

THE PARROT



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

Foreign Languages with Professor Lysinger

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

Professor Lysinger: I've been at ARC since 2009, and I first joined as part-time faculty teaching German and Russian. Around two years now I've been full-time faculty teaching German and Russian here. While part-time, I was also teaching part-time at Sac State University, at



Christian Brothers high-school, and at some other local schools around here. I got my doctorate at UC Davis, and I started teaching while I was still working on my certification there.

The Parrot: How did you get interested in teaching German and Russian?

Professor Lysinger: Well, my first degree, my bachelor's degree, is in teaching German as a foreign language and German

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Baked Ziti
(Recipe)

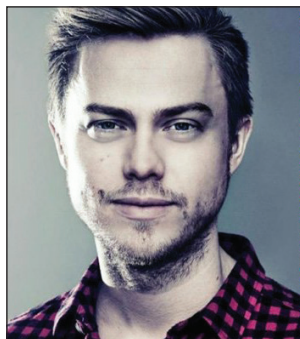
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“ The man who doesn't work with his knowledge is like a leafy tree which does not have fruit. ”

Abu Hayyan al-Tawhidi

The Man behind the Million-Dollar Homepage

Over the next month, we're celebrating technology and innovation in a new series called Bright Sparks. As part of the series, we're bringing back some of our favourite articles about the people and ideas that are changing the world with technology.



Alex Tew isn't really known for following the crowd. His mantra has



always been to see what everyone else is focusing on and to do the opposite.

In 2005, Tew was obsessed with one thing: making mon-

ey, enough to pay his way through a

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One Way to Improve Your Children's Future Lives

All parents are responsible for their children. Can you ask yourself what future you want for your children? Around the world a lot of libraries and museums have been built; however, not all people understand the importance of these buildings for their children and themselves. Visiting museums and libraries can affect people of all ages, especially children. There are three useful effects of taking your children frequently to libraries and museums: improving your children's mental skills, improving the relationship between your children and you, and changing your children's lives in the long run.

The first effect of taking children to libraries and museums is improving their mental skills. Children can borrow and read books in the libraries. There are many books for different ages, and children can find useful information reading books. Even if they can not read, they can just look at the illustrations inside books. Reading and visual images can improve children's intellect, memory skills, and vocabulary.

I have a friend in my county Belarus, whose parents were teachers. They often took him to the library and encouraged him to read books. As a result, when he finished school, he passed the admission test to the university very easily. If children visit museums, they can attend a lot of exhibitions such as pictures by famous artists or antiquities. Consequently, their imaginations are touched. Some exhibitions or books can inspire your children to write or paint something amazing. I know a girl who frequently visited museums when she studied at school. As a result, when she finished school, she went to the college of arts. She painted a picture and was able to sell that picture at the auction for good money. When children visit museums with ancient artifacts, they can learn about the history of different countries. All these factors have positive

effects on your children.

The second effect of taking children to libraries and museums is improving the relationship between your children and you. Perhaps, you spend a lot of time together with your children visiting museums and libraries. In the libraries, your children can read books. Then you can discuss these books with them. This process can help you discover your children's interests. Visiting museums, your children and you can discuss the merits of some famous pictures or sculptures. This process can be

interesting for both of you. When you have communication with your children, you establish an important step in the relationship between you and your children. As a result, relations between your children and you become better. For example, last winter, my son and I visited the car museum in Sacramento. When we were there, we saw many old cars, some fifty years old. My son asked many questions about cars' marks, and, as a result, he remembered almost all car models that were shown. I think our relationship improved, and my son learned a lot about cars.

The third effect of taking children to libraries and museums is changing your children's lives. Most children encounter bad company and learn bad habits when they have nothing to do. You can prevent that! When you take your children to libraries or museums, you redirect their attention from sitting at home, watching TV, or wandering the streets to expanding their understanding and interests. I used to know a boy who had bad habits and grades and sometimes missed school. However, one day his life was changed, as I found out from his parents. His parents took him to a library and gave him a book to read. It was Gogol's "Dead Souls." That book changed his life. He began to spend more time in the library and read other books. As a result, he lost his bad friends and eliminated



bad habits. His grades improved, and he stopped missing school. Moreover, as I know, he finished school very well and even went to college. It sounds unusual, doesn't it? Simply visiting the library can change the lives of your children.

To summarize, you can influence your children's future! What future do you want for your children? Do you want them to grow up as unsociable people or do you want them to become educated people? You can influence your children's future by encouraging them to visit libraries and museums because, by taking your children to librar-

ies and museums, you influence your children's mental skills, improve your relationship with them, and help your children avoid useless habits and unmotivated companions. Moreover, it causes your children to grow up into educated and culturally and spiritually-developed people.

Aliaksandr Zinkevich
ESL W50
Cause/effect essay

Good Things About Living in the United States

People living in the United States have a lot of good things. Most people want to live in the United States because they heard about a good life here. Some people know about a good life in the United States from friends or family who are living here. The USA is a country with a lot of resources. People who live here have a lot of good things, but the three things below are the best.

First of all, all people can study. People can study, for example, in adult school, in college, and in university. Most immigrants begin to study English in adult school and continue in college. Studying in college is free, and it's very important for people who don't have enough money. Also, people who have a lot of money or people who are good students can study in university. In short, studying in the United States is a very good thing.

Second, all people who want to work can find a job. The USA has a lot of places for jobs. Also, people can work at convenient times for them. For example, people can work full time or part time or have a job at home. It is very convenient when people can select the time of their job because

many people study and they can't work all the time. In brief, finding a job in the United States is not hard, and it is a very good thing for all people who want to work.

Third, the United States has a lot of nice places. Most people often travel around the United States. People like a lot of different places in the USA, such as mountains, lakes, oceans, and forests.

Some people like to spend time with their families outside their states and cities. In short, people who have enough time and money can travel a lot.

In brief, the United States is a very rich and beautiful country. People who live here are very happy because they

have many good things, such as a good education, a nice job schedule, and many nice and beautiful places in the United States. These are three important and good things in the United States. Welcome to America!



Kateryna Zinchenko
ESL W40
Expository essay

Pearl Wedding Anniversary Celebration

Have you ever celebrated your parents' thirtieth pearl wedding anniversary? Which were the most important steps in creating this anniversary? As an example, I can share how this event happened with my parents. My parents' pearl wedding anniversary celebration was a major event in their lives. This wedding anniversary helped my parents appreciate how much they love each other. There are three major steps involved in the process of planning a wedding anniversary celebration.

The first major step in the process of planning a wedding anniversary celebration is to set a time and place for the anniversary. Initially, I set the time and place for the party a few weeks in advance. Then, I made sure that the location for the party was convenient. After choosing the location, I called the guests to make sure that they were available at the set time and date. Immediately before, I checked to see that on the anniversary celebration date my parents didn't have any other plans. Next, I chose a private room with an entourage associated with this wedding anniversary. Finally, I took care to choose a large table with comfortable seats for all guests.

The next stage in the process of planning a wedding anniversary celebration is to plan the menu for food and drinks. The first important step in choosing the menu was to impress my parents and guests. The menu for food and drinks had to be amazing and delicious. Then, the way the table was arranged was very important. Next, the meals had to be beautifully laid out on the table and also suitable to everyone. Finally, for this purpose, guests



had to be delighted with my parents' presence at this event. My parents were impressed by this dinner and will remember it for the rest of their lives.

The third major step in the process of planning a wedding anniversary celebration was to buy a wonderful gift for them. Initially, I searched for what kind of gifts are associated with this event. After that, I tried to choose a gift specifically for them. For my mother I bought a piece of jewelry

made with pearls and for my father, I bought a watch with a pearl dial as a symbol of this event. Then, I thought about how to wrap the gift. The decoration needed to be a special one. Finally, I searched what music was played on their wedding day to play it again at this celebration event.

In conclusion, celebrating a wedding anniversary for parents is not all that easy, but it's extremely beautiful. Following my steps, you will absolutely enjoy this anniversary. After the party, everyone will be impressed. Your parents will cherish this event forever.



Elena Balitchi
ESL W50
Classification essay

A Better Place to Live

Everyone wants to live in a comfortable place. For each person, a comfortable place is something special, but it is different for everyone. Often you hear the question, "Where is the better place to live: an apartment or a house?" There may be many different answers, but here are three reasons why living in a house is better than in an apartment.

First of all, in my opinion, living in a house is more comfortable than in an apartment. A house is a building where almost always only one family lives. An apartment is a set of rooms that is a part of a bigger building where a lot of families live.

When you live in a house, you don't have a lot of neighbors around you, so you have less noise. Every room in a house is bigger than in an apartment, so you

have more space for your family. When you live in an apartment, you feel like a bird in a cage. In brief, if you want to feel free and relaxed, you have to live in a house.

Second, children have a happier childhood when they live in a house, and as a result, parents are happier, too. You can make a small garden in one of the parts of a backyard. If you teach your children how to plant, grow, and water plants, they will be happy. Children love to spend time with parents. They will remember these memories all their lives. Also, you can make a small playground or have a small pool there. Your children will spend more time outside doing different activities. If you lock the back gate, you will be sure that your children are in a safe place. To sum up, children are happy to spend a lot of time with their parents outside, and living in a house is a good opportunity for this.



Also, almost each home has a backyard that can help you to organize many different things. You can have a good birthday party for your family. You can decorate the backyard and make a nice holiday. One of the best things, in my opinion, is a fire. Sitting near the fire with your family gives you a good chance to make some plans or discuss some problems. Also, you can show your children the beauty of god's creation, and the night sky is an amazing example of this. When you have some problems or

bad emotional experiences, these memories can help you and warm your soul. To sum up, a backyard is a good reason why a house is better than an apartment.

In conclusion, if you want your children to have a happier childhood and if you

want to live in a more comfortable place and spend more time with your children, you should live in a house.



Irina Dzhenetove
ESL W40

Compare & Contrast essay

Causes of Procrastination

Are you a procrastinator? Do you wait until the last minute if you have something to be done? Procrastination is the habit of postponing tasks. There are a lot of people who have a tendency to put things off. Some people do not finish their tasks on time while others delay doing important work until the last minute. A good example of procrastination is students who face a lot of difficult tasks without managing their time. There are several reasons why people procrastinate: they are lazy, they lose interest in things or have a lack of interest, and they have fear of failure and unrealistic standards.

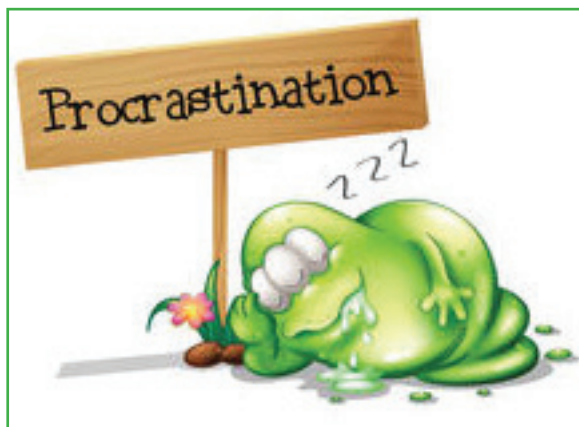
The first reason why some people procrastinate is because they are lazy. They usually pretend that they have something to do or they are very busy, but it is really procrastination. For example, one of my cousins is so lazy. He never did his homework or assignments. Instead, he played his video games at home. So the night before a test, he usually started to learn something for the test. Sure, he got very low grades and all the time he complained, "Why did I not study at the beginning of the semester every day?" "It is not that hard to do a little homework every day." My answer was always the same, "You know, it takes a lot of energy to play video games, so you did not have any left for homework." Of course, it was sarcasm because I did not like his laziness at all. Another example is my sister's employee, Aleksey. Last year, he had a good chance to get a free education with a good scholarship to a university because he had a high GPA in high school. The government of Lugansk, my hometown, gave a perfect opportunity to people with good GPA's to enroll in a university and study for free because of the occupation of my city by Russian terrorists. It was the only opportunity of the year 2016. Never before has this happened and never after will it happen. Many people enrolled and got a free education. My nephew enrolled in the medical university to become a doctor in the specialty of maxillofacial

surgery and he is studying for free now. Unfortunately, Aleksey is very lazy, and he likes to put things off until the last minute. He procrastinated in filling out an application to the university until the last day. So when he came with the application to the university it was too late. They had already finished receiving the applications. One more example is from my previous work. Every day dentists had to fill out patients' cards and a lot of other documentations in my clinic. Dmitri, a dentist there, was lazy in a specific way. He did not like to work with paper, so he procrastinated all the time doing it. Everything was good until our boss realized that Dmitri was lazy and did not do any paperwork at all. Our boss told the receptionist not to give any patients to Dmitri until he filled out all documentation. Poor, but still lazy,

Dmitri came to work every day and just did paperwork for a full month. At the end of the month, his salary equaled zero. Laziness most of the time gives a lot of headaches to a procrastinator.

Not all procrastinators are lazy. Some of them are clever, gifted, and hardworking people. The reason why they procrastinate is their

perfectionism; they would rather avoid completing something than doing it imperfectly. I know it very well because my husband and I are perfectionists. For example, he is a capable and bright man, but he has impossibly high standards or expectations for himself. Because of this, in some cases, he will be more likely to avoid some work or things to do which, in his opinion, are inevitable failure. For instance, he is a network engineer with more than 10 years work experience in Russia and he has to find a job. His English vocabulary is very good, but he is reluctant to speak English. Because of his perfectionism, he is afraid to go for an interview; he has a fear of failure. He is afraid to face important tasks because something can go wrong. Moreover, he puts off important tasks until the last minute and works better under pressure. I am also a procrastinator



because of perfectionism, but in another way than my husband is. I like to do things perfectly, so I often get stuck on small details instead of going ahead. I have excessive concerns about making mistakes and my grades. I would rather delay cooking, doing housework, or taking enough time to sleep in order to complete important tasks on time. In other words, I procrastinate with less important things to finish more significant and pleasant work.

The last cause of people putting off tasks until the last moment is a lack of interest in doing boring things. For example, occasionally, I feel like I lose interest in subjects, so I delay in studying and doing assignments. When I was studying in middle school, my parents wanted me to have a hobby, so I tried a lot of things, such as cooking, knitting, sewing, and chess classes. I usually started attending a class, but in a few weeks, I lost interest in the course content. For me, the only solution was procrastinating. Another example is my friend Anna. Her father is a doctor and he forced her to enroll in a university to become a doctor as well. She did not



want to study, but her father told her, "You will like your job one day, so study now." However, she procrastinated and she studied just the night before her tests. Finally, she got low grades. Moreover, I do not like to do the daily home routine, such as washing dishes and cooking. So I can postpone these chores and go to watch a movie or do things that are interesting for me.

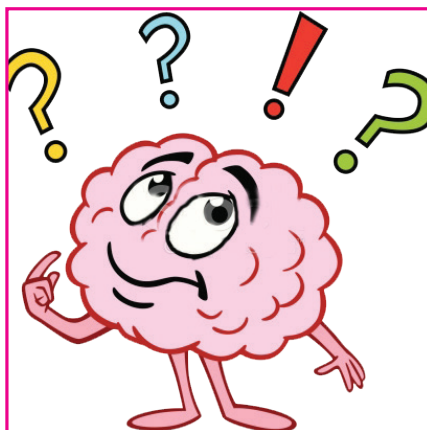
In conclusion, laziness, lack of interest, and perfectionism are reasons why people put things off. There are several types of procrastination. One of them is doing unimportant things instead of necessary ones, which is more pleasant and less complicated, such as I usually do. I hope in the future I will not put things off because it slows me down in achieving my goals and takes up my precious time. If you are a procrastinator, you probably should decide to stop postponing things and to take steps forward for your future and be successful. What do you think? Are you ready for this?

Taisiya Sukhanov
ESL W50
Cause/effect essay

A Difficult Decision

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

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



in the USA for more education. Six months after I moved to USA, Russia started war with Ukraine.

Many of my friends died in the east of Ukraine and I couldn't be with them. At that moment when I decided to go to the USA, I also decided to be alive. Now I am here so I can study English with my new friends.

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

Romon Gorboch
ESL W30
Narrative essay

Computers and Cellphones

Do you have a computer or a cell phone? Today we can't imagine our lives without computers and cell phones. They are very important inventions for humanity and especially for people who live in the U.S. Therefore, people should learn how to use computers and cellphones. Why? There are a few reasons to explain why learning how to use computers and cell phones is very important and useful.

First, we can use computers and cell phones for communication. Most people in the U.S. have

relatives and friends who live in other places. We can be divided by long distances. However, we want to know about them and talk with them. A computer or a cell phone can help in this situation. For example, I have many friends and relatives who live in other countries. I am happy that I can use my cell phone to speak with my friends and relatives. Also, I can send an email to the people I love. In brief, people should learn how to use computers and cell phones to have good communication with each other.

Second, people in the U.S. should learn how to use computers and cell phones to receive or send important information. Every day, we get a lot of information from different sources. We can get information from our colleges, schools, banks, stores, etc. however, it isn't always easy to check and separate out the information that is necessary. A computer or a cell phone offers many useful functions to help us. For example, if you are a student, you can use your computer to take some lessons online. Also, you can use many useful websites such as the Khan Academy, Reading Plus, Quizlet, etc. in

short, to receive or send information, we can use our computer or cell phone.

In addition, computers are very important for many jobs in the U.S. Today many American companies want to have workers who know how to work on computers. We can use computers everywhere in schools, hospital, and other organizations. Computers help to store and save important information. We can't imagine progress without computers in the future. My children learn how to use



computers in school. I believe that learning different subjects on a computer will make them smarter and help them to get a good job in the future. To sum up, people in the U.S. need to learn how to use computers and cell phones to have a good job and work well.

To summarize, computers and cell phones are very important for each of us. We should learn how to use computers and cell phones

to have good communication with our friends. These devices can help us receive important information or send it everywhere. Also, having good computer skills can help us to get a good job. If you look forward and hope to have success in the U.S., you should learn more about computers and cell phones.

Andrii Potomkin
ESL W40
Persuasive essay

My Grandmother's Backyard Cherry Tree

I can't believe there is a person on earth who doesn't notice nature's beauty and its importance in our lives. It seems as if nature has been the same for centuries and it continues to impress us every day. I can't imagine my grandmother's backyard without that wonderful cherry tree. I still feel the fresh smell of his blossoms in spring. I still hear his leaves' rustling and his cool shadow on the hot days of summer. I'll never forget the special taste of his fruits! That cherry tree was like a nice and generous friend of ours. It was a part of our lives.

My grandmother had a large backyard with a towering cherry tree in the middle of it. I had known him there all my life. I remember that tree unchanged, as he was always there. He was the biggest cherry tree that I had ever seen.

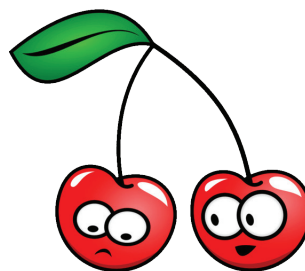
Two healthy men could not hug his trunk and his crown was so large that it could cover almost the entire area of the backyard with its shadow. In the summer, when the cherries were ripe, all my friends from the village were gathered near the cherry tree. Even all the starlings of our village and of the neighboring village were eating cherries from my grandmother's tree all summer!

Under the shadow of the cherry tree, there was a large and round table with many chairs around it. Every afternoon my friends and I would hang around the table and wait for my grandma. She would tell us wonderful fairy tales about brave heroes and bad dragons. We listened to my grandmother's fairy tales without breathing. Even the tree didn't move his leaves. We listened to many fairy tales together: my friends from the

village, my best friend the cherry tree, and I. I can say that this dear tree had observed my whole childhood.

Maybe over the years the tree had changed, but we didn't notice. My friends and I were very happy and busy with our games. I remember one day my grandfather cut down a big dry branch from the tree and took a swing at the remaining stump. The tree looked tired. He had yellow leaves here and there in the middle of the summer. His trunk was cracked and covered with fungi. The fruits were as tasty and beautiful as always, but grandfather had barely collected a bowl of cherries. We were happy in the swing and didn't see how the time had passed by. In the fall I went to school. When I returned, my dear tree wasn't at his eternal place. Grandmother's backyard seemed deserted without him. Nostalgia and longing filled my soul.

My grandfather has planted many cherry trees since then, but no one has been like my first favorite one. I miss him very much and I'll miss him forever!



Vera Gusacinschi
ESL W50
Descriptive essay

You Are Lucky

As students, we all want to sit in the right place in the class. Sometimes we can't choose where to sit because everyone already took their seats. Then you don't have a choice except sitting in the empty seat. A lot of times it's in the back of the classroom. When you used to sit in the front of the class, you will think twice before sitting in the back, but there are several advantages of sitting in the back of a classroom.

The first advantage of sitting in the back of a classroom is doing whatever you want. If you

sit in the back you can use your cellphone, and nobody will notice. The teacher will think that you are taking notes from his lecture, but you are sitting there texting your friends. You can read whatever you want when you are in the back of the classroom, even a magazine! Still no one will find

out the truth. Sometimes, you can take a nice nap in class, especially if you are sitting behind someone who is big enough to hide behind. One of my friends used to take 15 minutes nap in every history class, but in the end the teacher saw him. He didn't punish him unfortunately, he just told him to not do it again. Lucky him, I wish I did the same.

The second advantage of sitting in the back of a classroom is seeing everything clearly. The back of the classroom is the perfect zone to see everything in the class. You can see the board very clearly. You can take notes without moving to the right and left. Believe me, everyone envy you for your perfect view. From the back you can see what other students are doing too. You can see if they are cheating, eating, taking naps and using

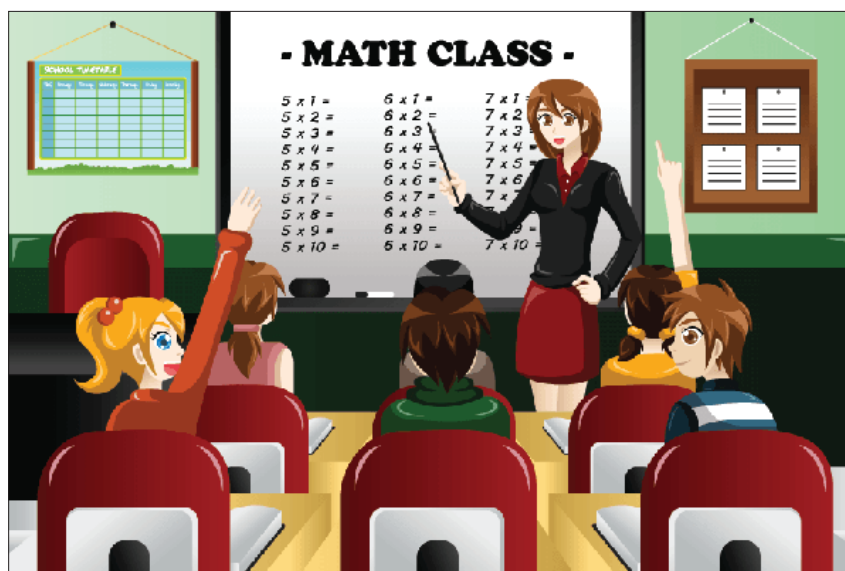
their phones! Of course you don't care because you maybe are doing the same thing, but in your case no one can see you.

The third advantage of sitting in the back of a classroom is doing your homework. You can do your homework or finish it when you are sitting in the back of the classroom. Your teacher can't see that you didn't do your homework at home. You can also do your homework for your other classes too. You can put your other book in middle of the book you are reading for this class, to make it look

like you are reading the right book! I used to do that in high school when I had a test after the current class.

Finally, you can get a lot of benefits from sitting in the back of a classroom, but remember that you can lose that spot if someone come to class before you. Be early and take your place to do

whatever you want in the class. Try to do your best, and don't let them see you when you are not paying attention to the class. There are several advantages of sitting in the back of a classroom; try that spot.



Hibo Djama
ESL W50
Persuasive essay

The Decision of My Life

I had a good life in my country. I was a housewife. My house was beautiful. I was very happy. I didn't have problems in my life, but later one group came in my country. They were called the Taliban. At the beginning, it was OK, but later they killed people. I will never forget that bad time. They killed my brother-in-law. I was scared and decided to leave my country. I thought it was better for me and my family.



Then we moved to America and saved our lives. When I came to America, after two days we had an appointment with my case-worker. We had a translator who was from Afghanistan. She also had a restaurant in Sacramento. She asked me "What would you like in your life?" I told her that I liked cooking and that I wanted to have a restaurant. She laughed and said "Ok. Do you want to come and work in my restaurant?" I said "OK." After one month, I called her and asked her about how I can start work-

ing in her restaurant. She gave me the address and I went there. I thought I could work with her because I couldn't speak English. That was a big problem for me. So I went there and I saw her husband. He spoke English and I couldn't understand him. I couldn't believe it. That was very hard. I had to work with him.

I was scared, but I needed a job. I started working there with him. At the beginning it was very bad because everything was different, but he was a nice man. He helped me and taught me everything.

Now I am happy about my decision to move to America. I have a good life and I have a job. I'm still working at the same place. I like America and my job. Now I can speak English. I hope one day I can go back to my country and have a good time.

Karimeh Madadi
ESL W30
Narrative essay

A Funny Experience

In 1985, a funny story happened. The story was about my future marriage and that story fortunately happened.

During summer, my father came and asked me if we could go together to the factory of Coca-Cola to change two boxes. I told my father "OK. But why aren't we going to change them in the supermarket near our house?" I noticed that my father insisted to go there. So I prepared myself to go with him and we took two empty boxes to the Coca-Cola factory.

After we reached the factory and after a few minutes, my father went to the officer and that officer told my father "I am sorry. I can't change two boxes. I can only change one box." My father became very angry and sad and told me that he would go to the head manager and inform him about the problem. When we entered the office, my father saw a very nice woman. She was nice and polite and she told my father "Don't worry. I will solve your problem." Then she went to the manager and



she signed a paper and gave it to my father. After that, he thanked her very much and he became happy.

My father then asked her some questions such as "Are you married?" "Of course," she said. She said that she had three children. My father asked her if she had any sisters and she said "Yes, but they are all married except one. She works as a Petroleum Engineer in Kurkuk in the north of Baghdad." Then my father told her that he has a son that is an engineer who works in the Bagdad Airport. My father told her that he wished to marry his son to a girl like her (nice and polite). After that, they agreed to meet her family the next weekend.

Everything went well and later I saw my wife and she saw me. Step by step we agreed about all the details of the wedding and now we are very happily married.

Sadeer Aladhani
ESL W30
Narrative essay

Nestscape -- Articles from the Web

Continued from page 1

three-year business management course at Nottingham University. For most young people, that would mean taking on a part-time job or going to the bank. But not for Tew, a 21-year-old budding entrepreneur from Wiltshire, England, who created the Million Dollar Homepage and peddled internet advertising space on it at \$1 a pixel in 10 by 10 blocks.

Tew says there were good reasons for choosing dollars over pounds: since dollars are “the closest thing to a universal currency,” he thought it would resonate better, reaching one million pounds would have been a lot harder (the British pound averaged \$1.82 in 2005), and “it just sounded better” to him. “Everyone knows the phrase, ‘You look like a million dollars.’”

“I had literally no money, and I was worried about university,” he says. “I just brainstormed this kind of crazy, get-rich-quick scheme that then took on a life of its own.”

In four months’ time, word of the page had gone viral and it sold out. Tew had achieved success, fame — and his first million. And he dropped out of university that December.

Advertisers ranged from The Times to Beer.com and online casinos. Tew says he wasn’t targeting any advertisers in particular, really just “anyone who wanted to buy pixels.”

He also attracted a lot of envy. The main idea of the Million Dollar Homepage (selling pixels) was something anyone could have done. But Tew was the first to do it, which left a lot of people wondering why they didn’t think of it first.

Fast-forward 11 years and Tew is still doing things differently than most — and very differently than he was back in 2005. Today, he lives in San Francisco, far from his roots in southwest England, and is founder and CEO of start-up Calm, which offers a mobile app by the same name with numerous narrated relaxation

and meditation programs designed to help relax and calm the user’s mind. The app also features visuals and audio of streams, rainstorms and waves.

“It’s kind of like having a sanctuary in your pocket,” Tew says.

The app is free, but users can choose to upgrade to a monthly, yearly or lifetime subscription, which gives them access to more guided meditations and options.

The business of calm

Tew isn’t alone in his quest to bring more calm into people’s lives. There is a growing list of competitors offering mindfulness and meditation apps, including Headspace, Buddhify and Smiling Mind. In 2015, the meditation and mindfulness industry brought in nearly \$1bn, according to IBISWorld research. Last month,

Huffington Post co-founder Ariana Huffington left her namesake media empire to take the helm of her new self-help start-up Thrive Global, aimed at reducing stress. It doesn’t hurt either that many notable figures, including Hillary Clinton, Oprah Winfrey and Paul McCartney, are

known meditation practitioners.

“Stress, anxiety and depression are [an] epidemic in our society, and people are looking for ways to manage these and improve their overall health and well-being,” says Mary Jo Kreitzer, the director of the Center for Spirituality and Healing at the University of Minnesota. “Self-care practices that people can do on their own and can be easily taught have great appeal.”

The internet already is full of sites and apps helping people do more, so Tew is happy to keep pushing the opposite. “Technology traditionally is about improving efficiency, getting more done. Busy, busy, busy. And Calm is the total opposite,” he says. “It’s about actually finding some peace and quiet in this increasingly busy world.”

Teenage hobby



For Tew, Calm is something he had been thinking about in some form of another since he was 14, when he started meditating. “I was always interested in psychology and human development,” says Tew, who, even as a teenager, read everything he could on the topics, from improving memory to improving concentration and creativity. “Even then, I was thinking this should be available online. You should be able to go to a website that could teach you, guide you, through some relaxation techniques or mindfulness techniques.”

What Tew didn’t envision back then was the extent of the mobile-device revolution. “But timing is everything,” he says. When he founded Calm back in 2012, he envisioned it as a website. A year later, the company went mobile with an app. “I actually think it’s one of the reasons Calm is working for a lot of people,” he says. “It’s available on the go, and we always have our phones with us.”

Tew has clearly hit a nerve — Calm has six million users, and the company has been through three rounds of funding totalling \$1.5m. Tew wouldn’t reveal specific figures but said they “are doing millions of dollars per year in annual revenue”.

A long road

But it wasn’t a straight path to Calm for Tew.

With his sudden fame and success from the Million Dollar Homepage, any ideas of a meditation website were put on the back-burner and replaced with new ideas for how to make a lot of money quickly. “The fact that it worked in four months and made a million dollars took me on a different path,” says Tew. “I was just full of confidence, ideas and kind of forgot about the thing that I found really interesting.”

He says he started thinking “in a different way”, which led him to a number of ventures which “didn’t really pan out.” First, he tried Pixelotto, a spinoff of the Million Dollar Homepage selling advertising space, then PopJam, a social network for sharing funny content, and One Million People, similar to his first success,

just with photos instead of advertisements.

None succeeded the way he hoped. Eventually, Tew made his way to San Francisco when Michael Birch, a fellow Brit, friend and founder of social networking site Bebo, asked him to come work for him at his tech incubator Monkey Inferno. “I thought I would do something dramatically different,” Tew says.

Birch, who had met Tew through his brother in London, says he loved Tew’s energy and creative thinking. “Alex is an ideas man,” he says. “He’s not scared to think big and wide, but [he] brings those ideas into focus and follows through with great determination.”

Birch knew all along that Tew’s employment wouldn’t be that long-lived. “He moved to the US to work with me on some of my projects, but he never took his eye off the ball to build his own business.”



Less than a year later and Tew was off to start Calm. He had come full circle, he says. “I had been thinking about this really meaningful idea that could positively change people but then went on to do different things that were more orientated around entertainment — and perhaps a little less important in terms of impact they could have,” says Tew, 32. “Then, I really came back to the idea when I was much older.”

But when Tew and co-founder Michael Acton Smith first pitched the idea of Calm to investors, it wasn’t met with universal acceptance or interest. “It was tough for the first round of fundraising because it was a different kind of thing and very different than traditional businesses. It’s not a hard-core technical business even though it has a lot of technical aspects to it,” says Tew. “So, at that time, it was a little challenging to convince people this was a good idea.”

But that wasn’t necessarily a bad thing, he says. “When people say that your idea is kind of weird or ‘I don’t get it,’ that can be a good thing. And I knew in my heart this was the right thing to do.”

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!

Baked Ziti (Italy)

Ingredients:



1 pound ziti (can substitute penne) pasta and olive oil

1 pound bulk Italian sausage or ground beef or pork

1 large onion, chopped

3-4 garlic cloves, chopped

1 Tablespoon fresh rosemary (or basil), minced

1 Tablespoon Italian seasoning

1/2 teaspoon red pepper flakes

1 large jar of marinara sauce (about 32 ounces) or make your own tomato sauce

1/2 pound of mozzarella cheese, grated

1 heaping cup of ricotta cheese

1 cup grated parmesan or pecorino cheese

Directions:

1. Boil the pasta: Heat a large pot of water (2 quarts of water) to a strong boil. Add a tablespoon of salt. Add the pasta and cook at a rolling boil, uncovered, until the pasta is al dente—edible but still a little firm to the bite. Drain the pasta through a colander. Toss with a little olive oil so the pasta does not stick together while you make the sauce.

2. Brown the meat: While the water is heating in the previous step, start on the sauce. Heat a tablespoon of olive oil in a large sauté pan on medium-high heat. When the oil is shimmering hot, add the bulk sausage or ground meat. Break up any large chunks of sausage as it cooks. Brown well. Don't stir that often or it will be more difficult for the meat to brown. If you are using ground beef or pork instead of sausage, sprinkle with a little salt.

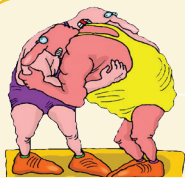
3. Add onions and sauté, then add garlic, spices, then tomato sauce. When the meat is mostly browned, add the onions and stir well to combine. Sauté everything until the onions are translucent and beginning to brown, about 4-5 minutes. Add the garlic, rosemary or basil, Italian seasoning and red pepper flakes and stir to combine. Cook 1 minute, then add the tomato sauce and stir well. Bring to a simmer.

4. Preheat the oven to 350°F.

5. Layer sauce, cheese, pasta in casserole dish: Spread a thin layer of sauce in the bottom of a 9x13-inch casserole pan, then dot the surface with half the ricotta cheese. Ladle a spoonful of sauce into the pasta, stir it well and then add the pasta into the casserole. Pour the rest of the sauce over the pasta, dot the remaining ricotta cheese over the pasta, and sprinkle on top both the mozzarella and the Parmesan cheese.

6. Bake 20 min: Bake in oven at 350°F until the top is lightly browned and the cheese melted, about 20 minutes.

Parrot Warbling



Grappling with Grammar

Action Verbs

When most people think about verbs, they think about the first type: action verbs, also called dynamic verbs. This kind of verb tells you what's happening or what someone is doing. Some action verbs describe physical actions, and they are easy to spot because you can observe them with at least one of your five senses.

These are words such as jump, sing, and eat. On the other hand, some action verbs are more abstract, and they're easy to miss sometimes because you can't always observe them with your five senses. These are words such as think, learn, and decide. Take a look at the examples below to see how action verbs are used in a sentence.

Physical Actions

The neighbor's cats meow loudly.

(You hear the meow and you may see the cat open its mouth to meow.)

Trucks speed down the highway.

(You can see the truck speeding and probably hear the motor too.)

Waves crash on the shore.

(You can see and hear the wave and even feel it crash if you're standing close enough.)

Abstract Actions

Students learn new material every day.

(You can't actually look into someone's brain and see the learning process, but learning is still an action.)

I think my shoes are under the bed.

(You can't really see the thoughts going through the person's mind, but thinking is still an action. It's what you're doing.)

<https://www.englishgrammar101.com/module-3/verbs-types-tenses-and-moods/lesson-1/action-verbs>

Idiom--Attic Definition of "have a cow"

To become very angry, upset, etc.

Ex: Don't **have a cow!** I said I'd take care of the problem and I will.

<https://www.merriam-webster.com/dictionary/have%20a%20cow>



"ED" Pronunciation

The rules for the correct pronunciation of ED in English:

1. The /id/ sound

If the last letter of the word is spelled with D or T, the ED is pronounced as a separate syllable with an /id/ sound (it rhymes with kid and lid).

- Wanted (sounds like "want-id"), Waited, etc.
- Needed (need-id), folded, etc.

2. The /t/ sound

If the last consonant of the word is voiceless such as /p/; /f/; /s/; /ʃ/; /tʃ/; /k/, then the ED is pronounced as a T. Be careful not to create an extra syllable or "id" sound.

- Talked (sounds like "talkt"), Parked, etc.
- Kissed (the S sound comes from the front of mouth so it would sound like "kisst").

NOTE: With the word "helped", if you say "help-id" as a two syllable word, then it is very likely that people will NOT understand the word or what you are saying. (It is pronounced like "helpt")

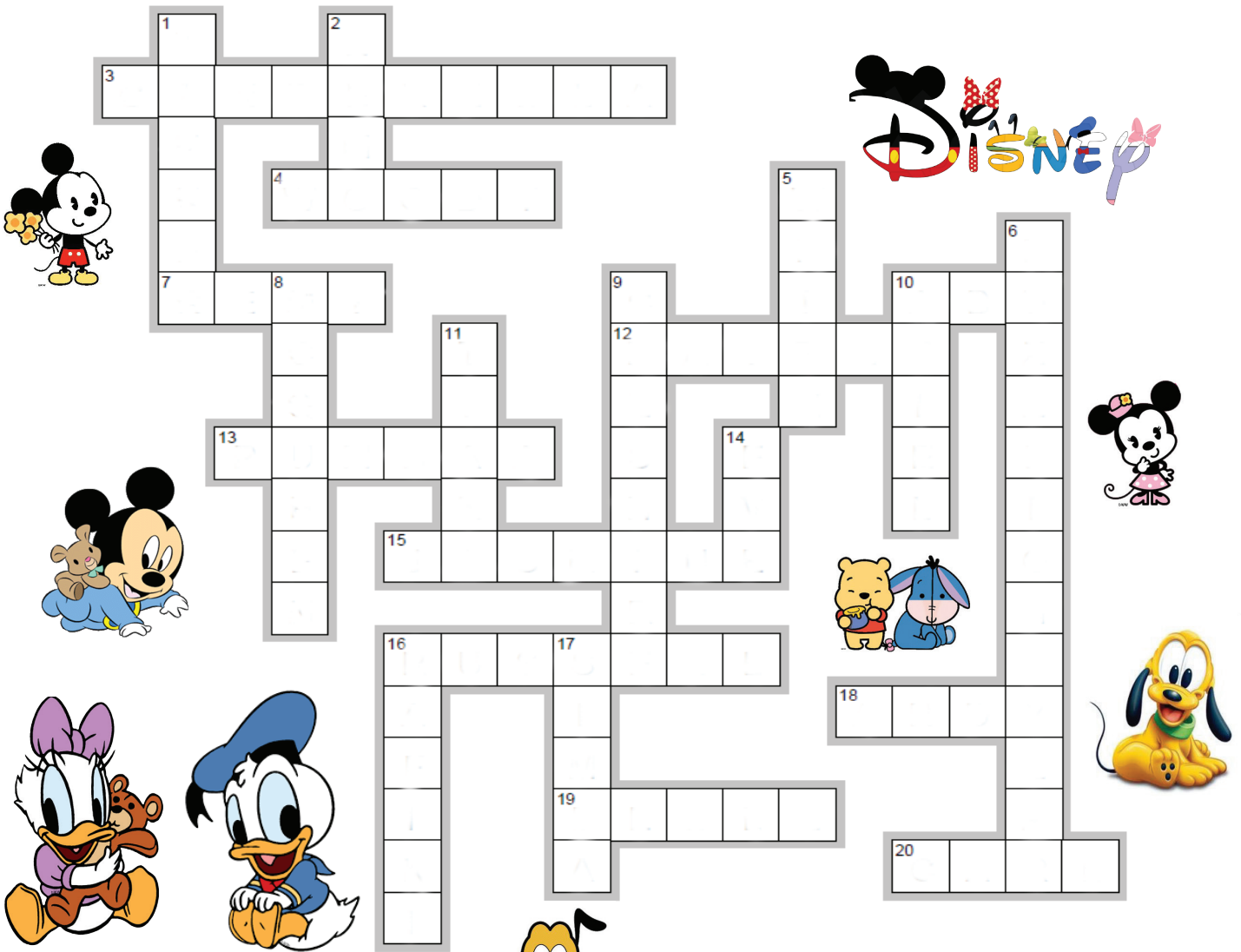
3. The /d/ sound

If the last letter of the words ends in a voiced consonant (or sound), then the ED is pronounced like a D (without creating another syllable)

- Played (sounds like "playd"), opened, lived, ect.
- <https://www.grammar.cl/english/pronunciation-ed.htm>



Some More Parrot Fun Stuff



Across

3. Disney star who must be home by midnight
4. Cowboy In Toy Story
7. The rat's name in Ratatouille, brother of Emile
10. Aladdin's monkey
12. The Mad ___ from Alice in Wonderland
13. The Lion King's warthog friend
15. The Sultan's daughter in Aladdin
16. Boy who flies to South America in UP
18. Name of the boy in Toy Story
19. The starring lady in The Beauty and the Beast
20. Owner of the house that flies away in UP

Down

1. ___ Bell, star of her own 2008 Disney movie
2. Fish who is separated from his father
5. Color of the Rabbit in Alice in Wonderland
6. Space man from Toy Story
8. Lightning ____, from Cars
9. Type of cat in Alice's Wonderland
10. Little Mermaid's name
11. The Princess who kisses the Frog
14. Wall E's favorite robot friend
16. A wise baboon from The Lion King
17. The Lion King's name



The Red Cross



The Red Cross was founded by Clara Barton in 1881. Since then, this important organization has responded to wars and natural disasters of every kind. Each year, the President of the U.S. declares March as "Red Cross Month."



R D O C T O R
H E Q A I D V
C U E S R U N
I Q R T J B L
M J G R N Q Q
E D T Q I U O
D B O H O C L



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



F E A L I U L
E R G N G I P
I G E E E Q U
L E E S L L C
E N O T R A B
R C B P G L Y
S Y D R D E C



Word list:

AID
BLOOD
(Clara) BARTON
DISASTER
DOCTOR
DONATE
EDUCATION
EMERGENCY
EPIDEMIC
FLOOD
HOSPITAL
HURRICANE



MEDICINE
NURSE
HEALTH
REFUGEE
RELIEF
SAFETY
SUPPLIES
TORNADO
VACCINE
VETERAN
VOLUNTEER
WATER

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,

My name is Shila. I am from Turkey. Unfortunately, I'm having a hard time figuring out what to do in my life. Specifically, I am studying physical science and mathematics at American River College. I've heard a lot about internships, but I have no idea if is good or not. I am also working at a restaurant. Do you think it is a good idea to sign up for the internship and quit work or should I keep working at the restaurant?

Shila A.



My dear Shila,

It is a significant opportunity. You definitely have to apply for the internship because it gives you an image about your future career. Additionally, you will get a great job with good pay. Don't miss the train! I always say, "There is nothing to lose when we try, we win when we learn from our attempts." Fortunately, we have Vivan at American River College who is working for an internship program and is the right person to help you. It is not a bad idea to meet her. As you know, if you snooze, you lose. Just try.

Nanny Noetal.

Interview with Prof.

Continued from page 1

philology from Lithuania. I went to a foreign languages institute in Vilnius and that's where I got my bachelor's degree. So, foreign languages were and still are extremely popular; it's a popular field, German especially, being one of the major languages in Europe. I had my degree in German and when I got here, I just continued with my graduate studies at UC Davis. While I was at UC Davis, I was also offered to teach Russian because one of my native languages is Russian, and at UC Davis I started teaching advanced Russian courses, and then I just continued.

The Parrot: What advice can you give to your students?

Professor Lysinger: What advice can I give to my students? Be smart. When you decide your career, check in advance, is that something that has chances in the future? Is that something that's going to be required where you want to be? The next thing is: explore your possibilities, see what's around, think out of the box, go further, go travel, see places, while you're still young you can still visit places around here and also, hopefully, abroad. Be creative with your life. Do something that will have an impact.

The Parrot: Do you think you have grown as a teacher?

Professor Lysinger: Absolutely. I grow every day, and there is still room for me to grow as for any teacher, I guess. So, yes. Every day I learn something

new about my students which influences the way I teach and why I teach in class. Besides, you know, the culture and the environment changes on a daily basis, so we need to adjust and be ready for any changes that come our way.

The Parrot: Can you tell me how technology has impacted teaching in your field?

Professor Lysinger: Technology is very progressive now and, I would say, even aggressive maybe. I just completed the Online Teaching Institute, and in my department we already have Spanish courses that are being taught online. And, I think, the future is in online teaching. Whether we like it or not, it's going that way. So, ARC started to offer German online, which will be the first German course in our department at American River College, and in Los Rios because we are the only college that actually offers German within Los Rios. And then, maybe soon, we'll have Russian online. So, yes, we're going that way.

The Parrot: Are there many students who take German classes?

Professor Lysinger: We have decent numbers in our German classes. I think you can compare German to French and Italian in that sense. Those are students who mostly have a German background, have personal interest because of their families or friends who live in Germany or are from Germany. We have, I would say, average enrollments in German, but our Russian program is over-enrolled, so we can't offer enough classes because of the demand. The demand is huge.

The Parrot: A lot of people want to learn Russian?

Professor Lysinger: Many heritage speakers join our Russian courses who grew up here, maybe speaking Russian, but they can't write, or maybe read that well. They don't want to lose the skills they have, so they enroll in Russian classes. So, yes, Russian classes enroll fast.

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

Professor Lysinger: You know, not really changes. I would say additions. I would've studied more languages, which I did. I just didn't have a chance to practice them, so I lost them. At some point, I was speaking Italian, and I knew some Turkish, and

I wanted to learn French, and I wanted to learn Spanish, and I do know a little bit there and there. But I wish I knew more, so that I can have better examples for students to compare languages because I'm very much interested in linguistics. So, changes no. I think I'm in the right field for my personal goals and my personal interests, but there is room to grow, as I mentioned before, so I would like to add.

The Parrot: So, how many languages do you speak?

Professor Lysinger: I speak four languages. I have my Russian and Lithuanian, which is the country that I grew up in, and I have my German and English, but I would say this is probably the norm for a person coming from Europe, or who grew up in Europe because European countries are small, and you have to somehow survive when you travel, so you have to know your neighbors.

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

Professor Lysinger: You know, that would be a question for my students probably, or my family, not me, but I would say I'm compassionate. I'm trying to go out of my way to serve the students the best I can, and I think that describes me really well.

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

Professor Lysinger: I think my students will read this interview and have a little laugh and maybe learn something else about me that they didn't know yet. Maybe I'll be popular, who knows?

The Parrot: Yeah, OK. Thank you for your interview. It was nice to hear a lot of interesting things about your life and experience!

Professor Lysinger: Thank you, Denis!

Alpine Alex

Mount Shasta 14,179 feet (4321.8 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 again. Today I decided to



answer the call from Mount Shasta. The summit of Mt. Shasta has always been on my bucket list and I'm glad to have done it. Despite the volumes of people working toward the ascent, arrival at the summit is always rewarding. It is an amazing hike with awesome views since it was sunny with clear



skies. Watching the sunrise and seeing the shadow was surreal like from another planet. We did a one day hike on Friday, May 25. We started at around 1 am from Bunny flats and it took almost 14 hours to complete the round trip. I spent more than an hour at the summit. The trail is mostly on snow from the trailhead to the summit. Above Helen Lake, there are some nice switchbacks that are becoming well

established in the snow but require some skill occasionally to cross the glissade "luge." The suggestion to Avalanche Gulch ascent is to do traverses, easily following the existing ski tracks, instead of straight direct lines to the Thumb Rock. It saves you energy,



it's safer and you end up going much faster. It's basically all uphill with the exception of a plateau above Misery Hill. When you see the true summit it looks a little intimidating but the final push is one of



the easiest parts. You definitely need crampons and an ice axe. Trekking poles are highly recommended. I did this as a solo trip but by the time I summited, I had made new friends and couldn't be happier with the whole experience. See you on the trail. Have fun and be safe.

Name one fascinating thing you did this summer?



"I went back my country to see my family who I haven't seen since I was 6 years old and got to know a lot of people."

Aesha Abaduljabbar – Biology

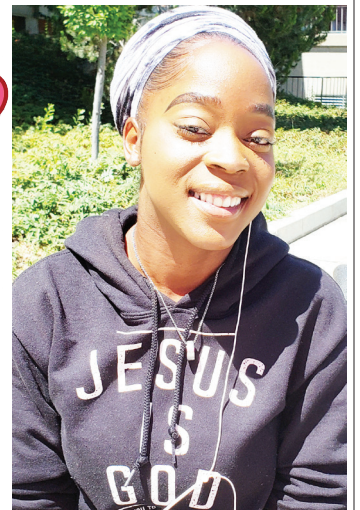
"I went waterfall jumping."

William Robey – General Education



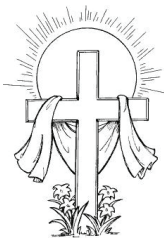
"This was the first time I studied ESL reading in the summer. It was great because I love studying English."

Tatiana Shuvalova – Accounting



"I went to Church."

Alisha – Social Science



"One fascinating thing I did this summer is attending my friend's wedding party because I waited two years to see this wonderful moment. She was so gorgeous."



Alaa Shatat – Engineering Biology

Name one unusual or memorable thing you experienced this summer?

"I went blueberry picking in Ohio and got poison ivy. I'm still a little itchy from that experience."

Elizabeth Specker – ESL Professor

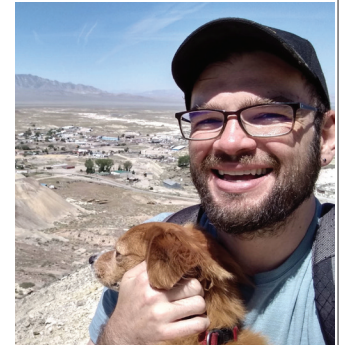


"I visited my childhood 'town' of Brooklyn, New York for a few days. What impressed me most was - the construction! I saw lots of new tall buildings in downtown Brooklyn that weren't there when I was a kid."

Caterina Falli - Assistant Professor

"I read the sci-fi classic Dune for the first time. Even though the book is over 50 years old- and 700 pages long! - I really enjoyed reading it."

Jeff Moran - ESL Assistant Professor



"My good friend from Japan had her daughter and nephew come to stay with us for a month this summer. They brought me a rice cooker and we loved it. All in all, we had so much fun hosting them and we are begging them to come back and stay!"

Julie Caspersen Schultz - Adjunct Faculty



"My 6-year-old son Nico broke his arm while we were camping out at Fort Bragg but we weren't about to cut our trip short! After he had the surgery at home in Elk Grove, we promptly returned to the campsite for breakfast the following morning! Our family takes our camping trips very seriously!"

Margaret Ai Travis – ESL Professor



Out of the Cage

Movies for Mental Health

Wed, Sept 25, 2019

12:00 pm - 2:00 pm

Movies for Mental Health is an interactive workshop run by the North American organization Art With Impact that uses the emotional power of short film to initiate dialogue with students on the topic of mental health. Movies for Mental Health provides a brave space to explore the topic of mental health in a relatable, creative, and non-confrontational way. This event is sponsored by the Health and Wellness Center, Pride Center, and UNITE.

Location: Student Center Community Rooms, American River College.

State of California is Hiring

Thurs, Sept 26, 2019

12:30 pm - 2:00 pm

Learn more about jobs with the State of California! Guest presenter is Fernando Castro. Location: Student Center Community Rooms 1 and 2

Location: Student Center Community Rooms, American River College.

Careers with Los Rios

Tues, Oct 15, 2019

12:30 pm - 2:00 pm

Come learn about job opportunities with the Los Rios Community College District. Guest presenter is Mellonie Richardson from the Los Rios Human Resources Department.

Location: Student Center Community Room 2, American River College.

ScholarShare Children's Book Festival at Fairytale Town

Sat, Sept 21 - Sun, Sept 22, 2019

10:00 am - 4:00 pm

Enjoy readings and presentations by children's book authors and illustrators, storytelling performances, hands-on literacy activities, and family play time at the largest early childhood literacy festival in the region. Eric Litwin, original author of the "Pete the Cat" books and author of "The Nuts" and "Groovy Joe" books will headline the two-day Festival.

Location: Fairytale Town, 3901 Land Park Dr, Sacramento, CA 95822.

Admission: Free.



SQUAWK!!

QUESTIONS/COMMENTS?

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

Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Travis's office D370, call (916) 484-4524, or email: travism@arc.losrios.edu; Professor Bracco's office D337 in Davies Hall, call (916) 484-8988, or e-mail: Braccop@arc.losrios.edu. To see The Parrot in color go to <https://www.arc.losrios.edu/academics/the-parrot-newsletter>