

THE PARROT

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ISSUE # 146

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

Cooperative Work Experience Director' Vivian Dillon

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

So please tell me how you got here.

Dillon: I knew that I always wanted to work with students and I've always been passionate about career development because I think that one of the hardest things but also one of the most important things for people is figuring out what



they want to do with their life. And it's one of the first things that we ask people when we meet them. Tell me what you do.

The Parrot: Nice! How did you get interested in your area of expertise?

Dillon: What I am doing now?

The Parrot: Yes.

Dillon: I think for me it was personal. I was

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An
Interview from
Abroad!

p. 23

“Life is short.
Stay awake
for it.”

Ben Francia

MEMORIAL DAY 2020

Learn all about Memorial Day, including the true meaning of this day, how it differs from Veterans Day, and why the red poppy is a traditional symbol—with unexpected origins.



WHEN IS MEMORIAL DAY 2020?

This U.S. federal holiday is observed

on the last Monday of May to honor the men and women who have died while serving in the military. In 2020, it will be observed on Monday, May 25.

WHAT'S THE DIFFERENCE BETWEEN MEMORIAL DAY AND VETERANS DAY?

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Student Chirpings

Big Problem in my Hometown

Do you know a hometown which doesn't have any problems? It is unbelievable. It is impossible. Every country or town has its specific problems or issues which need to be solved. I lived in Donetsk, Ukraine since my birth until I moved to the U.S. Ukraine is a big and beautiful country with wonderful nature, economic resources, and friendly people. However, Ukraine has a big problem now. It is a Civil War which started in winter 2013. It includes many bad

things such as economic decline, political fights, low salaries, price increases, etc.

I can propose several solutions for political leaders of my country. The solutions include stopping the spread of hate

between people, making a treaty between fighting sides of the country, and creating a better economic situation inside the country.

First, the government should stop giving uncertain information through media and press. This means that people of east and west Ukraine receive different information. People started to hate each other based on the national and language issues. All the time, throughout many years, people in Ukraine have spoken mostly two languages, Ukrainian and Russian. Today, the Ukrainian government wants people to speak only Ukrainian. Also, Ukrainian media motivates people who speak Ukrainian to dislike other people who speak Russian. It looks like Nazism. I am definitely sure that it should be stopped.

Second, the government should make a peace agreement between the two fighting sides of east and west of Ukraine. All people in the country are struggling and have a lot of troubles because there

is a war. The eastern part of Ukraine doesn't have any more international connections except Russia. Some people who live there have lost their jobs and even homes because of the war. This part of the country still has shooting in residential areas and many people have died. In addition, the whole country feels huge terrible changes which started with the start of the war. There has been a decreasing of salaries, increasing of grocery and clothing

prices, increasing of utility bills, and decreasing in the quality of life overall. I think a peace treaty will improve all of these conditions of people's lives.

Finally, the government should relieve the economic situation in the country. This includes many aspects such as financial concerns, social issues, and international

connections. The war caused many problems which need to be solved. Most financial support to the country goes to military needs. However, the country needs to develop educational, medical, and employment parts. I think political leaders should create a better societal life, which includes building new houses and hospitals, transportation, international connections, medical programs, etc.

All of these solutions such as stopping the spread of hate between people, making a peace agreement between opposing sides, and getting a better economic situation in the country may be quite useful for today's situation in my home country. I hope one day I will hear of no more war in my country and people will love and respect each other no matter what language they speak.



Yuliia Gladysheva

ESL W50

Problem / Solution Essay

Ways to be Healthy

It's very good and important to be healthy in our lives. Around the world, people live with different health issues and problems. Many of them have very serious illnesses. These kinds of sicknesses cause them dangerous problems in their lives. There are several ways that people can protect their lives. Eating good and healthy foods, health care, and doing physical exercise are important ways for people to be healthy.

First of all, physical exercise is a good way to be healthy. People can use many different methods to get physical exercise. For example, they can go to

a gym, visit a health club, or go jogging. Also, they can play sports. It is not important that sports should be professional. People have to do physical exercise every day and regularly to be healthy. They

just need to spend more time in physical activities, which help people to be strong and healthy and refresh their minds. If they will not do physical exercise or sports, it is a bad thing for health. In short, exercising or sports keep people strong and healthy.

Secondly, health care is also a good way to be healthy. In different countries, many people have health issues that need treatment. They should visit their family doctor regularly. They have to pay attention to the doctor's instructions. There are many different treatments that help people to be healthy. The doctor may instruct them to do physical activities such as going to a gym, visiting a health club, or jogging. Also, the doctor can tell them that they

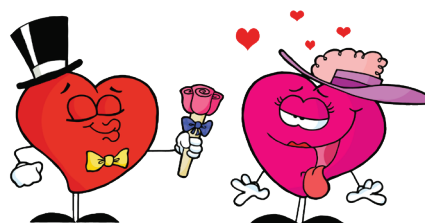
should not eat oily and unhealthy food. To sum up, checkups and going to the doctor or getting health care regularly keep everyone healthy.

Finally, eating healthy food is another way that can help people to be healthy. People in different countries eat many different foods. In some countries, they eat oily food, and some others eat fast food. These are not good foods to be eaten. Therefore, they need to eat healthy and light food because it helps people to be fit and strong. They have to eat organic vegetables and fruit because they have a lot of vitamins and energy, and they will

have a good effect on their bodies. In short, eating good food and organic vegetables help people to be healthy.

In conclusion, health is a very important thing that everyone needs to consider. People should be very careful about

their health. They should follow good ways to be healthy. To sum up, health care, physical exercise, and eating health food are good ways to be healthy.



Mohammad Masood Yasir

ESL W40

Expository Essay

My Family's Similarity

When I was in my country, Iran, my brother and I lived with our parents. My father had some behaviors which were so strange and funny to us. I always asked him to break his habits. When we came to the U.S.A, we decided to live with my grandmother, who we hadn't seen for almost twelve years because she moved to the U.S.A. After two months of living with my grandmother, my brother and I recognized some similarities between my grandmother and my dad. I can't believe that two people can be so similar. There are several big similarities between them.

The first similarity between my father and my grandmother is their habit of collecting useless things. They don't want to throw anything away. They believe that anything can be useful one day. They collect a lot of old magazines and newspapers. They say one day we will use them. However, we can live without old magazines and newspapers and nothing is going to happen without them. Last week I saw my grandmother practicing writing English on some old wrapping paper. I asked her, "Why don't you throw it away and write on stationery?" She said, "No. I collected them to practice English on them." She reminds me of my dad. He used to cut the clean part of any useless paper to the same size and then he stapled them like a small notebook. He always put one of them next to our home telephone because when we wanted to write down a message we could use them. However, we could buy a small beautiful notebook, and he didn't have to do that.

The second similarity between my father and my grandmother is they wear old clothes. They both have a lot of nice clothes but they used to

wear their old clothes. Anytime we wanted to buy a gift for them, we preferred to buy new clothes with the hope that they wouldn't throw their old clothes away. They both always look good and care that their outfits are clean and nice, but they do not care to wear their modern clothes. I used to urge my dad not to wear his old clothes anymore but he asked me, "Why not? What is wrong with my clothes?" He used to say proudly to everyone that he still has his wedding suits. Now I see that my grandmother has three closets full of clothes, but she still likes wearing her old clothes. She believes

that she has to save her modern clothes for a special event. She always says, "I will wear my nice clothes at your wedding." However, when I get married, her clothes will be old again.

The last similarity between my father and my grandmother is their need to watch the news every day.

My father loves watching the news and listening to the radio. He says, "I have to know what is happening around the world." It is so funny that my grandmother's reason for watching the news and listening to the radio is exactly the same as my father's reason. When it's news time, nobody can even breathe because they are watching the news. We have to be quiet and nobody can make any noise.

My father's habits were so strange to me and now I have the same feelings about my grandmother's habits. If a person spends time with them, he will recognize that they are a son and a mother because of their similarities.



Anahita Khazaeipoul

ESL W50

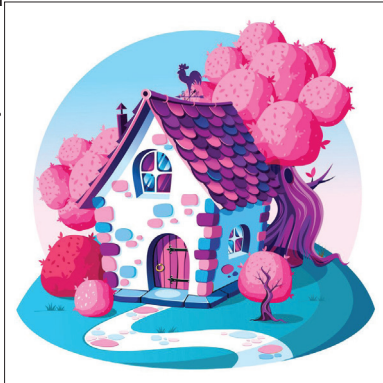
Comparison / Contrast Essay

The House of My Dreams

What is the house of my dreams? 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 back yard. 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 will be a huge back yard 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 was born and 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 back yard.

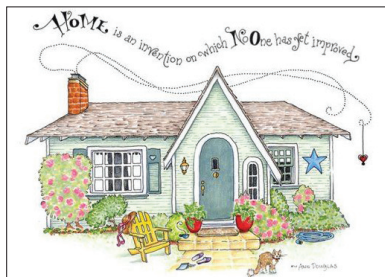
There are a lot of activities that I want to do in my dream house. As I said before, I will grow fruits and vegetables for my family. There will be a tennis or a basketball court because my children like sports. There will be a swimming pool. We will have parties with our friends in the back yard. In 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 days 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 Vykhoanets
ESL W40
Descriptive Essay

Five Senses

I have a big old house in Iran in my Town of Shiraz. My mother's house is very old. This house is three hundred years old. The house has a large courtyard of orange and lemon trees. That house has a large old room. I love the flowers because I can smell them in the night. I sleep at home and listen to the wind speeding through the trees. I always get up



in the morning and go to the garden. I love being alive. Sometimes I taste the oranges. I love my home. Maybe this home is old, but everything comes back to me again, my father's breath smells of my mother's food and I touch life. There are things in life that you can't find with money.

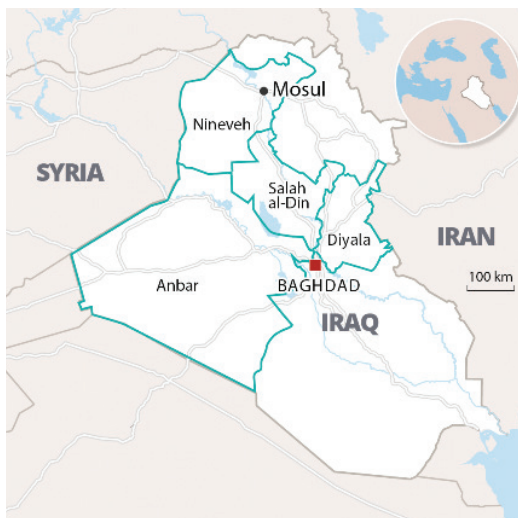
Alireza Rezaei
ESL W20
Descriptive Essay

War

Iraq is one of the most important countries in the Middle East. Iraq is a rich country where it has the second largest oil reserves in the world. Iraq was involved in many wars, the last of these

wars in 2003 under the pretext of possessing weapons of mass destruction. This war lasted about 40 days and ended with the occupation of Iraq by the United States and some of its allies. When this war started, my family and I were living in Baghdad. While we were thinking that the war was over, the security situation became worse. A sectarian war broke out based on doctrine and murder because of an identity. One day, when I and my family were watching TV, I

received a message said; leave the city, or we will kill you and your family. I lived with many family for a week in my brother's house while we were preparing to travel to Egypt. While we were preparing to travel to Egypt. While we were living in Egypt, I tried to get information about our big family back home.



I received information that the armed militias killed my sister's husband and my wife's brother, and they had taken over my house. We applied for an immigration to the United States while we were living

in Egypt, we got permission to immigrate to the United States, we watched a movie on the airplane. When we got off the airplane, my friend was waiting for us at the airport. He rented an apartment for us before we arrived, and he helped us here. Recently, the people of Iraq have come out with major demonstrations to bring down the criminal and corrupt government of Iraq that caused the killing and displacement of its people.

Ayad Aldabbagh

ESL G50

Expository Essay

Hell Hole Reservoir

My special place is Hell Hole Reservoir. I like this place because it's beautiful there, and not a lot of people know about this reservoir. It is located

two hours from Sacramento, near Lake Tahoe. This place is really hard to find without navigation. You need to drive to the mountains. The road is beautiful. There are a lot of trees and landscapes around. The water is usually cold even in summer time. It gets

warm only in August. You can see a lot of big rocks all around the reservoir. I like to jump from rocks into the water. This place is also good for fishing. I have seen a boat with fishing equipment. The air is



always fresh and clean. I like how the trees smell. It refreshes me. One of the reasons I like lake trips is because of the food. We always have a barbecue and pizza. The food tastes different when you eat it after swimming. In the evening I like to sit on the sand and listen to how the water moves, and the birds sing. It relaxes me. I like this place because it is so beautiful here, and always clean and quiet.

Artyom Popov

ESL W20

Descriptive Essay

A Typical Day of My Childhood

Everybody was a kid, weren't they? It was fun, you didn't need to worry, didn't need to go to work... but stop! There were other boring things that soured my childhood, among those— kind— garten, school, dishwashing and so on that every kid must do.

I am originally from Mongolia; however, my family left Mongolia for Russia a long, long time ago. My typical weekday in Russia usually started extremely early at 7 a.m. with my mom's screams, "Wake up, wake up! It is 7 o'clock already." Ugh, no. Yesterday I did not want to go to sleep and today I blamed myself again and took an oath again that today I would go to bed as early as possible. Finally, with the help of a forklift I got up. During my breakfast, I tried to come up with something that would allow me to stay at home for the whole day and even for the rest of the week.

My mother brought me to school which was six minutes from our home by car and left me alone in this unfriendly environment. I was upset with this form of activity and had no idea why I needed



to visit this place. Anyway, I spent the first part of the day waiting for breakfast and the rest of the school day I spent waiting for my father, who usually took me away at 3 p.m.

At home, I did homework for three hours. I really enjoyed doing homework. I liked reading, math, and biology. After homework, I had to clean my room, wash dishes, shop for milk and bread, and do other routine activities.

At 6 p.m. I could go for a walk with my friends if it was not too dark outside. We played games, fought with each other, and at 8 p.m. came back home.

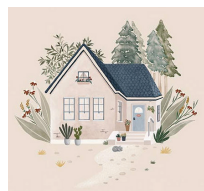
I had dinner at 9 p.m. and had to go to sleep at 10 p.m. but I did not want to go to sleep so early, so I spent hours reading a book or listening to music or something else. Of course, I already forgot about my oath and the next morning started the same.

Dmitry Tregubov
ESL L310
Expository Essay

The Summer Home

My favorite place is my home in Lima, Peru. Every summer my family and I go there. We enjoy our time there. I feel very happy when I see people and I enjoy smelling the food prepared by my grandmother. We listen to music and I remember when I was a child. I eat delicious chocolate ice cream. We watch movies on TV. My cousin plays the guitar and my nephew sings and dances. I buy beautiful flowers because my grandmother likes their smell. My home has four rooms and a big kitchen. In the living room is a beautiful fire place.

I enjoy this in the winter time. The house has many windows. I like its style. Around the house there are many plants. We look at old pictures. I spend a lot of time with my family each summer in my favorite place. This beautiful house is located in the Salt Flats South of Lima.



Celia Diaz
ESL W20
Descriptive Essay

People and Stress

Life has a lot of challenges and opportunities. Most people think more about life's challenges and negative things. It is a bad habit that increases their stress. Thousands of people force this problem around the world, and it is a serious problem, like a disease. Some people can protect themselves against this disease, and some cannot. When we want to have a normal life, we must try to avoid stress. We should follow some great things in our lives. There are a lot of things and activities around us to help decrease our stress.

First, we can think of positive things and do good activities to reduce our stress. When we think about the beauties of the world, good people, best friends, delicious food, and so on, we can feel better. Listening to music helps us to decrease our stress. For example, when I came to the USA in the early days, I stressed too much. I cried every day, but after several months I decided to stop crying and do other positive things instead. I started listening to music every day, and that made me feel better. Also, we can have a fantastic trip with our best friends. Going everywhere with our friends can change our mood. We can enjoy our time with our friends, like eating food, shopping, watching movies, hiking, and lots of other kinds of recreation. In short, thinking about and doing some good things, like a good trip or doing some fantastic activities, can help us to decrease our stress.



Secondly, exercising can bring a big change in our lives. Every person needs to have a healthy life. Effective activities, like doing some exercises, can bring big changes in our lives. When we want to have a happy life without stress and negative points, we have to think about some useful things. One of the important points for decreasing stress is exercising every day. When we exercise, our bodies become strong. Our blood flows fast, and it helps our minds. Also, it increases our appetite

and help us to eat better. When we eat well, it helps our bodies to be strong, and we can have healthy bodies. In brief, for a better life, a healthy body, and to decrease stress, daily exercise is very useful and effective.

Thirdly, sleeping well can help people to decrease their stress. It is an important piece of doctor's advice because sleep helps people to forget their worries and distress. When we don't sleep well, it causes our stress to increase and it is one of the significant

points of increasing stress. If we want to be healthy and have a long life, we have to sleep well because sleep helps our minds to become refreshed. When we sleep, our minds are at rest, and when our minds rest well, it can increase some natural pain killers to protect our minds against some stress pressures. For example, when we sleep for 7-8 hours, we can start a good day with a good feeling. In short, good and sufficient sleep can make our minds strong and reduce our stress.

In conclusion, when we think about a healthy life and having a happy family and friends, we should protect our minds and bodies against stress. We should think about and do some positive things and useful activities to have a better life. We can't have a good and healthy life when we have too much stress. We should think of good things instead of negative ones. Exercising, sleep-

ing well and having fun can help our lives because they all strengthen our lives, and they can make life more enjoyable for us. So we have to think about them a lot.

Mahboba Jamshidi
ESL W40
Expository Essay

Alton Park

Alton Park is one of the most beautiful parks in Turkey. It is located in the center of the Turkish capital, Ankara. The meaning of the word "Alton" is "gold", so it's going to be called "the golden park" if we translated it to English. It is also the largest park in the capital Ankara. It's larger in size than Disneyland, and it was created in 1985. There are a lot of special things in that park, and for that reason, a lot of people visit it all the time.

One of the special things about it is the entertainment places. Whenever you feel bored, you can go there and have some fun. You can watch a movie or go skate, and there is a beautiful mini-town of cartoon characters all around the park. There is also a big building for video games, laser tag,

pool, and bowling. There are a lot of restaurants and the food is great. My family and I used to go there for dinner. There is also a very nice gym. In short, with so many fun places, you will never be in a bad mood at Alton Park.

The nature of the park is very perfect. I used to walk there when I felt bored, to look at the green grass, big trees, and the beautiful flowers. That used to be better and change my mood. A lake is in the middle of the park and we can see



a lot of small boats on it. You can rent one for a cheap price. The boats move around the nice park. My family enjoyed the trip very much. In summary, people really enjoy the nature and smelling the fresh air at Alton Park.

I have a lot of memories in this beautiful park. Most of the people go there for a picnic and have a good time. Some people like to ride boats

and others just like to watch movies. Others like to go watch the performances of people who do traditional Turkish music and dancing. We enjoyed every moment that we spent there. In brief, for my family Alton Park is my favorite place to have fun and relax.

In my opinion, if you are looking to have some fun with the family and have a good time, I suggest you go visit Alton Park. My family is excited to go visit that park again because we made a lot of beautiful memories there. My plan for the summer is to go there and enjoy it with my family.

Huda Alrikabi
ESL W40
Descriptive Essay

My Kingdom

Every person has a place where he feels secure and peaceful. A perfect home is a place where a person feels safe from all the worries and troubles of the outside world. My house is in Iraq, and it always was such a place for me. I used to spend a lot of time at my home when I was in my country before I had to leave it. I did like going out and visiting new places, but I could be completely free and comfortable at home. It is a place filled with good memories. I still have this house and I hope to go back to one day.

My house may not look impressive to many, but it was unusual for me, as I loved every small detail in it. My husband is an engineer, so he designed the house based on our ideas and needs. It was not a spacious house, but it was a comfortable, warm, and tidy home. The house was made of bricks, so it was a substantial building. I had only three bedrooms, one living room, one kitchen, and three bathrooms. My house had a high roof and white walls. I especially loved the window in the living room as it faced the garden, and it was high and large. All things fit each other well, which shows that my husband took pains to work on design. Moreover, my husband and I loved house plants, so there were plenty of them in all the rooms. In short, these details made me love this house.

There was a door that led the kitchen to the small backyard, so we had an opportunity to have dinner outside when the weather was beautiful. We also had a small garage on the left side of the house. The house was surrounded by a green lawn that my husband cut and watered regularly. We

also had many roses on both sides of the patio that smelled nice. There was also a palm tree that was growing in the backyard, under which my husband put a beautiful wooden table with chairs. I loved these days when the sun was shining into the garden, and the leaves began glowing with this deep green color. It felt like the house was part of the outside world, only more peaceful and comfortable.



My house not only symbolizes my family and me as people, but it also holds many memories. The first and happiest moment was when I got married and all the preparation for my wedding party took place at my home. I'll never forget all my friends' smiling faces and all the family members who traveled from faraway places to attend our wedding party. My husband and I worked hard to plan every single detail for the wedding party. The result of this happiness lasted for many months until we had our first baby. This house was witness to the beginning of every first of my baby's life like our baby's first cry, first laugh, and first step. I still feel the same warmth and

happiness when I recall them.

In conclusion, I would like to note that no place would ever be so peaceful for me as my home. I keep the memories of it in my heart and mind, and I always tell my children about our house. Four years have passed since I have been at my house. I hope that one day I can go back to my home and return to my Kingdom. Yes! My home is my Kingdom and I'll never forget it.

Rusul Atiyah
ESL W40
Descriptive Essay

Expatriate Problems

Moving to a new country is not easy. It is a big decision. When parents decide to change their home country, they should consider the consequences of their decision. That change can cause many problems in the children's future, such as traditions, ethics, and language. Children are the victims of this change. Children learn quickly, and they may lose their native language and their traditions over time. There are many ways to help children not lose their native language. Parents should teach their children at home, they enroll their children in a foreign language school, and they should take their children to the Mosque or Church that they attend.

First of all, parents can help their children not lose their native language or their culture by teaching them at home. Young children have a good memory, and they can keep the new information in a different part of their mind unlike adults. Mothers can teach their children at home one letter each day, and they should give an example with that letter. As a result, children may not forget that letter. When I was in Iran, my mom taught me the Arabic alphabet, so I learned how to read a story in our native language. I felt thankful to my mom, and I decided to follow the same method for my children here in the USA.

In addition, parents should help their children not forget their native language by registering their children at a foreign language school. Many immigrants encourage their children to speak their native language at home. They consider that the risks of the new culture can change their children forever. The children are more likely to lose their traditions and their home language because they have the ability to learn quickly

from the new culture. Many immigrants decide to donate money to rent a house or small building to teach the children their home language and their traditions. In 1992, my family were refugees in Iran, and many Iraqi immigrants realized their children were losing their native language, so they solved the problem by donating money to rent a small building, and many teachers volunteered to teach the immigrant children their native language. My father was one of them. I was lucky to have an intelligent father. I believe the parents are responsible for their children's future.

Finally, parents should help their children not forget their native language by taking them to Mosque or Church. That can help the children communicate with the same people they belong to. Here in the USA, we take our children to the Mosque, so they can learn our traditions, celebrations, and our religion. This way is very helpful for our children. They learn more, and they usually ask questions about the

rituals when we get home. As a result, they may get used to communicating with their native language.

In conclusion, immigrants should consider the consequences of their decision when they decide to move to a new country. Immigrants can help their children not forget their native language by teaching them at home, registering their children at a foreign school, and taking them to Mosque or Church. All these ways can help the children not forget their native language and their culture.



Maha Al-Mayyah
ESL W50
Expository Essay

Interview with Vivian Dillon

Continued from page 1

always good at school. But I didn't understand how to apply it outside of school. So, I really struggled for myself on a personal level in terms of trying to figure out what I was going to do after high school graduation and what I was going to do after I graduated from college. I realized again that most people were struggling with the same question. And I realized that it was hard for me to know where to get help with that. So that's how I became really interested.

The Parrot: So, what you're doing now has that always been your passion?

Dillon: Yes, working with students. Yes, always has been my passion. I worked at the K-12 level. I worked at Sacramento State for about 6 years. I was a counselor there and I was the summer bridge coordinator. So, my career path always involved me helping others.

The Parrot: Do you think you've grown from where you started to now?

Dillon: Oh, absolutely. Yes, I absolutely have grown from where I was to now. Just by interacting with different types of people, I think I have more awareness and sensitivity and I am getting to know myself more and I am having incredible mentors: People to help guide me with their wisdom, feedback, and suggestions. Have really shaped who I am, and I think that comes with time but also the willingness to reflect and be open to feedback and suggestions and open to new ideas and the willingness to take risks too. To try something new. When I was growing up, I was shy, really shy. And so, I really feared public speaking. But now I do it a lot. It's not scary for me anymore. I have changed a lot.

The Parrot: How has technology impacted your department?

Dillon: That is a really good question. It has allowed

us to connect with students in a lot more targeted way and I think that it's great. Social media is huge in terms of connecting with students. I know that it's a bit old fashioned for some students but email as well to connect with students. Also, as a way for our internet presence online to allow students to access information when they want to. Like on demand. I think that it is huge for some students. So, I think it's been great. I think in our industry certainly technology has changed a lot. We see that with employers who are looking for students with technology skills. We see that students really need to have an awareness of Microsoft Suites. Like how

to use Outlook that's a lot for employers who typically use that software so knowing how to use email is huge.

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

Dillon: For like just in general anything?

The Parrot: Yes, anything.

Dillon: Don't give up, know that there are people here who can help you. People that want to see you succeed. People that can relate to you on different levels. People who have made it their life's work to boost you up. There are people who really want to see you have a fulfilling life in general,

and that's why I think the majority of community college staff, faculty, and administrators are here because they feel passionately about seeing all of you reach your dreams. Whatever they are.

The Parrot: What do you like to do in your free time?

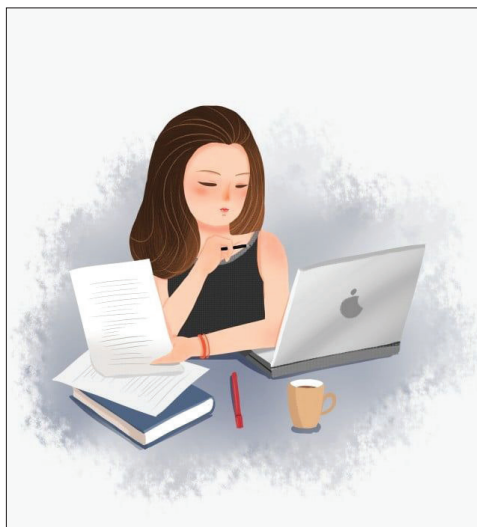
Dillon: I am an avid reader. I love to read. I always have a book going. I like to spend time with my two young children whatever they get into. We like to travel, and we like to just spend time playing and bonding with them.

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

Dillon: One word that describes me best is that I'm a social butterfly.

The Parrot: What are you most proud of?

Dillon: My grandfather was a janitor and my family



had to work really hard. Not just my kids but parents and siblings too. Each generation has tried to find ways to improve something for the next generation, while having a lot of challenges. So, I would say my family not just my kids, but where my family came from that. I'm really proud of what the previous generation did to make it better for my kids.

The Parrot: Looking back at when you were in college was there anything that you regret?

Dillon: Yes, I would say it kind of relates to being so shy. I think that I didn't ask for help as much as I could have. I think if I had asked for help, things would have been easier.

The Parrot: Vivian, thank you so much. Students need to know about you and your internship program.

Interviewer: Courtney Pedro
ESL L310

Contact Information:

Department: Workforce Development
Office: ARC Main, Technical Education
Email: DillonV@arc.losrios.edu
Phone: (916) 484-8941

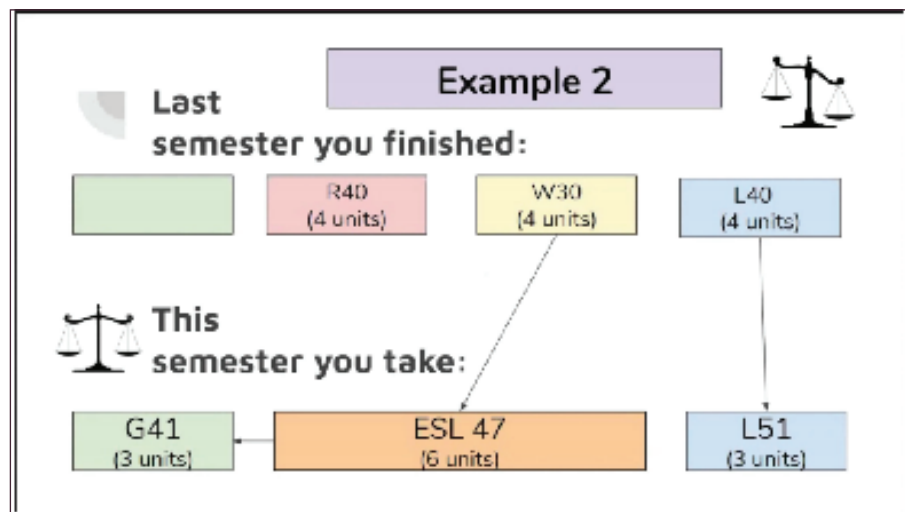
ESL Courses

Helping Students With The ESL Course Changes

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

https://youtu.be/wN2I71q_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.



ESL Summer Courses:

- ESL 34 -ARCC
- ESL 44 -ARCC
- ESL 54 -ARCC
- ESL 94 -ARCC
- ESLG 51 -CRCC
- ESLG 51 -SCCC
- ESLG 110 -CRCC
- ESLG 50 -ARCC
- ESLG 310 -SCCC
- ESLL 41 -SCCC
- ESLW 40 -ARCC
- ESLW 50 -ARCC

Nestscape -- Articles from the Web

On both Memorial Day and Veterans Day, it's customary to spend time remembering and honoring the countless veterans who have served the United States throughout the country's history. However, there is a distinction between the two holidays:

Memorial Day commemorates the men and women who died while in the military service of their country, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the ultimate sacrifice for their country. We spend time remembering those who lost their lives and could not come home, reflecting on their service and why we have the luxury and freedom that we enjoy today. We might consider how we can support and safeguard their grieving families and loved ones who are left behind.

Veterans Day is the day set aside to thank and honor ALL who served—in wartime or peacetime—regardless of whether they died or survived. Veterans Day is always observed officially on November 11, regardless of the day of the week on which it falls. Read more about Veterans Day.

Remember: Raise the flag with honor and respect! See guidelines for flying the American Flag.



MEMORIAL DAY FACTS AND HISTORY

Traditionally, on Memorial Day (U.S.), people visit cemeteries and memorials, and volunteers often

place American flags on each grave site at national cemeteries. A national moment of remembrance takes place at 3:00 p.m. local time.

The custom of honoring ancestors by cleaning cemeteries and decorating graves is an ancient and worldwide tradition, but the specific origin of Memorial Day—or Decoration Day, as it was first known—is unclear.

In early rural America, this duty was usually performed in late summer and was an occasion for family reunions and picnics. After the Civil War, America's need for a secular, patriotic ceremony to honor its military dead became prominent, as monuments to fallen soldiers were erected and dedicated, and ceremonies centering on the decoration of soldiers' graves were held in towns and cities throughout the nation.

After World War I, the day expanded to honor those who have died in all American wars.

A Lasting Legacy

No less than 25 places have been named in connection with the origin of Memorial Day, and states observed the holiday on different dates. In 1971, Memorial Day became a national holiday by an act of Congress; it is now celebrated annually on the last Monday in May.



Since it all started with the Civil War, you might

want to brush up on your knowledge of this event by visiting the Library of Congress Civil War collection, which includes more than a thousand photographs from the time.

WHY IS THE POPPY A SYMBOL OF MEMORIAL DAY?

In the war-torn battlefields of Europe, the common red field poppy (*Papaver rhoeas*) was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War 1.

John McCrae, a Canadian soldier and physician, witnessed the war first hand and was inspired to write the now-famous poem “In Flanders Fields” in 1915. He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium.

The Poppy Lady

In November 1918, days before the official end of the war, an American professor named Moina Michael wrote her own poem, “We Shall Keep the Faith,” which was inspired by McCrae’s “In Flanders Fields.” In her poem, she mentioned wearing the “poppy red” to honor the dead, and with that, the tradition of adorning one’s clothing with a single red poppy in remembrance of those killed in the Great War was born. Moina herself came to be known—and honored—as “The Poppy Lady.”

The Symbol Spreads Abroad

The wearing of the poppy was traditionally done on Memorial Day in the United States, but the symbolism has evolved to encompass all veterans living and deceased, so poppies may be worn on Veterans Day as well. Not long after the custom began, it was adopted by other Allied nations, including Canada, Australia, New Zealand, and the United Kingdom, where it is still popular today. In these countries, the poppy is worn on Remembrance Day (November 11).

Today, poppies are not only a symbol of loss of life, but also of recovery and new life, especially in support of the servicemen who survived the war but suffered from physical and psychological injuries long after it ended. **MEMORIAL DAY WEEKEND: THE UNOFFICIAL START OF SUMMER**

Memorial Day tends to mark the unofficial start of summer for many Americans (though the season really begins with the Summer Solstice in June).



THANK YOU TO THE FALLEN.

From everyone here at The Old Farmer’s Almanac, we would like say thank you to those men and women who paid the ultimate price. We will always remember the sacrifices of our nation’s heroes. We are deeply grateful.

In remembering the fallen, we also honor their loved ones: spouses, fathers, mothers, sons, daughters, sisters, brothers, friends. There really aren’t proper words, but we do live in gratitude each and every day for the precious gift that they have given to us.



<https://www.almanac.com/content/when-memorial-day>

ESL Department Tips

“SCAN” Your Assignments With Your Phone’s Camera

WHY? You can upload (submit) an assignment to your Canvas page (or send in an email). This is good for handwritten assignments with more than one page.

- For example, if you have an assignment that has three pages, you could “scan” each page and make only one file, instead of three files. This is easier for your professor to look at and to grade.

HOW? Use your phone’s camera to save the picture as a pdf.








Save the pdf to your school (wID@apps.losrios.edu) Google Drive and then upload to Canvas for your assignments, upload directly to Canvas from your phone, or send the file in an email (whichever your professor prefers).

How to use Google Drive SCAN.

WHY? Use your Android phone’s camera to save the picture as a pdf. Save to your school (wID@apps.losrios.edu) Google Drive, and then upload to Canvas for your assignments.

Android Computer iPhone & iPad

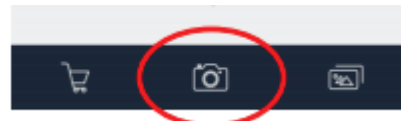
Scan a document

1. Open the Google Drive app .
2. In the bottom right, tap Add .
3. Tap Scan .
4. Take a photo of the document you'd like to scan.
 - Adjust scan area: Tap Crop .
 - Take photo again: Tap Re-scan current page .
 - Scan another page: Tap Add .
5. To save the finished document, tap Done .

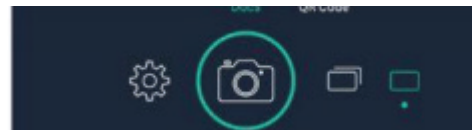
How to use CAM Scanner (iPhone or Android)

Step 1 - Download the app from the Google Play Store or from the App Store for Apple. Be sure to let the app access your camera.

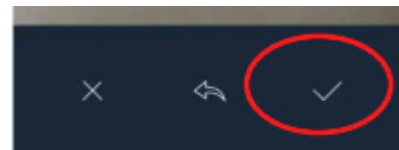
Step 2 – Once downloaded, open the app and touch the camera icon at the bottom of the screen.



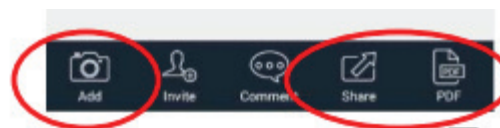
Step 3 – Point your camera at the document. Be sure it’s not cut off, well lit and focused. Touch the camera icon again to snap the picture.



Step 4 – If the picture is of good quality and legible then touch the check mark at the bottom of the screen. The app will automatically crop the background out. Make sure the document is lined up properly. If not, drag the border so that it is and touch the check mark one more time.



Step 5 – Add more documents as needed by touching the add icon. Once finished, touch the share icon at the bottom of the screen and choose PDF. Now the documents can be uploaded Canvas on your assignments pages or emailed as a pdf.



By Prof. Elizabeth Specker

STUDENT WHO OBTAINED 0% ON EXAM

From a retired teacher...

This kid will be a success!
Each answer is absolutely grammatically correct, and funny too.
The teacher had no sense of humor.

Q1. In which battle did Napoleon die?

- His last battle

Q2. Where was the Declaration of Independence signed?

- At the bottom of the page

Q3. River Ravi flows in which state?

- Liquid

Q4. What is the main reason for divorce?

- Marriage

Q5. What is the main reason for failure?

- Exams

Q6. What can you never eat for breakfast?

- Lunch and dinner

Q7. What looks like half an apple?

- The other half

Q8. If you throw a red stone into the blue sea what will it become?

- Wet

•

Q9. How can a man go eight days without sleeping?

- No problem, he sleeps at night.

Q10. How can you lift an elephant with one hand?

- You will never find an elephant that has one hand.

Q11. If you had three apples and four oranges in one hand and four apples and three oranges in other, what would you have?

- Very large hands

Q12. If it took eight men ten hours to build a wall, how long would it take four men to build it?

- No time at all, the wall is already built.

Q13. How can you drop a raw egg onto a concrete floor without cracking it?

- Any way you want, concrete floors are very hard to crack

Spread some laughter, share the cheer. Let's be happy, while we're here!



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!

Syrian Fatoush Salad

Ingredients

- 1 pita bread
- 1 cucumber, peeled and diced
- 3 large tomatoes, cubed
- 1 large red pepper, seeded and diced
- 3 sticks celery, sliced
- 32 g (½ cup) parsley, finely chopped
- 16 g (¼ cup) fresh mint, finely chopped



Dressing

- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1/8 tbsp salt
- 1/8 tbsp black pepper
- 1/8 tbsp sumac

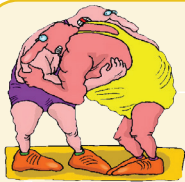


Directions

1. Preheat the oven to 180°C / 350°F / Gas 4.
2. Tear the pita into small pieces and place on to a baking tray.
3. Bake for 10 minutes, until lightly brown and crispy. Remove from the oven and set aside to cool.
4. In a large bowl, mix together the vegetables and herbs.
5. Make the dressing by putting the ingredients in a small bottle, close the top and shake to mix well.
6. Pour over the salad, mix and chill for 30 minutes.
7. Mix in the pita bread pieces prior to serving.



Parrot Warbling



Grappling with Grammar

How to use the a Dash (—)

1. In Place of Parentheses: Use a dash to set off parenthetical ideas that you want to emphasize.

Ex: Mr. Nelson—who lives next door to me—is our new teacher.

2. In Place of Commas: Use a pair of dashes to set off an appositive that contains commas

Ex: Caroline keeps a list of her food allergies—peanuts, shellfish, and soy—taped to her EpiPen in case of emergencies.

3. In Place of a Colon: Use a dash to signal the start of a list. This is less formal than a colon and also more dramatic.

Ex: Jeremy has three big guard dogs—Kitten, Bunny, and Mouse.

4. Use a dash to signal a restatement or contradiction.

Ex: After all my hard work, I received a B on the final—I had passed the class.

5. In Dialogue: Use a dash in place of an ellipsis when someone is interrupted abruptly.

Ex: ENRIQUE: Then we went to see a castle on the—
SIENNA: Watch out! You almost ran into that pole.

6. When using quotation marks for the interrupted dialogue, the a dash goes inside.

Ex: “Then we went to see a castle on the—”
“Watch out! You almost ran into that pole.”

<https://www.englishgrammar101.com/module-14/additional-punctuation/lesson-5/the-em-dash-and-en-dash>

Idiom--Attic Crack a Book

Definition: to open a book to study (slang; almost always used in the negative).

Ex: I passed that test without even *cracking a book!*



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

Silent G and H

Silent G

Rule: G is not often not pronounced when it comes before N.

Ex: Champagne, foreign, sign, feign, foreign, design, align, cognac

Exceptions: Magnet, igneous, cognitive, signature

Silent H

Rule 1: H is not pronounced when it comes after W (n.b. some speakers whisper the H before the W).

Ex: what, when, where, whether, why

Rule 2: H is not pronounced at the beginning of many words (remember to use the article “an” with unvoiced H).

Ex: hour, honest, honor, heir

Exceptions: hill, history, height, happy, hereditary (Plus most other words beginning with H that are NOT of French origin – and remember to use the article “a” with voiced H)

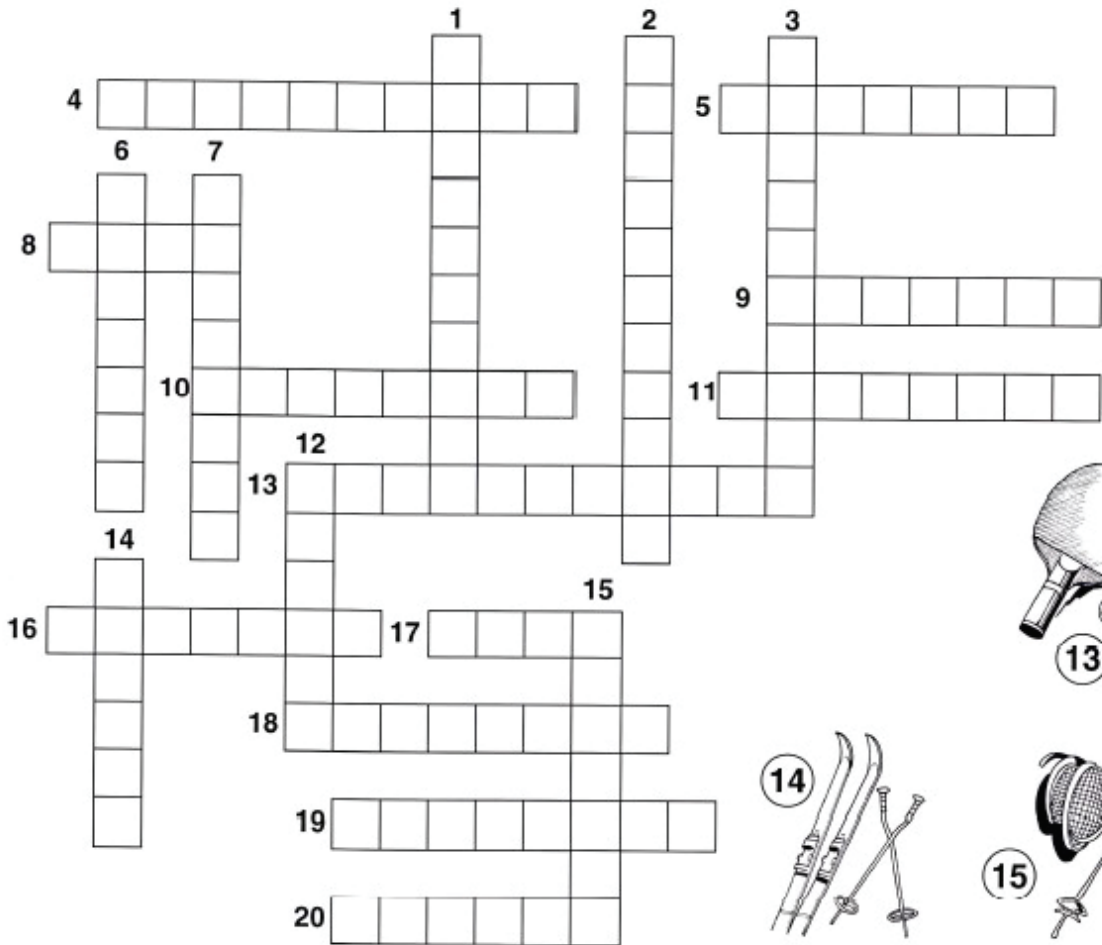
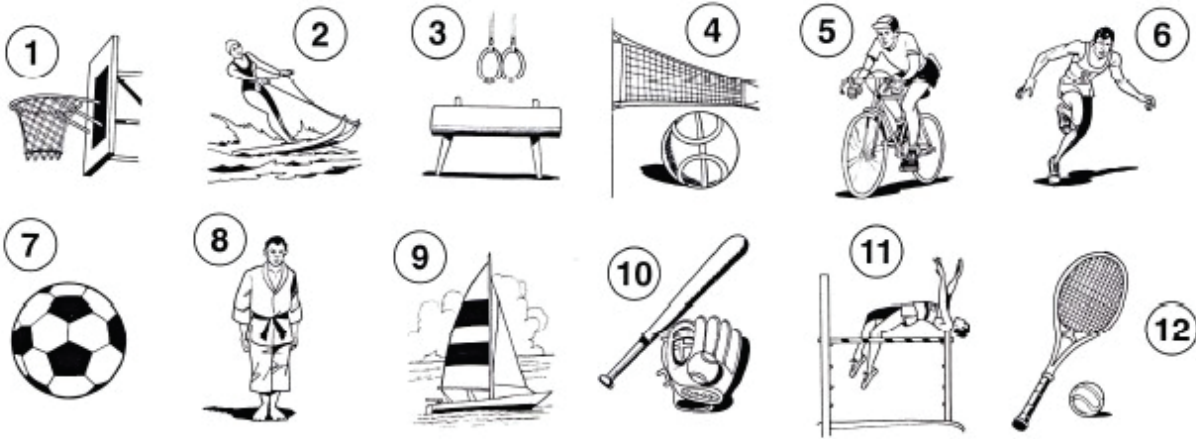
Rule 3: H is often not pronounced when it comes after C, G or R.

Ex: choir, chorus, ghastly, ghoul, aghast, echo, rhinoceros, rhythm.



<https://www.eulexic.com/guide/silent/>

Parrot Sport



Personality Types - Word Search

Be patient to search all the words hidden in the grid. The words in this word search are hidden across, down, and diagonally, with backwards.

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

AFFECTIONATE
 ANNOYING
 CALM
 CAUTIOUS
 CHARMING
 COMPULSIVE

CONFIDENT
 CONSERVATIVE
 CYNICAL
 DOMINEERING
 EASYGOING
 EMOTIONAL

FRIENDLY
 FUNNY
 GENEROUS
 GREEDY
 HONEST
 IMAGINATIVE

INDEPENDENT
 MODEST
 OPTIMISTIC
 OUTGOING
 PATIENT
 PRACTICAL

SELFISH
 SENSIBLE
 SERIOUS
 SHY
 SINCERE
 WITTY

Summer Stars

*Bend low again, night of
summer stars.
So near you are, sky of sum-
mer stars,
So near, a long-arm man
can pick off stars,
Pick off what he wants in
the sky bowl,
So near you are, summer
stars,
So near, strumming, strum-
ming,
So lazy and hum-strum-
ming.*

By Carl Sandburg

Rigoberto's Riddles

What kind of shoes does a lazy person wear?



Loafers.

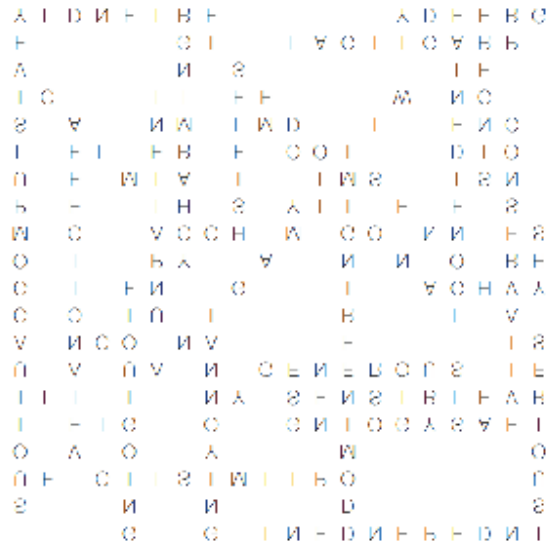
Silly Vasily's Chuckle Chamber



Unexpected guests were on the way, and my mother, an impeccable housekeeper, rushed around straightening up. She put my father and brother to work cleaning the guest bathroom. Later, when she went to inspect it, she was surprised that the once-cluttered room had been tidied up so quickly. Then she saw the note on the closed shower curtains. It read "Thank you for not looking in the bathtub."



Answers



An Interview from Abroad

An ESL Teacher in Iran

The Parrot: Hello.

Shiva: Hello.

The Parrot: First of all, could you tell me about yourself briefly?

Shiva: My name is Shiva and I'm from Iran. I teach English as Second Language and I also work for an English newspaper as a translator and an editor.

The Parrot: I see you have lived in England for five years. How old were you at that time?

Shiva: I was 12 years old when I left Iran to go to England to study.

The Parrot: Can you explain how you felt when you arrived at London airport?

Shiva: Well, naturally considering, that I didn't know any English, I was very nervous and frustrated.

The Parrot: When you first arrived in England, did you know any English? If yes, how much?

Shiva: When I arrived in London, I only knew the alphabet and a number of words, so I can say I didn't know any English.

The Parrot: How long did it take you to adapt to school in England?

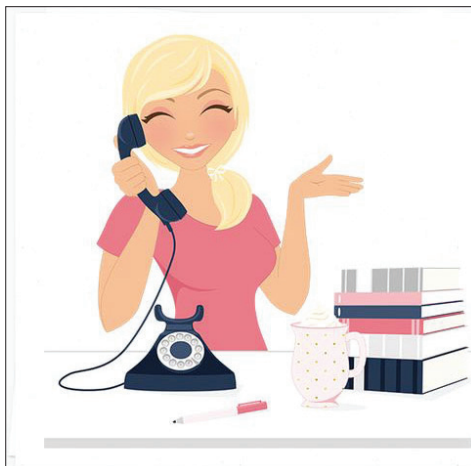
Shiva: Well, I think it took me around six months to get used to school and also my new situation.

The Parrot: What method did you use to learn English?

Shiva: I think the only option I had to learn English was to speak English in order to learn it.

The Parrot: Do you think age is important to speed up learning?

Shiva: Yes, I believe a person's age is very important in order to learn a new language. That is, the younger you are, the faster you learn. However, this doesn't mean that it is very difficult for adults to do so.



The Parrot: Do you prefer the British accent to the American accent?

Shiva: I certainly prefer the British accent.

The Parrot: Do you think that if a person is interested in learning English, it would help him learn faster?

Shiva: I definitely think that the most important factor in learning anything is depends on the person's interest and enthusiasm in that subject or field.

The Parrot: Do you have any suggestions for adult ESL students?

Shiva: Well, I strongly recommend that adult ESL students listen to the radio, read English books, and mingle with native speakers.

The Parrot: The last question is how is the Corona Virus affecting Iranians' lives?

Shiva: The Corona Virus has affected the lives of millions of Iranians dramatically, just as it has immensely impacted other nations globally. From what I have observed, since the outbreak, Iranians from all walks of life have come up with

ideas to help each other economically and spiritually to survive. Above all, have been doctors and nurses who have dedicated their lives to their fellow countrymen and have even entertained patients by singing to them and dancing while taking care of them. Others have been engaged in tasks such as making masks, cooking for the needy, and helping them out financially. However, the government has not been helpful economy-wise significantly; it has always been the case with them when the Iranian nation is in dire need.

The Parrot: Thank you for your patience and your co-operation.

Shiva: Thank you.

Interviewer: Sheri Ahmadi Jouzani
ESL L310

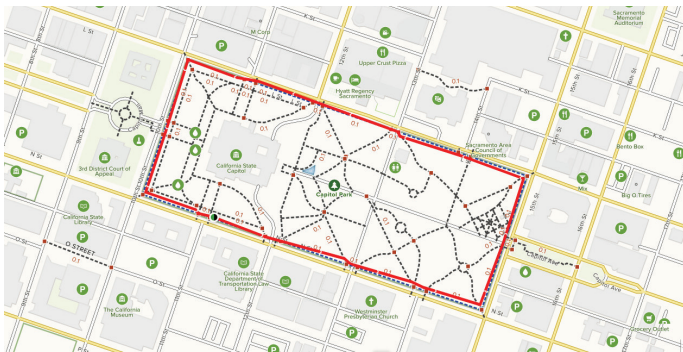
Post-Corona Family Hikes

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

Hello, ARC family. I hope that the quarantine will end soon and we will be able to enjoy hiking again. I want to share with you some interesting trails around Sacramento.

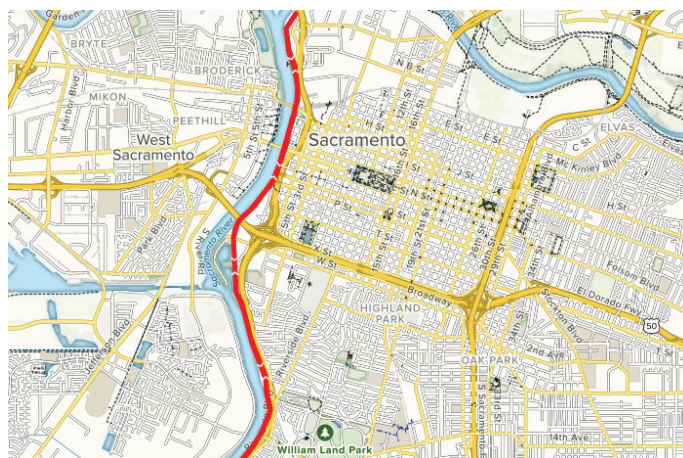
1. Capitol Park Loop Trail

Capitol Park Loop Trail is a 1.1-mile loop trail located near Sacramento, California and is good for all skill levels. The trail is primarily used for hiking, walking, and trail running and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.



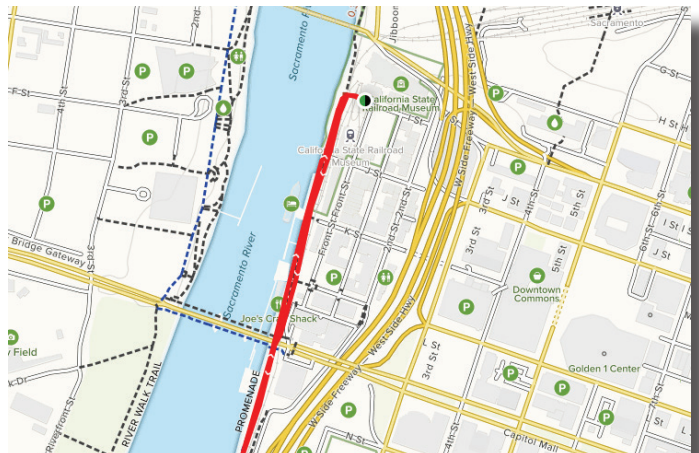
2. Sacramento River Parkway Trail

Sacramento River Parkway Trail is a 9.5 mile out and back trail located near West Sacramento, California that features a river and is good for all skill levels. The trail offers a number of activity options and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.



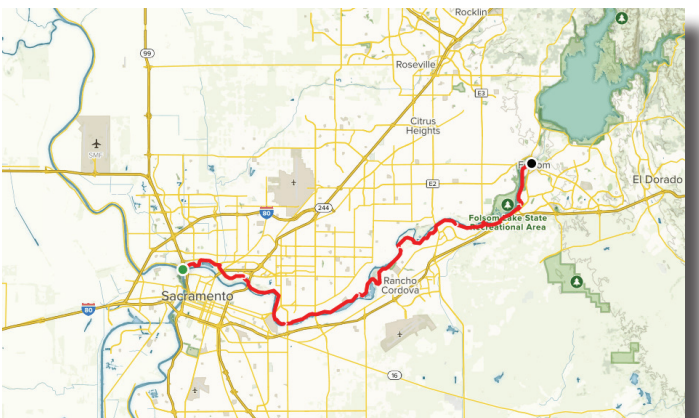
3. Old Sacramento and Capitol Promenade

Old Sacramento and Capitol Promenade is a one-mile-out-and-back trail located near Sacramento, California that features a river and is good for all skill levels. The trail is primarily used for walking, trail running, and road biking and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.



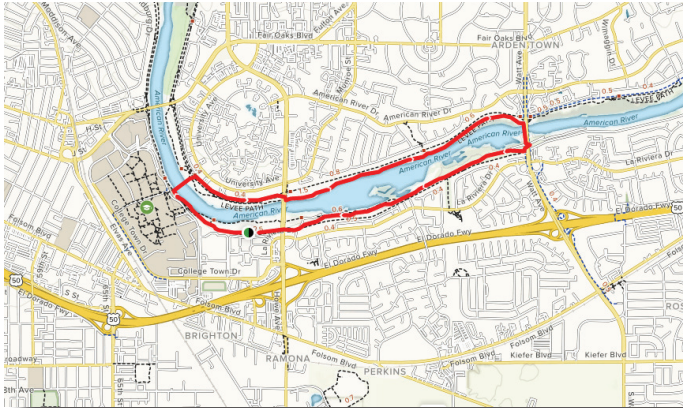
4. American River Bike Trail

American River Bike Trail (Jedediah Smith Memorial Trail) is a twenty eight wenyeight-mile heavily trafficked point-to-point trail located near Sacramento, California that features a river and is good for all skill levels. The trail offers a number of activity options and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.

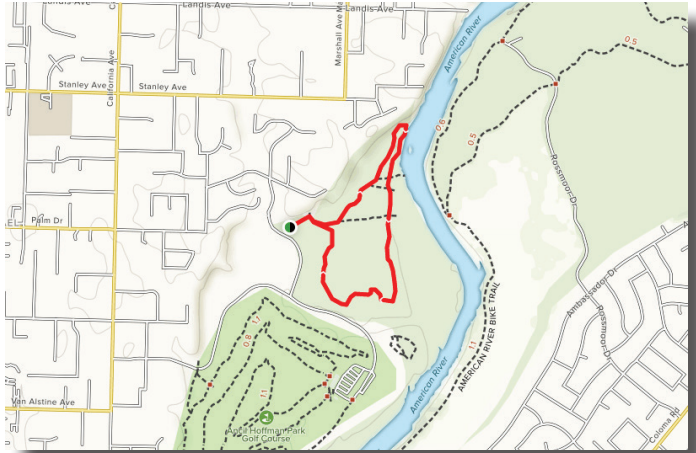


5. Guy West Bridge

Guy West Bridge to Goethe Park is a 4.7 mile heavily trafficked loop trail located near Sacramento, California that features a river and is good for all skill levels. The trail offers a number of activity options and is accessible year-round. Dogs and horses are also able to use this trail.

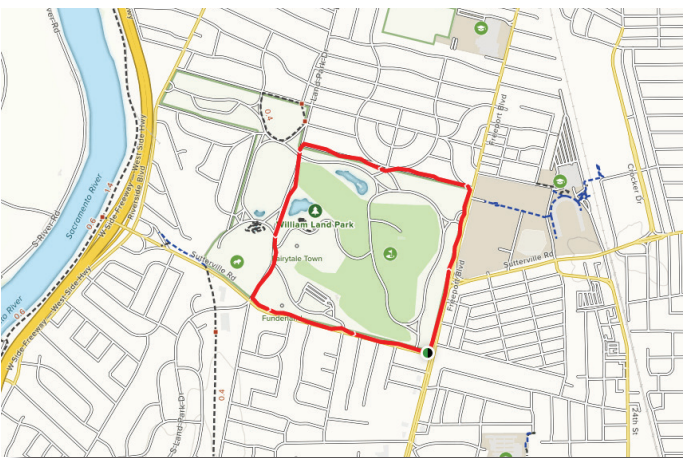


levels. The trail offers a number of activity options and is accessible year-round.



6. William Land Park Trail

William Land Park Trail is a two-mile moderately trafficked loop trail located near Sacramento, California that features beautiful wildflowers and is good for all skill levels. The trail offers a number of activity options and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.



8. American River Trail

American River is a five-mile heavily-trafficked out-and-back trail located near Rancho Cordova, California that features a river and is good for all skill levels. The trail offers a number of activity options and is best used from April until September. Dogs are also able to use this trail but must be kept on leash.



7. Effie Yeaw Nature Loop Trail

Effie Yeaw Nature Loop Trail is a 1.6 mile heavily trafficked loop trail located near Carmichael, California that features a river and is good for all skill

I hope you will enjoy one of these trails. Be safe and see you on the trail.

Out of the Cage

Virtual/Phone Appointment: Sacramento State Representative

Wednesday, May 13, 2020

9:00 am to 4:00 pm

Meet with a Sac State rep to make your transfer plans!

Location: Transfer Center

Online Unemployment Information Session

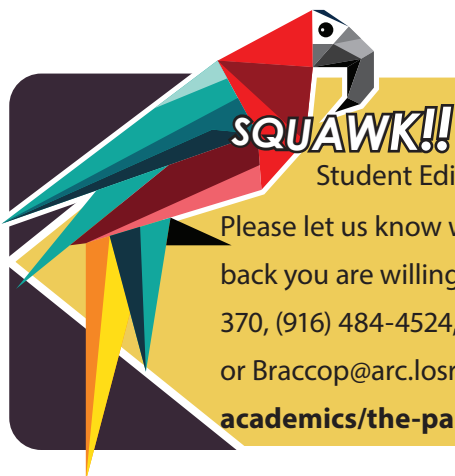
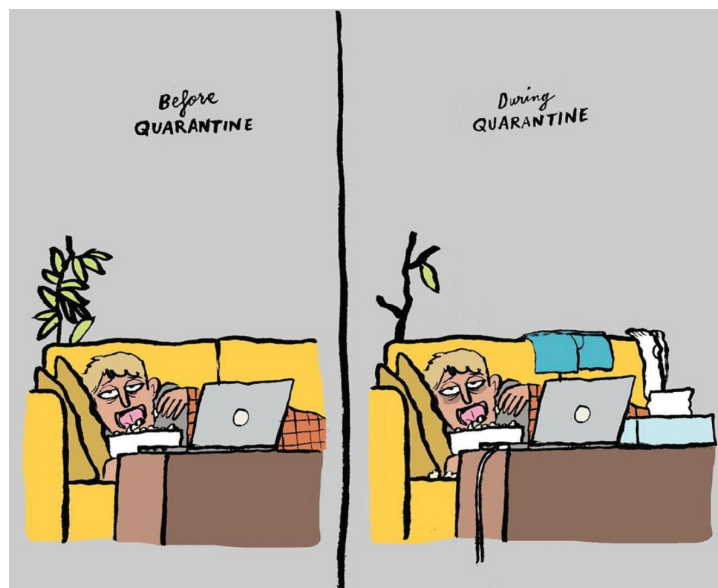
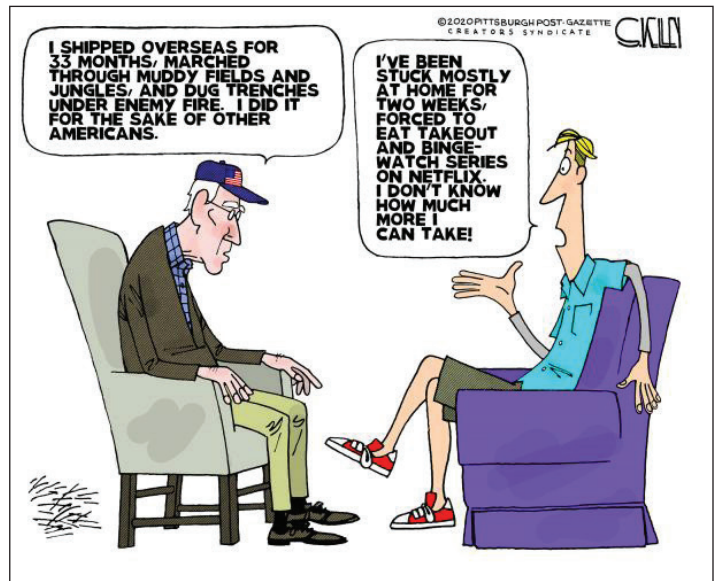
Wednesday, May 13, 2020

11:00 am to 12:00 pm

Please note, Career and Pathways staff are not EDD representatives. These workshops are informational to assist students with the EDD application process. We do NOT assist with filling out individual applications. For questions regarding the process and/or eligibility, contact EDD directly at 1 (800) 300-5616 or at edd.ca.gov.

For the workshop Zoom link:

Please email Career & Pathways Support Services at 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; 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>.