-based concrete,” Jackson said in a press release. “We’re looking at a system that thrives in open chemical exchange with seawater.”

From ancient writings, it seems that Rome’s advanced concrete was no accident — instead, it parallels nature. “Both Pliny the Elder and Seneca write about the volcanic ash deposits of the Gulf of Naples and how these deposits grow mineral cements,” Jackson says. She notes that the same ash was found in harbor concretes across the Mediterranean, indicating the Romans shipped it for use in marine structures.

concrete could already have modern applications — especially when it comes to aluminous tobermorite. The researchers think the mineral could improve the materials we use to store nuclear waste.

“It’s been considered for cementitious barriers around waste encapsulations, but nobody knows how to make aluminous tobermorite-bearing concretes,” Jackson says. “At least, they haven’t until now.”

<https://www.pri.org/stories/2017-07-25/seawater-pores-it-s-what-made-roman-concrete-great>



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!

ENCHILADAS VERDES (MEXICO)



Cilantro and Onion, chopped

For the Filling

Heat the shredded chicken in a frying pan and season with salt, pepper, cumin, and paprika to taste. Add the cream cheese and cook until completely combined with chicken. Add 1/4 cup of chicken stock. Let cook for 5 additional minutes. Remove from heat and set aside.

For the Filling:

- 1 chicken breast cooked and shredded
- 1/4 bar of cream cheese
- Salt pepper, paprika, and cumin to taste
- 1/4 cup of chicken stock

For the Salsa Verde:

- 8-10 tomatillos
- 1/4 onion
- Cilantro
- 2 cloves of garlic
- Table cream
- 1/4 cup of chicken stock
- 1 jalapeno pepper optional
- Salt and pepper to taste



For the Salsa Verde

Boil the tomatillos, garlic, onion and jalapeno for 5-7 minutes. Then blend in a blender with the cilantro, the table cream, and 1/4 cup of chicken stock. Once blended, pour into a hot frying pan with a little bit of olive oil and let cook for 3-5 minutes. Add salt and pepper to taste.

For the Enchiladas

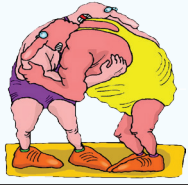
Heat the tortillas either in the microwave or on the stove top. Coat each tortilla in the salsa verde. Fill each tortilla with the chicken filling and roll. Place the rolled tortillas in a baking dish and cover with the remaining salsa verde, and the mozzarella cheese. Bake at 400 degrees Fahrenheit for 15-20 minutes, or until the cheese is melted. Top with cilantro and onion if desired.

For the Enchiladas:

- Corn Tortillas, the amount desired
- Grated Mozzarella Cheese

<https://www.mylatinatable.com/homemade-enchiladas-verdes/>

Parrot Warbling



Grappling with Grammar

Relative clauses

Relative clauses are non-essential parts of a sentence. They may add meaning, but if they are removed, the sentence will still function grammatically.

Defining clauses: A defining or identifying clause tells us which specific person or thing we are talking about in a larger group of people or things. If a defining relative clause is removed, the meaning of the sentence changes significantly. A defining relative clause is not separated from the rest of the sentence by commas or parentheses.

Examples:

The woman **who visited me in the hospital** was very kind.

The umbrella **that I bought last week** is already broken.

The man **who stole my backpack** has been arrested.

The weather **that we had this summer** was beautiful.

Non-defining clauses: A non-defining or non-essential clause gives us more information about the person or thing we are talking about. If a non-defining relative clause is removed from a sentence, we lose some detail, but the overall meaning of the sentence remains the same. Non-defining relative clauses are always set off from the rest of the sentence with commas or parentheses.

Examples:

The farmer, **whose name was Fred**, sold us 10 pounds of potatoes.

Elephants, **which are the largest land mammals**, live in herds of 10 or more adults.

The author, **who graduated from the same university I did**, gave a wonderful presentation.

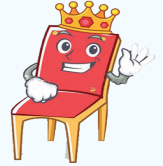
My mother, **who is 86**, lives in Paris.

<https://www.ef.com/wwen/english-resources/english-grammar/relative-clauses/>

Idiom--Attic

Be Part of The Furniture

To be viewed as part of the surroundings because one has been in a particular job or place for a long time.



Ex: I can't envision the school without Professor Bracco. I mean, the man has been here for 100 years—**he's part of the furniture!**

<https://idioms.thefreedictionary.com/be+part+of+the+furniture>

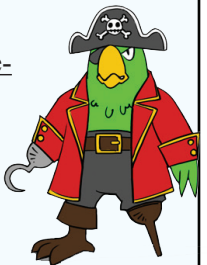
Two Vowel Rules for Alphabet Sounds

Alphabet Vowel Sounds – a, e, i, o, u. The long sounds are pronounced with a small change in the sound at the end. This change is called the *off-glide*.

This rule helps predict when a vowel letter is pronounced with its alphabet vowel sound. It works for many words, but there are many exceptions.

If there are TWO vowel letters in a one-syllable word:

1. The first vowel letter is pronounced with its alphabet vowel sound.
 2. The second vowel letter is silent.
- Examples:** main, sleep, pie, boat, suit



Also, if there are TWO vowel letters separated by a consonant in a one-syllable word:

1. The first vowel letter is pronounced with its alphabet vowel sound.
2. The second vowel letter (after the consonant) is silent.

Examples: save, cede, fine, note, rude

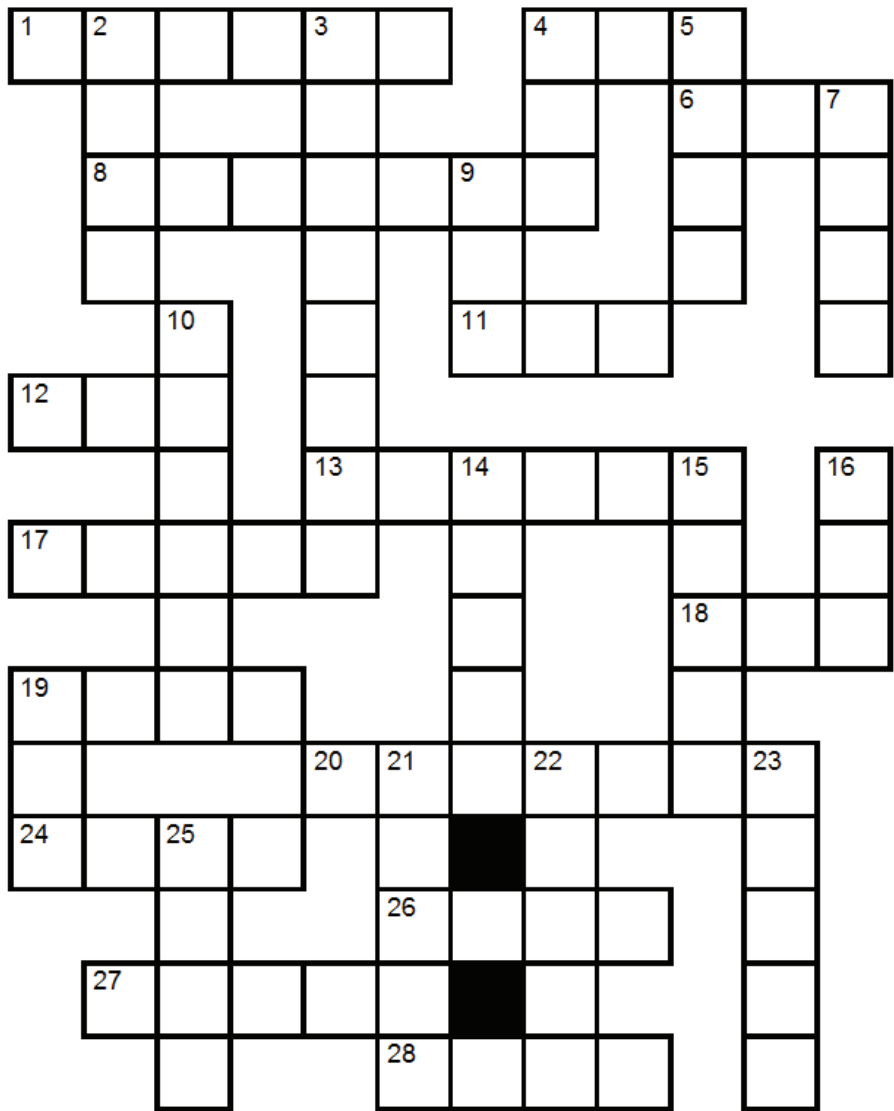
<http://sdhanel.com/pronunciation/pronouncingefl1.html>



Some More Parrot Fun Stuff

Across

- 1 A type of fruit that begins with O.
- 4 A pet that rhymes with hat.
- 6 A farm animal that rhymes with pen.
- 8 The opposite of deep.
- 11 A pet that rhymes with log.
- 12 A drink that rhymes with sea.
- 13 A place that rhymes with pool.
- 17 A place that rhymes with teach.
- 18 Another word for angry.
- 19 Another word for jump.
- 20 A synonym of gift.
- 24 The opposite of east.
- 26 A farm animal that rhymes with boat.
- 27 The opposite of north.
- 28 Another word for speak.



Down

- 2 A type of flower that begins with R.
- 3 A kind of fish that begins with G.
- 4 A farm animal that rhymes with wow.
- 5 The antonym of thick.
- 7 The opposite of far.
- 9 The opposite of young.
- 10 A kind of fruit that begins with B.
- 14 Another word for home.
- 15 A kind of fruit that begins with L.
- 16 The antonym of good.
- 19 The opposite of high.
- 21 The opposite of wrong.
- 22 The antonym of big.
- 23 A synonym of sleepy.
- 25 The antonym of fast.



Refrigerator

Find and circle all of the refrigerator items that are hidden in the grid. The remaining letters spell an additional item found in many refrigerators.



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



- | | | | |
|----------|-----------|-------------|--------------|
| APPLES | DRAWERS | LETTUCE | ORANGES |
| BACON | DRINKS | LIGHTBULB | PEAS |
| BANANAS | EGGS | MAGNETS | POULTRY |
| BREAD | GRAPES | MAPLE SYRUP | PRODUCE |
| BROCCOLI | ICE CUBES | MAYONNAISE | SHELVES |
| BUTTER | JAM | MEAT | SPINACH |
| CAKE | JUICES | MILK | STRAWBERRIES |
| CARROTS | KETCHUP | MUSTARD | WATER |
| CHEESE | LEFTOVERS | OLIVES | YOGURT |
| COLD | LEMONS | | |





Poem of Herder's Song

Morning just had come to warble for thy drowsy life.
 Whereas hillside dreamed at shadowy boasting twinkled boughs.
 Hither the eastern wind shakes the dried flower leaves.
 Light shines on that dim valley.
 Beautiful morning has been appearing to fill the skylines with its splendor.
 Flowers, birds, and water's waves freshen up also.
 The renewed world has been awakening for life songs.
 Awake thou my lambs as thou sheep.
 Follow me my sheep betwixt those flocks of birds.
 Fill the valley with bleating, merryness, and cheer.
 Hear the canals' soft murmuring, and exhale the perfume of rose.
 Look at that valley which is covered by lightened fogs.

By Abu al-Qasim al-Shabi's

Translated from Arabic

<http://www.wata.cc/forums/archive/index.php/t-92494.html>

Rigoberto's Riddles

A truck driver is going opposite traffic on a one-way street. A police officer sees him but doesn't stop him. Why didn't the police officer stop him?

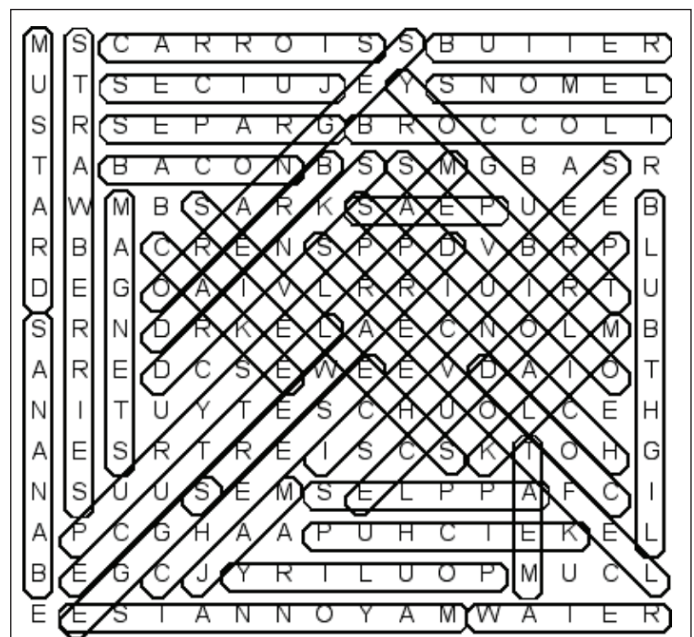
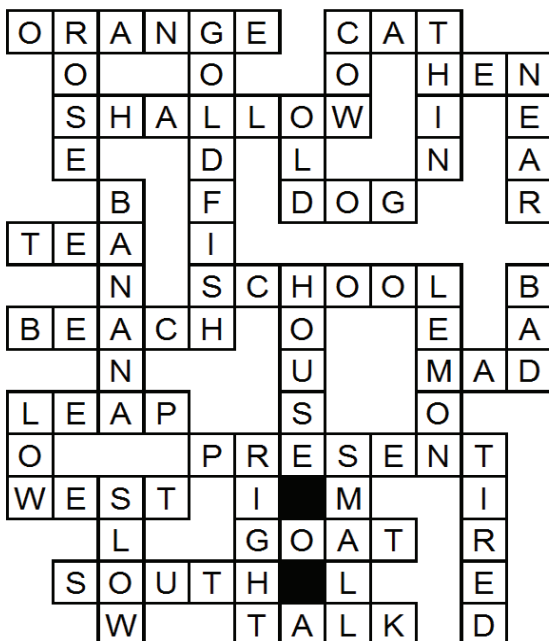
He was walking.



Silly Vasily's Chuckle Chamber



Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."



Nanny Noetal

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

Dear Nanny Noetal,

As a student, I am having a hard time because I am taking a lot of classes. Most of my time at college, I do a lot of homework. My parents don't understand that I need time to be with myself without speaking to them. How can I show my parents that studying at college is very hard, not like what they are thinking? They always think that I am going there to sit and listen with nothing else to do, just sitting and listening. Additionally, how can I tell my mother that I have assignments to do and I can't help her do housework? I just want my parents to understand me and feel what I am feeling.

sad,

Aya Mohammed



My Dear Aya,

The problem between you and your family will become bigger each day because of the miscommunication. My advice is to sit with your parents and tell them about the college environment and what you do. If you don't speak or clarify to them, they will never change their thoughts about college. Show your parents your assignments instead of telling them. Additionally, try to help your mother at least fifteen minutes and then tell her that, unfortunately,

Professor Exigente required you to write one thousand words for your essay. By that time, your parents will definitely understand you, and support you in your education.

Sincerely,

Nanny Noetal

Interview with Prof. Miller

Continued from page 1

invited me as a speaker. When I retired in 2004, I came to Sacramento because I have family here. I retired, but I wanted to be busy, so I applied for a teaching job at Sacramento State. I taught there for a bit. There were not enough classes to offer me one. So, a friend of mine heard about a class here, and that was in 2009, which is the class that I'm teaching now: Race and Gender in the Media. It is very popular. I taught that class and I taught a new writing class. I've been here since. I've been back and forth to Sacramento State a couple of times, but I continued here. This is ten years, all together.

The Parrot: How did you get interested in your area

of expertise?

Professor Miller: Well, my area, my degrees are in history and political science. I've a master's degree plus education hours. I've never gotten a doctorate, but my younger son got a doctorate. I didn't get one because I was married, I've three children, and I had to work. To get a Phd, you need to do it full time. So, my degree's basically in history. I never took a journalism class, never did, but I earned money from writing for twenty-five years, and that qualified me to teach journalism. In the class that I'm teaching now, Race and Gender in the Media, I am able to talk about things that I often dealt with in my background, and history. I can tell the students about things that happened, so this is my area of interest.



The Parrot: How did you get into the teaching field?

Professor Miller: I didn't know what I wanted. The reason to become a teacher is simple. When I was going to under-graduate school, I had a couple of professors that I really liked. One in particular was my history professor. I decided to major in history because of him. I thought I would like teaching. when I was a college student. I wanted to be a college teacher, and I wanted to teach high school lower grades. When I got out of the military, there was an opening to teach in a high school in Michigan, where I had been stationed. I was in the military in Michigan. I was at an air base in the upper part of the state, the Upper Peninsula. So, I fell into teaching high school. I taught at a high school for 17 years and some community colleges on the side. I just loved teaching. I thought that was a good combination. I found teaching interesting, but writing was also something I wanted to do. When I got a chance to switch professions and leave teaching all together and become a full-time writer, this was kind of scary. I was 42 years old. I thought "Woo, I am going to start all over to improve myself." But it worked out. I did well. But now I'm back to teaching.

The Parrot: What advice do you think is most important for your students or students in general?

Professor Miller: I always tell my students, "Get your education, get your two years here, and keep on going, get completely your four year college degree; never miss an opportunity to be as good as you can be." I tell them the story the reason why I like to teach at a college. I didn't want to go to college when I graduated from high school. This was in 1957. Back in the old days, when I got out of high school, the military was coming to get you. We had a draft. I was going to join the navy. That was my plan because when I was a high school student, I didn't take schooling seriously, but I was OK. I went to school reluctantly. My first semester, I didn't do well. In fact, I cut a class. I never went to the class because I was shooting pool at the college. It was a shambles, and I ended up on probation, academic probation, because I got a low grade in my academic class. What turned my life around was in my fresh-

man year at college, I met a girl and fell in love with her. She was furious with me because I was shooting pool, and I wanted to make her happy. I started to change my ways to get my degree and good grades. We got married when we were only twenty years old. She left school, and worked to get me through. I worked part time when I graduated. Then, I went into the air force. During that time, our oldest son was born, and I have two more children. When the kids got old enough, I stayed home with them. Then, she was able to go to finish night school and her college degree. I tell my students this. You know, I almost never made it into the school. I would have ended up leaving college, or joining the navy, who knows what would have become with me? I tell them the story that one reason why I love teaching in community college is because a lot of community college students were just like me. They didn't do well in school, they didn't know what they wanted to do, and they were working for something. I say, "Hey, you never know."

The Parrot: Do you think you've grown as a teacher? If yes, how so?

Professor Miller: I think I'm better than I used to be. Being a good teacher is being able to communicate with students and engage them to participate. I tell my students every year, every semester, I want you to think for yourself. We are going to talk about a lot of things. You come to all conclusions. I'll give you some things to know, but we talk about topics, issues in societies. I think you may not agree with me; sometimes, I say things just to upset you to see if you'll speak up. For example, I go after very critical people who are critical about your religion, or where you are from. I said when I was young, I made the same mistakes. Don't make the same mistakes, don't ever let other people tell you who you are, and be the best you can be. Don't let anyone ever look down on you. A lot of people go to community college. They say, well this is not really like a real college. I say, "Hey, it's the beginning, and it's a stepping stone." My son was a Phd. This is how we started. He went to a community college down in southern California. He ended up going on. I said it's inexpensive

compared to your four year schools. Give yourself a chance to prove yourself. Keep moving, and keep taking advantage of opportunities. You will never know where it is going to lead you.

The Parrot: How has technology impacted teaching in your field?

Professor Miller: I tell my students at the beginning of the year, “Put your cell phones away.” It drives me crazy if I’m teaching and I see piddling around. Now, I know they are useful. I don’t have a smart phone. I will be in class sometime; I mention something I’m not so sure of. Someone will look it up on their cell phone. I don’t mind. That’s fine. I’ll tell you something else. Since this class deals with race and gender and the media, what I use more is video. I show films; I show video clips. Like today we’re talking about how a minority gets into film. Now today’s students are so young. They didn’t remember that there was a day you never saw a black person on TV, in a movie. You don’t see them. When I was a kid, they didn’t exist. We never let them. Today, I showed a film at the end of the semester of the first movie that allowed a black actor to be the leading man and carry the movie. That was in 1968, fifty years ago. Now today’s young students think, “Ha, blacks have always been in the movies.” No they haven’t. I use more technology today, and this is helpful. But I have this thing about cell phones. I tell my students to put them away. If you think you are going to get a call, get out. Leave the room. I don’t like to see students beetling around with their cell phones.

The Parrot: Looking back, are there any changes you would have made in your educational choices?

Professor Miller: I don’t really think so. I have really been very fortunate. I would make one change, I would be a better student. I’ll tell you what. My wife, who saved my life because she’s the one who read as a younger girl, I never did; the only thing I read was the sport pages, the sport magazines. I read hardly nothing. She is a serious reader until this day. I read a great deal now. But then I wasted my high school years and my first year of college. I was too lazy. I didn’t care enough. If I could do something over,

that’s what I would do. When I majored in college, I didn’t wish to be a lawyer or a doctor. I’m happy, and I love teaching. I am coming up on my next birthday in June. I’m going to be eighty years old. As long as I can do this, I’ll keep doing what I love.

The Parrot: What’s one word that describes you best?

Professor Miller: That’s a tough one, one word! I can’t think of one word. I can think of a couple of words. I probably talk too much. I would say I’m very fortunate because I have a good life.

The Parrot: If your interview gets in The Parrot, how do you think it will affect your life?

Professor Miller: The only way this interview affects my life is in a good way: if it interests ESL students.



Parroteer: Usamah Hammour

Out of the Cage

Alfred Eichler: Art & Architecture in the Golden State

Fri, March 29 2019

9:30 am - 4:00 pm

The architectural drawings and paintings featured in this exhibition were created by Alfred Eichler from 1925 to 1962. The selections are drawn from the Alfred Eichler Collection, within the Architecture Division of the Department of Public Works records housed at the California State Archives. Eichler utilized a variety of styles and art media to create these pieces. Each one is an example of the Golden State's efforts to address the needs of a diverse and growing population through public projects. Exhibit through April 2019 at CA State Archives.

Admission : free

Location: California State Archives – 4th Floor 1020 O Street.

Beaver Food Pantry-Food Distribution Wednesday, March 27 & April 10, 2019

12:00 – 3:00pm

Every 2 weeks on Wednesday, until May 9, 2019

Participants must complete the online intake form in order to receive services. Free bread and produce until supplies last. Participants are encouraged to bring their reusable bags.



Location: ARC Gym

New Club at ARC!!! Welcomes New Members!



AAUW stands for American Association of University Women. We are so excited to have this national organization and club now expanded to the American River College. We aim to promote all girls and women through equality and education, including a focus on STEM research.

New members and inquiring minds are welcomed to join American Association of University Women at American River College (AAUW@ARC). Feel free to stop by a meeting and check out our mission to promote girls and women through equality and education! Membership is not required to attend meetings. All are welcomed and encouraged! For more information, please email the President of AAUW@ARC, Samantha Brady, at Samantha.L.Brady@gmail.com.

Location: Club Meeting Room in the Student Services Building

Friday, April 12, 2019 3:30 pm - 4:30 pm

Friday, May 10, 2019 3:30 pm - 4:30 pm

Questions/Comments?



Student Editors: **Elaf Khafaja, Alex Grynishyn, Alaa Shatat, and Laura Lopez**

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