



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

ISSUE # 136

SPRING 2019

SPECIAL SUPERHERO ISSUE

## Parrot Grills Superbeaver!

**The Parrot:** First of all, welcome to The Parrot Headquarters and thank you for agreeing to the interview. Do you have a Superbeaver Headquarters?

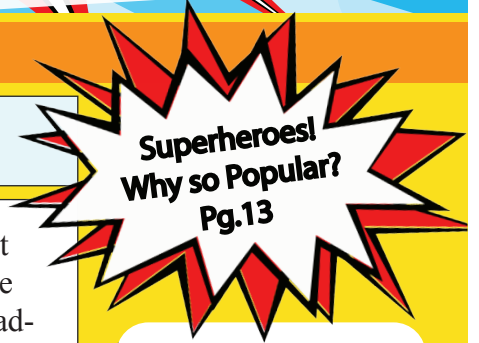
**Superbeaver:** Thank you, uh, no, I have no headquarters – just a comfortable little dam along a stream



behind ARC. Not to quibble, but do you think this rat closet we're in rates as a headquarters?

**The Parrot:** I'll ignore that last remark. You know as well as I do that ARC has a space problem. Listen, if I'm not mistaken, I remember interviewing you

about ten years ago. You were then  
*Continued on page 15*



"Who needs superheroes when I have Mom?"

Unknown



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## Why Superheroes Wear Their Underwear on the Outside

While there have been many fantastical proposed origins of this seemingly odd modish style amongst comic artists my favorite of which being that most superheroes lost their parents at an early age, so they had no one to tell them underwear goes



UNDER your clothes -the true origin is pretty simple. According to Julius Schwartz (famed editor of DC Comics from 1944-1986 who edited the most famous of all external-underwear superheroes, Superman), this was simply

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# SUPERHERO PROFILE

**NAME:** Hippophilosa

**GENDER:** Female

**SECRET NAME:** Viktoria Ignatenko, "Bali"

**AGE:** Unknown

**BODY TYPE:** Young woman, Slavic race, pale skin, with two big round, green eyes. She does not have hair.

**W:** Unknown

**H:** Unknown

**SUPER POWERS:** She can treat any diseases to revive dead people. She makes her sounds powerful enough to make people calm down and fall asleep. When people wake up, they are already healthy. She wraps herself around a dead body and lightly squeezes. The person comes back to life. She was an ordinary child until radiation sickness. Nikita drove the dying child to India. A healer cured her with the help of snakes. She discovered her powers when turns 18 year old.

**SIDEKICK:** One friend named Nikita Smelov who saved her life many years ago.

**ENEMIES:** A local gang leader called "The Ph<rm<s" who wants to make a lot of money selling medicine.

**WEAKNESS:** She cannot wear her costume for more than 8 hours a day. When she removes the costume, it must be stored in water. If the costume is destroyed, she will die.

**PERSONALITY:** She has a very strong character and does not like it when people talk about her good deeds. Clever. Not sociable.

**ORIGIN STORY:** She lived in Ukraine. Her parents died in an accident at the Chernobyl power station when she was 8 year old. Adopted by Nikita Smelov.

**COMMUNITY'S RELATIONSHIP TO THE CHARACTER:** Only Nikita knows her secret. At night, she dresses in her suit and hurries to help people. She disappears instantly after she does her job. Most people talk about her, but no one knows her.

By Svetlana Isotova





# SUPERHERO PROFILE

**NAME:** Dream Walker

**SECRET NAME:** Amelie Pulliam

**BODY TYPE:** Long black hair, black eyes, and fair skin.

**SUPER POWERS:** She can fly at great speed. She is able to enter

people's dreams and she can control what they are dreaming about.

**SIDEKICK:** Superhero Cassandra.

**ENEMIES:** Different villains who try to give people nightmares or force a person into wrong places in their own mind, giving them hurtful ideas.

**WEAKNESS:** When the Dream Walker is in person's dream, if the person doubts foreign existence, it would make her weak and if the person wakes up while she is still in the dream, Dream Walker would be stuck there forever.

**PERSONALITY:** Adventurous, fearless, and imaginative person. She likes to spend her free time walking in nature and searching for abandoned

places. She likes to walk in ancient places and makes up stories about people who used to live there and all the things that they had been through.

**ORIGIN STORY:** She was born in New York. Her mother is French and her father is an American who served in the military and died

as a veteran when Amelie was a little kid. She is an only child and she didn't have many friends as a kid so she used to spend most of her childhood alone. She always hated war and wanted to have the

power to stop it.

**COMMUNITY'S RELATIONSHIP TO THE CHARACTER:** Her neighbors know her as a

kind girl. They even feel pity for her because of her loss. They also think she is mysterious, so they don't want to

get close to her.

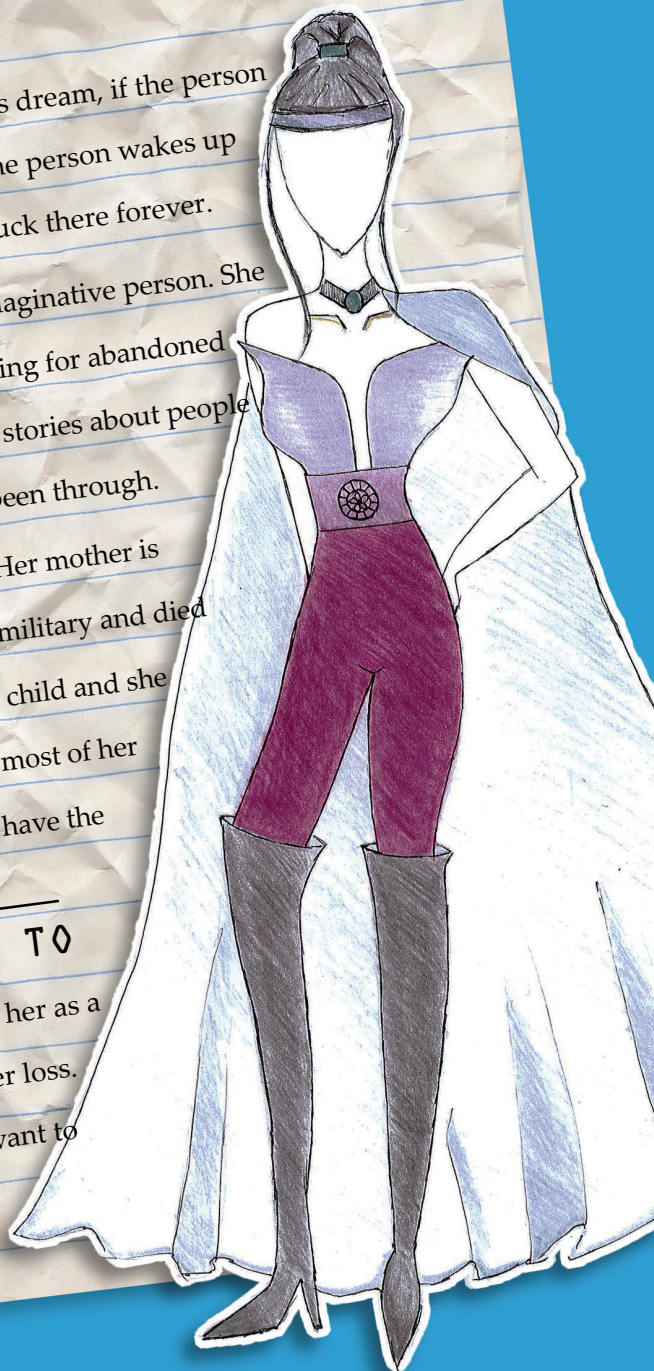
By Mona Haddadan

**GENDER:** Female

**AGE:** 25 years old

**W:** Unknown

**H:** 5'7"





# SUPERHERO PROFILE

**NAME:** Milkyboy

**GENDER:** Female

**SECRET NAME:** Timothy Benjamin Victor, "Samson Jr "

**AGE:** 3 years old

**BODY TYPE:** Big, green almond-shaped eyes, and little nose.

**W:** 35 lbs

**SIDEKICK:** An invisible angel, Sariel, known as the angel of guidance.

**H:** 34"

**SUPER POWERS:** MilkyBoy can appear in children's dreams. He can influence children's decisions by explaining the consequences of their choices. He can make parents or nannies cry like babies. He can predict the future by sucking a pacifier and drinking colamilk.

**ENEMIES:** His enemy is "Evil Queen." She wants to destroy the pacifier and leave the children unguided. She is malicious and enjoys hurting good children.

**WEAKNESS:** At three years old he doesn't talk at all. He just makes some sounds. He sleeps too much because he spends his time in children's dreams. He drinks a special drink called "Colamilk" to get more energy. He also has a bad memory, and sometimes can't find the pacifier.

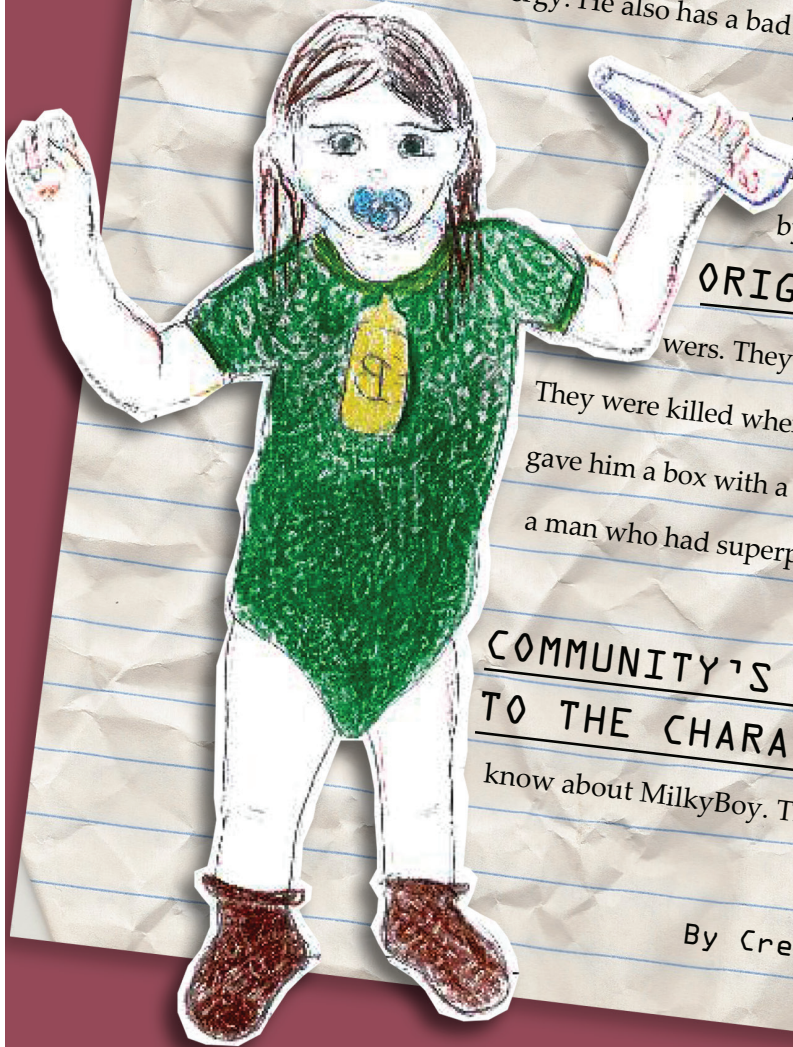
**PERSONALITY:** He is a curious and fair problem-solver. He likes to make children happy by telling them funny stories.

**ORIGIN STORY:** His parents had superpowers. They healed children who had no chances for healing. They were killed when he was one month old. Before their death, they gave him a box with a pacifier. The original owner was Samson, a man who had superpowers and fought against injustice.

## COMMUNITY'S RELATIONSHIP TO THE CHARACTER:

Children all over the world know about MilkyBoy. They hope to meet him in their dreams.

By Cretu Stela





# SUPERHERO PROFILE

**NAME:** Icy Eyes Girl

**SECRET NAME:** Januaria Freeze

**BODY TYPE:** Blue eyes, long blonde shiny hair.

**SUPER POWERS:** Can freeze people with her eyes for 30 minutes without hurting them, from 5 to 200 feet.

**ENEMIES:** Thieves, scammers, murderers, rapists, violators of traffic rules, etc.

**WEAKNESS:** Does not have.

**SIDEKICK:** N/A

**PERSONALITY:** Very kind, polite, smart, beautiful, athletic girl, open to communication. She studies at the University of California Police Officer Department; from childhood she knew that she wanted to become a police and fight crime. Nevertheless, she tries to live a regular life, keeping her superpower secret.

**ORIGIN STORY:** Up to 18 years, Januaria Freeze lived a normal life but at age 18 she suffered a tragic car accident in which her parents died. After this stressful experience, she began to feel changes in the function of her eyes. Even the color of her eyes changed from brown to blue. She wondered what was happening. Once, she returned from university and became a witness to a bank robbery. She looked at these robbers severely and they froze in place. She hurried to hide behind the corner of a building and called the police. That is how she discovered her superpower.

## COMMUNITY'S RELATIONSHIP TO THE CHARACTER:

People like her because she helped to raise the detection of crimes.



By Anastasia Bordian



# SUPERHERO PROFILE

**NAME:** Mr. Trouble

**SECRET NAME:** Trump

**GENDER:** Male

**AGE:** 19 Years Old

**BODY TYPE:** White skin, blonde. Baby face, nice eyes but long nose. He also has a big paunch.

**W:** 300lbs

**H:** 4'10"

**SUPER POWERS:** Ability to play in stuff which is not alive. He always puts people in trouble by making chairs move when people are trying to sit on them, making beds throw people out, or making girls' faces ugly by playing in their makeup. Also, he might make your house dance crazily.

**ENEMIES:** Adults, his sister, his girlfriend, and his paunch because he does not feed it so much.

**SIDEKICK:** Everyone who is around and close to him.

**WEAKNESS:** If he sees food in front of him, his power gets weak because of his big paunch.

**PERSONALITY:** He likes to play video games. He's still in high school and has repeated his senior year three times. Very lazy, funny, sociable, and insane teenager. He speaks a lot and never shuts up.

**ORIGIN STORY:** When he was in his junior year in high school, he was a baseball player. In one of his games, his friend was joking with him and accidentally hit him on his head instead of hitting the ball. He slept for a week. When he woke up, things around him started to move with his hand movement.

The first crazy thing he did was to make cars follow their owners. Oh my god, he also made his sister's face so dirty and destroyed her hair style by making her hair dryer follow her. The worst thing he did was making the branches of trees hit people walking by. This is the mischief he created, and they helped him to figure out his power.

## COMMUNITY'S RELATIONSHIP TO THE CHARACTER:

All the teenagers love him because of his power and his funny tricks.

By Alaa Shatat





# SUPERHERO PROFILE

**NAME:** Mind Reader  
**AGE:** 23 years old. **GENDER:** Male.  
**SECRET NAME:** Amir Nolium **W:** 140 lbs  
**H:** 5'7"

**BODY TYPE:** Black hair, white skin, and blue eyes.  
**SUPER POWERS:** He can know all of your ideas and everything that you are thinking about just from one conversation or look. He can usually hear it like ordinary speech.

**ENEMIES:** Robots and liars because their brains hurt him when he reads their minds.

**WEAKNESS:** He can't stop his power, which is so annoying.  
His power doesn't work accurately in large crowds.

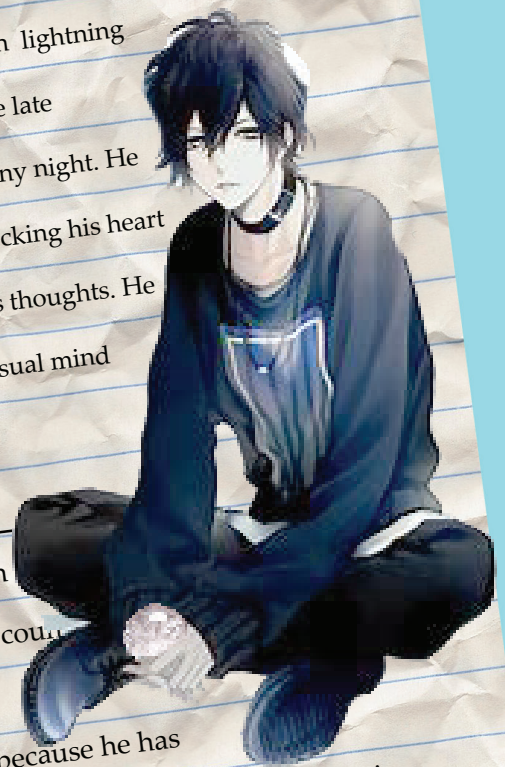
**PERSONALITY:** Very quiet, smart, attractive, strong man. **SIDEKICK:** His little white cat.  
listening to peaceful music and reading books. His vacation is always in mountains or in natural places, far away from people. He does not speak so much, only the important words.

**ORIGIN STORY:** He was studying at university to be a biologist when he was 20 years old.

He decided to spend a winter night out of the house. He was driving when lightning caught his car and put him in a dangerous situation. The ambulance came late to help him. It took a longer time than it should have because it was a rainy night. He died for a minute. Suddenly, he opened his eyes and doctors started checking his heart rate. After a few weeks, he started hearing sounds and reading people's thoughts. He was not sure what had happened to him. He was unhappy with his visual mind reading power because he was shocked by many people.

## COMMUNITY'S RELATIONSHIP TO THE CHARACTER:

Many university girls loved him because of his personality and looks. His family is out of the country, so he lives alone in a big wonderful house which has a garden full of flowers. His neighbors aren't so close to him because he has never spent time with them. Amir takes his studies very seriously. In fact, he avoids wasting time making friends.



By Alaa Shatat



# SUPERHERO PROFILE

**NAME:** Forty-seven      **AGE:** 30 Years Old      **GENDER:** Male

**SECRET NAME:** Alex      **W:** 150 lbs

**BODY TYPE:** Very white skin but very dark hair, dark green eyes.      **H:** 5'5"

**SUPER POWERS:** Ability to give fire effects to everything that the hero holds in his hands. The hero can launch fire streams for a distance of up to 25 meters. Because of his suit, he is much stronger than other people.

**ENEMIES:** The Old Gods and their servants.      **SIDEKICK:** A lot of different creatures. People who also fight against the Old Gods.

**WEAKNESS:** 47's bones under the metal of his prosthetic hands are still burning. If his hands are damaged or taken out, he will burn completely.

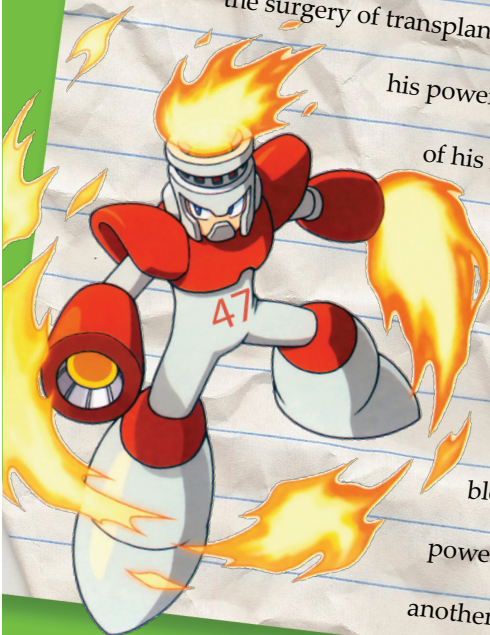
**PERSONALITY:** He is cold and logical on the outside, but inside his mind he wants only revenge for his lost life in his quiet city..

**ORIGIN STORY:** In 7299 one of the Old Gods destroyed the planet Mtheya. The planet was burned up and everything alive died or was turned into monsters to serve the Old Gods. Alex was the owner of a little shop in the city center. When the attack began, he tried to save his shop with a water hose but the building collapsed and he was left in the firetrap. A burning mass of concrete and metal fell and burned Alex's hands to the bones. However Alex was rescued by a soldier of the Human Government Division and survived the surgery of transplantation with an experimental prosthesis. After recovering, Alex discovered his powers and the truth about his fire, which was still burning under the flat of his new iron hands. At the moment, he is a part of a society which is fighting against the Old Gods from the beginning of time.

## COMMUNITY'S RELATIONSHIP TO THE CHARACTER:

In Alex's new society, he isn't an extraordinary person. He has no complexes about his power or psychological troubles because around him there a lot of different creatures with different powers: other heroes, mutants, aliens, and others. In this society he is just another person like everybody else.

By Andrii Yezhelyi





# SUPERHERO PROFILE

**NAME:** The Controller  
**AGE:** 22 years old  
**GENDER:** Female  
**SECRET NAME:** Aquitaine  
**W:** 145 lbs  
**H:** 5'10"

**BODY TYPE:** White skin, long black hair, and tall.

**SUPER POWERS:** Dominates over people to force them to do what she wants and to follow her instructions. Her power isn't limited to control only. She is able also to clear the human memory.

**ENEMIES:** Mirror because she will lose her power if she look on mirror.

**WEAKNESS:** She can't control animals. She might lose her power if she looks in the mirror.

**SIDEKICK:** Rude girls.

**PERSONALITY:** Very beautiful, selfish, vain, impolite girl. She likes to be the queen of everything, not just small dramas. She does not like to see anyone more successful than her.

**ORIGIN STORY:** She was playing in the park with her friends. She was sixteen years old when a little boy came and unexpectedly broke her cell phone. She was so mad because of him. She started to give him a serious look. Then, she started to say in her mind, "Hit yourself". Unbelievably, the boy hit himself with his hand. She was surprised and she started to say something else to be sure that she was the reason behind the boy hitting himself. After that, she started to use her power over her teachers at school to get A grades on her exams. She also did that to get as much money as she wanted from her parents. No one remembers what happened to them after meeting the Controller.

## COMMUNITY'S RELATIONSHIP TO THE CHARACTER:

Aquitaine has many friends because of her rude personality. She starts selling the answer keys to exams. She also receives pay from people to help them.





# SUPERHERO PROFILE

**NAME:** Mr. Farfur

**SECRET NAME:** John

**GENDER:** Male

**AGE:** 30 Years Old

**BODY TYPE:** Attractive and strong man. Additionally, he has black hair, brown skin, and black eyes.

**W:** 100 lbs

**H:** 5'

**SUPER POWERS:** He is able to change himself to be a tiny little mouse. He wears a long pink dress with a pink hair tie. He can make other people mice also by biting them on their necks, and he really can eat anything, even iron.

**ENEMIES:** Cats, dogs, and milk.

**WEAKNESS:** It is hard for him to be a human for many hours, and also he cannot stop eating cheese and clothes.

**SIDEKICK:** His friend Dived.

**PERSONALITY:** very fast, energetic, 100 pounds, and 5 feet tall. He likes to eat everything, wood, clothes, and cheese. He is thin, and he has never been fat.

**ORIGIN STORY:** He was 16 years old when he traveled to Italy. He spent a year working at a cheese factory. One day, when he was working, he saw a little black mouse with gray eyes trying to eat some cheese. John followed him to kill the mouse. After a big fight, the mouse bit John on his neck. After a while, John became as small as the black mouse, and he spoke the same as the mouse. He didn't know what to do. He tried to reach his friend, who also worked at the factory, but he couldn't. Twelve hours passed and John finally returned back to human form but not for a long time.

## COMMUNITY'S RELATIONSHIP

**TO THE CHARACTER:** Dived is his best friend because they have known each other for a long time. Dived also helped him to hide his identity. Their neighbors were so close to them because they used to eat lunch together. The manager of the factory fired him because so much cheese was lost. Additionally, his family has not spoken to him since the accident.

By Alaa Shatat





# SUPERHERO PROFILE

**NAME:** Super Parrot **AGE:** 101 years old (immortal). **GENDER:** Male

**SECRET NAME:** Balsea Tarpro

**H:** 6'10" **W:** 170 lbs

**BODY TYPE:** Bold, long strong legs, big muscles, blue eyes, and white skin.

**SUPER POWERS:** He can see everything, even through the walls. His powerful ability is to be able to give immigrants the power of learning new languages. If more people know more about English, the more he can he beat his enemies. He can understand animals.

**ENEMIES:** Those who refuse to learn, those who don't speak only English inside the classroom, and, of course, anti-proofreaders.

**SIDEKICK:** The Parroteers

**WEAKNESS:** Crackers and birds named Polly.

**PERSONALITY:** He is an explorer guy. He likes to make jokes all the time even though he is a serious man when he has to be. Balsea is a protective man and cares about people. Charismatic and inspiring leader. Poetic, kind, and altruistic. The most important value for him is to be humble and help every person he can.

**ORIGIN STORY:** He was born in a faraway city called Squawk. He grew up with millions of birds by his side. He does not know his parents but he was adopted by a family in L. A., and received a really good education

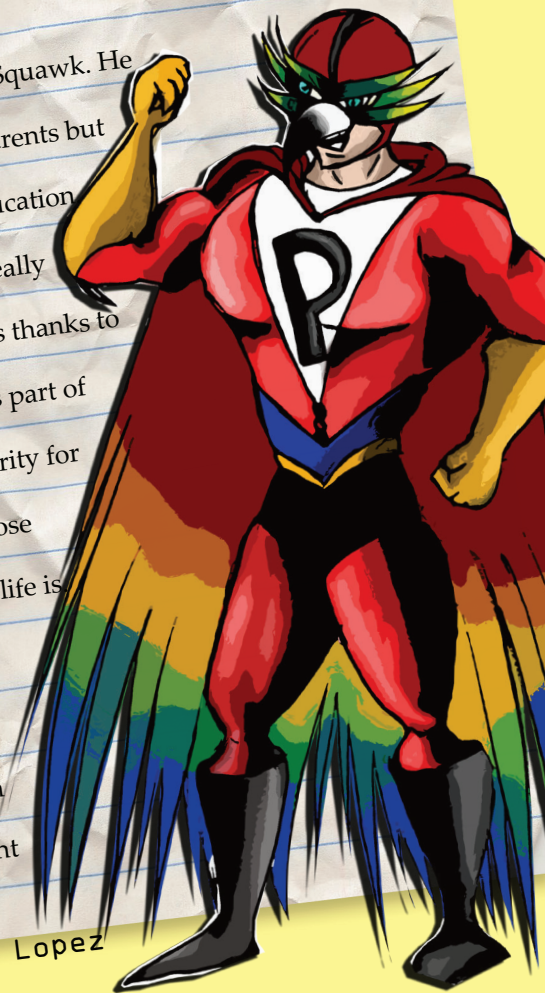
Balsea was an introverted kid but very friendly with people who really deserve it. He is an autodidact learner so most of his knowledge is thanks to his own effort. He is a very romantic man, but he only shows this part of his personality with the right girl. Immigrant students are a priority for him. Spreading his knowledge is his big goal and helping all those

who want to keep learning and finding out what their sense of life is

## COMMUNITY'S RELATIONSHIP TO THE CHARACTER:

He likes anonymity. Nobody talks about him because he doesn't want to be popular, even though it's impossible not to notice him with the extravagant clothes he wears every day.

By Laura Lopez





## Nestscape -- Articles from the Web

*(Continued from page 1)*

modeled after the garb of aerial circus performers and wrestlers of the era in which the first superheroes proudly donned their underpants over their tights.

Now, it should be noted here that the wrestlers, circus performers, and superheroes weren't actually wearing underwear, but rather tight underwear-like shorts over their leggings. As superheroes are generally incredibly gifted athletically and perform amazing acrobatic stunts while crime fighting, it was natural enough for this style of dress to get adopted by the earliest superhero artists for their characters.

Two of the earliest major representations of this can be found in *Flash Gordon* (1934), which in turn was partially the inspiration for the garb of Superman (1938), with the principle difference being the colors of their uniforms and the fact that Superman had a cape (as far as I can find, the first major superhero to wear one).

Of course, if you still want to think of the superhero tight-shorts as underwear, given that Superman and others often wear their uniform under their normal clothes, it kind of makes sense.

**Bonus Fact:** The original Superman character envisioned by Jerry Siegal and Joe Shuster was not the crime-fighting hero from another world we know today. Instead, they made him a bald bad guy set on ruling the world in the 1933 *The Reign of Superman*. In this story, a character by the name of Bill Dunn is waiting in a soup kitchen line when Professor Ernest Smalley offers him food and new clothes in exchange for his participation in an experiment.

The Professor proceeds to give him a potion that makes Dunn telepathic; he then becomes a super-man, and tries to take over the world. However, in the process, he kills Professor Smalley, only to discover later that his powers are temporary unless he has more potion to drink, which he can't figure out how to recreate. Ultimately, the former Superman finds himself without his powers and back in the soup kitchen line.

A year after writing that story, Siegel re-cast the character of Superman, this time making him a hero bent on righting the wrongs prominent in society at the time. They also decided to switch Superman's name from "Bill Dunn" to "Clark Kent," after famed actors Kent Taylor and Clark Gable.



<https://gizmodo.com/why-superheroes-wear-their-underwear-on-the-outside-1491511428>



## Why Are Superheroes So Popular?

### What makes them timeless?



People have always been interested in superheroes. Superheroes have taken different shapes throughout history and have influenced many cultures through literature, music, and the like. In the Middle Ages, knights were the superheroes. During wartimes, the superheroes are the soldiers. In the 1930s, cowboys became the new superhero, and were soon followed by comics. Superhero comics contained such characters as Captain America, Iron Man, and Green Lantern. Superman took the scene in the 1970s with becoming the first movie franchise to plan for multiple movies and actually filmed two at once. With John William's iconic score, Superman started the trend of superhero movies. Boys and girls alike had so many action figures, T-shirts, lunch boxes, and comics. As well as the Marvel and DC superheroes, characters such as Doctor Who have become popular for their superhero qualities as well.

But the main question is: why are superheroes so timeless? And why do we seem to be obsessed with them? In the next four years, Marvel is releasing at least two superhero movies a year. They have projections for even more than that. DC isn't quite up to that amount, but they are still managing at least one a year, with plans for more as well.

In times of trouble, people tend to wish for someone who is bigger than them to help them. Superheroes are strong, tough, and can kick some serious butt. They are always fighting the "bad guys" whether that be the Nazis or aliens. They help people. They make sure they stand up for the common man. And

ultimately, they save people. When things get scary, we all want someone to save us, to tell us things will be okay. People go to stories because of this. I think deep down, we all wish sometimes that someone like Captain America or Batman will come and beat up the bad guys for us.

The other thing that intrigues people about superheroes is the special powers. Let's face it, all of us at one time or another have probably taken a "what super power would you have?" quiz or at least fantasized about it with your friends. For me personally, I keep going back and forth between the ability to fly, move objects with my mind, and teleport from one place to the next. Although, being a huge fan of Doctor Who, time travel would not be a bad ability. The special powers, even the vices like kryptonite, intrigue us. We wish they were real, especially because then we could be superheroes and save people.

The superhero allure does not seem to be dying down any time soon. I think we shall always wish for them and want them to be real. And the draw towards someone who is stronger than us to help us through all the bad things that happen, will always be there.



<https://www.theodysseyonline.com/why-are-superheroes-popular>



## Superpower Jokes Page

I've nicknamed my grandad Spiderman. He doesn't have any superpowers; he just can't climb out of the bathtub.

Why is it that "Iron Man" is a superhero, but "Iron Woman" is a command?



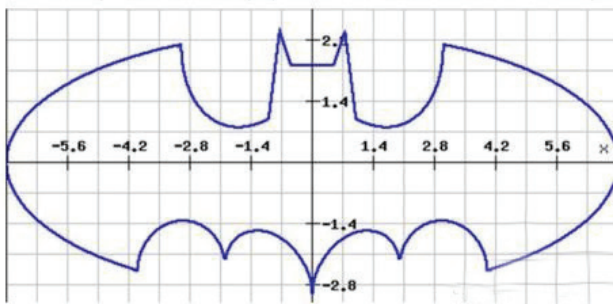
If I could be any superhero, I'd be Aluminium Man. My superpower would be foiling crime..

Batman Equation

$$\left(\frac{x}{7}\right)^2 \sqrt{\frac{|x-3|}{|x-3|}} + \left(\frac{y}{3}\right)^2 \sqrt{\frac{y+\frac{3\sqrt{33}}{7}}{y+\frac{3\sqrt{33}}{7}}} - 1 \left(\frac{x}{2}\right) - \frac{(3\sqrt{33}-7)}{112}x^2 - 3 + \sqrt{1 - (|x-2|-1)^2} - y$$

$$- 9 \sqrt{\frac{|(|x-1)(|x|-75)|}{(1-|x|)(|x|-75)}} - 8|x-y| \cdot (3|x+75| \sqrt{\frac{|(|x|-75)(|x|-5)|}{(75-|x|)(|x|-5)}} - y)$$

$$- 2.25 \sqrt{\frac{|(x-5)(x+5)|}{(5-x)(5+x)}} - y \left(\frac{6\sqrt{10}}{7} + (1.5-.5|x|) \sqrt{\frac{|x-1|}{|x-1|}} - \frac{6\sqrt{10}}{14} \sqrt{4 - (|x-1|)^2} - y\right) = 0$$



"With my sonic superpowers I shall call myself "TINNITUS!"

"Tinnitus?"

"Yeah! Doesn't it have a nice ring to it?"

*The most confusing super hero film is The Invisible Man. Very hard to follow.*



I just realized I have a superpower. I can melt ice cubes just by staring at them. It takes a while though.

Where do most superheroes live? Cape Town.



*I also saw on eBay: "For sale. Incredible Hulk t-shirt. Usual wear & tear."*



## Interview with Superbeaver

*Continued from page 1*

known simply as Beaver and you were the much-maligned ARC mascot. Am I right? You seem to have reinvented yourself now as Superbeaver. What's up with that? What qualifies you as a super beaver?

**Superbeaver:** Much-maligned? You were the only one doing the maligning! In any case, well, generally, magical, mystical superpowers make for a good superhero. That and shiny, slick skin – I got that in spades.

**The Parrot:** I see the shiny, slick covering – need a towel? You're dripping. What about the mascot gig?

**Superbeaver:** I'm more than a mascot. I'm an inspiration. Think of the changes on campus – I'm behind most of that.

**The Parrot:** You're behind on most of that?

**Superbeaver:** No, I'm behind that, responsible for all the ongoing improvements.

**The Parrot:** Name a few.

**Superbeaver:** There's the STEM facility, wood products (cardboard) at Starbucks, paper cups next to the fresh water dispensaries, and a host of other ideas requiring wood – my material of choice. I mean look at The Parrot – paper, paper, paper. The original idea was for it to be on stone tablets, remember?

**The Parrot:** Hmmp. I thought our board of trustees, our president, the many administrators, the deans, the Academic Senate, and the committee members of various committees that support committees had something to do with improvements.

**Superbeaver:** I work behind the scenes. I'm a workaholic. The beaver is known for its industriousness, its perspicacity, determination, practicality, fastidiousness, preparedness, conscientiousness, diligence, and vocabulary. That's me – unveiled!

**The Parrot:** You know, this isn't the NY Times. My faculty advisor doesn't know those big 25-dollar words. Listen, those are all good qualities but they don't exactly rate as superpowers. Furthermore, you've got no cape, no mask, no rippling muscles. You're all teeth and tail. A dead giveaway!

**Superbeaver:** I'm not trying to be secret. I'm trying to be recognized.

**The Parrot:** Anyone can recognize you – you're a beaver, not Superbeaver! You're just a mascot!

**Superbeaver:** I'm more than a mascot, cracker-breath! Why else would I submit to an interview by a parrot!

**The Parrot:** Look, Beave, everyone wants recognition; it's human nature. But you ain't human!

**Superbeaver:** If you don't mind, I do have a name -- Castor Canadensis. I saw it in a book. In any case, superheroes are not human either – they are simply there for humanity in the direst of times. They're for people who don't get out and meet other people. Superbeaver is here for ARC. We've been going through terrible times – first smoke, then rain, and hanging over everything – AB705, as wicked a development as we've seen since using concrete in dams. My time is now. I'm here for the campus! I'll soon be holding talks --- they'll be called “Bantering with the Beaver!” or “Brown Bag it with the Beave” (wood products for lunch only). I'm not sure yet. My people are working on that.

**The Parrot:** You've got “people”? Don't you mean you've got “beavers”?

**Superbeaver:** Whatever. We're very busy. You know, busy as ... fill in the blank. My parting words and superhero motto is this: “Leave it to Beaver!”

**The Parrot:** OMG! Get me out of here, please.



To read the original Parrot Interview of the beaver, go to [http://www.arc.losrios.edu/Documents/Academics/ESL\\_Dept/Parrot\\_100ASpr16\\_BestOf.pdf](http://www.arc.losrios.edu/Documents/Academics/ESL_Dept/Parrot_100ASpr16_BestOf.pdf)



# Eat the World!

## The Superman Diet: How to Eat Like Henry Cavill

Sample 3,500 calorie Man of Steel diet:

### Meal One

5 egg whites  
2 eggs  
½ cup oats  
1 apple  
multi-vitamin/fish oil

### Meal Two

1 cup brown rice  
1 chicken breast  
1 cup broccoli

### Meal Three

6 oz tuna  
2 slices wheat bread  
banana  
PWO shake (probably just water/whey) and maybe a pear for carbs here



### Meal Four (chicken wrap)

1 large 10" flour tortilla  
1 6-oz. chicken breast  
½ cup lettuce (chopped)  
½ tomato (diced)

### Meal Five (shake + potato)

8 oz milk  
1 cup oats  
1 scoop whey  
2 tbsp pb  
sweet potato

### Meal Six

1 cup cottage cheese  
small yogurt mixed with Cottage Cheese for flavor  
almonds





# Parrot Warbling



## Grappling with Grammar

### Double Negative



One negative word in a sentence is fine, but if the **Double Negative Team** gets you to use two negative words in the same sentence then they've succeeded in tricking you into saying the exact opposite of what you mean.

For example, if you want to say that you are not a villain, you can make a sentence that says, "I'm no villain." This sentence lets everyone know, very clearly, that you are not a villain. Notice that this sentence only has **one negative word: no**.

Now, let's add a second negative word to the same sentence, "I'm not no villain." It might sound like you're saying that you're not a villain, but the second negative word changes the sentence (and its meaning) into the opposite of what you wanted to say. If you're not no villain, then you must be a villain.

no villain = no villain                      not no villain = yes villain

Don't use **no** double negatives.



<http://www.supergrammar.com/2010/12/double-negative.html>

### Idiom--Attic



## THE POWER BEHIND THE THRONE

**Meaning:** The person who secretly controls a country, organization, etc., by controlling the actions and decisions of the official leader.

Ex.: He's the company president, but his assistant is the real power behind the throne.

<https://www.merriam-webster.com/dictionary/the%20power%20behind%20the%20throne>

### Pronunciation of 'g'

In English the pronunciation of 'g' generally (but not always) depends on the letter that follows it.

The general rule is this: if the letter after 'g' is 'e', 'i' or 'y', the pronunciation is a 'soft g' as in 'fringe'.

#### Some examples of words with the soft 'g' are:

-General, giant, gymnastics, large, energy and change.



#### Any other letter that follows requires a 'hard' pronunciation of 'g' as in 'progress' and some more examples are:

-Golf, pig, great, grasp and gum.

A bit of extra info for you: if a word derives from German, it's usually a hard 'g', and if it is a Latin or French derivative, it's a soft 'g'.

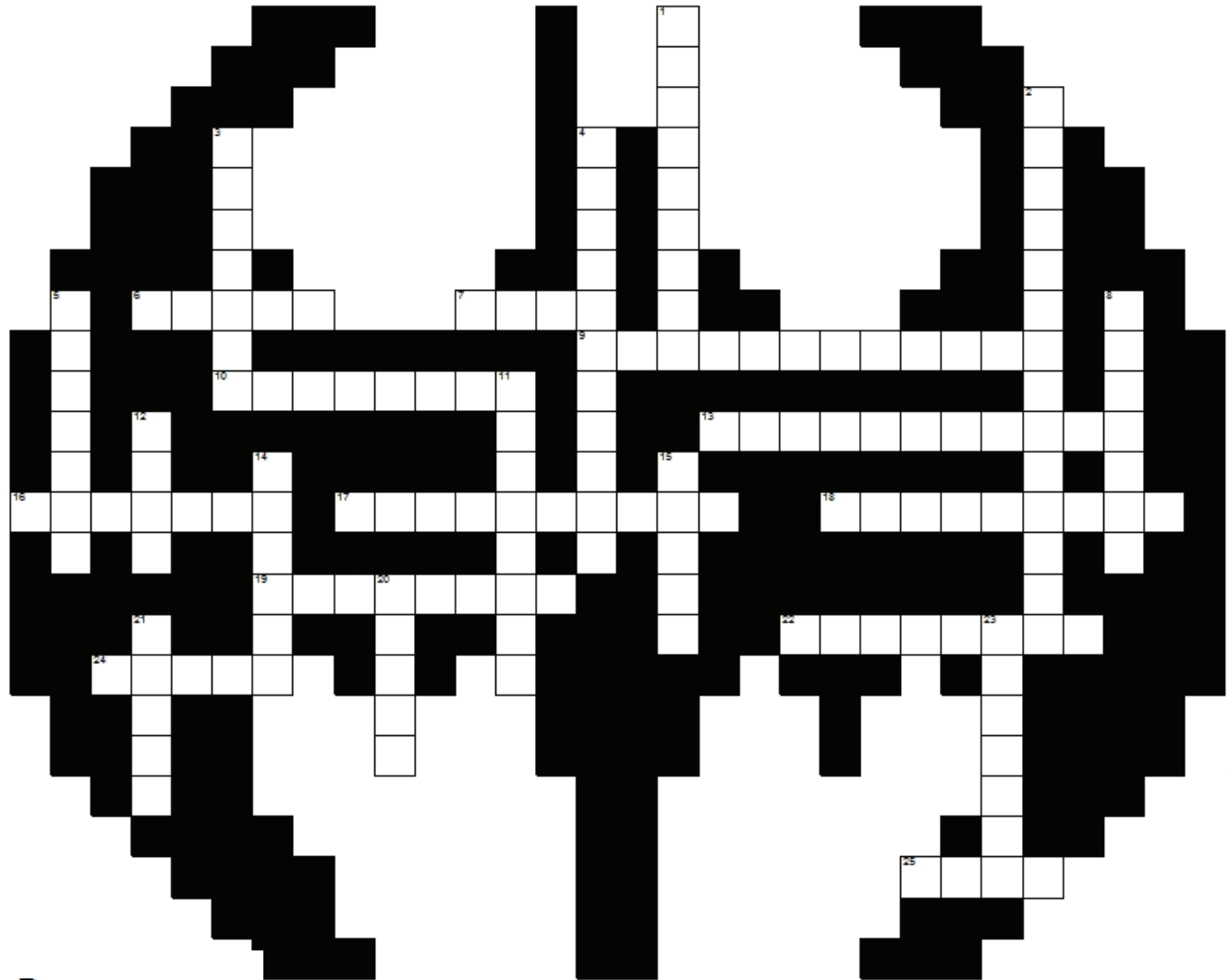
[http://www.bbc.co.uk/worldservice/learningenglish/language/askaboutenglish/2009/06/090825\\_aae\\_g.shtml](http://www.bbc.co.uk/worldservice/learningenglish/language/askaboutenglish/2009/06/090825_aae_g.shtml)



# Some More Parrot Fun Stuff

## Superheroes and Villains

Match the actor with the character



### Down

- |                         |                       |
|-------------------------|-----------------------|
| 1. Hugh Jackman         | 11. Samuel L. Jackson |
| 2. Chris Evans          | 12. Tom Hiddleston    |
| 3. James Marsden        | 14. Christian Bale    |
| 4. James Franco         | 15. Heath Ledger      |
| 5. Lou Ferrigno         | 20. Michael Chiklis   |
| 8. Robert Downey Junior | 21. Anna Paquin       |
|                         | 23. Ian McKellen      |

### Across

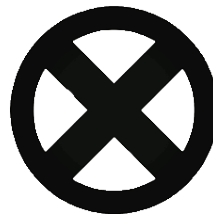
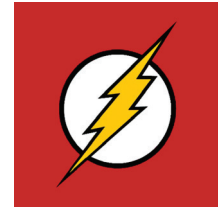
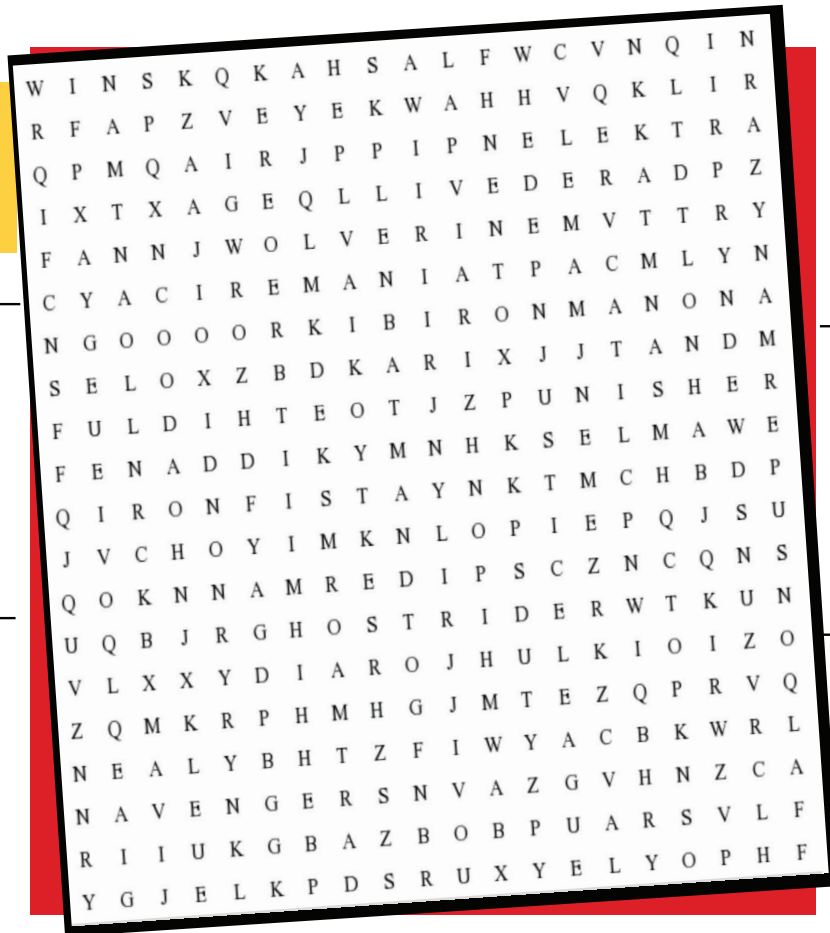
- |                       |                        |
|-----------------------|------------------------|
| 6. Halle Berry        | 17. Scarlett Johansson |
| 7. Anthony Hopkins    | 18. Toby Maguire       |
| 9. Ryan Reynolds      | 19. Jennifer Lawrence  |
| 10. Christopher Reeve | 22. Anne Hathaway      |
| 13. Linda Carter      | 24. Chris O'Donnell    |
| 16. Jennifer Garner   | 25. Chris Hemsworth    |

Answers on page 20



# SUPERHERO WORD SEARCH

WRITE DOWN THE NAME FOR EACH SUPERHERO LOGO. THEN FIND AND CIRCLE THE SUPERHERO NAMES HIDDEN IN THE GRID.





## Steve the Superhero

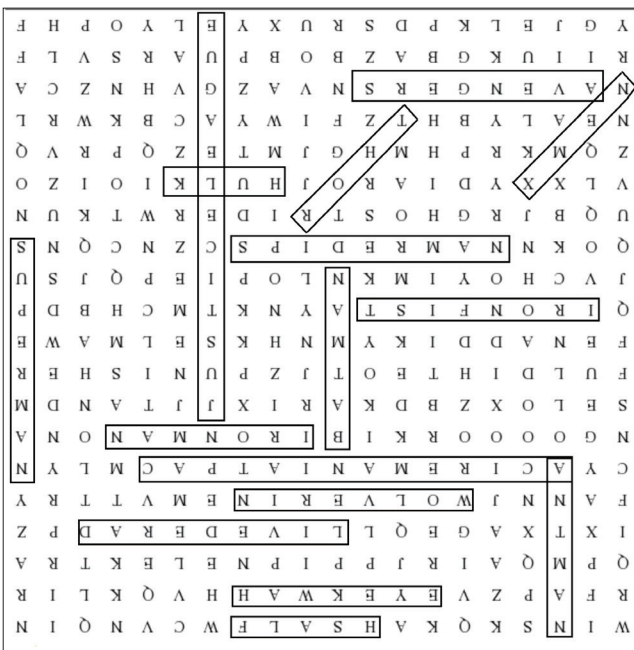
He's Steve the superhero  
 And you simply won't believe  
 The powers he possesses  
 By merely being Steve.

His smile can crack a mirror  
 And his breath can make you faint.  
 And when he takes his socks off  
 It's been known to peel the paint.

The power in his underarms  
 Can make a grown man cry.  
 A single burp can make you want  
 To crawl and die.

The bad guys know it's hopeless,  
 So they all get up and leave  
 Whenever they get wind of him  
 The superhero Steve.

Unknown



## Rigoberto's Riddles

What would you find in Superman's bathroom?

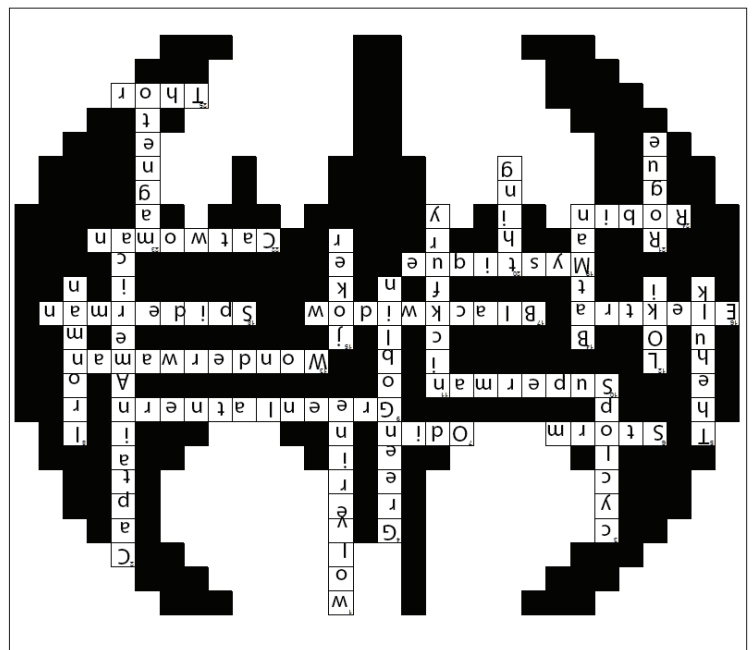


A superbowl.

## Silly Vasily's Chuckle Chamber



Batman and Robin go camping in the desert one day. They find a suitable spot, pitch their tent and soon fall asleep. In the middle of the night, Batman wakes his faithful friend saying, "Robin, look up at the sky and tell me what you see." Robin replies, "Why Batman, I see millions of stars." Batman then asks him, "And what does that tell you?" Robin is silent for a while. Then he says, "Astronomically speaking, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Chronologically, it appears to be approximately a quarter past three. And theologically, it's evidence the Lord is all-powerful and how small and insignificant we are. Meteorologically, it looks as though we're in for a beautiful day tomorrow. What does it tell you, Batman?" Batman is also silent for a moment, then says, "Robin, you idiot, someone has stolen our tent!"





## Super-Nanny Noetal

**Dear Super-Nanny,**

I have heard that you have a wonderful power which helps you to solve any problem and answer any question. I am wondering about how I could be a super-student. I want to have knowledge and have a huge brain, a brain which is full of information about everything: the universe, life, human beings, and grades. Additionally, I am wondering about how you got your power because I want to be a super-student. Also, could you please, Super-Nanny, use your power to help me to be a super-student?

*Stephan J,*

**My Dear Stephan,**

My power is a gift for me to help everyone. Let me tell you how I got my power. I was on a trip alone to discover the mystery area where beautiful plants grow and magic animals live. I climbed mountains, swam rivers, and fought dangerous animals, animals that have very large claws, huge mouths with sharp teeth, and scary eyes. I also faced "nepenthes rajah" which is a man-eating plant. I spent the whole dark night walking to find this fantastic area, behind the horticulture area at ARC. In the morning, I noticed a very bright golden beam coming from a huge cave. When I was close to it, I started to see cute animals like beavers

and parrots around me. I got

so close to the cave. I entered and it was so dark. I used my flashlight to see where I was stepping. I was amazed because there were a lot of diamonds and gorgeous stones around me. I continued following the beam. When I reached the middle of the cave,



I saw an incredible stone on a huge high stand surrounded by pure water. It was shining like the sun. I got closer to touch the incredible stone. When I did that, the beam passed through my body and gave me a superpower - the power to understand people. Absolutely, I am going to use my power to help you achieve your goal. First of all, you have "to eat" many books, to read as many as you can. Read science fiction, ac-

tion and adventure, mystery books, and textbooks. Additionally, try to be curious about how things happen in life like how good people develop. Don't forget also to eat healthy food like fish because fish have omega 3. In addition, be adventurous and go all around the world. Discover the history, culture, and traditions of every country. See you next semester as a super-student.

**Super-Nanny**



## What kind of superpower would you like to have? What would you do with that superpower?



*"I think I'd like to fly to the sky, high and far and fast, so I could fly around the world to see every beautiful place, every beautiful landscape, every mountain, every desert, every valley, every river and every lovely home."*

**Professor Chris Padgett**

*"Flying. I mean that sounds like fun. You would never fall down and hurt yourself because you could fly. You'd probably have perfect grace like many movements. I would not fall to the ground."*

**Professor Catherine Dayton**



*"I think I would like to be able to fly. I would be a person that helps people. I don't know how I would help people with that power but I'd probably just have fun."*

**Professor Allyson Joye**

*"I would like to have the superpower to edit a hundred essays in five seconds. I would like to be known as 'Edit-Man'."*

**Professor Paul Bracco**



*"If I had a superpower, I would like to make sure nobody is hungry and without health care in our country. If I were a king and I could make something happen and I had a superpower, I would make sure that the poor and the weak are treated fairly, so that they don't have to sleep on the street and they have basic medical care. I'd like to make society fairer. I would live in a society where it doesn't have the very rich and the very poor. Then everybody has basic opportunity and health care. Everyone. No one should ever live without health care. They should have health care. They should live basic and they shouldn't live on the street."*

**Professor Alan Miller**



## What kind of superpower would you like to have? What would you do with that superpower?

*"I suppose manipulation of time. It'd be interesting. I'd probably go back in history and just review things for myself because for the most part it's pretty hard to view a new point of view on a lot of things. And I prefer just to see for myself because I would know what happened. Instead of feeling like this happened but this also happened from these people, you know. It would be fun to travel to the future, too."*

**Myles Merrifam**



*"If I got the chance, I would like the flying power. I could fly everywhere, anytime and I could be in my class on time."*

**Shelyin Singh**

*"Telemetry. I could move things with my mind. I'd help people. With that power I could stop so many women from getting raped or hurt, or like thieves and, yeah, for the car accidents."*

**Gabby Butler**



*"Super strength. I would lift super heavy things."*

**Joshua Stultz**

*"Time travel. I'd go back in time before my son died and spend more time with him."*

**Lisa Biagioni**





## Out of the Cage

### Beaver Food Pantry-Food Distribution Wednesday, April 24 & May 8, 2019 12:00 am – 3:00 pm

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

### Acoustic Café Friday, April 26, 2019 12:30 am – 2:00 pm

The American River College Music Department presents a recital of student songwriters. This free event will be held in the ARC

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 Eric at (916) 484-8420.

**Location:** Room 547, Music Department, American River College

### Art Studio Trek: Art & Chocolate Saturday, April 27 - Sunday, April 28, 2019 10:00 am - 5:00 pm

April 27th and 28th mark the 13th Anniversary of ART STUDIO TREK! Enjoy the combined efforts of 20 Artists at 12 locations in the Loomis, Roseville, Rocklin and Granite Bay area. Celebrate this free weekend event with artists in their studios with guest artists to share their diverse styles and creations. Artists will demonstrate their techniques and offer their work for sale. Children are always welcome. Call 916 782 2909 for more information. Admission: Free



**Location:** Pam Burns #7a 1541 Steinbeck Dr.

### Sacramento Earth Day 2019 Sunday, April 28, 2019 11:00 am - 4:00 pm

Sacramento Earth Day is all about building community and finding ways to help residents of the Greater Sacramento Region reduce our ecological footprint.

You'll also find a variety of fun activities to enjoy for the whole family, including live music, interactive educational games and a kids' area. This is the largest Earth Day celebration in the Sacramento region, and admission is free! For more information: [ecosacramento.net/about-us/our-work/events/sacearthday/](http://ecosacramento.net/about-us/our-work/events/sacearthday/)



**Location:** Southside Park 2115 6th Street



### Questions/Comments?

Student Editors: **Alex Grynishyn, Alaa Shatat, Laura Lopez, 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 Bracco's](mailto:Professor Bracco's) office D337 (Davies Hall), call (916) 484-8988, or e-mail [Braccop@arc.losrios.edu](mailto:Braccop@arc.losrios.edu). To see The Parrot in color go to [http://www.arc.losrios.edu/ARC\\_Majors/Humanities/ESL/The\\_Parrot.htm](http://www.arc.losrios.edu/ARC_Majors/Humanities/ESL/The_Parrot.htm)