

THE PARROT



SPRING 2020

ISSUE # 142

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

ARC Alum Prof. Michael Crowder Speaks

The Parrot: Thank you for sitting down with the Parrot.

How long have you been teaching English?

Professor Crowder:

For about 15 years. Yes, since I was about 26 years old.

The Parrot: And how long have you been at ARC?

Professor Crowder: I have been at ARC full time for three years. But I also attended American River College. So I started at American River



College in 1997 as a student, then I first started teaching here in 2005 as an adjunct, and then I moved, but I came back here from living in New York City.

The Parrot: I was there once.

Professor Crowder: You've been to New York?

The Parrot: Yes, I really love that city. I had been researching you before the

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“I have decided to stick with love. Hate is too great a burden to bear.”

Martin Luther King, Jr.

Hero for All: Martin Luther King, Jr.

Civil Rights leader Dr. Martin Luther King, Jr., never backed down in his stand against racism. Learn more about the life of this courageous hero who inspired millions of people to right a historical wrong.

A HERO IS BORN

Dr. Martin Luther King, Jr., was born in Atlanta, Georgia, in 1929. At the time in that part of the country,



segregation—or the separation of races in places like schools, buses, and restaurants—was the law. He experienced racial prejudice from the time he was very young, which inspired him to dedicate his life to achieving equality and justice for Americans of all colors. King be-

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Student Chirpings

Student Dissatisfaction at ARC

Nothing is perfect in this social environment, especially in college. Colleges have a lot of students and teachers, so that will cause a lot of problems. American River College is one of four community colleges in the Los Rios district. Many students complain about American River College for many reasons. Parking problems, restaurant problems, and not enough time between classes are three reasons why most students at American River College complain.

The first cause of student discontent is parking. This problem can give students a headache. For example, it was the first day of school. A friend of mine woke up late that day. When he arrived at school, he couldn't find a parking space. He spent twenty minutes to find a parking space. That means he was late for his class. American River College has at least two big parking lots, but they are far from each other. The first two weeks of school, a lot of students start running when they get out of the car because these parking spaces are too far from class and they couldn't find one in another parking area. Sometimes students couldn't find their car in the parking lot. The last time I was on the way to get to my car, I saw a student trying to open the door of my car. I was very angry and stopped him. When he opened the door, I realized that the car wasn't mine. I felt very embarrassed. The parking areas look the same everywhere and has the same kinds of cars. Next time, maybe I should look at the license plate first.

The second cause of student unhappiness is many students feel unhappy at the restaurant in the Student Center. During lunch time, there are many students waiting in line to pay for the food. Students think they waste a lot of time on it. Last Tuesday, I saw a student spend half an hour to get the food and he couldn't find a seat. He had to take

the food and eat outside. It is bad for our health when we don't eat at a table. Another problem in the cafeteria is that there is the same kind of food every day. Maybe in the first week, eating in the restaurant is fine. A month later, students find out there are always the same kinds of food in the cafeteria. They will drive out for lunch instead of eating in the cafeteria.

The last cause of student discontent is the lack of time between classes. Some students have

to get to another class in ten minutes. One day, I had a stomachache and I needed to go to the bathroom. However, there were only ten minutes for me to go to the bathroom and get to another class. I was definitely late because there wasn't enough time. As American River students, we can't be late too many times. School rules say if a student is late two or three times, it equals one absence. Three absences means be-



ing kicked out of a class. Sometimes, students need to ask questions after class and not only one student wants to ask their professor something. A ten-minute break time isn't enough for all the students to ask questions. Lot of students have two classes during lunch time. There isn't enough time for them to buy food, so they have to study without eating. My friend has the same problem. Every Tuesday, he has two classes, from eleven o'clock to two o'clock. He complained to me that he was too hungry to listen carefully.

In conclusion, there are three reasons which cause student dissatisfaction at American River College: parking problems, restaurant problems, and not enough time between classes. I believe students might have a better mood if ARC solves these problems.

Anonymous
ESL W50
Cause & Effect Essay

Ways Immigrants in California Learn English

Many people come to America every year, and most of them don't speak English. I think these people want to be successful, but to be successful they should speak English very well. One way to learn English is to go to an adult school, the next way is to find a friend that speaks English, and last of all you can go to an American church.

First, the best way for new immigrants is learning English in a community English school. For example, when I first arrived in the USA 2 years ago, I went to an adult school, where I studied in

an ESL program. This school was located by my home. It was very convenient to attend this two times a day. When I first came to the school, I took a test. After the test, the teacher recommended me to take a low level. I studied at this school for 1.5 years. At this time, my English went up because I studied very hard. I always did homework. Also at school I had a lot of speaking practice. When I finished the school, my English level was very good. I was happy about it.

Second, a very good way to learn English is to find American friends. For instance, when I studied at English school, I got a lot of grammar, but I wanted to use this grammar in practice, and I found a way to do it. I went to my neighbor and said, "My name is Kostiantyn. I am a new immigrant. I want to find a friend that will be able to speak with me because I need more practice to improve my English." This man said, "Yes, I will help you." Since this time, I often go this man where I have good speaking and listening practice. The name of this man is Adam. Very soon we became true friends. Adam helped me a lot to improve my

English. Right now I speak not too bad. I am very grateful to him for helping me.

Finally, a very interesting and useful way to learn English is to attend an American church. After I had been living in America for one year, I understood that I needed to spend more time improving my English, and to do that I found an American church, which I began to attend two times a week. The first time I didn't understand any information at this church, but step by step I started to understand the preacher better and

better. After church service, I spoke with people for a long time. It was hard, but I was very happy that my English went up every minute. Very soon I spoke English very well.

To summarize, if you are an immigrant and you have a big desire to learn English, you have three good ways to do it. The first way is to go to a community school, where you can improve your English for free. The second way is to find a friend to help you learn English. The best is if you can find an American friend. The third way is to go

to an American church where you can get a lot of listening and speaking practice. If you follow me, your English will be very good, and it will give you the best opportunity to be successful in this amazing country.



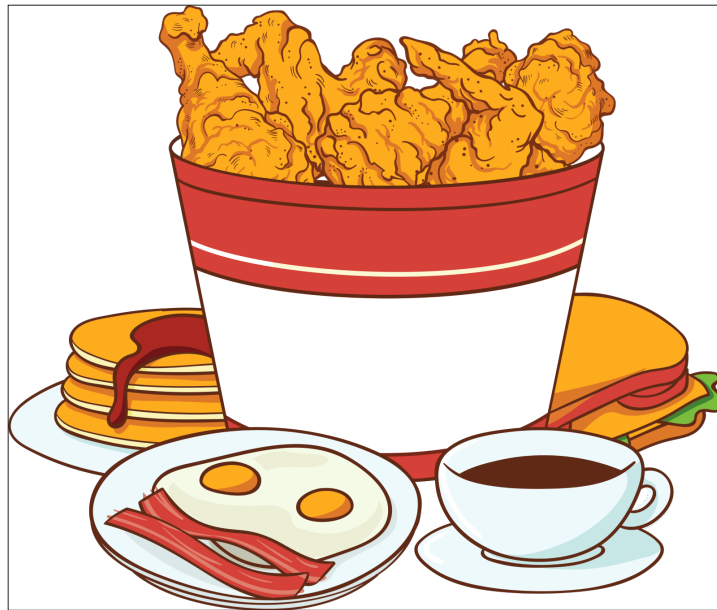
Kostiantyn Donoshenko
ESL W40
Problem/Solution Essay

Eat Like a Horse

Food is one of the most important sources for body maintenance. To survive, the human organism needs a big variety of food rich in vitamins, proteins, minerals, and other components. Therefore, all shops and supermarkets offer people a wide variety of fruits and vegetables, dairy, meat, baked goods, packaged food, etc. When you enter a store, your eyes fly in all directions because everything is attractive. Beautifully decorated boxes beg you "Come here!" and usually we buy too much food because our eyes see and our hearts require. As a result of buying too much food, people must eat more than their bodies need, which can have negative effects. There are several effects of eating too much.

The first effect of eating too much is the uncomfortable feeling. After eating a few kinds of hearty food, you feel that your stomach will explode, and after a while you will have stomach

pain. For example, when I eat a bowl of soup and I start to eat a second one, I feel a light stomach pain. I understand that this is the signal of my body trying to stop me from eating too much. Additionally, as a result of mixing a few kinds of food, you feel your tummy starting to bloat. It will be OK if you are alone at home, but if you are in a public space, you will be in trouble. Mixing a few kinds of foods stimulates stomach acid secretion and it causes heartburn, which is a very unpleasant feeling. For example, I went to my relatives for Thanksgiving dinner, and they had a huge variety of dishes, beginning with turkey, potatoes, a few kinds of salad, and ending with cakes and a lot of sweets. I ate too much on that holiday as if it was the last time in my life that I would eat. After a while, I felt a big discomfort in my tummy, pain,



and also strong heartburn. I felt so bad that night. I couldn't sleep well and I thought that I needed to go to the emergency room. So as a result of eating too much food, you will have very big discomfort.

The second effect of overeating is the increase in obesity. Eating too much leads to weight gain, a problem faced by a lot of people in our day. As a result of obesity, the risk of health complication increases; you can have high cholesterol,

diabetes, high blood pressure and other illnesses. Excess weight provokes difficulty in breathing and also bad sleeping. The body becomes heavy and it affects the respiratory system. For instance, my neighbor suffers from obesity and she told me that she has problems with breathing and insomnia. A few weeks ago, she went to the doctor for a checkup. The doctor

said that her obesity was the cause of all her health problems. Furthermore, she found that she had diabetes too. Now she is supposed to take insulin every day. As a result of obesity, people have mental and emotional consequences. Usually they feel isolated from the entire world, and they feel shame because of their body image. In lots of cases, it results in depression. For example, I have a friend who suffers from obesity. He stays locked in the house for days because he doesn't have the desire to communicate with anybody. He feels that he is ugly. He doesn't want to get married even though he is only twenty-three-years-old. All these consequences are the effect of eating too much food, and it causes obesity.

The third effect of eating too much is lifestyle changes. If people start to eat more and

more, they will need to buy more products, which leads to spending more money than usual. For example, people who are on a diet buy only strictly necessary products but those who eat without measure will spend a greater amount of money. People will also start to gain weight and will need bigger clothes. Then they start to spend money and of course their valuable time to go shopping. Even more they need to change furniture, for example their sofa. I remember that we had a friend in our village in Moldova. She was a big woman. When she came to our home she liked to sit on a small sofa, and one time when she sat, she broke it. After that, we offered only a chair to her. When people eat too much, they become lazy. They don't have the desire to go walking or to exercise in the gym. For example, after my husband eats, he wants to lie down, not play with the kids, or use the oppor-



tunity to have a good time with friends or family. Little by little people become less active and they change their lifestyle. From active and sociable persons they become retired persons. Because of eating too much, people will change their lifestyle.

If people abuse food, the hospitals will be overcrowded with sick people. If at the beginning it looks as if a piece of cake won't destroy you, later you realize that without cake, you can't live. The end is usually very painful; people end up with diseases, depression, and isolation. The negative effects of overeating have a strong impact on our lives. So there are several effects of eating too much food: an uncomfortable feeling, the increase in obesity, and lifestyle changes.

Lenuta Musorivshi
ESL W50
Cause/Effect Essay

My Grandfather

I want to talk about my grandfather Nikolay. He lived with his family in a small village in Ukraine. Ukraine was part of the Soviet Union. He had a wife, six sons, and one daughter. He believed in God and visited a Protestant Church.

It happened one night in November, 1939. The whole family was sleeping when someone knocked on the door. My grandfather opened the door and several men came in the house. They were wearing black coats. These were men from the State Security Committee. They searched the house, took some photos, letters, and of course, the Bible. After that, they took my grandfather to prison. For a month, almost all day and night there were interrogations and court hearings. He was accused of gathering people together to read the Bible and that he didn't work on a collective farm on Sunday. Upon



completion of the trial, he was sent to North Siberia for hard work for four years. After that, no one saw him again.

My grandmother Maria was left with seven children from one year old to fourteen years old, without work or any help. My father was three years old and his childhood was very hard. He started working for food when he was seven years old. Between 1937-1938, millions of people were killed by false accusations in the Soviet Union. After 1990, Ukraine gained independence and opened Soviet Union's archives. When I was living in Ukraine, I visited the archives and read my grandfather's indictment. This is a "black page" of our history.

Anonymous
ESL G50
Expository Essay

A Bad Neighbor

We all live in society and have to deal with many different kinds of people in our daily lives. Perhaps the people we deal with on a daily basis and are very close to us are our neighbors. That is because they live next to us and we meet them almost daily. But have you been a bad neighbor or had a bad neighbor before? There are three annoying ways to be considered a bad neighbor.

First, a bad neighbor doesn't offer any help to other neighbors. In some circumstances, our relatives live very far away from us, and it's impossible to get help from them when we are in trouble.

Sometimes, we need help for sudden accidents. We even need help from strangers around us in some situations. For example, one day my friend's son had an accident in front of her house. She was crying and screaming, but her neighbor didn't offer any help. He just watched her and

didn't care about her. It was easy for him to offer her some help in this situation, but unfortunately he didn't. In short, a bad neighbor ignores others and may not offer any help to others in any situation.

Second, another way to be a bad neighbor is to make trouble. A bad neighbor always causes problems that disturb the peace of the other neighbors' lives. A bad neighbor makes life very difficult by starting fights and saying bad things about others. For example, in my complex, there is a bad neighbor who makes trouble with all the neighbors. He drinks a lot and takes drugs. The smell of marijuana is always coming out of his apartment, and the smell spreads out all over the place. I can't even open my apartment's windows from the very strong and bad smell of the marijuana. In addition to all that, he listens to very loud music from his car for

long hours. The noise makes me unable to concentrate while studying. After all that, a bad neighbor has a lot of problems that make your life very hard and uncomfortable.

Third, the worst thing that a bad neighbor does is spy on you. He doesn't respect your privacy. He interferes with your private life if you give him a chance to do so. If a neighbor gets jealous of you, s/he can make your life like hell by gossiping and spreading rumors about you. He also tells thousands of false stories and talks badly about the way you earn money. For example, one of our neighbors

bought a new car. The bad neighbor started to tell rumors about her. He told people that she stole money from her work.

In brief, not respecting the privacy of others is one of the worst characteristics of a bad neighbor. In conclusion, a bad neighbor might be a source of

continual troubles. He is a person that doesn't have high moral principles. So a bad neighbor is a person who doesn't help his neighbors, monitors his neighbors, and doesn't respect the privacy of others. Many people are lucky to have good neighbors and I really wish that no one has a bad experience with bad neighbors like me. Neighbors can make life hell or heaven through their actions. That is why old people say that one should select the neighbor before she/he selects the house.



Rusul Atiyah
ESL W40
Expository Essay

Student Worries

Being a college student is an opportunity that not everyone has. Attending a college or university is a big responsibility that makes a big change in our lives. Not all countries have study opportunities for everyone, but in the United States we can get an education so easily. Actually, being an ARC student means we have to worry about a few things.

First, we have to worry about enrolling. ARC is a big community with a lot of rules. Attending ARC is a long process with some specific dates.

First, you should do the orientation and then take the assessment test. Then, if you are lucky, you can find a place on the wait list. If you can't get this class, you have to wait for one semester and try again. For example, last year

my friend took the assessment test and enrolled in classes, but she was on the wait list, and she couldn't get classes for that semester. In short, to attend ARC and get classes, we have to be careful and complete the process.

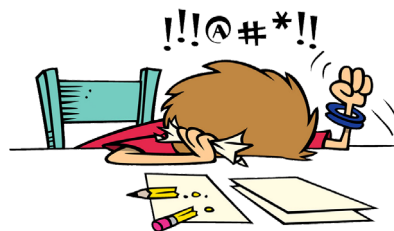
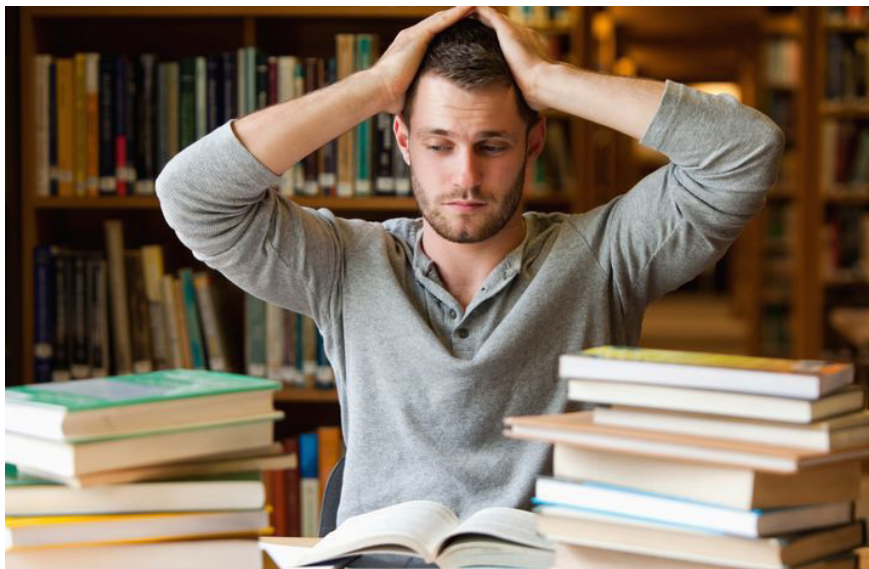
Second, ARC students worry about transportation. Transportation is a big problem for students. If you have a car, you have to worry about a parking space and a parking permit. If you don't have a car, you have to worry about taking the bus. Taking the bus requires a lot of time. You should manage your time to not miss the bus. If you miss the bus, it means you miss your class. Also, if you walk to ARC, you should schedule your time not to be late to your class. Being late many times can cause a big problem for students; they may be dropped. Last semester, my husband lost two

points for being late because he missed the bus. In brief, being an ARC student means you need to make a plan for your transportation.

In addition, ARC students worry about their grades. All students should work hard and do all the homework to get a good grade in their classes. If we don't worry about grades and don't try hard to do homework on time, to present projects, or to take tests, our grades go down. Sometimes low grades cause students to drop from the class. Also, bad grades can make a bad background for

students. If students want to transfer to another college, bad grades can be a problem for them. To sum up, ARC students should worry about working hard to get good grades.

In conclusion, all students at ARC are very lucky. They have a really good opportunity to study. This opportunity can be like a wish for some people in some countries that don't have good conditions to study. In summary, ARC students should worry about enrolling, transportation, and grades. I love ARC, and I am a little worried about my grade in my writing class.



Sadia Borna
ESL W40

Problem/Solution Essay

Dreams Can Come True

"Dreaming about the things that we could be..." Every person born in this world has different objectives that make their existence special, just like all things around us. Some people want to be doctors or lawyers, while others want to be other types of professionals. I decided to be a graphic designer, which I was dreaming to be for a long time. However, occasionally there would be something that makes your way difficult and stressful, no matter how hard you work. Perhaps there is someone who doesn't want you to succeed. Even so I'll always remember when for me a bad thing turned out to have good consequences.

It was August, 2015, my third year in university studying graphic design at "Universidad Tres Culturas" located in the downtown area of Mexico City. At the final year's professor's requests, the students create a scholarly project, which includes all the subjects integrated to make just one product: an illustrated children's book. I was so excited and anxious because my dreams and major finally could come true. What did I want to be? I wanted to be an illustrator. Angelo, my History of Art teacher, decided to make small groups. My team was composed of five people: Bhaktia, Zaira, Cynthia, Nataly, and me.

After the huge process of deciding themes for the story of our book, we had to decide each one's responsibilities and tasks. Bhaktia (the leader), was with Nataly at a circular table outside the classroom and I said to her, "Together we can make the sketch as long as you let me show you my character design." She just ignored what I said without listening to my words and continued talking with Nataly about her character's description and qualities. This strange situation had existed since the

project started. My co-workers didn't pay attention to my opinions and proposals and they avoided my participation in important things. I couldn't expect anything else from girls who had been friends for a long time. They rejected my presence and they wanted me to do only basic things. That really made me mad. I wanted to demonstrate my skills and ability so I promised to myself to give my best, working hard to find the best esthetic for my designs.



The next day I went to the school, hoping they liked what I was doing with all my soul. I saw my team gathered in the drawing classroom. Insecure and shy, I had to show the girls my work. "Good morning, everyone. I want you to see my final results. I hope you like them," I said to them, but silence is all that I heard. But then, "Oh my God!! That's awesome. I love your style and the colors are wonderful," Zaira said. That day I was accepted as an illustrator, the thing I always wanted to do. At that moment we all understood that everyone has their own abilities. Zaira and Nataly wrote the story as a poem, Bhaktia and Cynthia performed the edition and printing, and I was the illustrator.

To summarize, we presented our final result of the children's book, presenting in front of our classmates and professors. It was the most emotive performance I ever had. My teachers Nelly and Carmen were crying, which meant we accomplished expressing what we wanted in the book. They say our book was one of the best in the school. We had learned how to be a successful team. I'll never forget when life seemed so bad but it turned out to be really good.

Laura Lopez Loza
ESL W50
Narrative Essay

The House of My Dreams

What is the house of my dream? I often think about that. There are some clear pictures in my mind, and they are like puzzles that make up the whole picture of my future house. My husband and I like to talk about our future, and we share some ideas to imagine what the house has to look like. We plan to live in Sacramento because we like the weather and the nature, and because we have a lot of friends here. The house doesn't have to be very big, but it has to be comfortable, not very old, and located in a safe and nice neighborhood.

According to my imagination, my future home will be very beautiful. Its color will be white or light yellow. There will be a front yard and a

large backyard. The house will have four or five bedrooms and at least three bathrooms. There will be beautiful wooden stairs to the second floor and to the basement. Each room will have a different color for the walls. There will be a lot of plants inside the house. I really like that. In my future house, there will not be any pets. Never! There will be a big kitchen with all my new appliances. All the bedrooms will be on the second floor. On the first floor, I would like to have a big living room, a kitchen, an office, a music room, and three garages.

In front of my future house, there will be a small white fence. A lot of flowers and some bushes will grow there. Behind the house there will be a huge backyard with a tall fence around

it. Many fruit trees will grow there. I would like to have some part of the backyard to plant some vegetables there. I had lived for 34 years in a small village in Ukraine. My family had a lot of our own land around our house, and grew many vegetables and fruits for our family there. I really miss that. That is why I want to have a big backyard.

There are a lot of activities that I want to do in my dream house. As I said before, I will grow fruits and vegetables for my family. There will be a tennis or a basketball court because my children like sports. There will be a swimming pool. We will have parties with our friends in the backyard. In my music room, I would like to have music concerts with my children and friends. All my kids and I

play music, and we will practice together on the weekends.

I'm not afraid to dream because some of my craziest dreams came true. However, it's not enough just to dream. I have to do something to make my dream real. I believe some day I will live in the house that is in my imagination now, and I will have all the things I want to have. My family will be happy to live in the house of our dreams, and our home will always be open for friends and relatives. That will be a place where happiness lives.



Olha Vykhovanets
ESL W50
Descriptive Essay

Good Parents

Most people have children. They have a few ways to be good parents. Good parents have a lot of responsibilities during their lives. If you want to be good parents, you need to follow several rules. These rules help you to avoid any trouble.

First of all, you need to listen to your children. Sometimes your child has a little problem. The child is not able to independently find a solution to the problem because he is at the beginning of his life. You could have a conversation with your child and pay attention to the problem. If your child sees that you show him your respect and attention, rest assured that everything will be fine. In short, good parents always listen to their children regardless of the situation.

The second way to be good parents is to serve as an example for your children. From the very beginning, you have to be a good example for them. When you talk to older people, let your children see and learn how to show respect for older people. Every day, you should do only good things, such as help other people, help animals, and feed the homeless. Do it every day



because your children copy you. If you go to the store, take your children with you as well. There are different prices for food and things. Your children have to learn and know what prices you pay. In brief, this will be a good example for their lives in the future.

Third, good parents have to keep their word. In other words, if you promise your children to do something, do it! It is so simple! Whatever you do and whatever you say, you must tell the truth. Your actions and your words speak for themselves. If your children like music or dancing, you have to share their enthusiasm. To sum up, children believe your promises and do not expect something else from you.

In conclusion, if you want to be good parents, you must know and follow a few rules. Your children will always be happy if their parents are good, sweet, and kind. As you can see, it is very easy to be good parents. Be them!

Olena Kalinichenko
ESL W40
Expository essay

Ways to Be Healthy

All people should take better care of their health. Everyone has the responsibility to be healthy. And, there are many ways to help people to be healthy. They should eat healthy food, exercise regularly, and sleep enough. If people follow these rules, they will be healthy. If you decide to be healthy, you can do it.

First, you should eat healthy food to be healthy. You should eat homemade food. When you cook your food, or your mom, dad, or wife cooks for you, you have fresh and healthy food. The food made in your home is good because you know the quality of the ingredients. Also, you should avoid eating junk food, such as soda, chips, and canned food. Junk food is bad for your health because it's full of sugar or fat. In my opinion, the most important thing to be healthy is eating vegetables and fruit. If you eat healthy food, you will be good. In short, healthy food is the best for you.

Second, you should exercise regularly to be healthy. To be healthy, you can walk, play sports, or exercise in your home at least. Walking regularly is very important to keep your body without illness or disease. Also, when you walk regularly, you will feel happy. In another way, you can exercise regularly by playing a



sport, especially water sports, such as swimming. This sport in water helps you feel free. When you swim, you move your whole body, so this is good to be healthy. If you can't walk or play a sport, you can exercise in your home. You can do it when you cook, wash, and clean. Also, you can walk in your house.

Finally, the third way to be healthy is sleeping enough. If you give your body enough time to take a break, you will keep it healthy. You should go to sleep early and wake up early. So you can start your day with more energy. All your body parts will work well, so you will be healthy. If you can take a nap in the middle of the day, this helps you to feel more active. People who sleep enough have good health without any problems. In short, if you sleep enough, you will be healthy.

In conclusion, people can help themselves to be healthy. They can take care of their health. They can find a lot of ways to be healthy. They should realize that healthy food, exercising regularly, and sleeping enough can play a big role in their lives to be healthy.

Hend Saeyeldin
ESLW40
Opinion Essay

Around the World

Elephant Festival - Sound Weird? Let's check it out!!!

Elephant Festival (Laos)

THE PARROT: Have you ever attended a festival for elephants? Do you like big animals like elephants? Let's take a look at this festival to gain a general idea of why and how people celebrate it!



The elephant is a huge animal that only eats vegetables, drinks with its nose, and lives with a group. In some cultures, the elephant is sacred. Laos is one of the countries that cares most about this animal. They even have a festival to celebrate and protect this animal.



The Elephant Festival usually occurs in February on a different day each year because it takes many months to prepare for this festival. This festival is celebrated to improve people's awareness of the threat towards this kind of animal. It needs to be protected by humans from illegal hunting. Because of the small forests in Asian countries, the elephant is in danger living in the wild.



The elephant is the heart of the Laotian people. They cherish this kind of animal because of its figurative and factual association with this country. The elephant festival usually takes place in Sayaboury Province in Laos. Sayaboury Province is famous for elephants because this province has many expert trainings to give tourists great entertainment and activities that the elephant provides.



The Festival is an elephant show and elephant training activities. You can have a chance to ride a real elephant and many other accompanying activities beside the main purpose of the festival. There are many special and unique holidays or festivals around the world which have beautiful meaning you can explore. We hope this page gives you some information about other countries' holidays that you can enjoy. Have fun and enjoy reading!

Tuyet Le

Nestscape -- Articles from the Web

lieved that peaceful refusal to obey unjust law was the best way to bring about social change.



MARCHING FORWARD

King and his wife, Coretta Scott King, lead demonstrators on the fourth day of a historic five-day march in 1965. Starting in Selma, Alabama, where local African Americans had been campaigning for the right to vote, King led thousands of nonviolent demonstrators 54 miles to the state capitol of Montgomery.



BRAVE SACRIFICES

King was arrested several times during his lifetime. In 1960, he joined black college students in a sit-in at a segregated lunch counter. Presidential candidate John F. Kennedy interceded to have King released from jail, an action that is credited with helping Ken-

nedy win the presidency.



REMEMBERING A HERO

A crowd of mourners follows the casket of King through the streets of Atlanta, Georgia, after his assassination in April 4, 1968. King was shot by James Earl Ray on the balcony of the Lorraine Motel. Americans honor the civil rights activist on the third Monday of January each year, Martin Luther King Day



MAKING HISTORY

President Lyndon B. Johnson shakes King's hand at the signing of the landmark 1964 Civil Rights Act, which outlawed racial segregation in publicly owned facilities.



INSPIRING OTHERS

King waves to supporters from the steps of the Lincoln Memorial in Washington, D.C. during the March on Washington. There, he delivered the “I Have a Dream” speech, which boosted public support for civil rights.



WIN FOR PEACE

King receives the Nobel Prize for Peace from Gunnar Jahn, president of the Nobel Prize Committee, in



Oslo, Norway, on December 10, 1964.

FAMILY LIFE

King his wife, Coretta Scott King, sit with three of their four children in their Atlanta, Georgia, home in



1963. His wife shared the same commitment to ending the racist system they had both grown up under.

SPEAKING OUT

King inspires a large crowd with one of his many speeches. Raised in a family of preachers, he’s considered one of the greatest speakers in U.S. history.



PHOTOGRAPHS BY: COURTESY THE LIBRARY OF CONGRESS; BEN MARTIN, TIME LIFE PICTURES / GETTY IMAGES; HORACE CORT; JULIAN WASSER, TIME LIFE PICTURES / GETTY IMAGES; AFP, GETTY IMAGES; HULTON ARCHIVE / GETTY IMAGES; COURTESY ASSOCIATED PRESS; COURTESY KEYSTONE / GETTY IMAGES; COURTESY HULTON ARCHIVE / GETTY IMAGES

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!

Germany's Schwarzwälder Kirschtorte (Black Forest Cherry Cake)

Ingredients

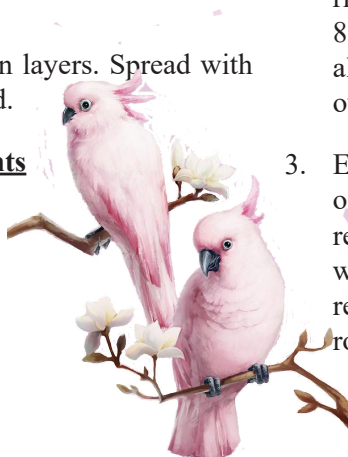
5 egg yolks
 ¼ cup water
 1-1/4 cups sugar
 1/2 tsp. baking powder
 6 tbs. grated semi-sweet chocolate
 1 tbs. kirshwasser
 5 egg whites

Method

1. Preheat oven to 375 F. Butter and flour a 10-2-1/2-inch spring-form pan.
2. Beat egg yolks, water, and sugar until fluffy.
3. Sift in flour and baking powder. Add chocolate and kirshwasser.
4. Beat egg whites to stiff peaks. Fold into mixture.
5. Pour into prepared pan. Bake 45 to 60 minutes.
6. Remove cake from oven.
7. Let cool. Unmold. Cut three even layers. Spread with fillings and finish cake as directed.

Chocolate Mousse Filling Ingredients

6 oz. semi-sweet chocolate
 2 tbs. sherry
 ¼ tsp. salt
 2 eggs, separated



Method

1. Melt chocolate in top of double boiler over simmering water. Remove from heat.
2. Add sherry and salt. Beat in egg yolks. Fold stiffly beaten egg whites.
3. Chill at least 2 hours before spreading on cake.

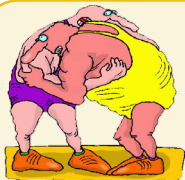
Cherry Filling Ingredients

2 cans sour cherries, drained
 6 to 7 oz. Kirshwasser
 1-1/2 pints heavy cream
 Sugar
 chocolate curls

Method

1. Soak cherries in Kirschwasser. Put bottom cake layer on serving dish plate. Slowly sprinkle a bit of Kirshwasser over it to moisten evenly. Spread chilled chocolate filling on bottom layer. Put middle layer on top of filling. Moisten second layer with Kirschwasser.
2. Beat 1 pint of heavy cream until stiff. Add sugar and Kirschwasser to taste. Put in pastry bag. Drain cherries. Save Kirschwasser to moisten third layer. Reserve 8 cherries for decorating. Cover second cake layer with alternate circles of whipped cream and cherries. Start outer circle with whipped cream.
3. End with whipped cream in center. Top with third layer of cake. Moisten generously with Kirschwasser. Whip remaining 1/2 pint heavy cream. Add sugar and Kirschwasser to taste. Put 3 tablespoons in pastry bag. Spread rest over the whole cake. Decorate with whipped cream rosettes. Finish with cherries and chocolate curls.

Parrot Warbling



Grappling with Grammar

Simple and Compound Sentences

A simple sentence has one independent clause.

EX: The radio is blaring.

A simple sentence may have a *compound subject* or a *compound predicate*.

EX: The walrus and the sea lion live both on land and in the water.

A compound sentence is made up of two independent clauses joined by a coordinating or correlative conjunction. The conjunction is not included when deciding if the clauses are independent.

EX: The sunbathers relaxed on the sand (independent), and the surfers paddled out to sea (independent)= compound sentence

The clauses in a compound sentence are **joined together in three different ways:** *a comma* with a coordinating conjunction; *a semicolon*; or *a semicolon followed by a conjunctive adverb*, which is followed by a comma.

EX: The teacher gave the assignments, **and** the students wrote them down.

The teacher gave the assignments; the students wrote them down.

Note: As writers become more proficient, they are allowed to omit the comma between two short independent clauses in a compound sentence. You will sometimes notice that in books you read.

EX: The hero saved the princess and then he went home.

<https://www.englishgrammar101.com/module-10/clauses/lesson-8/simple-and-compound-sentences>

Idiom--Attic

A match made in heaven

Meaning: two people perfectly suited to each other

Ex: Everyone thought that they were *a match made in heaven*.



<https://www.merriam-webster.com/dictionary/a%20match%20made%20in%20heaven>

Pronunciation Rules

To communicate clearly when you are speaking in English, it's important to stress the correct syllables in each word. This is called word stress, which means pronouncing one syllable of a multisyllabic word with greater emphasis (stress) than the other syllables in the word. Here are four general rules to keep in mind about word stress as you practice pronunciation:

1. Stress the first syllable of:

Most two-syllable nouns (examples: CLImate, KNOWledge)

Most two-syllable adjectives (examples: FLIPpant, SPACious)

2. Stress the last syllable of:

Most two-syllable verbs (examples: reQUIRE, deCIDE)

3. Stress the second-to-last syllable of:

Words that end in -ic (examples: ecSTATic, geoGRAPHic)

Words ending in -sion and -tion (examples: exTENsion, retriBUTION)

4. Stress the third-from-last syllable of:

Words that end in -cy, -ty, -phy and -gy (examples: deMOCracy, unCERTainty, geOGRAPHy, radiOLOGy)

Words that end in -al (examples: exCEPTional, CRITicAl)

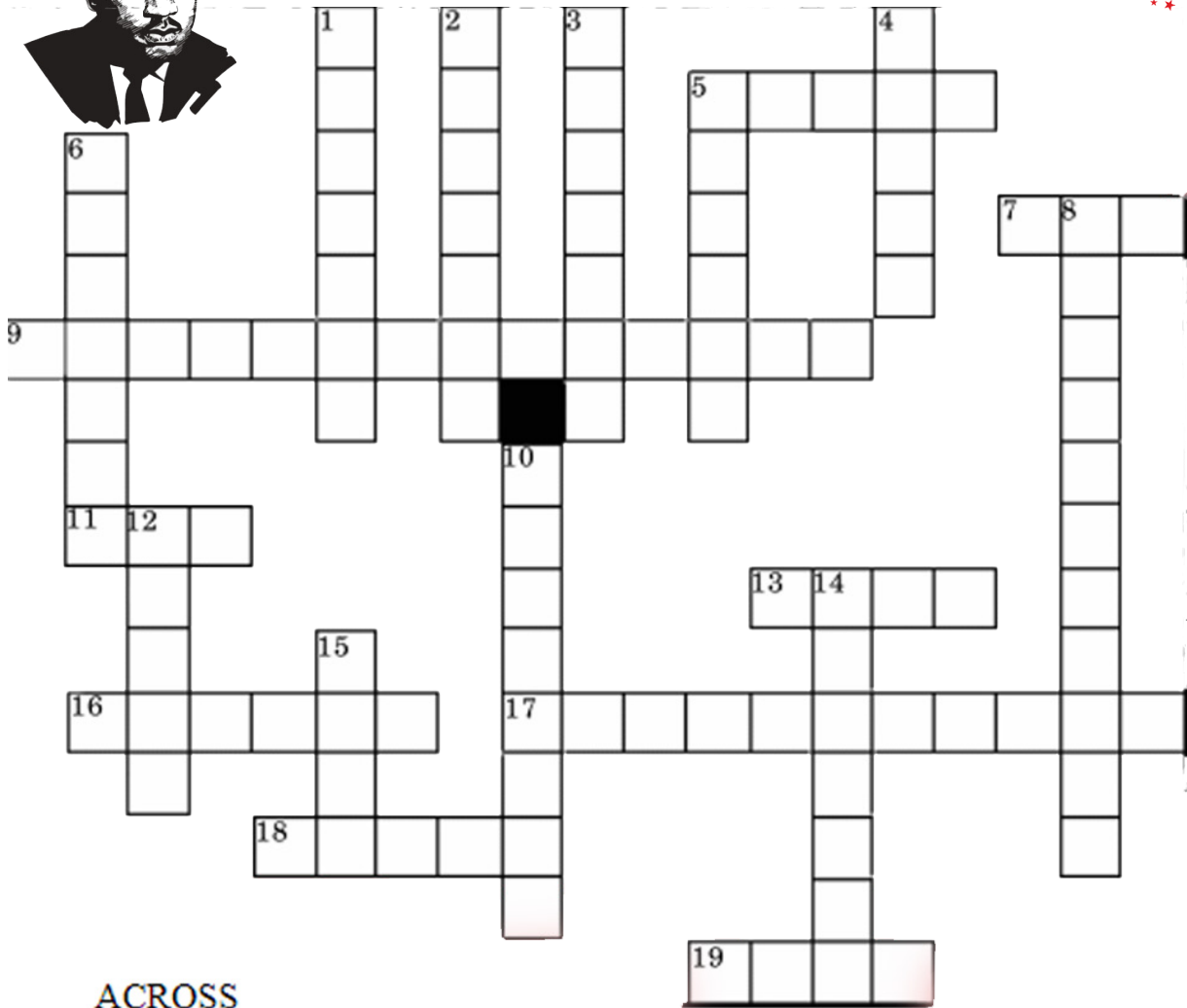
Keep these simple rules in mind and you will soon find your pronunciation getting better and better!

<https://www.toeflgoanywhere.org/learn-these-4-word-stress-rules-improve-your-pronunciation>



Some More Parrot Fun Stuff

Martin Luther King Day



ACROSS

- 5 Doctor King had one
- 7 Rule we must follow
- 9 Express disagreement
- 11 Short for humans
- 13 Move forward
- 16 Type of profiling
- 17 Due to you as a human
- 18 Quiet harmony
- 19 Martin's surname

DOWN

- 1 To disagree
- 2 Using humans as property
- 3 Life economically deprived
- 4 Walk as group
- 5 _ King or Reverend King
- 6 Ability to choose
- 8 Killed leader
- 10 Minister
- 12 Perfect balance
- 14 From Africa
- 15 Human grouping



VALENTINE'S DAY WORD SEARCH



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

ARROW

CANDY

CARDS

CHOCOLATES

CUPID

FEBRUARY

FLOWERS

FRIEND

GIFTS

HEARTS

HUGS

KISSES

LOVE

RED

ROMANCE

ROSES

SWEETHEART

VALENTINE



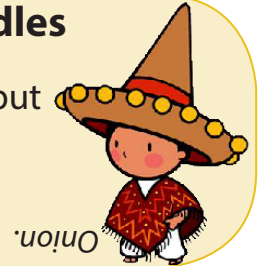
My Heart

*I would split open my heart
with a knife, place you
within and seal my wound,
that you might dwell there
and never inhabit another
until the resurrection and
judgment day — thus you
would stay in my heart
while I lived, and at my death
you too would die in the
entrails of my core, in
the shadow of my tomb.*

By Ibn Arabi
Translated from Arabic

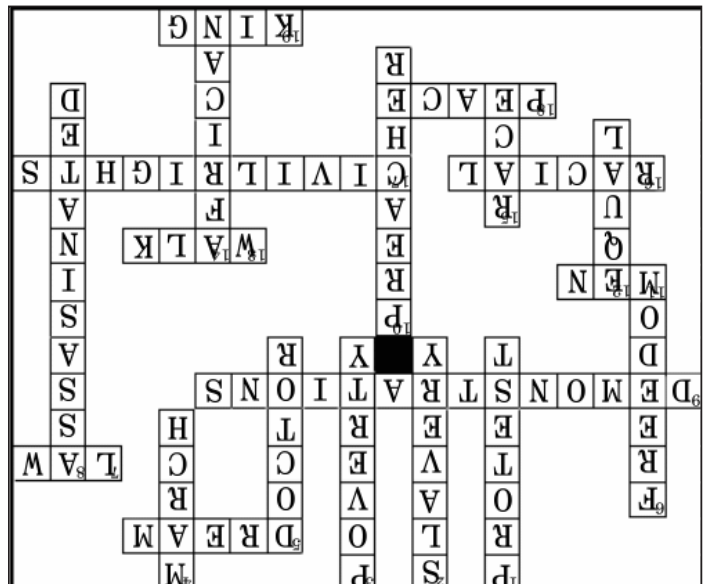
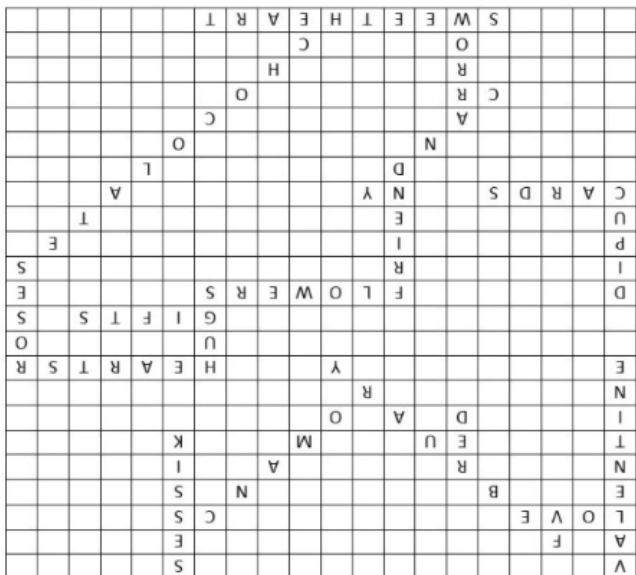
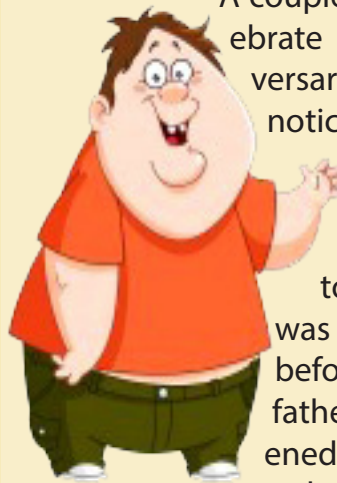
Rigoberto's Riddles

Take off my skin, I won't cry but you will. What am I?



Silly Vasily's Chuckle Chamber

A couple goes out to dinner to celebrate their 50th wedding anniversary. On the way home, she notices a tear in his eye and asks if he's getting sentimental because they're celebrating 50 wonderful years together. He replies, "No, I was thinking about the time before we got married. Your father threatened me with a shotgun and said he'd have me thrown in jail for 50 years if I didn't marry you. Tomorrow I would've been a free man!"



Interview with Prof.

Continued from page 1

interview and I learned that you mostly teach English writing, right?

Professor Crowder: Yeah

The Parrot: How did you get interested in this subject?

Professor Crowder: Probably because of my grandparents. My grandparents were teachers too and they really gave me a love of literature and books, and I started reading a lot.

The Parrot: And you started to be really passionate about it?

Professor Crowder: Yeah, I became passionate about it. My dad was a writer, and so, you know, it seemed like something interesting to study, and I just studied it and continued to study, and that's how I became a teacher.

The Parrot: It's interesting to hear that. How did you feel on your first day of teaching?

Professor Crowder: Very nervous.

The Parrot: Very nervous?

Professor Crowder: Very nervous, like somebody was going to find me out that I didn't belong, didn't know what to do, didn't know anything.

The Parrot: Are you confident now when teaching in the classroom?

Professor Crowder: Yeah, you know, you still feel nervous sometimes. You want to make sure that your students are getting the best possible education, so you're making sure everybody feels involved and engaged so I still, you know, still nervous in that way.

The Parrot: So have you ever gotten into a difficult or tough situation in your teaching career?

Professor Crowder: Yeah, yeah when I was living in New York, I worked at a college that was having a lot of financial and administrative problems and so it was challenging to get the support for the students and it was a really difficult situation to get what you needed to be a teacher.

The Parrot: Sorry to hear that. I'm curious about your most challenging or funniest moments that you have experienced in your classroom.

Professor Crowder: Well, sometimes you might

be talking about something that is challenging or could cause trauma for somebody and it's generally knowing how to deal with it. I can't really explain it, but you just kind of just have to keep going.

The Parrot: Yeah, I usually do that too, thank you. So, do you think you have grown as a teacher?

Professor Crowder: Definitely. You learn a lot from the students and you learn a lot from just reading a lot and so I think that as you get more experience in the world, you get more experience in teaching, and you see what does work and what doesn't work.

The Parrot: And you can meet all kinds of other people...

Professor Crowder: Yeah and it helps you with your development.

The Parrot: Where would you like to be five years from now?

Professor Crowder: Here, I'm happy here. Hopefully here.

The Parrot: That's good to hear. Looking back, are there any changes you would have made in your educational choices?

Professor Crowder: I don't think so. I went to UC Davis and I really loved it there, and I studied abroad in South Africa, the University of Cape Town.

The Parrot: You went to Africa?

Professor Crowder: Yes.

The Parrot: That's great!

Professor Crowder: I really loved it there, and then I went to school in New York City and so I got to live in New York City and study writing and attend a school with a basketball team!

The Parrot: But why didn't you think about teaching at a university in New York City instead of in Sacramento?

Professor Crowder: I used to. That is where I used to teach, but living in New York is very challenging.

The Parrot: Yeah.

Professor Crowder: It's very expensive, also the weather sucks.

The Parrot: Oh, it's kind of cold there.

Professor Crowder: It's cold, it's snowy, and there are so many people. I just like to watch basketball on the couch with my dog, so I can do that in Sacramento. And there's less traffic.

The Parrot: Professor, what are three words to de-

scribe yourself?

Professor Crowder: Three words?

The Parrot: Yeah.

Professor Crowder: I guess “curious,” and “funny.” I try. I don’t know, but I think I’m funny.

The Parrot: Yeah, I think you’re funny, too!

Professor Crowder: Thank you! And “generous,” hopefully I am generous.

The Parrot: Thank you, and just for the last question, how would you like your students to remember you.

Professor Crowder: As helpful, yeah.

The Parrot: Helpful? That’s great.

Professor Crowder: Okay. Thank you very much.

The Parrot: I’ll see you soon, in English class when I’m ready.

Professor Crowder: Yes! Come! You’ll be very welcome.



Interviewer: Vi Nguyen

Reading for Beginners

My Name is John

Hi! Nice to meet you! My name is John Smith. I am 19 and a student in college. I go to college in New York. My favorite courses are geometry, French, and history. English is my hardest course. My professors are very friendly and smart. It’s my second year in college now. I love it!

I live in a big house on Ivy Street. It’s near the college campus. I share the house with three other students. Their names are Bill, Tony, and Paul. We help each other with homework. On the weekend, we play football together.

I have a younger brother. He just started high school. He is 14 and lives with my parents. They live on Mulberry Street in Boston. Sometimes they visit me in New York. I am happy when they visit. My Mom always brings me sweets and candy when they come. I really miss them, too!

Did you understand the text?

- Where does John Smith go to college?
 - New York
 - Paris
 - Berlin
 - Boston
- What is John Smith’s hardest course?
 - French
 - Art
 - English
 - Math
- Who shares a house with John Smith?
 - Anna, Margaret, and Tanya
 - Bill, Tony, and Paul
- How old is John Smith’s younger brother?
 - Eleven
 - Seven
 - Fourteen
 - Thirteen

Answer key: 1.a 2.c 3.b 4.c

Advanced Reading

Dirty Britain

Before the grass has thickened on the roadside verges and leaves have started growing on the trees is a perfect time to look around and see just how dirty Britain has become. The pavements are stained with chewing gum that has been spat out and the gutters are full of discarded fast food cartons. Years ago I remember travelling abroad and being saddened by the plastic bags, discarded bottles and soiled nappies at the edge of every road. Nowadays, Britain seems to look at least as bad. What has gone wrong?

The problem is that the rubbish created by our increasingly mobile lives lasts a lot longer than before. If it is not cleared up and properly thrown away, it stays in the undergrowth for years; a semi-permanent reminder of what a tatty little country we have now.

Firstly, it is estimated that 10 billion plastic bags have been given to shoppers. These will take anything from 100 to 1,000 years to rot. However, it is not as if there is no solution to this. A few years ago, the Irish government introduced a tax on non-recyclable carrier bags and in three months reduced their use by 90%. When he was a minister, Michael Meacher attempted to introduce a similar arrangement in Britain. The plastics industry protested, of course. However, they need not have bothered; the idea was killed before it could draw breath, leaving supermarkets free to give away plastic bags.

What is clearly necessary right now is some sort of combined initiative, both individual and collective, before it is too late. The alternative is to continue sliding downhill until we have a country that looks like a vast municipal rubbish tip. We may well be at the tipping point. Yet we know that people respond to their environment. If things around them are clean and tidy, people behave cleanly and tidily. If they are surrounded by squalor, they behave squalidly. Now, much of Britain looks pretty squalid. What will it look like

in five years?

Comprehension Questions

1. The writer says that it is a good time to see Britain before the trees have leaves because

- Britain looks perfect.
- you can see Britain at its dirtiest.
- you can see how dirty Britain is now.
- the grass has thickened on the verges.

2. According to the writer, things used to be

- worse abroad.
- the same abroad.
- better abroad.
- worse, but now things are better abroad.

3. For the writer, the problem is that

- rubbish is not cleared up.
- rubbish lasts longer than it used to.
- our society is increasingly mobile.
- Britain is a tatty country.

4. Michael Meacher

- followed the Irish example with a tax on plastic bags.
- tried to follow the Irish example with a tax on plastic bags.
- made no attempt to follow the Irish example with a tax on plastic bags.
- had problems with the plastics industry who weren't bothered about the tax.

5. The writer thinks

- it is too late to do anything.
- we are at the tipping point.
- there is no alternative.
- we need to work together to solve the problem.

6. The writer thinks that

- people are squalid.
- people behave according to what they see around them.
- people are clean and tidy.
- people are like a vast municipal rubbish tip.



14 VALENTINE'S DAY FUN FACTS



While we know Valentine's Day is the most romantic day of the year, there is plenty more to the holiday than just that. After the Roman Emperor Claudius II outlawed marriage, Saint Valentine continued to marry men and women in secret. Even then, it was traditional for men and women to exchange flowers on their wedding day, as a sign of good luck and the start of a "blooming" relationship. Today, we continue to celebrate love on February 14th, the day Saint Valentine died, by exchanging flowers, and the more modern chocolates and teddy bears. But just how many flowers, candy and teddy bears is it really?



Whether you're single and ready to mingle or coupled up for Valentine's Day, here are a few fun facts about our most beloved holiday.

Valentine's Day Facts:

- Every year, more than 36 million heart shaped boxes of chocolates are sold across the country.
- Sorry men, it looks like you'll be spending twice as much as women this year on gifts. The average man spends \$130 on Valentine's Day, while women spend about \$70.
- Don't forget about your pets! Every year, around 9 million people buy their pets a Valentine's Day gift.
- February 14th is the second largest card giving day of the year, just after Christmas. This year, it's expected that 1 billion cards will be exchanged around the world.
- Teachers receive the most Valentine's Day cards, followed by kids, mothers, wives and girlfriends.
- Hallmark was one of the first to mass produce a Valentine's Day card, all the way back in 1913.
- More than one-third of men are comfortable not receiving anything from a lover on Valentine's Day.

Flower Facts:

- It's estimated that the U.S. alone is going to spend \$3.3 billion on flowers for loved ones this year.
- The only other day that beats Valentine's Day in floral sales is Mother's Day.
- Of the 124.6 million households in the U.S. it's predicted that 43 million of them will purchase flowers.
- And the most likely flower to be purchased? Red roses of course!
- Would you believe that young people are leading the trend in floral sales? In 2016, 63% of floral-buying households were under the age of 35.
- Who says you can't be your own Valentine? In 2015, 18% of women sent themselves flowers.
- Ordering a bouquet? Have it tied in lace. The word "lace" comes from the Latin laques, meaning "to snare or net," as in to catch a person's heart.



Mount Agassiz 13,893 ft (4,235 m)

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

I was lucky enough to be asked to hike to the top of a 4285-meter mountain (14,058 feet). I



said "Heck Yeah!" And off we went! Depart in the middle of the night, drive till dawn, and hit the trail. Because of fires, we chose Mount Agassiz (4235 meters, or 13,893 feet).

Lots of uphill hiking. All uphill hiking. We hike up past several pretty lakes and rocky canyon walls. We hike up to the top of Bishop's Pass, where we camped near a small lake, just at the foot of Mt. Agassiz. It looked impressive and imposing to me. I was glad to have a night to sleep before going up.

Next morning, breakfast and then pick our way up the steep and rocky slope. Here and there we could find a whisper of a trail in the rocks and dusty debris. Mostly though, it is just picking our



way up, moving from one rock to another. We step carefully from one bunch of rocky and loose scree up to more rocks and loose debris. The boulders

get bigger higher up near the top. It is a lot of up up up. At the top the view is spectacular, and the feeling of satisfaction is big-time. We are on top of the world! A 4000-meter mountain is among



the tallest in the whole state of California. A very respectable mountain summit.

Of course, you need not hike to the top of the mountain. Even the first few miles of a mountain trail are beautiful and satisfying. Get yourself a



book to point you to the trails, or the passes, or the peaks. Grab a friend or go alone. Get some water and a lunch and go! As the great naturalist John Muir said: "Escape to the mountains and get their glad tidings." Thank you, Alex. I had a great time, and we hiked a big-time mountain! Check!

Paul Duax

Prof. of Speech and Communications

Out of the Cage

**CSUS Major Specific Workshops: CSUS
Engineering & Computer Science**
Wed, Feb 19, 2020
11:00 am – 12:00 pm

Sacramento State department representatives present on their program, transfer requirements and student experience.

Location: Student Center Community Room
3

Beaver Food Pantry Distribution

Wed, Feb 12 & 26, 2020
12:00 pm – 3:00 pm

This service is open to all ARC students, faculty, and staff.

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

First-time users must fill out a one-time intake form before accessing services.



Location: In front of the Gym Ticket Window

A Valentine's Day



SQUAWK!!

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

Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Contact us by e-mail, call, or drop by. Professor Travis: Davies 370, (916) 484-4524, or Travism@arc.losrios.edu; Professor Bracco: Davies 337, (916) 484-8988, or Braccop@arc.losrios.edu. To see The Parrot in color go to <https://www.arc.losrios.edu/academics/the-parrot-newsletter>.