

# THE PARROT

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

## Grit and Heart: Custodian Maria Arambula

**The Parrot:** Hi! I am a Ukrainian student learning English. Can I interview you for my class project?

**Arambula:** Of course.

**The Parrot:** What is your name?

**Arambula:** My name is Maria Arambula.

**The Parrot:** Where are you from?

**Arambula:** I am from Michoacan, Mexico.

**The Parrot:** How long have you been living in the United States?

**Arambula:** 32 years.



**The Parrot:** Have you lived in Sacramento all this time?

**Arambula:** No, I used to live in South San Francisco before I moved to Sacramento in 1994.

**The Parrot:** You've been at ARC for a while, right?

**Arambula:** Yes, I have. I have been working at ARC for the last 23 years.

**The Parrot:** Please, tell me how you got here.

**Arambula:** I used to work at Luther Burbank High School in South Sacra-

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## Earth Day



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“Nature gave us one tongue and two ears so we could hear twice as much as we speak.”

Epictetus

## Mother's Day Traditions Around the World

In many U.S. households, the second Sunday in May begins with breakfast in bed, a bouquet of flowers, homemade cards, and other tokens of affection for mom. Mother's Day — our country's version, at least — has been an official holiday since 1914. In other corners of



the globe, honoring Mom is a rite grounded in local traditions and customs — some ancient, some surprisingly new.

“Most cultures celebrate mothers because they are traditionally the main caregiver, which comes with great responsibility,” says Mei-Ling Hop-

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## Student Chirpings

### Grandfather's Violin

I always like to listen to classical music. People play music and they have a special knowledge about musical instruments. One of the musical instruments is a violin. Many musicians think the violin is the queen of music. I agree. I like violin because it has a wonderful sound. The famous master Antonio Stradivarius made his violins in a special way. They had a wonderful sound and people compared the sound of his violins to a girl's voice. Stradivarius wanted to listen to the sounds of women and children's voices on his violin. Twenty years ago, my family received an inheritance from my grandfather. He bequeathed his ancient violin to my family. My violin became a major creative source in my family.

My grandfather was born in Germany. He was a musician. Every Sunday, he went to the church and played the violin. My grandfather made the violin personally. His first violin was wood and large. The violin had a special sound and my grandfather loved it. He kept it carefully in a case. When a fire happened in his house, the violin was destroyed. My grandfather was upset. His family moved to Poland when he was twenty years old. He got married and his wife gave him an ancient violin as a gift. The new violin came from the hands of an unknown master. We knew just that the new violin was made in the Cremona School, Italy, in the year 1651. Probably, this violin was a copy of a master, N. Amati, who taught the young Stradivarius to make violins. Grandfather's violin had a wonderful sound and the timbre of the sound was lower than his first violin. It had beautiful cut design and this violin was made of Italian maple. An Italian maple has a special shine and the surface of it had silky cuts. When my grandfather started to play the violin, its wonderful sound bewitched the audience.



My violin was passed down from grandfather to father, from father to son, then to granddaughter. I received the violin and the history of my grandfather together. I was so happy! My daughter became a musician because she liked grandfather's violin. When she was a small girl, the violin was very big for her. My daughters' hands were too small and she couldn't hold the violin. When she graduated from the conservatory, she was playing grandfather's violin. She had a lot of concerts and musical performances in Ukraine. My daughter always used her grandfather's violin so she had success. I remember the day when my family had financial problems. My husband was going to sell our violin. One collector came to us from Budapest and he offered a lot of money to my family in exchange for the violin. However, my daughter was so upset that she didn't allow us to sell Grandfather's violin. My family and I couldn't sell the violin to the collector because Grandfather's violin was our relic.

Now my daughter is a musician in American Jazz Band. She lives in Sacramento and continues to play the violin together with the Simms Jazz Band. Her band was named Simms Jazz Band. She had concerts in cities such as San Francisco and Sacramento. Americans like her performance because they like to listen to the wonderful "voice" of the violin. I am proud of my daughter and grandfather's violin. When I listen to the gentle "voice" of my violin, I think about the master from Cremona School, who came up with a musical instrument like the violin.

I'm going to give my violin to my grandchildren. I believe that Grandfather's violin will make music many years in the future. Our successor will remember the history of my family, in particular Grandfather's history.

*Liudmyla Burakovska*

*ESL W50*

*Descriptive / Narrative Essay*

## The Kitchen of an Unknown Lady

During our lives, each of us has probably been in so many different places. We quickly forgot some of them because they did not make us feel some special emotions. However, we cannot forget some places even after many years. That could be for many different reasons. We still remember some places which were very important for us or which made us feel any strong emotions. Once, I was in a small abandoned house which caused special feelings in me. I will never forget the kitchen of a lady whom I will never know.

That was more than ten years ago. I was on vacation in Abkhazia (small country next to the Black Sea). Everything there was wonderful: the warm sea, a variety of fruit trees, beautiful forests, and mountains. One day my friends and I walked into a forest. We found a small abandoned house there. I knew that several years earlier there was a war with a neighboring country, Georgia. Many people left their houses and fled. I knew the story of Abkhazia and the story about that war. However, I was surprised to find that house, which seemed so lonely in the forest.

I was an excited young girl who loved any adventures. I entered the house immediately. There was only a kitchen and a small bedroom, but I remember more clearly the first of them. It was a very simple but cozy kitchen, although everything was dirty there. I smelled the odor of dust and withered wood. White walls were covered with spider webs. The floor was wooden. It creaked when I stepped on it. Curtains were still hanging on the windows. Plates and glasses neatly lay in the kitchen cupboard. Parts of dishes were on the small table. I remember the spoons and forks made of metal, and there were also some wooden dishes. It looked like

the family who lived there had a plan to start their lunch or dinner, but they had to leave home immediately. There were also a couple of chairs covered with dust. I did not see any clothes there. Probably before that day there was something more: some shoes or dress, but someone stole them. It might be that the people who left that home grabbed all their clothes. I would never know exactly what had happened there, but I could make a guess.

At first, I was very cheerful when I came into the house, but my mood began to change very quickly. I felt a strong sadness. I understood that the house had not always been so quiet and empty. I began to imagine who lived in that house and how the lady who was “queen” of that kitchen looked. I imagined how the family was sitting at the table waiting for her while she was cooking something. I thought it might be a small poor family or a lonely woman who lost her husband in the war. I asked myself, “Where are these people now? Are they still alive? Maybe they died. Perhaps they had been saved. If so, are they happy now?” I had so many questions in

my mind. I was in the house around fifteen minutes. Then my friends called me to continue our walking. I went with them, but my thoughts were there, in the abandoned house, for a long time.

I would like to meet the lady who was forced to leave her cozy kitchen, but it will never be. I will never know anything about her. I’ll never tell her that I came into her home uninvited. I think I will never see that lonely house and pretty sad kitchen again, but I will always remember it.



*Erika Chekan*

*ESL W50*

*Narrative Essay*



## Poor Colleagues

I loved working to serve customers at a shoe and clothes store in Sacramento, but some co-workers drove me crazy! My workplace had seven employees, and we all had shift work. Most employees liked to work on weekdays, but some of the co-workers did not like to work on weekends because those days were usually busy, especially at Christmas and during Back-to-School seasons, when we were preparing for the busiest season of the year. There were many problems with co-workers at that time. In general, there are several causes of friction among colleagues.

The first cause of misunderstandings among co-workers is work schedules. When we made our work schedules, some people did not like their work schedules, and they even reacted strongly to their work schedules. Most employees did not want to work on the busiest shopping day of the year. We had to work

late at night and served plenty of customers the whole day. A few employees try to avoid working the busiest season. For example, Stephanie, who was very close to the boss, asked to change her work schedule. The boss granted her requests, and she only worked three days. She was supposed to work six days during the Christmas season. It meant other co-workers had to work more days instead of her. Many workers did not like working holidays. They wanted to change their work schedule, having a variety of excuses: doing their school assignments, going somewhere with their family, and having relatives visit their home. Some people changed their work schedules frequently. For



instance, Loy, one of my friends, worked at a casino in Sacramento downtown. He was a manager and often received phone calls many times from workers. Workers said, "I am sorry. I can not work today because I feel sick." or "I suddenly have an emergency." He felt irritated. If his co-workers couldn't work, then Loy had to work instead of co-workers. It was not occasionally. It happened to him many times. Sometimes I do not understand if workers think about their colleagues' feelings. I think that many workplaces and many co-workers share these situations. Unfortunately, work schedules are

a cause of misunderstandings among co-workers.

The second cause of disputes among colleagues is favoritism. We can see or feel favoritism everywhere: companies, schools, and even at home. Favoritism is considered discrimination and a poison to employee morale. It creates terrible feelings toward the employees who are treated special. For example, Jennifer, my co-

worker, was a very pretty and sociable young girl. She loved talking to customers, other colleagues, and the boss. While I was organizing inventory stock, she was talking to the boss. She was flattering the boss, as if she was his girlfriend. My boss was interested in hanging out with the young girl. I knew that the boss took a few employees to a nice restaurant for dinner. One day, Maria, one of my co-workers, told me Jennifer was treated to a meal at a nice restaurant. In addition, Jennifer had a gift from the boss. I felt Maria was jealous and angry. Jennifer was very close to the boss. She received different benefits than the other workers received, such as getting bonuses, getting easy work, and



getting flexible work hours. Consequently, my co-workers did not like the boss and his favorite workers, and they even discriminated against the co-workers. Another consequence of favoritism is that some get promoted faster than other workers. For instance, Nicole, one of my friends, works at Superior Court in Sacramento. She has been working there since 2009. She was a hard worker who demonstrated good work performance. However, she was still at an entry-level work position. One of her co-workers started working in 2012. She got promoted to supervisor in just three years. Nicole was very upset at that time and she realized that the supervisor was the manager's friend. Favoritism does not benefit anyone in an organization. It is a cause of disputes among colleagues, destroying everything.

The third cause of friction among co-workers is shirking of duties, being irresponsible. Colleagues with challenging personalities or negative personalities can be difficult to associate with. For example, Kelly, who was the oldest employee at my workplace, was an obstinate and a prideful woman. She was my boss's wife's close friend. When she worked with a young girl, Kelly did not do anything. She just sat on the chair and read a book during working hours. The young girl was angry that Kelly did

not help to serve customers at all, instead just read a book. She could not stand seeing Kelly's behavior; thus, she asked her to work. However, Kelly did not respond to her request. Even though the workplace had rules, Kelly was against the rules. The rule is to work three hours and then to break fifteen minutes. The young worker described to the boss what had happened to her the day before. As a result, she no longer worked with Kelly anymore. Another annoyance is that some co-workers do not finish their duties on time. Some co-workers routinely avoid their work by shifting their responsibilities to other workers. Sometimes they blame others for their own mistakes. They are reluctant to accept responsibility. Bad behavior is certainly a cause of friction among co-workers.

In conclusion, friction can cause increased levels of stress. In worst case scenarios, many employees quit their job because of difficult co-workers. I also had similar situations at my previous workplace. As far as I'm concerned, there are several reasons for friction among co-workers: work schedules, favoritism, and bad behavior.

*Woochul Jang*

*ESL E50*

*Cause / Effect Essay*

## My Favorite Place

My favorite place in California is camping on the beach of the ocean. We often go to that place with my friends for three days. The road along which we drive passes along the coast of the ocean at the height of three meters. It takes three hours to get there. It's worth it. When you drive on one side of the cliff, the other side is the ocean. The open car window draws in fresh ocean air. These emotions are beyond words. Well, the very place where we go is also very beautiful, around the cliffs. The camp is located in a rocky area. There are very beautiful



views of nature, trees, flowers, a forest and everything with views of the ocean. I would really like

to relax somewhere away from the camp on a rock and read a book or sometimes dream. These places astonish with good smells of flowers, and the ocean. I really like the sound of the ocean. This sound relaxes me. I really like to smell barbecue at night. The ocean is my favorite friend.

*Maryna Kakhuba*

*ESL W20*

*Descriptive Essay*

## My Son's Cooking Experience

I want to tell you a story about my older son that happened many years ago. His name is Ilia. He is thirty years old right now. When he was 15 years old, he attended the Pathfinder's Club in our church. All Pathfinders studied the Bible, attended camps, sang songs, and played different games.

One time, a few Pathfinders went hiking for five days. My son was there, too. While hiking, they were supposed to help the instructors with little children. At that time the Pathfinders were too young to raise children, but they tried to be useful and worked hard. What did they do? They made fires, cooked, organized interesting games, helped children to swim, did the laundry, and washed the dishes. It was a good and helpful practice for young people and very important for them. While living at camp,



they learned to do many things. That was useful for them. They became more caring, attentive, and friendly.

When my son came back home, he decided to cook rice for breakfast for the whole family. In the camp, Ilia cooked for many children, so he cooked a lot of rice for us. When I saw that amount, I was shocked. Then, we laughed a lot. Those were funny situations because we ate that rice every day during that week: for breakfast, lunch, and dinner.

Also, I was very happy because my Ilia started to cook for our family. He began to respect my woman's housework. Ilia helped me any time with his younger sister and brother, and he began to take my advice seriously. It was very nice. After that hike, my son changed so much.

*Nina Polyakova*  
ESL G50  
Narrative Essay

## Thailand In Tears

On October 13, 2016, my dad and I were staying overnight at a hospital because my dad had surgery on his eye. When we were watching a drama on the TV, the news suddenly cut in, showing a sad song and I remembered the man wore a black suit. He was talking about how the King of Thailand named "Bhumibol Adulyadej" passed away. I felt heartbroken and started crying. I also heard many people from other rooms crying. On that day, Thai people were sad and cried because we loved the king. King Bhumibol was a very nice king. For Thai people, they respected the king like their father. All of his life he developed the country and helped poor people a lot. I never



saw another king work so hard as him. It was such bad news for my dad and me to hear. The room was quiet after the news. We didn't know what we could talk about. We turned off the light and went to sleep and thought about the next day.

In the morning, my dad and I had to go back home. We saw many people wearing black shirts and pants. I had to wear a black shirt too. I will never forget how I felt when I heard the news that day. I never saw so many people cry together like that for someone not in their family, but I could feel from my heart, King Bhumibol was "the best of kings" for me.

*Charunya Onwan*  
ESL G50  
Narrative Essay

## Path to Good Health

Most people all around the world try to be healthy. They have a lot of ways to keep themselves healthy. For most people, their health is more important than other things. They try to keep themselves healthy by eating good food, doing some exercise, or doing other things. There are some ways which people can keep themselves healthy.

First, people should eat healthy food. We should eat a lot of fruit and vegetables. Fruit and vegetables have a lot of different vitamins, such as vitamin K, A, D, B, C, E, F, B6, etc. All of them are very important for their bodies, and they need these vitamins. They should eat fresh food. They should cook food at home. Frozen foods are not healthy. Fast food is one kind of food that people should not eat. Fast food comes from far away. It is made by big companies, and then they send it to different countries such as the United States, China, Europe, etc. In short, eating good food is one way that people can be healthy.

Second, people should do some exercise every day. They should exercise to be healthy. They can exercise at home when they wake up. Some exercise can keep them active all day, and they don't feel tired during the day. They can go walking every day for ten to thirty minutes. They can go to the park to walk or anywhere that they want to go. Some people like to go to the gym, and it's good, too. They can do a lot of exercises that are good for themselves at the gym. In brief, exercising, walking

and going to the gym are other ways that people can keep their bodies healthy.

Third, people shouldn't use drugs. Alcohol is one kind of drug that can destroy their bodies' systems. It can cause different problems in their bodies. Some drugs, such as heroin, cocaine, and tobacco can be dangerous for their bodies, too. Drugs can cause different diseases, such as lung cancer, heart attacks, liver cancer, etc. In short, these are some things that are dangerous for their bodies.



In conclusion, eating healthy food, exercising and not drinking alcohol or using drugs are some ways that can keep people healthy. For most people, their health is the most important thing in their lives. If they get sick, they can't do anything. They can't take care of their family, they can't

go to work, and they can't enjoy their lives. Being healthy is very important, and people should try to protect their bodies.



Sabzinah Mahmoodi  
ESL W40  
Expository Essay



## My Room

My favorite place. That's the place where I can be myself without being judged, a place where I don't have to care what I am wearing or how I look, a place where I can cry in hard times or just sit in silence and ruminate about my life and priorities. Everyone has their own place where they like to relax and spend some time. For me, it's my own room.

I moved to this room around five months ago. When we were refreshing our house I decided to exchange my room for my parents' room. Because my dad really likes that room, I had to leave it for them. In fact, I was happy to move and change rooms. I am a person who likes to move furniture and things around. Now I have my parents' room. It isn't a very big and spacious room but it's enough for me. My room

is painted in a mix of gray and beige colors. My furniture is white, which gives a nice touch to the walls. There is also a quite big window for which I am really glad. I can open it anytime and get some fresh air. Moreover, sunlight comes through and gives a feeling of spring. I like to open my window in spring or even late winter when it's still cool outside. I enjoy studying when my coffee is beside me and the window is open. Whenever I open my window, I smell fresh air, and nature, and it creates the impression that I am outside at the park or even in a forest. I can hear the birds tweets and the

light cool wind that passes my window.

My room has a closet. It isn't very big. I would say it's normal size. In my closet, you can find a lot of different things. I have a lot of clothes although there's nothing to wear. I like when everything is organized. I try to keep it in order and everything in its own place. However, it's not always like that. Whenever I have to clean my room very quickly, I put all the things that are all over my

room in my closet. So, from time-to-time my closet is messy, with clothes, bags, papers, and many other different things. In addition, the closet in my room has sliding mirror doors, which is very important for every woman, in my opinion. Most women want to look beautiful so they pick the right clothes that sit perfectly on them. They spend many hours in the mirror making themselves beautiful. Although I'm not spending hours looking in the mirror, it's also important for me. Moreover, the



sliding mirror doors make my room visually bigger than it is in reality, which is a good thing, because my room is tiny.

Overall, my room is ordinary like everyone else's with furniture, a window, and a closet. However, my own touches make it special and comfortable for me. Pictures with my family and friends which hang on the wall remind me of people whom I love and share my joys and griefs with. The one thing that must be in my room is a small basket. As I already mentioned before, I love to keep things organized. That basket is very helpful

in that way. I put some small things in it like a lock, or keys, a book that I often read, a recent letter, wallet, things like that, things that I often use. My room is mine, so I can cry in it whenever I feel like it. I am not that person who would show tears to others. As you might know, sometimes we all need that quiet place where we can cry and think about our lives, priorities and goals, think about some important stuff. Simply my room is full of things that I love, gifts and other personal belongings and a place where I can show my tears.

Even though my room is small, I like it. My room is part of me because I own it. Everything is organized the way I like. There is a place for everything: books, makeup and a cup of tea. I like it very much. I love to spend my free time in my cozy room. My room is my rest place from the rest of the world.

*Kateryna Melnyk*  
ESL W50  
Descriptive Essay

## My Backyard

What is your favorite place? My favorite place is my backyard. Why am I saying that? Because it is a special place in the life of my family. We feel comfortable and calm there. The backyard is our personal planet.

This place deserves to be a special place.

If you want to be there, you just need to open the dining room door. You will see a huge lawn. Trees and bushes grow along the fence. All these trees and bushes were planted by birds. Well, you understand what I mean. On the left side of the backyard, there is even a small palm tree. The neighbors live only on the right side. These are very quiet people, and very friendly. There are no neighbors on the other sides and that makes the backyard an even more pleasant place.

When we gather here, we feel peace and calm. A lot of sun and fresh air make us very happy. My wife and I especially love the sun because we lived in the northern part of Russia for a very long time. Oh, how dark and cold it was! Now we sit in the backyard and just enjoy the sunshine. We watch our daughters play and feel so nice. When our children go to sleep, we go to the backyard to talk

“without witnesses.” At this time, the backyard is a planet of refuse.

Besides that, the backyard provides many opportunities for outdoor activities. This summer we bought a ground swimming pool, and this was the main event of the year. We installed this

pool on the right side of the backyard next to the fence. My daughters were so happy because they swam and dove every day. My youngest daughter learned to swim, and she was so happy about that. In the backyard, we have a BBQ. We often cook meat and vegetables on the BBQ for and us friends. If you need for fun and joy, you can find it in the backyard.

No doubt, my backyard is my “sweet backyard.” My family and I feel peace and quiet when we rest in this place. The backyard provides many reasons for that. This is a special place for my

family. I can say for sure that my backyard is precious to me. However, the main reason for that is my family. My family can make any place where we live a special place in my life.

*Evgenii Iurkin*  
ESL W40  
Descriptive Essay





## Types or Categories of Favors

We all need help and sometimes ask our friends or relatives for favors once in a while, both large and small. Everyone has different needs, and therefore, we ask for different favors from our friends or relatives. There are many types or categories of favors that people ask for. While asking and receiving a favor can generate good feelings on both sides, not everyone will grant you the favor depending on the type of favor asked. The three most common type of favors are financial assistance, personal items, and work-related favors.

The first types or categories of favors people usually ask for is financial favors. This type of favor is very common and happens every day of our lives. When people have financial problems, they often ask their families, or friends for a favor, such as asking to borrow some money. This type of favor is very difficult to ask for because money is a sensitive issue and not every person has money to lend, including your relatives or friends.

However, when people lose their job are behind in their bills, or need money to buy food, they would ask someone they know for this favor. Borrowing a large amount of money is a huge favor to ask for. For example, I used to ask my parents for money when I needed to pay some bills that I was behind with, and they were fine with it. Another example is sometimes my husband's friend ask him to borrow some money for gas while he is waiting for his next paycheck.

The second types of favors people ask for is personal favors. This type of favor take places very often because it involves daily things in our lives. For example, most people would ask to use their neighbor's car to jump start their car when the battery dies. Other people might ask their friends to let them use his or her car to go places when their

cars break down. My husband went over to our neighbor's house and asked the neighbor to loan us a ladder to clean the gutter because we didn't have one. The neighbor was happy to let us use his ladder and even assisted my husband cleaning the gutter. Asking to use someone else's personal items such as a car, a phone, or some kitchen utensils can be easily granted because you can return the favor some days.

A final category of favors people ask for is business related favors. These types of favors often take place in a work setting, stores, or a place of

business. People often do these kinds of favors to smooth things out or gain more business in the future. When at work, people usually ask their coworkers for help when they need something to be done or even outside of work. For example, my coworker sometimes asked me to help her purchase some supplies for our office because she was busy even though that is her responsibility. I always

helped my co-worker because of the fact that we work together and she can return the favor when needed. Another example would be when you open a business, such as a retail store, you will have random people come into your store and ask for a favor. You might not like it but you will grant them the favor they ask for anyway because it is good for your business. For instance, I had a guy walk inside my office where I work and ask to use the phone. I let him use it because it is a way of promoting my customer service. My co-workers who work at Panda Express usually ask me to cover their position when they need to go restroom or to clean the lobby.

In conclusion, almost every one of us have asked our friends and relatives for a favor once or twice in our lives. We may ask for a small favor or





a big favor, and there are different type or categories of favors that people ask for. A lot of people would ask their families or friends for a financial favor, such as borrowing some money when they needed it the most. Some people ask for small favors such as using their neighbor's phone to make a call. Work-related favor occurs when your co-worker asks you to assist them with a project or something related at work. Some people may go above and beyond when you ask them for a favor while others simply decline your request whatever that might be. Doing someone a favor might be

inconvenient to us, but it is helpful to someone else.



Dao "Jenny" Nghiem  
ESL W50  
Classification Essay

## Good Parents

Most people have children. They have a few ways to be a good parent. 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 troubles.

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, everything will be fine. In short, good parents always listen to their children regardless of any situations.

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 need to do only good things, such as help other people, help animals, and feed the homeless. You should do it every day because your children will 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! 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. If you promise your children to do something together, do it. To sum up, children believe your promises and do not expect anything 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. If you can see, it is very easy to be good parents. Be them!



Olena Kalinichenko  
ESL W40  
Expository Essay

# Nestscape -- Articles from the Web

## Earth Day History

### GREEN GROWTH: A Historical Timeline of Earth Day and Green Awareness.

**June 4, 1916**  
The founder of Earth Day, Gaylord Nelson, is born in the city of Clear Lake, Wisconsin.

**1962**  
Silent Spring, a book by Rachel Carson about the dangers of pesticides, becomes a runaway bestseller.

**1963**  
Senator Nelson persuades President John F. Kennedy to tour the country to see firsthand, the lack of awareness of the environment.

**1969**  
Senator Gaylord Nelson announces an upcoming environmental "teach-in" called Earth Day.

**April 22, 1970**  
The first Earth Day is attended by 20 million people in cities all over the United States.

**December 1970**  
President Richard M. Nixon establishes the Environmental Protection Agency (EPA) to protect human health, air, water, and land.

**1972**  
The Clean Water Act is passed. This act sets limits on the discharge of pollutants into U.S. waterways.

**1980**  
Gaylord Nelson loses his bid for a fourth term as Wisconsin senator and is appointed counselor for an environmental group called The Wilderness Society.

**1995**  
President Bill Clinton bestows the Presidential Medal of Freedom Award on Gaylord Nelson in recognition of his work on behalf of the environment.

**July 3, 2005**  
Gaylord Nelson, the founder of Earth Day, dies at age 89.

**2010**  
To commemorate the 40th Earth Day celebration, a climate rally and concert are held at Washington, D.C.'s National Mall.[i]

**2012**  
Over one billion people in 192 countries take part in the 42nd celebration of Earth Day. The theme is, Mobilize the Earth.[ii]

**2013**  
The theme of the 43rd annual Earth Day celebration is The Face of Climate Change.

**2000**  
The 30th celebration of Earth Day is celebrated by several hundred million people spread out in 184 countries. The theme of the day is Clean Energy.

**2007**  
Over 40,000 people attend the Earth Day celebration held at the Lincoln Park Zoo in Chicago, Illinois, setting a record for the largest single-day zoo attendance record.

**2011**  
Washington, D.C.'s National Zoo hosts an Earth Day cleanup event in which participants pick up gum wrappers, soda cans, and other trash for recycling or disposal.[ii]

**2013**  
The theme of the 43rd annual Earth Day celebration is The Face of Climate Change.

**Green Action #1**  
Purchase or make your own green cleaning products.

**Green Action #3**  
Arrange a walking school bus for your child.

**Green Action #5**  
Installing weather stripping or caulking around doors and windows can reduce the amount of energy you need to heat and cool your home.

**Green Action #2**  
Gather some friends, go to a local park, and gather litter for disposal and recycling.

**Green Action #4**  
Make global friends on Facebook to learn about other countries and the environmental issues they face.

**Green Action #6**  
Bring your own reusable bags when shopping.

**Let Earth Day Take Root In Your Life! Kars4Kids**

<https://greenerideal.com/infographics/0422-earth-day-and-green-awareness-infographic/>

## PLANTING A FOREST COULD HELP PREVENT THE NEXT PANDEMIC

Life has slowed to a crawl.

In the United States alone, 22 million people have filed for unemployment since the second week of March. Meanwhile, the global GDP is expected to fall more than 3 percent. And as of Saturday afternoon, 159,620 people have died globally from the coronavirus.



With all that's at stake, we must do what we can to avoid these viruses in the future. But right now, we're headed in the wrong direction: Pandemics are likely to be more frequent in the coming decades.



Infectious diseases have been rising since the 1950s, with an increasing number of them coming from animals — a strain of diseases called zoono-



ses. The Center for Disease Control and Prevention estimates that three out of every four new infectious diseases in people come from animals.

We've seen examples of rampant zoonotic diseases in our lifetimes, like Ebola, SARS, H1N1 and yes, COVID-19.

Part of this increase is from climate change. Climate change increases the likelihood of both zoonoses and vector-borne diseases because as the Earth warms and seasons shift, some species move from their habitats while others breed earlier in the year.

But the other part of this is habitat destruction. As



humans encroach and destroy habitats, like the Amazon Rainforest — where more than 20 percent of the rainforest has been cleared for farms, logging and more living space — they come in close contact with wildlife and all the diseases they carry.

Research suggests that between 2003 and 2015, for every 10 percent of forest the Amazon lost, it gained 3 percent more malaria cases.

And on top of making pandemics more likely, deforestation also contributes about 10 percent of emissions worldwide, making it a primary contributor to climate change. Rainforests, in particular, are huge carbon sinks, helping to slow climate change by removing carbon from the atmosphere and stor-

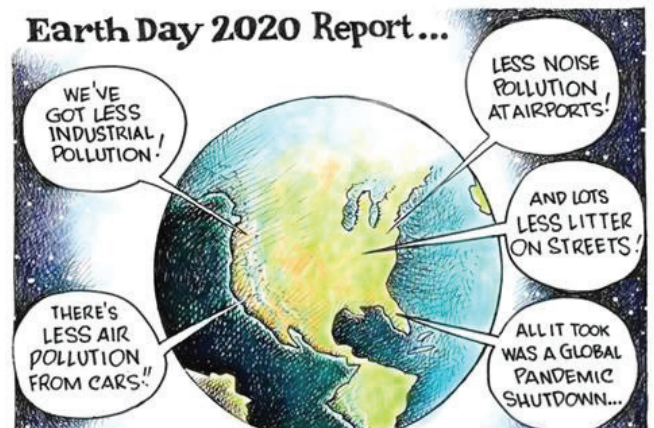
ing it in trees. Models typically predict this benefit will last decades more, but we're quickly outpacing their intake.

When we burn trees, all that carbon is released and heads back into the atmosphere, worsening air quality. Smoke from the clearing of forests for palm oil plantations in Indonesia, for example, began killing animals and humans in neighboring towns. And, research strongly suggests that any amount of air pollution increases the likelihood of dying from the coronavirus.

New diseases are likely to emerge as medicines become less effective, but they won't come nearly as frequently as with unchecked climate change. If we take climate action and stop or slow deforestation, all species will be safer and healthier.

Stop deforestation by supporting companies that take an active role against it. And, this Earth Day, consider donating to The Canopy Project, where every dollar plants a tree.

<https://www.earthday.org/planting-a-forest-could-help-prevent-the-next-pandemic/>



[https://www.inquirer.com/science/climate/earth-day-2020-coronavirus-covid19-activities-events-20200417.html?url=sa=i&url=https%3A%2F%2Fwww.inquirer.com%2Fscience%2Fclimate%2Fearth-day-2020-coronavirus-covid19-activities-events-20200417.html&psig=AOvVaw2\\_12umgi7JSVEi0iZFKj3M&ust=1587-606237522000&source=images&cd=vfe&ved=0CAIQiRxqFwoTCLj4yaP0-ugCFQAAAAAABAD](https://www.inquirer.com/science/climate/earth-day-2020-coronavirus-covid19-activities-events-20200417.html?url=sa=i&url=https%3A%2F%2Fwww.inquirer.com%2Fscience%2Fclimate%2Fearth-day-2020-coronavirus-covid19-activities-events-20200417.html&psig=AOvVaw2_12umgi7JSVEi0iZFKj3M&ust=1587-606237522000&source=images&cd=vfe&ved=0CAIQiRxqFwoTCLj4yaP0-ugCFQAAAAAABAD)



## Nestscape -- Articles from the Web

good, author of *How Eskimos Keep Their Babies Warm: And Other Adventures in Parenting*. Here, we take you on a quick trip around the world to discover how moms in five different countries are celebrated and to provide some inspiration for your own day. Share our “bring it home” ideas with your family or use them to celebrate your own mom.

### India: 10-Day Festival

Each October, Hindus honor Durga, the goddess of mothers, during the 10-day festival known as Durga Puja. The celebration is thought to date back to the sixteenth century and is considered both a religious ceremony and a time for family reunions. One story tells of Durga returning to her parents’ home to show off her own children. Families spend weeks preparing food, gathering gifts, and decorating their homes for the festival.

**Bring it home:** Visit other moms you know, among both friends and family, and bring home-cooked goods to share.

### Japan: The Right Flowers

Following World War II, a version of Mother’s Day grew popular as a way of comforting mothers who had lost sons to the war. You’ll see carnations presented around this March holiday, as they symbolize the sweetness and endurance of motherhood in Japanese culture. Originally, children gave a red carnation to a living mother and displayed a white one if their mother had died. Now, white has become the traditional color.

**Bring it home:** Thank the moms in your community who help your family by writing notes of gratitude. Tie the notes to white carnations and leave the flowers on the moms’ doorsteps.

### Ethiopia: Sing Along!

The Antrosht festival, observed at the end of the rainy season in early fall, is dedicated to moms. After the weather clears for good, family members from all over flock to their homes for a large meal and celebration. Daughters traditionally bring vegetables and cheese, while sons supply meat.

Together, they prepare a meat hash and sing and perform dances that tell stories of family heroes.

**Bring it home:** Share stories about all the women in your family. Go through your photo albums together and create a personal scrapbook of those special moms who’ve come before you.

### United Kingdom: A Church Custom

“Mothering Sunday” falls on the fourth Sunday of Lent. Back in the 1700s, the day was marked by young house servants returning home to spend time with their mothers. That custom evolved from an earlier one in which families who had moved away would return to the original church they attended. Today, the holiday remains grounded in religion, with many churches handing out daffodils for children to give to Mom. Traditionally, girls also bake a fruitcake for their mothers.

**Bring it home:** Ask your family to celebrate you on Mother’s Day by launching a new tradition based on one from your own childhood.

### France: Medals For Mom

In 1920, the government of France began awarding medals to mothers of large families in gratitude for helping rebuild the population after so many lives were lost in World War I. After the second World



War, the government declared the last Sunday in May to be the Day of Mothers. The traditional gift is now a flower-shaped cake.

**Bring it home:** Awarding medals for bringing children into the world is obviously outdated, but expressing gratitude never goes out of style — especially when you're demonstrating ways to express it to your children. Share your thankfulness for each family member at dinner and ask them each to do the same.



<https://www.scholastic.com/parents/family-life/parent-child/mothers-day-traditions-around-world.html>

## Interview with Maria

*Continued from page 1*

mento and one of the custodians who used to work here, was working there too. He told me to apply for a temporary job here and I did because at Burbank I was only working for three hours and it wasn't enough to support my family. So, I did apply at ARC and luckily I was temporary for one year. And after one year, I got a permanent job. It was in April 1997. So, I've been permanent for all that time. I am a professional custodian now.

**The Parrot:** Are there any funny stories or memories from your job?

**Arambula:** Not really funny stories but the only funny story is when people misidentify me. People from other countries, but even if they are Mexicans, think that I am from India. Another story that I have to tell you about is that a long time ago I was working at Davies Hall and a homeless person attacked me and she tried to beat me. Good thing I have good reactions and I jumped to the side and ran out of the restroom.

**The Parrot:** It's not a funny story; it's like a scary story.

**Arambula:** Another story. Sometimes some students don't respect my job. I was cleaning the restroom and a woman dropped papers next to me and I asked her "Excuse me, I have a trash can right there, put it in the trash" and she said, "Yes, but I know why you are here. You get paid to pick up my mess". And I don't think it's a way to respect people that try to make this campus clean, doing that kind of stuff.

**The Parrot:** Yeah, that's terrible. Maybe you can tell

me something about your family?

**Arambula:** I have three daughters. My oldest one is already 31 years old, I have a 27-years old, and 18-year old daughter plus I have two grandchildren. My grandsons are 4 and 3.5 years old.

**The Parrot:** How do you spend time with your family?

**Arambula:** Normally on the weekends we get together and enjoy our dinner or lunch, watch a movie or have a conversation. And also once in a while, all my brothers and sisters, my mom and everybody get together.

**The Parrot:** Do you like to spend time with your family?

**Arambula:** Yes, I do. I wish I could spend more time but we are all busy.

**The Parrot:** What was the happiest moment of your life?

**Arambula:** The happiest moment in my life was when I gave birth to my first child.

**The Parrot:** Who has been the kindest to you in your life?

**Arambula:** The kindest person that I have met in my life... his name was Preston Harris. He was my previous supervisor. He retired a couple of years ago. I do received a lot of help from that man that nobody can imagine.

**The Parrot:** How do you celebrate Christmas?

**Arambula:** We celebrate Christmas like we celebrate the birth of Jesus. Most of the time we just go to church and thank God for coming to the world and to keep his life to save us. After that, we do a lot of cooking. We cook a lot of Mexican food.

**The Parrot:** Is any difference between how you celebrate in your country and here in the United States?

**Arambula:** The only difference that I see in the United States is that Christmas is more commercialized, size things like gifts and more gifts instead of loving each other, show love instead of show how much you can buy. But that is a difference because when I was in my country, we never gave a gift for Christmas to anybody. We came together and thanked God. We also have "posadas" like nine days before Christmas every night we have a rosary that we pray and it's like a parade, when Maria and Joseph were asking for a place to have their child, knocking on doors. We try to simulate that event for 9 days. And after that, we go back to church because it was our hometown square. We go back to church and then they give us a little box of candies, fruits and peanuts in bags for kids and also they bring the "pinatas" every night for nine days.

**The Parrot:** Do you like to decorate a Christmas tree?

**Arambula:** Yes, I do. I enjoy. I like to change the design every year.

**The Parrot:** Do you decorate your house also?

**Arambula:** Yes, I do.

**The Parrot:** Outside?

**Arambula:** Not really outside. I try to do everything inside.

**The Parrot:** Just for you, not for your neighbors.

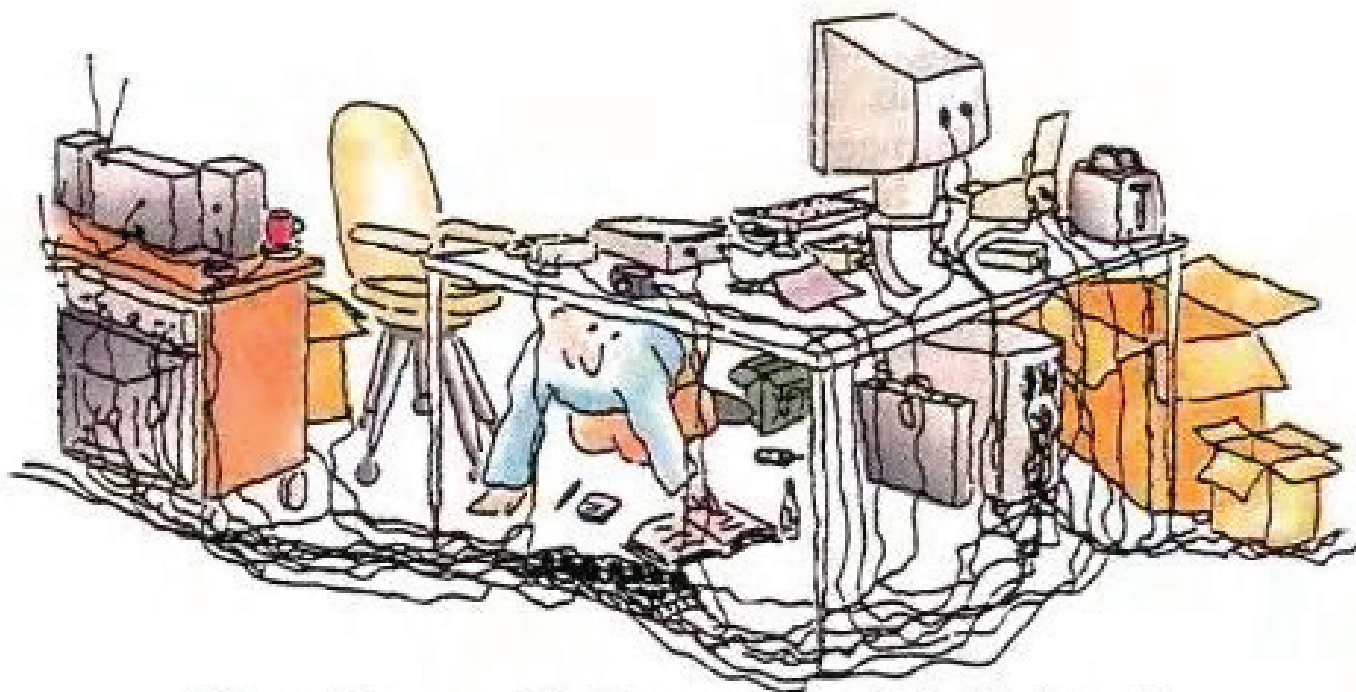
**Arambula:** Yeah.

**The Parrot:** Looking back are there any changes you would have made in your life?

**Arambula:** Probably, the only thing I can change to have the opportunities I've been having in this country to be a success in my country that I don't have to emigrate somewhere else to get a better life. I always wish that these things never happened to a new generation and they don't have to immigrate anywhere.

**The Parrot:** Well, those are my questions. I enjoyed talking to you. Thank you. Bye.

**Arambula:** You are welcome. Bye.



**"Now, if you can find the power switch, flip it on."**



## Coronavirus Poems

*I thought I'd awaken to a world in mourning,  
Heavy clouds crowding, a society storming.  
But there's something different on this golden morn-  
ing.  
Something magical in the sunlight, wide and warm-  
ing.*

*I see a dad with a stroller taking a jog.  
Across the street, a bright-eyed girl chases her dog.  
A grandma on a porch fingers her rosaries.  
She grins as her young neighbor brings her groceries.*

*While we might feel small, separate, and all alone,  
Our people have never been more closely tethered.  
The question isn't if we will weather this unknown,  
But how we will weather this unknown together.*

*So on this meaningful morn, we mourn and we  
mend.  
Like light, we can't be broken, even when we bend.*

*As one, we will defeat both despair and disease.  
We stand with healthcare heroes and all employees;  
With families, libraries, schools, waiters, artists;  
Businesses, restaurants, and hospitals hit hardest.*

*We ignite not in the light, but in lack thereof,  
For it is in loss that we truly learn to love.  
In this chaos, we will discover clarity.  
In suffering, we must find solidarity.*

*For it's our grief that gives us our gratitude,  
Shows us how to find hope, if we ever lose it.  
So ensure that this ache wasn't endured in vain:  
Do not ignore the pain. Give it purpose. Use it.*

*Read children's books, dance alone to DJ music.  
Know that this distance will make our hearts grow  
fonder.  
From a wave of woes our world will emerge stron-  
ger.*

*We'll observe how the burdens braved by humankind  
Are also the moments that make us humans kind;  
Let every dawn find us courageous, brought closer;  
Heeding the light before the fight is over.  
When this ends, we'll smile sweetly, finally seeing  
In testing times, we became the best of beings.*

**by Amanda Gorman**

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*Though it glistens just out of reach, I continue to  
pray for hope to shine through  
Its glimmer lighting our way  
This long awaited great cosmic glow  
Now that we find ourselves on the dark side of the  
world  
The gods will be there to strengthen the hope we have  
spread throughout the universe  
For those left behind, each person's story and that of  
their loved ones  
It is time to seek a hymn of love for our souls  
In the midst of this historic menace, a brief burst of  
light points to the future  
Let us joyfully sing this song of a splendid future  
Let's go  
Embraced in deep love and the efforts of people all  
over the world  
Now is the time to overcome, to bring peace  
We gathered for love and I hope to fulfil that desire  
The time has come to fight and overcome our unhap-  
piness  
To COVID-19 that stands in our way  
I say Disappear from this earth  
We shall fight  
We shall fight this terrible monster  
Now is the time for people all over the world to stand  
up  
My deep gratitude goes to all those who are already  
fighting.  
Revolutionist of the world by the Art*

**by Yayoi Kusama**

## 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!*

### Spinach, Red Lentils, and Bean Curry

#### Ingredients

- 1 cup red lentils
- 1/4 cup tomato puree
- 1/2 (8 ounce) container plain yogurt
- 1 teaspoon garam masala
- 1/2 teaspoon ground dried turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ancho chile powder
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 (1 inch) piece fresh ginger root, grated
- 4 cups loosely packed fresh spinach, coarsely chopped
- 2 tomatoes, chopped
- 4 sprigs fresh cilantro, chopped
- 1 (15.5 ounce) can mixed beans, rinsed and drained



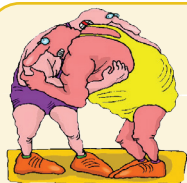
- Heat oil in a skillet over medium heat. Stir in onion, garlic, and ginger; cook until onion begins to brown. Stir in spinach; cook until dark green and wilted. Gradually stir in yogurt mixture. Then mix in tomatoes and cilantro.
- Stir lentils and mixed beans into mixture until well combined. Heat through, about 5 minutes.



#### Directions

- Rinse lentils and place in a saucepan with enough water to cover. Bring to a boil. Reduce heat to low, cover pot, and simmer over low heat for 20 minutes. Drain.
- In a bowl, stir together tomato puree and yogurt. Season with garam masala, turmeric, cumin, and chile powder. Stir until creamy.

# Parrot Warbling



## Grappling with Grammar

### Quoting Someone's Exact Words

**Definition:** Quotation marks (") are used to show that an author is using someone else's exact words—they may be the words of a person, a character, or a written source.

Use quotation marks only when quoting someone's exact words, either spoken or written. This is called a direct quotation.

**Ex:** "I prefer my cherries chocolate covered," joked Alyssa.

Jackie kept repeating, "Good dog, good dog!"

**Placement of Quotation Marks:** Place the opening quotation mark where the speaker's words start, and the closing quotation mark where the speaker's words end.

**Ex:** "I have wanted to buy my own truck for a long time," said Jordan.

It's also important to remember that quotation marks close and then open again if the quote is interrupted.

**Ex:** "I guess I should start saving money, then," replied Jordan, "if I am ever going to buy one."

**An indirect quotation** is a sentence that reports what a speaker said or wrote, but it does not use the person's exact words. Indirect quotations do not need quotation marks. The word that often indicates that the statement is an indirect quotation. (It's reported speech form)

**Ex:** Alyssa joked *that* she preferred her cherries covered with chocolate.

**Ex:** Jackie told her dog *that* she was a good dog.

<https://www.englishgrammar101.com/module-13/punctuation-quotation-marks/lesson-1/quoting-someones-exact-words>

### Idiom--Attic A hot potato

**Definition:** Speak of an issue (mostly current) which many people are talking about and which is usually disputed

**Ex:** The abortion issue is a political *hot potato* in the United States.



<https://dictionary.cambridge.org/dictionary/english/hot-potato>

### Five Ways to Spell the /j/ sound in the English Language

#### 1) The letter "j" makes the /j/ sound

The letter "j" makes the /j/ sound when it comes before an "a," "o" or "u" in a word that is most often Anglo-Saxon.

**Ex:** jab, job, jump, jostle, jacket, jungle.

#### 2) The letter "g" makes the /j/ sound

The letter "g" makes the /j/ sound when followed by an "e," "i" or "y" in a word that is often derived from Greek or Latin.

**Ex:** gem, gentle, giant, gymnasium, ginger, hydrogen.

#### 3) The letters "-dge" make the /j/ sound

The letters "-dge" make the /j/ sound at the end of a one-syllable word, followed by one short vowel.

**Ex:** edge, fudge, badge, bridge, lodge.

#### 4) The letters "-ge" make the /j/ sound

The letters "-ge" make the /j/ sound in a one-syllable word following a diphthong, a consonant or long vowel sound.

**Ex:** cage, rouge, cringe, stooge, revenge, privilege.

#### 5) The letter "d" makes the /j/ sound

The letter "d" makes the /j/ sound when used with the connective "u." When the "u" connects the root or base word ending with a "d" to the suffix, the "d" makes the /j/ sound. These words are derived from Latin. Let us look at a few examples:

**Ex:** individual, schedule, residual, graduate, gradual

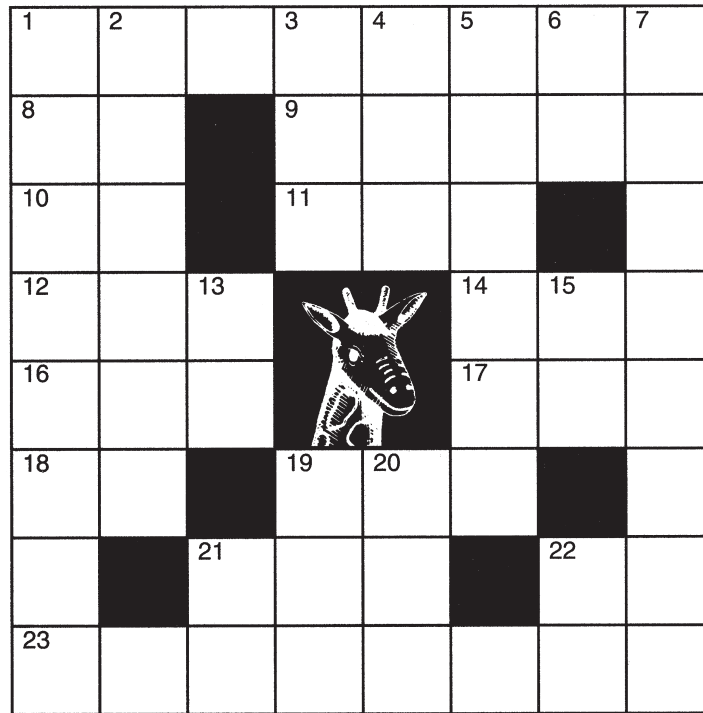


<https://ortongillinghamonlinetutor.com/five-ways-to-spell-the-j-sound-in-the->



# Challenging Crossword Puzzles

## Geoffrey Giraffe



### Across

- Tallest animals
- Ending of some past participles
- Earliest; highest in rank; preceding all others in time, order, or importance
- Preposition
- Prefix meaning three
- Preposition
- An immeasurably long period of time; a geologic age; eternity
- Cook in hot oil
- A quick downward movement of the head, often indicating agreement or approval
- Room (abbreviation)
- Help; give assistance; something that provides assistance
- Nothing
- Indefinite article
- Lasting through a twelve-month period

### Down

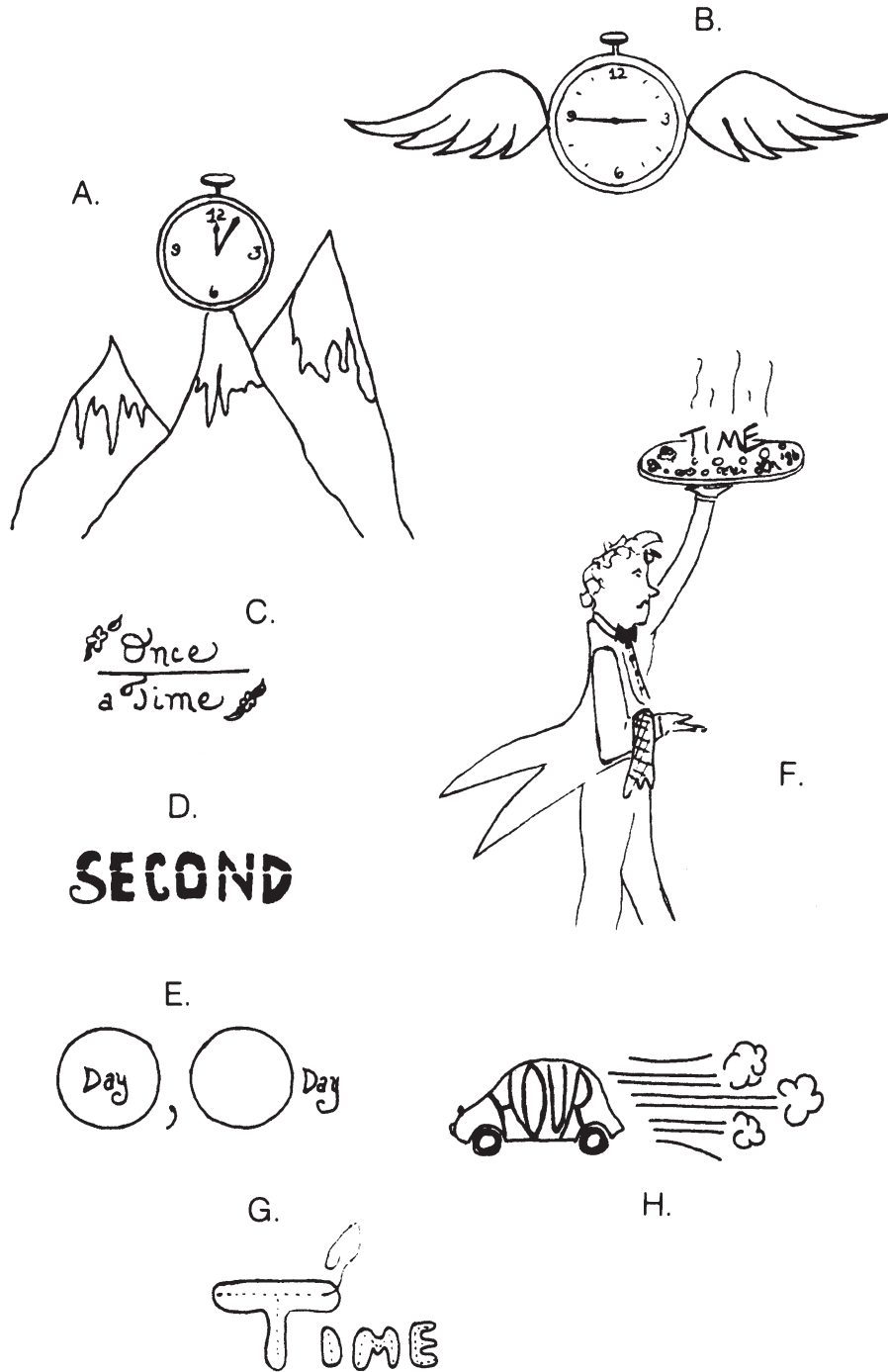
- Man's name
- Tell; give information or knowledge to; make aware
- Toward or in the rear part of a ship or aircraft; abbreviation for the part of day between noon and sunset
- Kind of evergreen tree
- Someone you like; a loved acquaintance; companion
- Plural ending
- Being in an upright position on one's feet; the position in which 1 across usually sleep; tolerating or bearing courageously
- Railway (abbreviation)
- Two-thirds of 100
- Atmosphere; what we breathe; the invisible and odorless gases that surround the earth
- Sick; indisposed; not well; ailing
- North America (abbreviation); not applicable (abbreviation)
- Article

Tell us your answer — you're on your own

<https://americanenglish.state.gov/resources/lighter-side-tefl-volume-1#child-481>

# Parrot Fun Time

Each picture below illustrates a common English phrase, idiom, or proverb.



**Can you think of the answers  
to these riddles?**

What am I? I may have the face of a great man or a great woman. When I am very young, I make my first and only journey. The day I set out, I am bright and colorful and look my very best. I travel from one city to another. I may go halfway around the world to reach my destination. This trip is my great adventure, but within a few days or weeks it is over. By the time I arrive, I am no longer very attractive. My face is smudged with dirt and ink, and usually I am thrown away without a second glance. What am I?

What am I? I have a head, but I do not have eyes or ears. I foam at the mouth, but I never bite. I roar, but I have no tongue. I lie in a bed, but I have no back. I rise, I fall, I rush and run, but I have neither legs nor feet. I was born in the mountains, but I go down to the ocean whenever I can. I cannot keep still for a moment. I am as restless as can be. What am I?

What am I? Of all the things in the world, I am the shortest and the longest, the swiftest and the slowest. I am the thing people waste the most. Yet they need me more than anything else, for without me nothing can be done. What am I?

**Rigoberto's Riddles**

Q: What has T in the beginning, T in the middle, and T at the end?

A teapot.



**Silly Vasily's Chuckle Chamber**



Our booking office had three phones. One day during lunch, I was responsible for answering all of them. It was a constant repeat of "May I help you?" or "Will you hold?" I guess I got confused because I surprised one man on the other end of the line when I answered his call with, "May I hold you?"

**Brain Teasers**

Give a letter of the alphabet that, when you say it, sounds like the name of each of the following:

- a. a part of the body
- b. a body of water
- c. a drink
- d. an insect

(a. l, eye; b. C, sea; c. T, tea; d. B, bee).

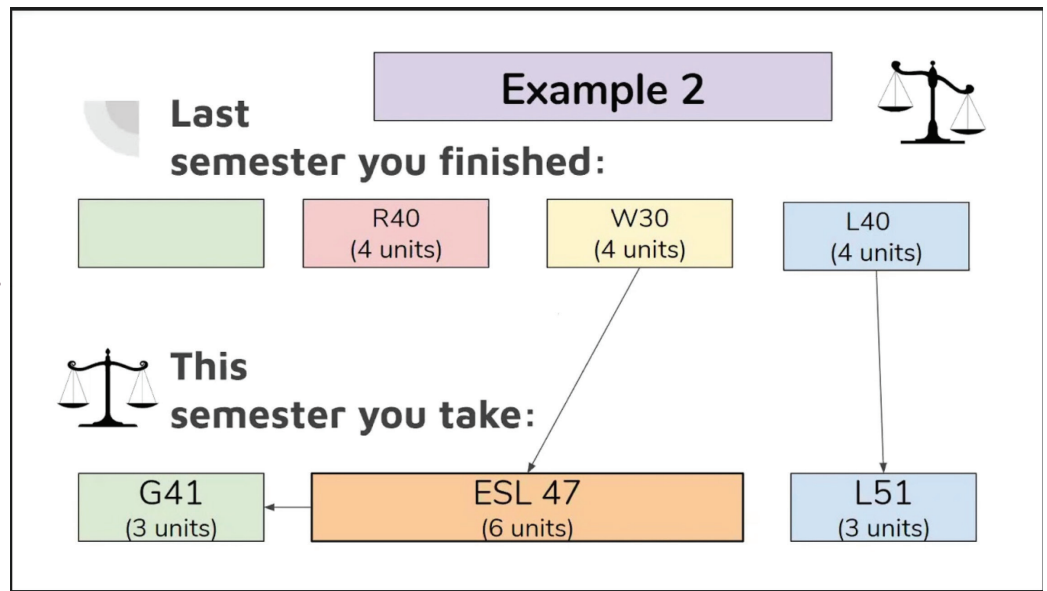


## Helping Students With The ESL Course Change Questions

There are going to be big changes in ESL Courses. Here is a link to the video:

[https://youtu.be/wN2l71q\\_OuY](https://youtu.be/wN2l71q_OuY)

- It is designed to help all levels of students with their course change questions and what's happening this fall semester.
- It also explains the move to the new schedule and gives 4 examples.



## Nanny Noetal

*Nanny Background: Nanny Noetal is your friendly oh-so-smart student advice columnist. Questions? Give to your instructor or email [braccop@arc.losrios.edu](mailto:braccop@arc.losrios.edu)*

**Hello, Nanny,**

I am so stressed out about what is going on. I am an ESL student and all my classes are now online. I do not go out as you know because of the Coronavirus. My speaking skills are starting to disappear because of a lack of practicing speaking with native speakers of English. How should I keep improving my English? Do I have to keep taking ESL online classes or are they not going to be helpful?

**Lorin K**

**Hello, dear Lorin,**

Sorry for what you have been through. Professors work hard to facilitate online study. ESL Classes are so helpful to keep your mind thinking in English,

but not necessarily for your speaking. A good way to keep improving your speaking skills is speaking in front of a mirror. If you listen to what you are saying carefully and how you pronounce words and letters, you will know where your weaknesses are and work on them. Try to watch movies and watch actors' reactions, ways of speaking, and their pronunciation. imitate them. In addition, Youtube is a great website to learn from. Please keep going to your ESL classes and start your own way to learn speaking. Good Luck.

**Nanny Noetal**



## What kind of difficulties are you now having because of the pandemic?



*"This pandemic is causing many problems around the world and many people have been harmed. In my case, the biggest problem I have is that I lost my job and this is causing me more problems because my job was the only income that I had. I know that I'm so young and I don't have children but I have bills to pay for my car, the insurance, phone, and my rent. I've been using all my savings and this makes me worried a lot."*

***Doany Lemus***

*"The difficult thing for me is not going to school because I'm used to seeing the teacher write everything down on the board. So I have a hard time with my homework sometimes. I miss all my friends, but I'm used to studying online now. However, I do hope to go back to school soon."*

***Courtney Milaneta Pedro***

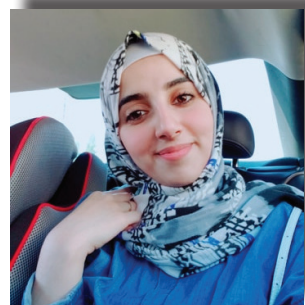


*"My main difficulties now are not having a quiet place to study, not having enough money to pay the rent, and being bored at home."*

***Zihang Huang***

*"In this pandemic, I lost my job, so it's hard for me because I have to pay many bills. It's the biggest matter. The others are not too much."*

***Quynh Tran***



*"My difficulties are that the online study becomes more difficult. We can't go outside like in the past and we can't travel outside the country."*

***Ayat Alaa***



*"I don't have any difficulties. I have a lot of homework to do and I'm happy with it. I don't have a lot of time to relax. If I have, I will do something I love."*

*Nadiya Yurkevych*

*"Not being able to see my classmates face to face and see their smiles, or hear them use their native languages. Even though I cannot understand what they are saying, just to hear it is a treasure for me. One of the most important human needs is the need to socialize and with this being what it is, I hope we can soon have that need given back to us. It would be nice to say this will only last until next month but we don't know that for now."*

*Vi Nguyen*

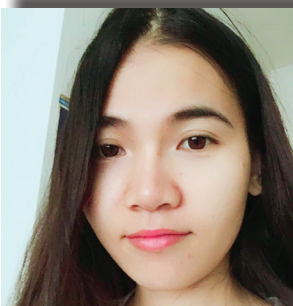


*"Difficulties which I have are I don't enjoy so many online classes and I like to be in a classroom. Also, I cannot go to the store without being worried about the virus."*

*Fati Carmona*

*"Many difficulties. I'm still trying to adapt to online studying. The second thing is isolation. How can our lives be going on without classmates, relatives, and friends. Is the precaution we take enough to avoid the infection?"*

*Usamah Hammour*



*"Actually, this is the second time I've taken online courses. Therefore, I got used to it. To be honest, I do not have any difficulties because of the pandemic. This semester I had already prepared for myself a laptop and good wifi access before the classes started. I know that some students have trouble at this time, but most professors know our difficulties, so they extend the due date assignments or talk to them to discuss another way to solve our problems."*

*Truc Thanh*



## Out of the Cage

**Virtual/Phone Appointment: University of the Pacific Representative**  
**Thursday, April 23, 2020**  
**10:00 am to 3:00 pm**

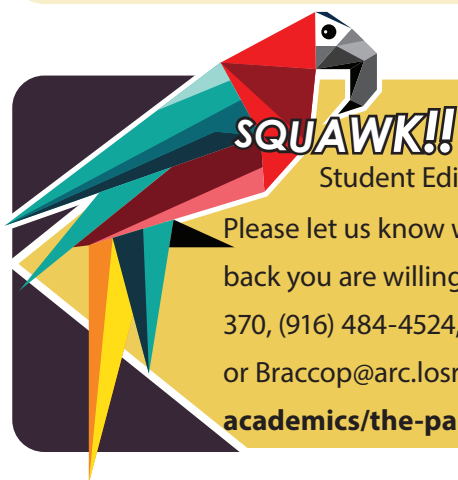
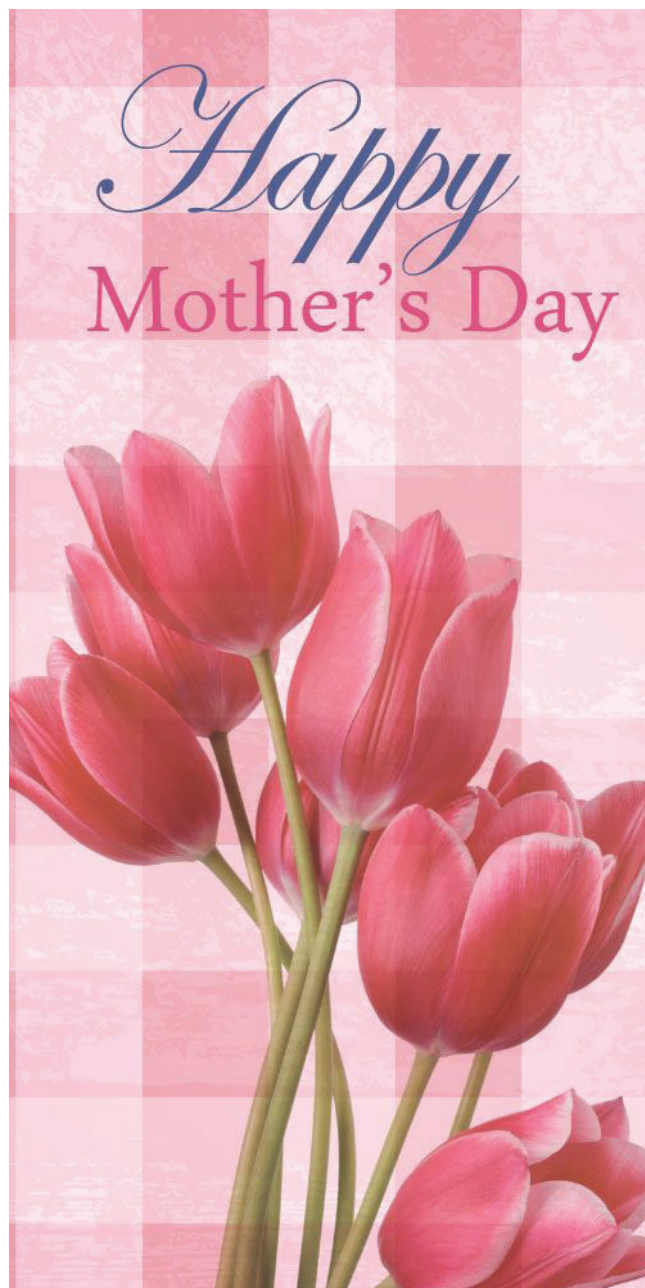
Meet with a University of the Pacific rep to make your transfer plans!

**Location:** <https://sarsgrid.arc.losrios.edu/esars/transfer/eSARS.asp?WCI=Init&WCE=Settings>

**Online Unemployment Info Session**  
**Monday, April 27, 2020**  
**2:00 to 3:00 pm**

Career and Pathways staff are not EDD representatives. These workshops are informational to assist students with the EDD application process.

**Location:** For the workshop Zoom link, please email Career & Pathways Support Services at [careerinfo@arc.losrios.edu](mailto:careerinfo@arc.losrios.edu).



### QUESTIONS/COMMENTS?

Student Editors: **Alex Grynishyn, Alaa Shatat, Dai Nguyen, 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](mailto:Travism@arc.losrios.edu); Professor Bracco: Davies 337, (916) 484-8988, or [Braccop@arc.losrios.edu](mailto:Braccop@arc.losrios.edu). To see The Parrot in color go to <https://www.arc.losrios.edu/academics/the-parrot-newsletter>.