



The Parrot

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

Issue # 134 Spring 2019

ITC's Helpful Nicole Griggs

The Parrot: Hello, Ms Nicole, I'm Faraz, and I'm an ESL student. and I need to have an interview with you for my listening class. I need to ask you some questions if you are OK with that.

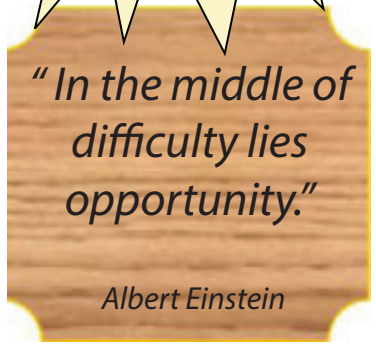


Nicole: I'm perfectly OK with that.

The Parrot: Thank you so much. Please tell me. You've been at ARC for a while, right? How did you start working here?

Nicole: I started actual-ly as a tempo-rary classified employee at Folsom Lake

College for the research analyst at
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New Parroteer Laura Lopez

The Parrot: How long have you been at ARC?

Laura: I've been studying here almost two years. I mean one year!!



The Parrot: Why did you choose to attend school here?

Laura: I chose to study here because

my older sister had at-tended here and taken ESL classes too.

The Parrot: Do you like ESL classes?

Laura: I really like

them. They're really helpful and interesting.

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Student Chirpings

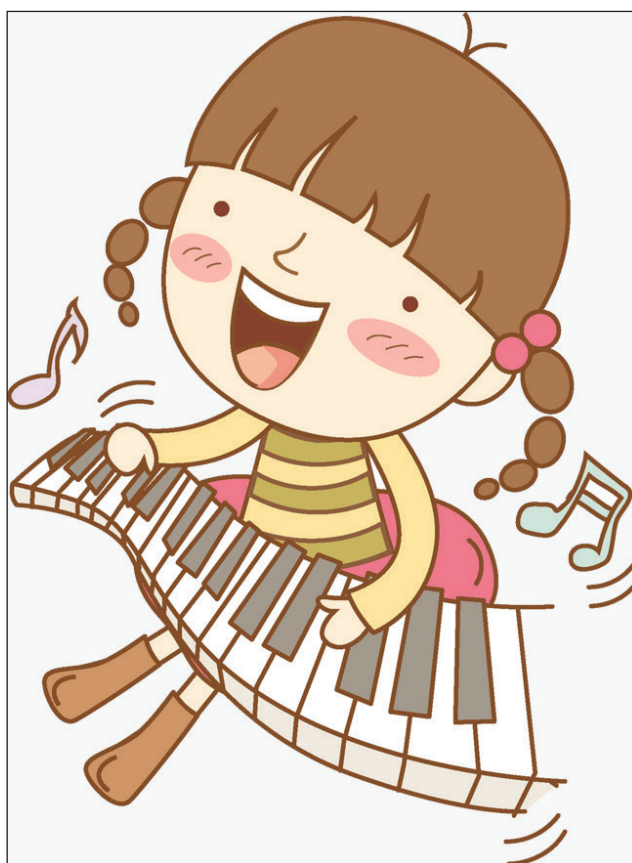
Young Pianists

Do you know how to interest children to play piano? Parents want their children to be happy and successful. They want a good future for them, and they often decide to give their children a chance to learn, especially play piano. At first, children usually really like to play piano, and they do it with great pleasure. Unfortunately, almost all children quickly lose their interest to play piano, and their behavior becomes unbearable. Children often become nervous, and they start to cry and do not want to play piano. Parents are worried about their children and often become helpless. To solve this problem, parents should find ways to encourage their children to play piano.

One of the ways to solve the problem of children losing interest in playing piano is for parents to create good conditions. Parents have to find a special place or even a room for the piano in their home, so their children will be able to practice piano when they want to do it. Also, parents should provide silence in the room where they play, so they will be able to concentrate and play piano more effectively and productively without any obstacles. However, parents also have to choose the correct time and limit time for playing piano. For example, in the evening, children are too tired to play piano, so they just do not have any energy to do it. Of course, children have to have a regular time to practice piano because a routine can reduce the problem and will discipline them better. As a result, when parents create good conditions, their young pianist will be able

to avoid many negative emotions.

The next way to solve the problem of children losing interest in playing piano is that parents should motivate their kids. Almost all children like different prizes, so parents should give them small prizes or some candy during each of their practices. Once a week, they also can motivate them with other interesting surprises that kids really like. It can be an interesting game that they play together, or they can go to interesting places, such as a museum or theater. Of course, parents should suggest kids choose cards with different games and interesting prizes. Actually, children really like to play games, to paint pictures, and to receive different prizes, so all these things will be able to encourage them to play piano.



Another way to solve the problem of children losing interest in piano is that parents should organize a party for a children's concert. Parents have to choose a date when they can organize a party for a children's concert. However, they should let their young pianists invite guests that they like to their own concert. For example, they can invite their relatives, or just their friends, or even their teacher. Also, parents should go to the store with kids and buy them nice clothes for the party. Children usually like to buy new clothes for themselves; girls especially like to buy nice dresses. Moreover, parents can even buy a crown for their girls, so they can imagine

have to choose a date when they can organize a party for a children's concert. However, they should let their young pianists invite guests that they like to their own concert. For example, they can invite their relatives, or just their friends, or even their teacher. Also, parents should go to the store with kids and buy them nice clothes for the party. Children usually like to buy new clothes for themselves; girls especially like to buy nice dresses. Moreover, parents can even buy a crown for their girls, so they can imagine

themselves as a princess at the party. Finally, parents should order a special piano cake for the party, so it can be a surprise at the end of their concert. I think the piano cake will give them good feelings, positive emotions, and unforgettable memories. The idea of the children's own concert will encourage them to practice piano and they will want to improve their skills, as well.

In conclusion, if your children lose interest in the piano, and their behavior becomes unbearable, no doubt, you should find ways to solve that

situation immediately. There are many ways to encourage your young pianists to play piano such as to create good conditions, to give them a good motivation, and to make them a party with their own concert. I hope when you use these good ways, you will solve the problem, and it will help your children to become good pianists in the future and provide a good process for playing piano without any stress.

Nataliya Parylyak
ESL W50
Problem-solution essay

March 8th – Women's Day

Most countries in Europe celebrate International Women's Day. In my native country, Moldova, we also celebrate Women's Day. It is always on March 8th, no matter on which day of the week it falls. It is always a holiday, and all people have a day off. Only flower sellers do not have a day off. This is one of the days in the year when they can sell more flowers because it is a tradition to give flowers to ladies. Of course, mothers are the ones who receive more attention on this day. People often celebrate March 8th in the following three ways.

One way to celebrate March 8th is to make a festive dinner. Most people usually go to visit their mother and grandmother. They give them flowers and presents. Also, the host of the house prepares the dinner with many kinds of foods. They stay all together and sing songs, laugh, and dance. For kids, March 8th is also a big holiday. They prepare cards with lovely messages for their mothers to thank them for their love. In short, celebrating Women's Day with family is the best way for me.

The second way to celebrate this international holiday on March 8th is to travel. It is an opportunity to have a mini-vacation. They can take more days off and go to visit their favorite places. Many agencies offer attractive deals to travel to other countries at a good price. Also, a husband can make a surprise for his dear wife and buy tickets for a trip to visit, for

example, Paris or Italy. It is a good gift for women to get more attention from their loved ones on this special day. To sum up, a mini-vacation for women is always welcome.

The third way to celebrate this special day is to go out for dinner. Some people go out to a restaurant. All restaurants are busy on this day. People need to make a reservation a week before. Also, restaurants have a special program for this holiday. They invite a famous singer, and they prepare a show to make people feel good. Some people like to sing, and they go to a karaoke club with their friends. In brief, for people who do not like staying at home to cook, the best way is to go out.

In conclusion, March 8th is an international day for women but not just women celebrate this day. People celebrate this day with the whole family in different ways. Some like to spend Women's Day with family having a festive dinner, other people can take a short vacation to relax, and others go out to have fun. March 8th is a special day for all women when they feel special and get more attention from everyone. It is good to have a day in the year for women only, to celebrate our love for them.



Sylvia Fulana
ESL W40
Expository essay



Being the Oldest in The Family? No Thanks!

In many families, parents have several children. All of those children have different attitudes and personalities. Normally, parents love all their children and feel proud of them. In my Iraqi culture, parents always support their children even they get older and when have their own families. There are several disadvantages to being the oldest in the family: having more responsibility compared to the younger brothers and sisters, having a lonely childhood, and having strict rules from the parents.

The first disadvantage of being the oldest child in the family is that your parents will make a list of strict rules. My parents, especially my mother always try to control my attitude in front of my younger brothers and sisters. I always ask her for the reason. She tells me that I am the oldest one, and my brothers and sisters will learn from me the good things and the bad things. In that case, they will learn how to be a good person.

Another thing to add is that my dad has his own rules. I remember that he turned off the Wi-Fi after 12 a.m. He told me no more Internet after that time. One day, I asked him, "Why do you do that?" He answered so that my younger brothers and sisters would not use the Internet so much when they get older. Parents' strict rules create a lot of pressure on the oldest child.

The second disadvantage of being the oldest in the family is that your parents make you more responsible for taking care of your younger brothers and sisters, especially if the parents are working.

Sometimes, the parents make their oldest child do some of their tasks. My friend was the oldest child in the family. My friend's mother always asked her to take care of her brother, which was so hard to do. Sometimes, her mother asked her to give him a bath or to dress him or feed him. Those tasks are so hard for a child to handle. Therefore, being a responsible older child in the family is so hard, and it has a bad effect on the child.



The third disadvantage of being the oldest child in the family is having a lonely childhood. Many families like to have only one child at the beginning of their marriage. In my opinion, living a lonely childhood is the hardest. One of my relatives had only one child for six years. She always says that her daughter kept complaining because she did not have brothers and sisters to play with. Therefore, a lonely childhood is really hard, and it may affect the child in the future and cause a big disadvantage.

In conclusion, there are many disadvantages to being the oldest. Gaining a big list of rules and tough treatment from the parents, the parents forcing the child to do their tasks in early childhood, and feeling lonely is really a terrible thing and could be the biggest disadvantage to being the oldest in the family.

Tiba Alawn
ESL W50
Expository essay

A Blessing In Disguise

Our life consists of bad and good things, black and white stripes. Sometimes we lose something, but on the other hand we find something. Did you feel upset or sad when something bad happened in your life? You thought perhaps that it was like the end of the world or the worst event in your life and you would pay any price just to change it. From your heart flows fears, fear for yourself and/or fear for your family. Your head is full of worries and disappointments. I completely understand you! I'll never forget when in my life there were persecutions on religious grounds, when I had to make a decision on which way I had to go – the right, but complicated path or the easy path, but not the right way. It's always difficult to make the right decision.

In Kazakhstan, the government and the constitution says that everybody in the country has freedom and especially religious freedom, but in fact, it's not true. Although most people in Kazakhstan are Muslims, there are many different religions. I thought my country had religious freedom, but I was wrong. This problem touched my life too. For a long time, I worked in a big utility company. We provided electricity and hot water for heating for residential and commercial purposes. One day, I was interviewed on the local TV. It was about how our utility company prepared for winter season, what kind of changes were coming soon, and I had to answer customers' questions. I wanted to be respectful and wore a nice suit and tie. Everything was good, but after this interview, my boss called me into his office. He was very clear about how I had dressed. He ordered me never to wear anything Christian again. It was about my tie, a Christian tie, a tie with a nice cross. After this, he ordered me to remove all Christian things from my office and desk. It was a violation of my rights, but I couldn't defend my rights.

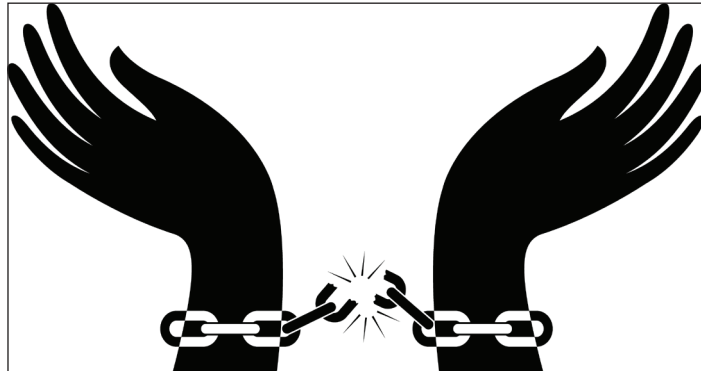
After a while, one very serious and mysterious

person came in my office. He didn't say who he was, but immediately began to ask me about my co-workers. In this company around 400 people worked. It was very interesting because I felt that he knew about everybody there. I asked him who he was. It was a big surprise for me because in front of me I had an officer of the National Security Committee. He asked me for information regarding the employees who joined different religious organizations. He also persuaded me to survey my employees, what kind of religious organizations they belonged to, and submit to him that information. Later, I realized that he was trying to recruit me. After my refusal to report employees' religious information to him, some government agencies started inspections and illegally fined me for administrative violations. It was terrible, a black strip in my life. I completely understand that people of this position don't stop and they don't like to hear "no".

The persecutions were increasing. I could not understand what was happening, and why my constitutional rights were violated. However, fear of being imprisoned stressed me all the time. I was afraid for my life and the lives of my wife and children. It was not the end; the persecutions came in school where my kids were, and my wife started to hurt in the stressful background. All our life was under heavy pressure. For this reason, we asked for asylum in the US.

In conclusion, I would say that the situation was a blessing in disguise. Nobody knows for sure what is going to happen tomorrow and why something happened in our lives. I thought that it was the end of the world, but all these bad events and situations were needed for our good. So, never give up and do not blame God for what is happening.

Vladimir Tsoy
ESL W50
Narrative essay





Won the Lottery

Have you ever won the lottery? What would you do if you could win the lottery? Most people wish to win the lottery in order to lead a life of luxury. Research shows that people buy more and more lottery tickets when the economy is bad. Many people believe that the only way to be rich is winning the lottery. However, as you know, it is almost impossible to win the lottery in your life. Amazingly, I won the lottery, but I lost my best friend and prize money, too. I will never forget the time I was robbed by my best friend after winning the lottery.

Sung, who was my best friend, moved to Seoul, Korea, my native country, from a small town when he was nine years old. He lived in a small apartment with his parents, grandmother, three sisters, and one brother. He was too quiet to fit in with other classmates. I met him at school when I was a 3rd grade elementary school student. One day, I saw him in the science lab where he sat on the chair alone. I felt sorry for him. I approached him, and then asked, "Do you need a friend? If you need a friend, I will be your friend." Thus, we became best friends. After that time, we went to the same middle and high school. I spent a lot of time with him studying and playing sports such as soccer, basketball, and baseball.

When I was eighteen years old, I purchased two lottery tickets. While Sung and I had waited for a bus to go home, I told him about my dreams. I had had a fantastic dream that night, in which I saw a big golden pig come to me. "It seems like a good omen to me, so I will buy a lottery ticket," I told him. I then went to a lottery store near the bus stop and purchased two lottery tickets. At that moment, he also

wanted to get a lottery ticket and he gave me money. I chose six numbers for each one and then I gave a ticket to him. If either one of us won the lottery, we would split the money up equally. "What do you think?" I asked him. "Of course, that is a good idea," he said. A few minutes later, a bus arrived at the bus stop and we went to our respective homes.



I put the ticket on my desk upon arriving home. After finishing homework, I looked at the TV programs, which indicated the drawing was at 7:00 p.m. I could not wait for the drawing, and I sat in front of the TV until that time. Finally, the people running the lottery began to call the numbers. My eyes and ears were extremely attentive at the time. My mother saw what I did in front of the TV. "You should not expect to win the lottery, and it is just a waste of time and money," my

mother said. At that exact moment, an unbelievable thing happened to me. I won the lottery. More specifically, Sung won the lottery. I was a second winner because just the last number did not match. However, he got all the numbers correct. Only the last number was different from my ticket and his ticket. I also totally remembered his lottery numbers, which I chose (five of six numbers the same as mine; only the last number was different). I could not breathe for a moment. I shouted loudly and ran around the room.

I called him right away in order to share our joy of the prize. "Hey, my best friend, we got it!" "We are going to have a big celebration for winning the lottery," I said. After a bit of silence, "What are you talking about?" "I do not understand what you are saying," he said. "I mean we won the lottery, so we need to have

a party," I said. "I did not win the lottery," he said. I was shocked and became upset when I heard his answer. I really wanted to know why he lied to me. Therefore, as soon as he hung up, I hurried toward his house. And then I called him to come outside in order to understand. In a few moments, when he came outside and walked toward me, I could sense his nasty mind. "What happened?" "I know you won the lottery because I know your lottery numbers," I said. "As I told you earlier, I did not win the lottery," he said. When I heard his answer, I felt betrayed by him. "If you do not want to tell me the truth, I cannot hang out with you anymore," I said. "I do not care," he said. After telling me that, he went into his house. I got stabbed in the back by my best friend, a guy I had trusted the most. As I went back home, I thought about many things,

such as friendship, faith, and money.

In life, we meet so many people: family, friends, neighbors, and acquaintances. Unfortunately, we can be hurt by someone whom you think you can trust. There are many hard times, but life is also exciting. I have learned my lesson. Even though I was not able to find a loyal friend, I am not afraid to make a new friend. I believe that there are more good people in the world than bad people.

Woochul Jang
ESL W50
Narrative essay

The Goblins' Home

Do you believe in goblins and fairies? Maybe not. But where I grew up in Afghanistan, people believe that goblins exist but are hidden. They believe that goblins show up when they want to kill someone. They also believe that goblins are made of light. What I am writing in this journal may be funny for first-world people but in my small village, far away from the city and improvement, it is a fact and I can say 99% of people believe it. People believe that goblins always live in the ruins. This was the reason why my mother told me I must never go to the ruins. Especially, I should never go to the one in the jungle, on the small river close to our house. Everyone knew about that small scary place in the village. When I was a kid, it was so hard for me to go to visit that small scary place in the jungle. I don't believe all those scary stories about that place anymore but I am sure if I go to that place right now,



especially at night, I will be scared. When I still imagine that place, I feel afraid unconsciously.

The closest house to the jungle and river was our house. Our neighbors were far away from us. It was a five minute walk to get to the river. Our beautiful river was covered by a lot of trees and bushes. But in the jungle, there was a destroyed water mill. "When my grandfather was alive, he used to use this water mill," my father said once. Unfortunately, there was just one way to cross the river and reach our other neighbors. That was the way in front of that scary ruin between the dark trees. The owner of that overgrown area had immigrated to another country and nobody took care of his trees and land. The water mill was made like a small house but after a while, when nobody used that water mill, that changed to a ruin. As a result, a lot of stories were made by people in the village. How could we pass those long nights in the winter without those stories from that ruin? As my mom said, a



lot of people died because when they passed that ruin at night, they saw a big ugly goblin with a lot of dirty hair on its face.

The destroyed water mill had three broken windows in the front. Those windows looked very dark and scary, like a cave. Half of the ceiling had fallen down and some black wood was exposed. Some birds were always sitting on that wood. There was another cave under the wall where water used to come I remember when I was passing there, a big black cat came out of that cave. Not only was that black cat living in that cave, but some dogs were its neighbors also. When there was wind, I could hear a scary voice from that cave. Then I paid attention. I understood that when the wind was passing the cave, it made a voice. The water mill had a small door on the corner. But the door was locked with an old and rusty lock.

One day in the summer, when I wanted to take some wood from the river to my mom, I decided to go in that water mill. I was so scared but on the other hand, I was so curious about that place. I had often made a decision before to go to that water mill, but I never did it. Because whenever I tried to get in, I heard a voice from the inside and I ran away. However, that day my decision was different. I told myself, "You should go inside that water mill. Whatever happens, happens." I started walking to the water mill. With every step closer to that water mill, my heart beat faster. Finally, I got to the door with a lot of sweat on my face. I took the lock chain and pulled back. I didn't expect that lock to come out that easy. Maybe I forgot that the chain was 100 years old. I opened the door and went in with shaking hands. When I turned on my flashlight, there were a lot of



animal bones everywhere. Walking was a little hard among all of those spider webs. The mice were running around me like they celebrated my coming. There was a small room inside. When I opened the door, a black cat jumped out and my heart almost stopped. The strange voice from the inside that always scared me was a dog with her puppies in that small room. I walked everywhere in that water mill but there were no goblins or fairies. I will never understand how my people in the village made up all of those interesting stories about that destroyed water mill.

In the end, when other people were thinking about their future, I was thinking of how to get in that old water mill, which I finally did. That was a short part of my life when I was nine or ten years old but I remember still. The images of that place are very clear in my mind. Especially I can't forget the cave under the wall that made that place very scary. People died because they saw goblins or fairies at night in that place. I am sure they were wrong, but I am not saying that they lied to people.

It's true that they saw something but not goblins. That was their scary feeling about that place. When they passed that place, they were frightened, and it caused some bad picture in their minds. Then they thought that they saw goblins. Those fake images caused by scary feelings destroyed their minds and finally, they got sick for a while, then died. It is true that the water mill was very old, changed to ruins, and alone under the shadows in the jungle, it made things scary but there were no goblins, fairies, or ghosts.

Hussain Fahimi
ESL W50
Descriptive essay

Prepare! You're Moving to a Foreign Country!

I grew up in Moldova, a very small and beautiful country. Even if it has beautiful nature with orchards, forests, and historical monuments, people face a common problem: they don't have jobs. For this reason, they are supposed to go abroad to work to sustain their families. In the past, people went abroad to work for several months. Then they returned home. Now hundreds of people are leaving the country forever in search of a better life and stable future for their families. It isn't so simple to move abroad because you must pass through a long process. Moving to a different country is easy when you follow these important steps.

The first step in the process is to decide to which country you want to go and to be informed about that country from all points of view. Whatever the destination country will be, you have to find the right information about that country from the Internet or from the embassy website. You have to know about their culture, how the climate is, what the medical system is like, what opportunities you will have, what kind of documents you need, and how easy it is to get a visa for that country. Next, you have to be informed about the educational system if you are planning to go with your kids. After you decide what country you want to go to, you have to study their language. You have to attend some courses that will help you to learn the new language in a short time. Then you have to find acquaintances in the city where you will go to. They can help you find a temporary place to live in or a job. At the same time, you should start to save your money because you will have many expenses.

The second major step in the process of moving to a different country is to prepare all the required documents. First of all, you need to get a visa because people often don't have a free exit. To apply for a visa, you have to collect all original documents such as birth certificates for all family members, passports, and marriage or divorce certificates. Next, you have to make an appointment with the embassy where

the ambassador will review all documents and will make the decision to issue a visa or not. If you are lucky, you can have your visa in a few days! Then you have to see if all family members have all the required shots. Next you have to translate all documents into the language of the country that you go to, starting with high school diplomas and ending with birth certificates.

The third major and most important step in the process of moving abroad is to prepare for leaving. First, you have to book your flight. In my country, you can't book tickets online by yourself; you have to find a special travel agent and he will book for you. Once you know the departure day, you can start the preparation. Actually, people sell their car, furniture, and even the house. You have to be careful to

have enough time for selling everything. While preparing, spend a lot of time with your family or friends because nobody knows when you will come back. Next, you have to purchase some good suitcases and pack things you might need immediately. Then you have to cancel any accounts that you have such as bank accounts, pay all the bills, break the phone contract, and go to the city hall to get records. The last step to take is to organize a big party with all your friends and neighbors. Finally,

you have to say goodbye to your dear friends and hometown and go to the airport.

To move to a different country is a long and very complicated process for Moldavian people. However, they are ready to face everything just to have a better future. The hardest part is to receive a visa; otherwise, it is easier to overcome all obstacles because people have strong characters. Even if the process of moving to a different country is boring and unpleasant, it is easy when you follow these important steps.



Lenuta Musorivsi
ESL W50
Process essay



Not Just the Door

So was created the world that we enter a door and leave through this door, too. We see many doors in our lives, but where they will guide us we don't know. One door always closes and keeps somebody's possessions. Another one usually opens and gives an entry into a various beautiful world of people's thoughts and ideas. Actually, we can unlock the door if we have a fitting key for it. I mean these key words can open and show you one meaningful door which will lead you into a huge unbelievable world of writing skills. Where is it?

First of all, let's see what we think when we stand in front of the door. For example, we pay attention to the office's number. It is the office of a good professor. It is located on the third floor of Davies Hall at ARC. It seems like a very busy room. A dark yellow color door is adorned with a large amount of stuff. To the left of the door we see the name of a professor between two different color numbers of the office. Under a black plate with white color number on it we see a schedule of office hours. In the middle of the door a little window shows what is behind the entrance. It is very interesting, but for the average person it is enough.

More attentive students can see deeper. To the left of the yellow door we can see a big walnut color bookcase with six shelves full of books and magazines. It is always ready for you. There are many posters and pictures on the face of the door. Next to the right of the door a manila envelope titled W50 is on the wall. It creates a smart connection between student essays and the teacher. A helpful equipped facade of the professor's office reveals an inner won-

derful door for the most discerning students. What is it?

It is the door of the teacher's opened heart. The huge number of free books for ESL students is a big fruit of hard work because he wants to help learners maximally. A poster with four different parts of the human face reveals that he is kind to everybody. The cartoons with funny notes give us understanding that he is a good adviser in a smart and cheerful way to counsel students. Pictures with animals on them make us realize that the professor is looking for very meaningful things in nature. The photos on the door are his image. When you ask him for help, you will see the joyful and ready-to-help visage of his face. Everything written above means that a professor always wants to discover the entrance to the beautiful world of writing. You just need to knock and open the door of his office at certain hours. Just do it, and

you will be successful.

As little children, we go into a wisely-created world, and we need someone who can teach us the skills of living in it. Comparatively, we stand in front of the door of writing. Who can help us? It is difficult and unpredictable nature. Asking the question of your teacher is a fitting key for you, dear student. I am sure the teacher has the keys to writing skills to open one inner meaningful door, which will lead us to the open spaces of a huge world of writing skills.

Andrey Kozlov
ESL W50
Descriptive 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 fruit! That cherry tree was like a nice and generous friend of ours. He 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 for 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 with its shadow almost the entire area of the backyard. 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 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. Many fairy tales we listened to together: my friends from the village, my the best friend cherry tree, and I. I can say that this dear tree had witnessed 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



Interview with Laura

Continued from page 1

The Parrot: What is your main area of interest?

Laura: My main area of interest is graphic design and all those things.

The Parrot: How interesting is that! Where would you like to be ten years from now?

Laura: I want to find a job related to my major, graphic design, and I want to buy my own house. This is what I want to do.

The Parrot: We know that sometimes it is hard to work for all the things we want, but in the end if you work hard you can do everything that you want to.

Laura: Yes!! That's what I think too, because people care about money and those things, but I think if you don't enjoy your job, it's hard to work.

The Parrot: If you do something that you love to do, if you like the things that you are doing, everything is going to be perfect. What do you like to do in your spare time for fun?

Laura: I like to travel and hang out with my friends and listen to music and spend time with my family. That's it.

The Parrot: What kind of music do you like to listen to?

Laura: I like to listen to Heavy Metal and Rock.

The Parrot: I like Rock too. What is the most difficult part of sitting in a class for two hours?

Laura: The most difficult part is to stay focused on what the professors are saying. The hard work is paying attention to everything and not getting distracted by classmates or talk with everyone you know!! ESL classes are like practice, but not in class talking with others.

The Parrot: It is the same for me. It is hard to be sitting for two hours in the class and be focused on everything that the professor is saying. What are you most proud of?

Laura: I am proud of my development in my writing class because I think when I started I couldn't do

well, but now I really think I can do well. I do it my best writing.

The Parrot: Yeah, that's good!! It is kind of hard if you want to do something, but you don't work for that. It is never going to happen. You know what I mean. What are three words to describe yourself?

Laura: What I think to describe myself is responsible, hardworking, and creative. That's what I think.

The Parrot: Those are good. What is your dream vacation?

Laura: I really want to travel around Europe.

The Parrot: That's fantastic.

Laura: I would like to visit all those places at one time, like to go from one place to another place.

The Parrot: That's good. You want to go alone or with your family or your friends?

Laura: Alone? I don't think it is going to be fun.

The Parrot: I know.

Laura: I want to go with my sister. She is my best friend and that's what I want to do.

The Parrot: I don't have sisters.

Laura: Oh wow!!

The Parrot: I always wanted to have one sister, but I have four brothers, so I don't have a best friend. Thank you for your time.

Laura: You're welcome.

The Parrot: I was glad to talk to you. Thank you, Laura, for all your time.

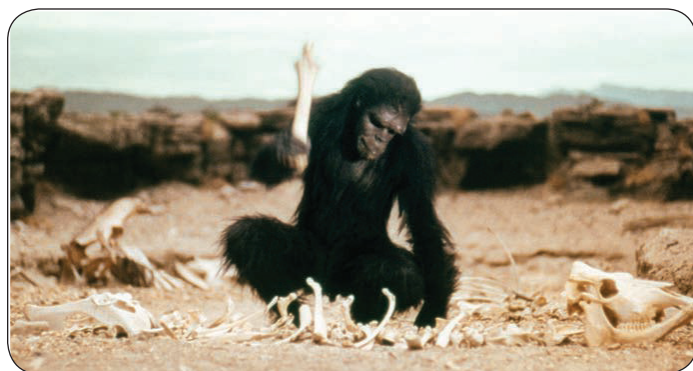


Let's Talk about Our Hair

Talking about our hair: it's rarely considered a weighty conversation.

Yet hair is a fascinating subject. Kurt Stenn '65M (MD) has devoted his career to studying its biology—as director of skin biology for Johnson & Johnson, professor of pathology and dermatology at Yale School of Medicine, and chief scientific officer for a biotech company devoted to hair follicle regeneration.

In the past 10 years, he's broadened his study of hair to take on its cultural role. Incorporating the observations of anthropologists, stylists, and wig-makers in addition to scientists, *Hair: A Human History* gives hair an overdue treatment. Here are some highlights.



The loss of body hair among hominids was a necessary precondition to human evolution.

Darwin argued that human ancestors began to lose their fur because male hominids preferred hair-scarce females. Expert opinion is now coalescing around the view that fur loss occurred due to other types of evolutionary advantages. Three simultaneous events—the loss of body hair, the development of sweat glands, and the growth of the hominid brain to a recognizably human form—appear to have been interdependent. Exposed skin and sweat glands facilitated body temperature control, aiding foraging in the heat. Brain tissue, which is highly sensitive to elevated temperatures, thrived in new ways as hominids began to lose their fur.

Men have worried about male pattern baldness for thousands of years. Julius Caesar was among them. According to Roman historian Suetonius, writing in the year 121 A.D., Caesar's "baldness was a disfigurement that troubled him greatly, since he found



that it was often the subject of the gibes of his detractors. Because of it, he used to comb forward his scanty locks from the crown of his head." Egyptian papyrus scripts going back 4,000 years show evidence of a similar anxiety among powerful men.

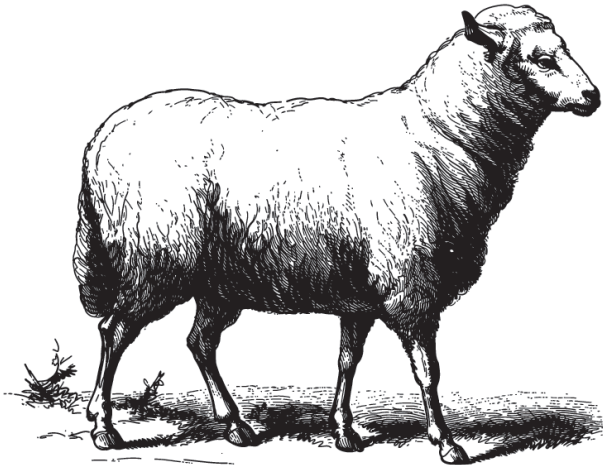


The red-and-white-striped barber's pole is a visual remnant of the bloodletting practiced by medieval barber-surgeons.

In medieval Europe, the medicine man and the barber were one and the same, and called barber-surgeons. During the practice of bloodletting, a barber-surgeon lanced a vessel in the arm, collected blood in a basin, and wrapped the arm with white bandages. "During this procedure," Stenn writes, "the patient gritted his teeth and gripped a pole. When not in use, the pole rested, with a clean white bandage twisted about it, in front of the shop as a sign of services rendered."

From the 16th century until the end of Imperial China, it was a mainstream belief among Chinese philosophers that a person's degree of civilization was inversely related to his amount of body hair.

It stood to reason: primitive animals had dense fur, while Chinese men and women alike had relatively scant body hair. "When the bearded and generally hairy Europeans arrived on their shores in the 16th and 17th centuries, the Chinese were confused and reluctant to accept them as equals," Stenn writes.



Most early scientific research into hair growth was initiated by leaders in the wool industry seeking increased production and profits.

Sheep farmers and wool merchants in Europe and Australia established multiple research foundations in the 19th and 20th centuries, providing funding for anatomists, pathologists, biologists, and physical chemists to conduct hair research that would suggest how sheep could produce more and better wool. The research that came out of the efforts established the foundation of most of what we know about hair today.

In the last decade, scientists have begun studying the hair follicle as a model of tissue regeneration—a process that could be harnessed to repair or re-form damaged organs.

The hair follicle stimulates the growth, shedding, and regeneration of hair shafts in a predictable cycle. With the exception of the uterus, which sheds and rebuilds its lining every month, “no other mature adult human organs cycle, form, cast off, and reform,” Stenn writes.

The barbershop quartet originated in the black American barber shop, where men sang spirituals, ballads, and other popular songs as they waited.

The barbershop was, and is, a neighborhood gathering place in many African-American communities. In the late 19th century, black barbershops were not only places for grooming, but also for political meetings and discussions, casual socializing, sharing gossip, and even impromptu music making. A practice of spontaneous singing grew into “a codified tradition,” Stenn writes. Dressed in striped jack-

ets and pants, and singing in four-part harmony, the a cappella groups “called themselves ‘barbershop quartets,’ and popularized such songs as ‘Shine On, Harvest Moon,’ ‘Sweet Adeline,’ and ‘We Are Poor Little Lambs That Have Gone Astray.’”



In multiple studies, patterns of hair growth on the head correlate to patterns in brain development.

Studies of people of European descent have found a strong correlation between cowlicks (or hair whorls) that run clockwise, and right-handedness. Among those with counterclockwise cowlicks, there is no correlation with handedness. In addition, “children with multiple or intersecting whorls show a higher probability of having underlying brain malformations,” Stenn writes. Scientists don’t have a solid explanation for the correlation, but many embryologists suspect it’s due to the common antecedent of skin and brain cells.

Biologists have classified human hair into eight groups. All eight types can be found among all the world’s populations.

Early 20th-century Western anthropologists believed that hair types correlated with geographic origin and fell into three groups: straight, black hair in Asians; tightly curled hair in Africans; and smooth, wavy hair in Europeans. In fact, a broad range of hair characteristics can be found among populations around the globe. Modern biologists have identified eight hair types based on curve diameter, a curl index, and the number of waves. They argue that hair type, rather than ethnic origin, is the best guide to treatment, whether in a medical facility or a salon.

International Women's Day 8 March



Introduction

International Women's Day is celebrated in many countries around the world. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. International Women's Day first emerged from the activities of labour movements at the turn of the twentieth century in North America and across Europe.

Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike. The growing international women's movement, which has been strengthened by four global United Nations women's conferences, has helped make the commemoration a rallying point to build support for women's rights and participation in the political and economic arenas.

Chronology

1909 The first National Woman's Day was observed in the United States on 28 February. The Socialist Party of America designated this day in honour of the 1908 garment workers' strike in New York, where women protested against working conditions.

1910 The Socialist International, meeting in Copenhagen, established a Women's Day, international in character, to honour the movement for women's rights and to build support for achieving universal suffrage for women. The proposal was greeted with unanimous approval by the conference of over 100 women from 17 countries, which included the first three women elected to the Finnish Parliament. No fixed date was selected for the observance.

1911 As a result of the Copenhagen initiative, International Women's Day was marked for the first time (19 March) in Austria, Denmark, Germany and Switzerland, where more than one million women and men attended rallies. In addition to the right to vote and to hold public office, they demanded women's rights to work, to vocational training and to an end to discrimination on the job.

1913-1914 International Women's Day also became a mechanism for protesting World War I. As part of the

peace movement, Russian women observed their first International Women's Day on the last Sunday in February. Elsewhere in Europe, on or around 8 March of the following year, women held rallies either to protest the war or to express solidarity with other activists.

1917 Against the backdrop of the war, women in Russia again chose to protest and strike for "Bread and Peace" on the last Sunday in February (which fell on 8 March on the Gregorian calendar). Four days later, the Czar abdicated and the provisional Government granted women the right to vote.

1975 During International Women's Year, the United Nations began celebrating International Women's Day on 8 March.

1995 The Beijing Declaration and Platform for Action, a historic roadmap signed by 189 governments, focused on 12 critical areas of concern, and envisioned a world where each woman and girl can exercise her choices, such as participating in politics, getting an education, having an income, and living in societies free from violence and discrimination.

2014 The 58th session of the Commission on the Status of Women (CSW58) – the annual gathering of States to address critical issues related to gender equality and women's rights — focused on "Challenges and achievements in the implementation of the Millennium Development Goals for women and girls". UN entities and accredited NGOs from around the world took stock of progress and remaining challenges towards meeting the eight Millennium Development Goals (MDGs). The MDGs have played an important role in galvanizing attention on and resources for gender equality and women's empowerment.

The UN and Gender Equality

The Charter of the United Nations, signed in 1945, was the first international agreement to affirm the principle of equality between women and men. Since then, the UN has helped create a historic legacy of internationally-agreed strategies, standards, programmes and goals to advance the status of women worldwide.

Over the years, the UN and its technical agencies have promoted the participation of women as equal partners with men in achieving sustainable development, peace, security, and full respect for human rights. The empowerment of women continues to be a central feature of the UN's efforts to address social, economic and political challenges across the globe.

<http://www.un.org/en/events/womensday/history.shtml>



Eat the World!

The Parrot represents students of many hues and sounds --- no news there. Indeed, birds of a feather flock together, right? They also eat together. The Parrot is proud to present Parrot fodder from around the world in this and subsequent issues. Squawk!

SPICY BEEF CUBES (India)



Mince together onions, garlic and fresh ginger. Melt margarine in frying pan. Gently saute onion mixture. Add coriander, turmeric, salt and chili powder. Cook a few minutes, stirring constantly. Cut beef in 1-inch cubes. Add to mixture. Continue stirring until well blended. Cover. Cook over low heat about 1-1/2 hours. Stir frequently. Add fresh peas. Cook another 25 minutes. If necessary, add a tablespoon or two of water during cooking.

1 cup chopped onion

3 cloves garlic

1-1/2-inch square fresh ginger, minced

1/4 cup margarine

2 tsp. ground coriander

1 tsp. turmeric

1-1/2 tsp. salt

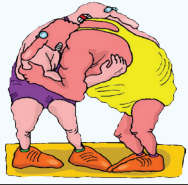
1/4 tsp. chili powder

2 lbs. lean beef

1 cup fresh peas



Parrot Warbling



Grappling with Grammar

Order of Adjectives

When describing something with more than one adjective, you are supposed to arrange the adjectives in a particular order.

In English, we generally have a specific order of adjectives. Without this order, the sentence sounds unnatural, as in “young healthy tall man.” To avoid unnatural-sounding sentences, we group adjectives by type, and we try to use them in this order:

1. **Opinion** (good, beautiful, ugly, etc.)
2. **Size** (big, small, tiny, etc.)
3. **Shape** (Round, square, triangular, etc.)
4. **Condition** (clean, dirty, happy, sad, etc.)
5. **Age** (young, youthful, old, etc.)
6. **Color**
7. **Origin**
8. **Purpose**

For example:

A **red big** ball – INCORRECT

A **big red** ball – CORRECT

A **velvet new comfortable** dress – INCORRECT

A **comfortable new velvet** dress – CORRECT

An **old ceramic lovely coffee** mug – INCORRECT

A **lovely old ceramic coffee** mug – CORRECT

<https://www.thefreedictionary.com/Order-of-Adjectives.htm>

Idiom--Attic

LET THE CHIPS FALL WHERE THEY MAY

It means to let something happen, no matter what happens next

Example: I must tell John how I feel about him, let the chips fall where they may.

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

S versus Z sound at the End of Verbs and Nouns

In English we add an “S” to nouns to show generality or to make plurals, possessives, and contractions. An “S” is added to verbs to ensure subject-verb agreement with a singular subject. When a verb or noun is modified by adding an “S” ending use the “**S or Z**” sound according to the following rule:

1. Say “**IZ** when the word ends in s, z, sh, zh, ch, or j sound:

- Bus/busses
- Buss/buzzes

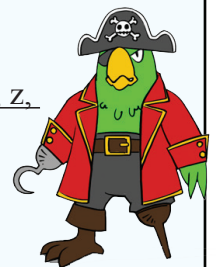
2. Say “**Z** when the word ends in a vowel or other voiced sound like the m, n, ng, l, b, d, g, v, voiced th, or r sound:

- Go/goes
- Guy/guys

3. Say “**S** when the word ends in a voiceless sound like a p, t, k, f, or voiceless th sound:

- Cup/cups
- Cat/cats

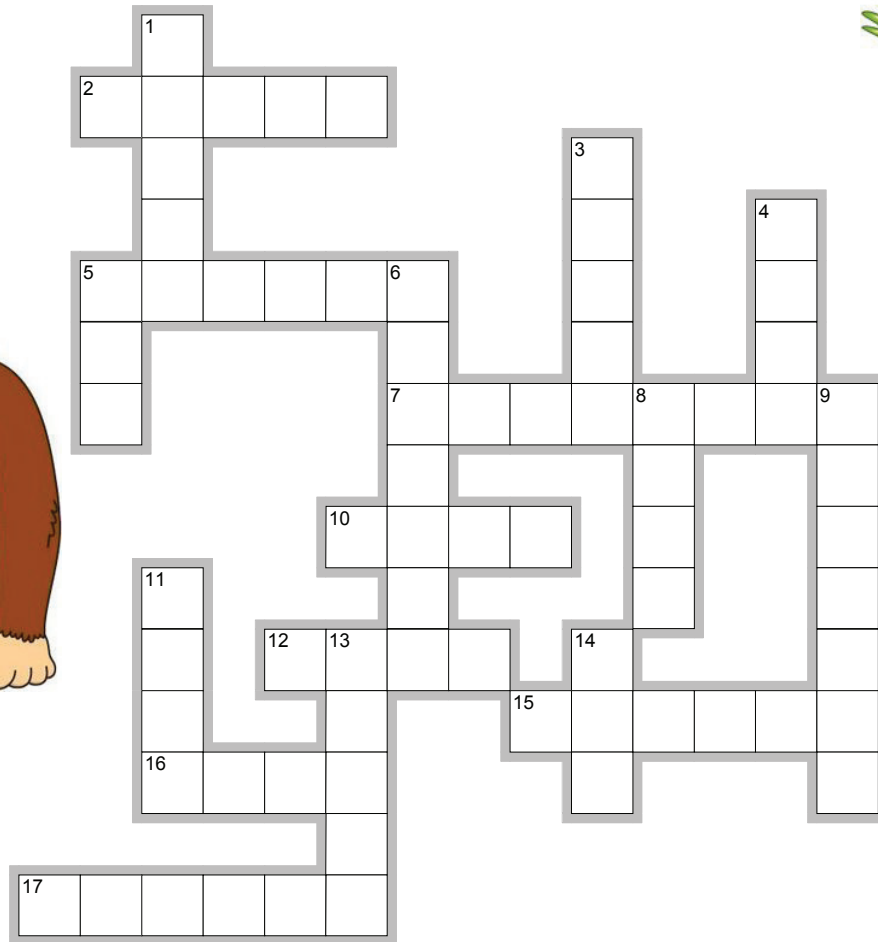
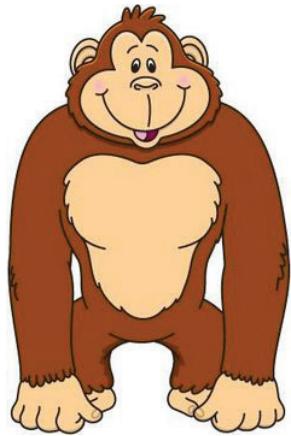
<https://tarlespeech.com/rule-for-using-the-s-versus-z-sound-at-the-end-of-verbs-and-nouns/>



Some More Parrot Fun Stuff

Animal Crossword Puzzles *Animal Babies*

Do you know what we call a baby rabbit? That's right, it's a *bunny*! You already know the answer to the first clue, #1 Across. Complete the rest of this puzzle in the same manner. Give the name for the young of each animal listed.

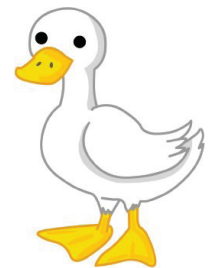


Across:

2. Rabbit
5. Swan
7. Duck
10. Male horse
12. Kangaroo
15. Cat
16. Zebra
17. Pig

Down:

1. Dog
3. Chicken
4. Deer
5. Bear, fox, lion, tiger, shark
6. Frog
8. Sheep
9. Goose
11. Cow, whale, elephant, hippo
13. Owl
14. Goat



Spring

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.



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



ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS

FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING

RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEANING
TULIPS
WARMER
WET





Beautiful Woman

Beautiful woman,
come out and play,
reveal your inner treasures.

The sparkle in your eyes,
the natural swing in your walk,
you radiate excitement and enthusiasm.

You need no latest fashion,
No expensive hair cuts,
No blinding big accessories.

You glow in your passions,
passionate in your pursuits,
you know what you are made of.

You are not easily bothered,
by the mindless opinions of others,
you know very well where you want to go.
You are a joy to watch,
an inspiration to others,
your pure soul an endless marvel.
Beautiful woman,
let your brilliance shine through,
your eyes speak of true inner beauty.

By Fion Lim

Rigoberto's Riddles

When you have me, you feel like
sharing me. But, if you do share me,
you don't have me. What am I?

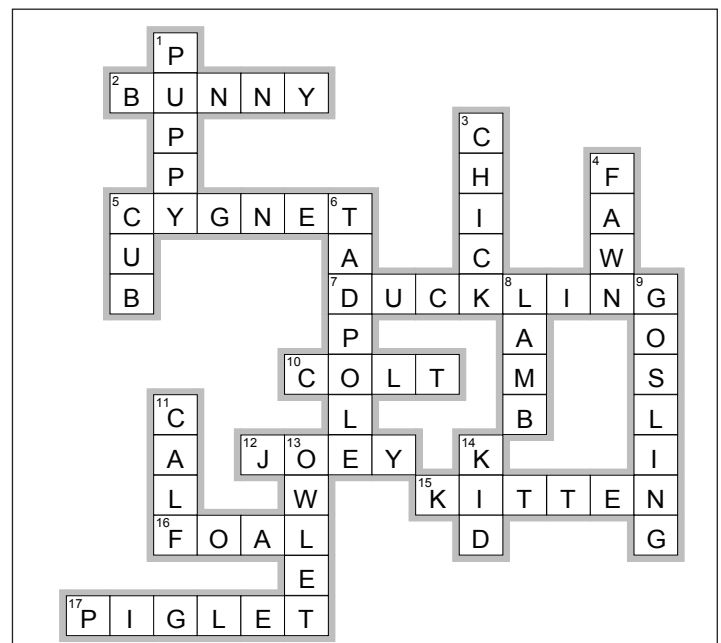
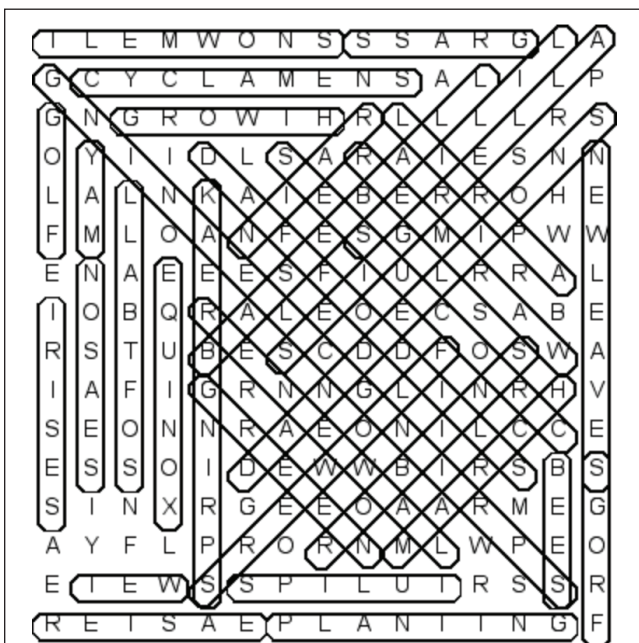


A secret

Silly Vasily's Chuckle Chamber



A blonde and a redhead have a ranch. They have just lost their bull. The women need to buy another, but only have \$500. The redhead tells the blonde, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram." She goes to the market and finds one for \$499. Having only one dollar left, she goes to the telegraph office and finds out that it costs one dollar per word. She is stumped on how to tell the blonde to bring the truck and trailer. Finally, she tells the telegraph operator to send the word "comfortable." Skeptical, the operator asks, "How will she know to come with the trailer from just that word?" The redhead replies, "She's a blonde so she reads slow: 'Come for ta bull.'"



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 see that Nanny Noetal will receive them!*

Hi Nanny,

I hope you had a great Valentine's Day last month. Actually, I have a my classmate who is taking Chemistry 400 with me at ARC. We are partners during lab time. She is smart and so beautiful. I am interested in her. She is from Jordan, and she wears a hijab (scarf). I want to ask her to go out, but without being in an embarrassing situation. By the way, I am Mexican and I have no idea about her culture and traditions. How could I invite her to go out with me, maybe to drink coffee or tea?

Nicolás M

My dear Nicolás,

Valentine's Day was gorgeous because I went with my boyfriend to London. Hmm, I am sure that a Muslim girl is not allowed to go out with a boy unless he is her fiancé. In addition, she is often not allowed to speak with a boy. Additionally, their parents might



even prevent her from speaking with her male cousins. So, the only way to get know her is by asking her if she has free time after the chemistry lab, but you should not invite her somewhere off campus. Go to Starbucks or the cafeteria, but never ever ask her to go with you in your car or anywhere outside of ARC. The girl will be in trouble if her parents know about you. Just be careful because things like that can destroy a family. I had a friend rom

high school who wears a hijab. She told me about her experience. She loved her cousin and she went with him to MacDonald's. Seriously, when her uncle learned about that, he told her father. Her father didn't let her go to school for a week. He also took her phone. Unfortunately, her father was rough with her mother because he thought that his wife knew about her daughter. Love might be fun, but not always easy and not always a game. Be careful.

Nanny

Interview with Nicole

Continued from page 1

Folsom and there was a job opening in the IT department here at American River College. I applied for it and I got the permanent job and I've been here for eight-and-a-half years now.

The Parrot: Eight-and-a-half years! Wow, it's a long time. So you have so much experience in your field.

Nicole: Yes, I've worked in IT eight-and-a-half years here but I also worked previously for IBM for a little bit more than nine years before being laid off when they did their massive layoff.

The Parrot: So you have very good experience, a good resume. May I ask you to speak a little bit louder because we are recording your voice. Thank you very much. Please describe your job.

Nicole: My primary responsibility is to answer the IT help desk phones for the college, so if anyone faculty, staff, or student help have IT issues and they get routed to the help desk, I'm usually the person that answers the phone.

Continued on page next page

The Parrot: Very good, very good. Do you think



ARC is a good place to work? Why or why not?

Nicole: Yes, I do think ARC is a good place to work. There is a sense of community here. The people are very welcoming and willing to help each other and I've found some very wonderful people that work here. It's a very good experience for me.

The Parrot: What advice do you think is most important for students?

Nicole: I think my advice would be to not be afraid to ask questions. I think there's a lot of people who are intimidated by asking any kind of questions, and I don't think there's anything wrong with asking people questions, you know, why this or what makes that happen and I think that's a very important factor in learning, not only in the classroom but outside the classroom. I think it's important to ask questions.

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

Nicole: That's a tough question!

The Parrot: Yes, I know. These are my professor's questions. He is very good professor.

Nicole: He is very good. I like Paul.

The Parrot: Do you know him?

Nicole: I do.

The Parrot: And he give us so much homework!

Nicole: I think, I think, the one word to describe me is humble.

The Parrot: What do you do in your down time?

Nicole: I get lost in reading. Lately, in audio-books.

The Parrot: Great! My questions are finished and at the end do you want to add anything to our interview?

Nicole: I want to thank Paul for actually having you guys do this. I think it's a wonderful opportunity for you guys to get to know the people that work here and I hope it's a very good experience for you.

The Parrot: Thank you so much and we wish the best for you.

Paroteer: Faraz Faghri

Computer Lab Services



1-Financial Aid Computer Lab (Welcome and Support Center)

Students can complete Financial Aid (FAFSA)/ California Promise Grant applications, activate their LRCCD OneCard, and check their financial aid status.

2-Learning Resource Center Computer Lab (LRC Building) Phone: (916) 484-8693

Computer access for class assignments in all subjects and research projects

Library Computer Lab & Research Help Desk 3-(Library) Phone: (916) 484-8458

Computer access for class assignments in all subjects and research projects

4-Student Tech Center (Learning Resource Center room 117) Phone: (916) 484-8667

Provides support for ARC students with the following: log-in problems to Los Rios Gmail, Canvas, and LRCCD domain; password expiration; online services; Office 365; and connecting devices to the wireless system.

5-Business and Computer Science Lab (Liberal Arts Room 152) Phone: (916) 484-8214

Computer access for students in Computer Science & Information Technology programs (including Business, Accounting, Marketing, and Real Estate) .

6-Business Technology Center (Liberal Arts Room 152) Phone: (916) 484-8648

Computer access for students in Business Technology certificate and degree programs

7-Assistive Technology Center (DSP&S in Welcome and Support Center) Phone: (916) 484-8351

Computer access for class assignments in all subjects and research projects.

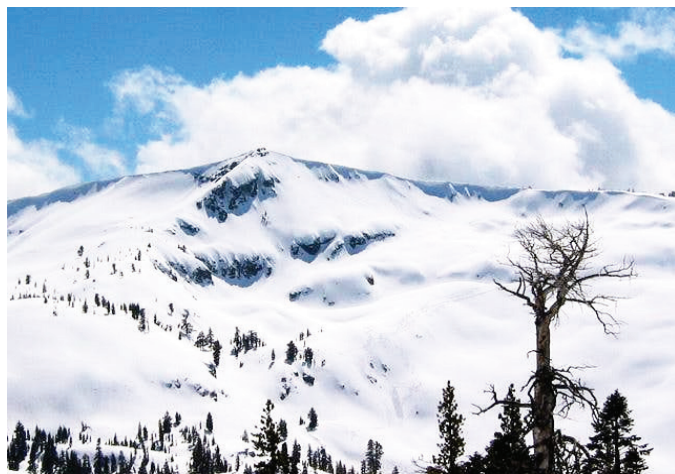
Note: Student'd ID is required.

http://www.arc.losrios.edu/Support_Services/Computer_Lab_Services.htm

Alpine Alex

Ralston Peak 9235 ft / 2815 m

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



Hello, ARC family! The mountains have definitely been calling. Today I decided to answer the call from Mount Ralston, a peak on the way to Tahoe. It seemem like it had been forever since I had been out on a mountain top and I just couldn't stand it much longer. It was Saturday and I decided to skip all of my routine and went to the hills.

Time to get going!



The trailhead is marked well. You should grab a permit at the beginning of the trailhead. Then, you are good to go into Desolation Wilderness for the day. Overnight permits are required if you are staying the night and can be reserved online, but day hike permits are always obtainable at the trailhead. I do not always print a map to have on hand in case electronics fail me, but it is not a bad idea. Heading

out from the trailhead, which is just across Highway 50 from Camp Sacramento, I made a loop at the peak. This was a solo hike today; my friend was un-



able to get the time off of work. So off I went alone. It didn't take long before there was a lot of snow on the trail. It was not time for crampons yet, but it was time for snowshoes.

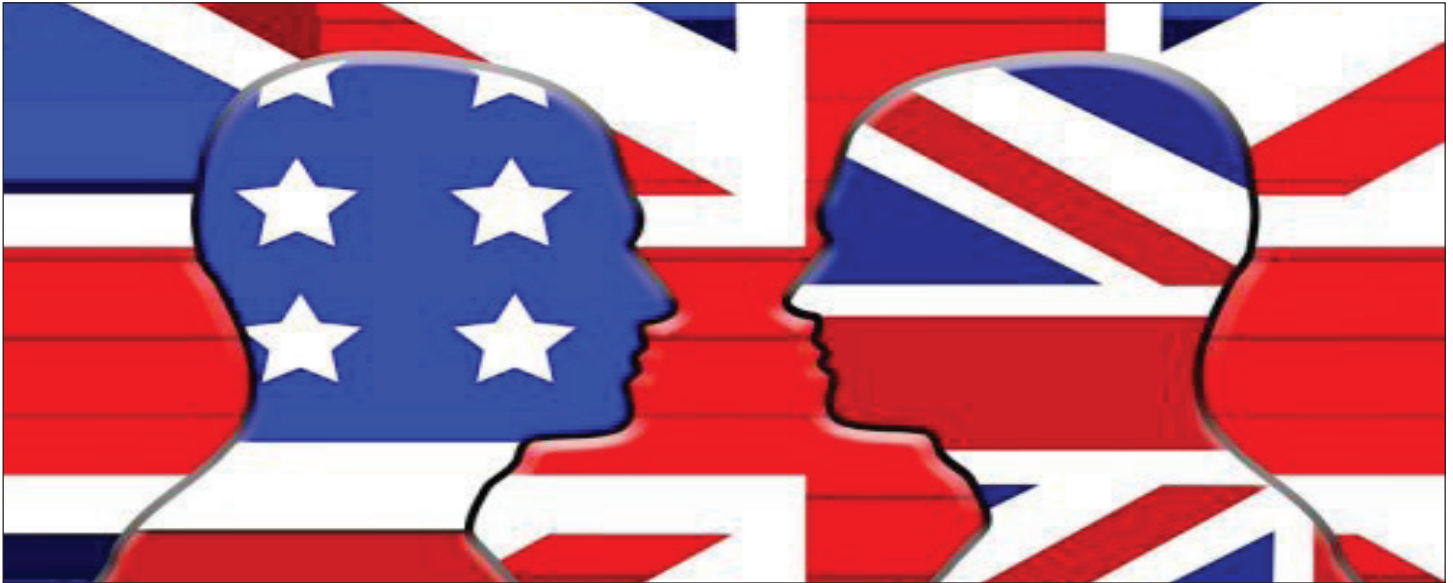


During the hike, I could see a beautiful view. Behind me was Lake Tahoe, on the left was Pyramid Peak, and in front of me Ralston Peak. On top, it was fabulous. An outstanding view! It took snowshoeing for 3.5 hours to reach the top. From the top to bottom, it only took 1hr 20 mins. You can guess how incredible it was. You can see more lakes and mountains than you will know what to do with. Have fun and be safe.



British and American Terms

British and American English often spell the same word differently, for example: labour/labor, enthrall/enthral, or centre/center. You can find out more about these differences here. There are also many cases in which the two varieties of English use different terms to describe the same thing. Here's a list of various British words and expressions together with their American equivalents.



British English

accommodation
action replay
aerofoil
aeroplane
agony aunt
Allen key
aluminium
aniseed
anticlockwise
articulated lorry
asymmetric bars
aubergine
baking tray
bank holiday
beetroot
biscuit
black economy
blanket bath
block of flats
boiler suit
bonnet (of a car)
boob tube
boot (of a car)

American English

accommodations
instant replay
airfoil
airplane
advice columnist
Allen wrench
aluminum
anise
counterclockwise
tractor-trailer
uneven bars
eggplant
cookie sheet
legal holiday
beet(s)
cookie; cracker
underground economy
sponge bath
apartment building
coveralls
hood
tube top
trunk

British English

bottom drawer
bowls
braces
brawn (the food)
breakdown van
breeze block
bridging loan
bumbag
candyfloss
car park
casualty
catapult
central reservation
chemist
chips
cinema
cling film
common seal
consumer durables
cornflour
cos (lettuce)
cot
cot death
cotton bud

American English

hope chest
lawn bowling
suspenders
headcheese
tow truck
cinder block
bridge loan
fanny pack
cotton candy
parking lot
emergency room
slingshot
median strip
drugstore
French fries
movie theater; the movies
plastic wrap
harbor seal
durable goods
cornstarch
Romaine
crib
crib death
cotton swab

cotton wool	absorbent cotton	gear lever	gearshift
council estate	(housing) project	goods train	freight train
courgette	zucchini	greaseproof paper	wax paper/waxed paper
court card	face card	green fingers	green thumb
crash barrier	guardrail	grill (noun)	broiler
crisps chips;	potato chips	grill (verb)	broil
crocodile clip	alligator clip	ground floor	first floor
cross-ply	bias-ply	groundsman	groundskeeper
crotchet (music)	quarter note	hairslide	barrette
current accoun	checking account	hatstand	hatrack
danger money	hazard pay	hen night	bachelorette party
demister (in a car)	defroster	hire purchase	installment plan
dialling tone	dial tone	hoarding	billboard
diamante	rhinestone	hob	stovetop
double cream	heavy cream	holdall	carryall
draughts (game)	checkers	holiday	vacation
drawing pin	thumbtack	holidaymaker	vacationer
dressing gown	robe; bathrobe	homely	homey
drink-driving	drunk driving	hosepipe	(garden) hose
drinks cupboard	liquor cabinet	in hospital	in the hospital
drinks party	cocktail party	hot flush	hot flash
driving licence	driver's license	housing estate	housing development
dual carriageway	divided highway	hundreds and thousands	sprinkles (for ice cream)
dummy (for a baby)	pacifier	ice lolly	Popsicle (trademark)
dust sheet	drop cloth	icing sugar	confectioners' sugar
dustbin	garbage can	indicator (on a car)	turn signal
earth (electrical)	ground	inside leg	inseam
engaged (of a phone)	busy	jelly babies	jelly beans
estate car	station wagon	Joe Bloggs	Joe Blow
ex-directory	unlisted	Joe Public	John Q. Public
faith school	parochial school	jumble sale	rummage sale
financial year	fiscal year	jump lead	jumper cable
first floor	second floor	jumper	sweater
fish finger	fish stick	junior school	elementary school
flannel	washcloth	kennel	doghouse
flat	apartment	ladybird	ladybug
flexitime	flextime	a lettuce	a head of lettuce
flick knife	switchblade	level crossing	grade crossing
flyover	overpass	lift	elevator
football	soccer	lolly	lollipop
footway	sidewalk	lollipop lady (or man)	crossing guard
fringe (hair)	bangs	loose cover	slipcover
full stop	period	lorry	truck
gardenyard;	lawn	loudhailer	bullhorn
gearing (finance)	leverage	low loader	flatbed truck

To see more Britishisms and Americanisms, go to <https://en.oxforddictionaries.com/usage/british-and-american-terms>



Before I die, I want to ...



“Before I die, I want to make a difference. I want to be able to help people in a large way, large scale, and I don’t know how to do that right now. I want to help them educationally.”

Billikee Howart



“Before I die, I want to travel the world.”

Robert Cordova



“Before I die, I want to go to a different planet like Mars with aliens.”

Josh Ford

“Before I die, I want to see the Northern Lights.”



Meagan Mowney



“Before I die, I want to see the Northern Lights and, I want to live.”

Griffin Schats and Is Foss

“Before I die, I want to accomplish the goal that I already set for my life which is becoming a nurse following my degree in fashion but that’s not the main goal. The main goal is having different charities all around the world to help poor people in the world.”

Samra





“Before I die, I want to enjoy my retirement.”

Professor Elizabeth Specker



“Before I die, I want to see my kids become happy adults.”

Professor Joshua Weiner



“Before I die, I want to see that my boys remain happy and healthy.”

Professor Jane Driscoll



“Before I die, I want to pay off my student loan.”

Professor Catherine Dayton

“Before I die, I want to travel to various places, so I would like to go to Greece. I teach English but I have never been to England so I would love to take a tour of England and trace the steps of my favorite poets and authors and visit their graves.”

Professor Kathleen O’Brien



“Before I die, I want to go to the moon.”

Professor Mark Rau



Out of the Cage

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

Peer Connection Support Group Wednesday, April 3, 2019 5:45pm – 6:45pm

If you would like a safe place to share your concerns, frustrations, and experiences, the Peer Connection Support Group might just be for you. The group meets every Wednesday from 5:45 to 6:45 pm on the 3rd floor in the library, room 307 (except during Spring Break, Wednesday, April 17). This is a confidential group facilitated by NAMI-Sacramento (National Alliance on Mental Illness).

Location: Library 3rd floor, Room 307

Accelerated College Education (ACE) Monday, April 8, 2019 6:00pm – 7:00pm

The Accelerated College Education program (ACE) program is designed for working or busy students who wish to complete general education classes towards an Associate's degree and/or transfer. Attend an ACE Information Session to learn more and get enrolled!

Location: 2421 Del Paso Rd, Sacramento CA 95835 (Natomas Center room N202)

Jazz Clinic Tuesday, April 9, 2019 3:00pm – 4:30pm

The American River College Music Department presents a jazz clinic with saxophonist **Levi Saelua**. The clinic will be held in the ARC Music Department, Room 548. Admission is free for this clinic. Parking for this event is \$2.00 and can be found in Lot D at the corner of Myrtle Avenue and College Oak Drive. For more information, contact Dr. Dyne Eifertsen at (916) 484-8676.

Location: Music Department, Room 547 (ARC)



Questions/Comments?

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

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