

THE PARROT



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

Lead Instructional Assistant: Rick Alford

The Parrot: It is our pleasure to be here and interview you. We heard that you got hired just a week before the pandemic shut down ARC. So, could you please introduce yourself to the ARC students?



Rick Alford: Yeah, sure. My name is Rick Alford. I joined the

ESL Center as the Lead Instructional Assistant on March 9th, 2020. It was actually one week before we closed everything down. I was fortunate that I had the chance to come in a few days before to get to know how things work in the center and observe a little bit. I learned a lot in that first week.

The Parrot: Are there any difficulties or chal-

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Did You Read This Summer?

p. 21

"Tell me and I forget. Teach me and I remember. Involve me and I learn."

Benjamin Franklin

Zoo Removes Parrots from Display after Birds Keep Cursing at Visitors

by Scott Stump

A British zoo removed five African gray parrots from public view after the birds kept saying curse words. "People are swearing to try and encourage the parrots," the park CEO said.



The Lincolnshire Wildlife Park said they moved the five African gray

parrots into aviaries away from public view after the nonstop profanity ruffled some feathers.

Polly wanna stop cursing?

"Some visitors found it funny but with kids visiting

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Student Chirpings

Value of Loss

Many people forget their things from time to time. When people are in a hurry, they can forget different things such as keys, documents, bags, and even luggage from an airport. Sometimes people can forget very important things and then their life changes abruptly. The big changes of life often become a pleasant surprise for them. I'll never forget the time when my family and I left our suitcases at a hotel in Moscow.

My family was going to Moscow because we had an interview with an immigration service officer in the US Embassy. Before arriving in the capital city, I booked a small hotel in Moscow. However, I didn't

suppose the hotel was very expensive. My family was able to stay in one room in the hotel. According to the rules of the hotel, only two persons could stay in one room. However, my family included four persons, so only two family members could stay at night. I was disappointed at the time. My husband made the decision that our two children

and our travel bags would stay at night in the hotel. My husband and I had to leave the hotel around 11 p.m. because the receptionist didn't allow to stay at night in the lobby of the hotel. We left away at 11 p.m.

I'll always remember the night when my husband and I walked around in Moscow together. The weather was warm and fresh and light wind was walking along Moscow with us. I had never been to Moscow and never seen a beautiful city night. I was very impressed by the magnificent cathedrals and many other sights. Having seen all the sights, I felt the spirit of the Homeland. In the morning I was going to go to the hotel, but my husband had to go to the United States Embassy, and he waited for us there. When I went to the hotel, my children were awake and waited for me. We were in a hurry.

We took the necessary things and left the hotel fast. However, our luggage stayed in the hotel.

My children and I got off the bus at the United States Embassy. We arrived on time. My husband was waiting for us inside the US Embassy. We got a permit which helped us go inside the building. For several hours we had an interview with an immigration service officer. It all ended soon. We were happy! We were going to go home! My family was homesick! We arrived on time at the train station, but our suitcases stayed still in the hotel. My husband made the decision to bring our bags from the hotel. I waited for him several hours, but he didn't



appear. Suddenly I saw my husband in the doorway and I noted a strange look on his face. I was asking him about our luggage and he told me a sad story, which happened to him. When he was going to the hotel, my husband made a mistake. He got off the subway and was confused. My husband had gone in the opposite direction instead of the right one. He

was lost and upset. He couldn't find the hotel to set our luggage. After this "adventure", he came back.

Many years have passed since, but I remember this story very well. I felt a certain annoyance because my husband seemed very tired and defeated. However, some time later my feelings became soft and I was happy because my husband didn't lose in the strange city. He was able to come back on time. I'm sure to forget or leave some minor things is acceptable. However, one always has to remember our family! In addition to this, every loss has value. Probably I forgot something, but my loss was insignificant because at least I did not leave my husband in the hotel!

Liudmyla Burakovska
ESL W50
Narrative Essay

I Don't Want to Stay at Home

In January, a massive infection of people with the corona virus began. It started in China and then spread to other countries. At the moment, millions of people around the world are infected with this virus. In this regard, we need to stay home, and it has been going on for almost two months. Some people enjoy this time, but I don't like studying at home during corona virus pandemic for several reasons.

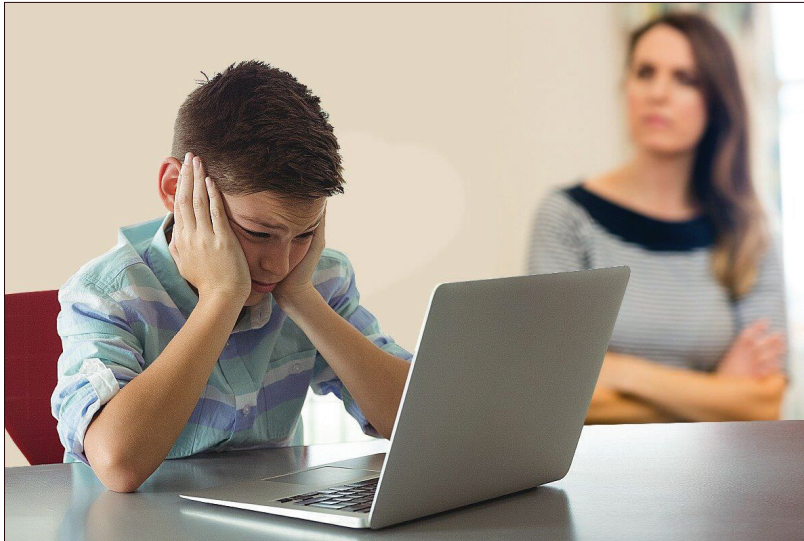
The first reason is that a lot of good places are closed. We are used to spending a lot of time in parks or at the ocean, but now we can't because they are all closed.

My daughter often asks me, "Mom, when will we go to the park?" Unfortunately, I can't answer her because I don't know the answer to this question. A lot of restaurants also don't work. Of course, not all of them are closed. Some restaurants are still working, but not my favorites.

One of them is located in Jackson, at 12222 New York Ranch Rd. There is a large selection of seafood and other food, but the most of all the food that I like to eat there is lobster. They are unbelievable in this restaurant. I hope that I can go there again soon.

The second reason is that studying online is hard. I like to study English, and my teacher is the best, but despite of this, it is hard because of my children. I have three kids, and each of them needs my attention. Because of the corona virus, I can't use childcare, so I have to study and take care of my children at the same time. Sometimes I have moments when I am answering the professor's question and changing a diaper at the same time, or I am holding the baby with one hand, removing the

second child from the table with other hand and trying not to miss a single word from the professor. After four hours of studying, my house looks like a field after the battle. I don't worry too much because it can happen only two times per week when I have online classes. The internet is another reason why studying online is hard. The internet connection is not always good. Sometimes it is hard to connect everyone together to a video chat. Because of this, we lose a lot of time that we could usefully use in a regular classroom. I hope that in the next semester, we will not study online.



The third reason is that I can't go to church. I liked to sing in a church choir, and I loved to listen to sermons. I really miss church service. Now we watch them online, but this won't replace live communication. I also miss my church friends so much. During these two years, they have become very dear to me. Sometimes we went to visit

each other or went out to nature together. If we had problems, they always helped us. I know that nothing has changed and we still remain friends, but I miss those meetings and our communication so much.

When I feel sad, and when it seems that everything is bad, I think that after the rain, there is always a rainbow in the sky, which means that after the trials, joy always comes. I don't like this time, and I don't want to stay at home, but I know that time will pass, and everything will be fine. Difficulties make us stronger.

Tatsiana Bandarenka
ESLW40
Opinion Essay

Types of Bad Habits

Do you have any bad habits? I think "yes". Bad habits are peculiar to each one of us. Some of them are harmless, but the majority of bad habits usually adversely affect us and have a negative impact on our lives. It's very important to cope with this problem by recognizing bad habits and eliminating them as soon as possible before they become part of our personality. To get rid of bad habits it's useful to know their types. There are several groups of bad habits including social, psychological addiction, and physiological.

The first group is bad social habits. This type of habits is directly related to how a person interacts with others. Usually the causes of these habits are associated with education and the environment in which the person grew up. One of the examples of bad social habits is swearing. It is always rude and impolite towards surrounding people to swear. For instance, one of my acquaintances doesn't control his speech and often uses swear words. As far as I know him, he always used the bad words in his speech. I think this is the result of the fact that since childhood he communicated with a bad company of his peers. His mother was always trying to protect him from the interacting with the people who adversely affect her so. However, because of her work, she often didn't have enough time for proper upbringing of her son. Now he can't get rid of this bad habit. Maybe he doesn't even try, but I personally find it unpleasant to listen to him. The next example is interrupting people during a conversation. Everyone knows that it's disrespectful to interrupt the interlocutor. However, a lot of people often forget about this fact. This makes others nervous and annoyed while talking. In this case, I'm taking G50 class this semester. I really like this course, but there is one little problem. Every day we have a group work



with our classmates. We have to share our answers and opinions during the lesson. As for me, it's very helpful activity for ESL students because we are practicing our speaking skills. However, there is one person in the class who always interrupts his partners while working together. The worst thing is that he doesn't consider this as a problem. Consequently, no one wants to work with him. One more example of bad social habits is negative thinking. Sometimes my husband doesn't want to see a positive side in a particular event. It just seems to him that everything is bad and it's not possible to fix what happened. At this moment his frustration

is due to moving to another country. He still misses his homeland a lot. Sometimes he just wants to leave everything and go back to Moldova, even if he realizes that there are no future prospects for us. I know that it would be easier for him to find some advantages in this situation, and I always try to explain it to him.

The second group of bad habits is psychological addiction to certain things. The first example is the gambling addiction, when a person feels an obsessive desire to play constantly. This can even lead to personal and financial ruin. For example, every day my husband's friend spends a lot of money playing cards. He can't stop playing, despite knowing that it won't lead to anything good. The Internet addiction is also a kind of bad habit. Today there is a growing number of people dependent on the Internet. I must admit that I am also addicted to the Internet. Every day I use a computer to surf the Internet, even if I don't really need it. The next type of psychological addiction is "shopaholism." Nowadays, many people, especially women, feel an irresistible desire to buy something, not pay-

ing attention to the need or consequences. One of my friends recently told me a story about a woman who was borrowing money just in order to go shopping, even if there wasn't any need.

The third group is physiological habits: the habits people maintain to satisfy their physiological needs. This type of bad habits is the most dangerous because it's so hard to overcome and get rid of this type of addiction. Alcoholism is one of the examples of physiological habits. Because of this bad habit, my dad's acquaintance lost his family. He was trying to recover from alcoholism, but his dependence was stronger than he. The next example of physiological habits is drug addiction. Very few people in modern society do not know about the dangers of drugs. Thousands of examples tell us about the negative effects of drugs on the human body. However, despite this, drugs continue to attract people, destroying their lives. One more example is smoking. Everyone knows the fact that smoking is harmful to health. Nevertheless, every smoker thinks that the effects of smoking will not

affect him; and he lives for today without thinking about diseases that inevitably appear in 10-20 years. Lately, one of my friend's relative was faced with very severe health problems due to smoking. Now he is trying to recover at any cost, but after decades of smoking it is very difficult.

In conclusion, any bad habits, in a varying degree, prevent people from realizing themselves successfully in life. Moreover, sometimes people don't even recognize that they are dependent on something. Bad habits can be divided into several types: social, psychological, and physiological. Most of these habits have a negative impact on a person. That is why we need to try to overcome effectively this problem and eliminate bad habits from our lives as soon as possible.

Romanciuc Arina
ESL W50
Classification Essay

Living in the United States

The United States is a very good country. Everybody likes to live in this country. People in this country are very happy. There are some advantages to living in the United States that make it better than living in the rest of the world.

First of all, there is freedom. You are free to choose your religion and what you believe. No one will force you to choose your religion or change your beliefs. There is freedom of expression. Everyone has the freedom to celebrate their traditions. To sum up, freedom is one of the important advantages to living in the United States.

Second, in the United States there is social justice. All people are equal in rights and duties. There is no difference between men and women. There is no national or ethnic racism. Everyone is working to build and advance this country. In brief, social justice



is a good advantage to living in the United States.

Third, there are a lot of programs to help people. Programs help school children continue to study. There are programs for the elderly to help them to have a good life. There are programs to provide jobs for people. To summarize, programs to help children and the elderly and provide jobs for people are one of the advantages of living in the United States.

In conclusion, freedom, social justice, and programs to help people are good advantages of living in the United States. I think people all over the world want to live in the United States. It's a very nice country. Everyone can get their dream. You can enjoy your life in the US.

Salim Mustafa
ESLW40
Opinion Essay

The Teacher is Not the Only Teacher

I used to tell my grandfather I hated all teachers. When I first told my grandfather I hated all teachers, he smiled and said, "Do you hate me?" I told him "No, I do not and you are not a teacher." Then he said, "A teacher does not have to teach at school to be a teacher. Everyone in your life is a teacher. You do not know what she or he teaches you yet. They are going to teach you a lesson, some of them good lessons and others not really," I thought for a second then said, "I do not think so.

Not everyone talks to me about math or science or English." He said, "Life is not all about science or math. There is a lot to learn and you will never learn everything." What you learn in school is not the only thing you are going to learn and not only the thing your teachers

going to teach you. There are different kinds of teachers and not all of them school teachers. There are three categories of teachers in life: school teachers, life teachers, and manners teachers.

One type of teachers is actual school teachers. With this type of teacher you may learn about the life around you. School teachers are mostly who you are going to gain your knowledge from. School teachers play a big part in providing people with logical information. Teachers build your way of thinking. In any kind of school where there are lots of teachers in many different fields, each one of them will teach you a different thing. Every teacher will open for you a different door of life. There are different kinds of teachers. There are math teachers, history teachers, science teachers and English and other language teachers. Each one of them shows you a different angle of life and thought. They teach you how life works with different subjects. They give you the knowledge to understand life. School teachers build your way to who you are.



Another type of teachers is life teachers. What I mean by that is the people who teach you how to react and how to control your emotions. Grandparents can be the best life teachers because they know kids very well and how kids want to express their feelings and reactions. You do not have to explain a lot to. They have been in your shoes. They know how it is for you. For example, my friend got into fight with another student in the school. He did not like to have a student hate him,

but he did not like that person at all. He could not find a way to make it up. One day he talked to his grandfather about it. His grandfather gave him a solution that worked the best for him. Friends can be life teachers if they are wise enough to listen and give the

best solutions. Some friends who have been in the same situation can be a good teacher too. Friends may understand you much better because they know you well enough to know what helps you. My cousin used to get emotional easily and did not know how to control her emotions. Her friend taught her how to control her emotions by repeating two sentences someone told her before that made her happy one day. Music is a psychological "teacher" too because music contains a lot of life problems. Many people feel better and relieved after listening to their favorite music. Listening to music carefully helps people to escape and find better ways to face their problems. It may sound funny that music can be a teacher, but actually your music choice is like choosing the solution to your problem. When I was in high school in the USA, I faced a lot of problems. Through high school I struggled with students being racist to me because I am from Iraq. It got me depressed and I started to cut my wrist and I could not stop it. Music became my best

friend. In music I found the thing that could cheer me up and help me through school. After months of listening to music, I found that thing that taught me how to control my emotions and stop cutting. Music can communicate with people in affective way. Music helped me a lot to find my way through life.

The final category of teachers is manners teachers. For most kids, parents are the main teacher of their manners. For these kinds of lessons parents are models to learn from. Parents can change some of their kids' manners as time goes on. Kids who spend a lot of times with their parents can take on a lot of their parents' behaviors. For example, I took a lot of my parents manners because I used to spend a lot of my times with my parents. Relatives can change a persons' manners too but only if they are in a really close relationship. It can be in good way or in a bad way. It depends. As long as they teach you something useful and new, they are

being your guide. You can learn manners when you are a child, but it is hard to get rid of when you get older or you can gain new ones when you get older. Older siblings can have a big impact on a kid's manners and they can teach him. Older siblings look a lot after their younger brothers or sisters. They can be the best manners teacher for a kid because they won't be harsh and they understand the kid easily.

In conclusion, there are many types of teachers in life. They do not have to be school teachers to be a life teacher. Everyone you have in your life right now is a teacher because everyone gives you a special lesson in life. Parents and friends are special teachers in life. Kids have different kinds of teachers and not every teacher has to be a person as long as you learn something from them.

Betul Yousif

ESLW50

Classification Essay

Visiting Siberia

It was many years ago when my son only began to study at school. At that time my friend Vasya was living in Irkutsk city. One day he invited another friend, Mike, and me to visit him for hiking near Lake Baikal. While we were preparing for that hike at Vasya's house, his little son, who was six years old, asked Vasya repeatedly to take him with us. Finally, Vasya agreed. Therefore, early the next morning the four of us were traveling upstream in a boat. Mike and I were sitting in the middle, and Vasya with his son, in the stern. Vasya held a motor handle with his right hand while his son was sleeping on his left hand. Suddenly two ducks took off the boat. They quickly moved away.



Mike and I were paralyzed with a worry when Vasya threw the motor handle and took a gun. Only one thought, "Vasya, no!" He was looking at his sleeping son and flying away ducks. Then he shot! I was shocked because I just imagined my son in that situation, but Vasya's son didn't even open his eyes! He only asked, "Lucky shot?" After thinking a lot, I understood that there is a difference between living in the central part of Russia and living in Siberia.

Ivan Polyakov

ESLG50

Narrative Writing

ARC ELLIS Club

English Language Learner & Immigrant Support

What is ELLIS Club? First and foremost, we are a group of ARC students, faculty and community members who are friends of English language learners and immigrants.

ELLIS = English Language Learner and Immigrant Support.

We derive our name from Ellis Island, the primary point of entry for millions of immigrants from the late 1800s to early 1900s. Many in the US can trace their heritage to an ancestor that arrived through Ellis Island. However, it is important to acknowledge that the original "Americans" were already here--the native peoples who inhabited these lands long before the first European settlers arrived. It is also important to note that many other immigrant groups came through other key points of entry, such as Angel Island, Miami, and the Canadian and Mexican border. With this in mind, most Americans have roots elsewhere, which largely makes the US a nation of immigrants.

Although Ellis Island no longer functions as a point of entry, its legacy remains deeply woven into the fabric of US history and culture. Paying tribute to that legacy, ELLIS Club is likewise a welcoming point for immigrants to American River College. Founded by a group of ARC students and faculty in 2019, we hold dear our vision and mission.

Vision: Transform the lives of immigrants and English language learners through education and community engagement.

Mission: The American River College ELLIS Club serves English Language Learners and immigrants on their path to academic and personal growth. With inclusion and opportunity as core values, the club is a bridge between the college and the diverse community it serves.

The ELLIS Club is dedicated to helping newcomers understand and navigate the cultural expectations of being a college student and community member in the United States. The club also serves to promote awareness of how its members contribute to our vibrant community and help define what it means for a multicultural society like the United States to thrive.

As evidenced in our vision and mission, we seek to help those who need the most help. It is not easy to start a new life in a new country, especially for those who are still learning the language, culture, and how they fit into American society. Education equals opportunity, and once afforded that chance, immigrants thrive and help our country become stronger, living up to its highest ideals. Most Americans, if they look back far enough, can see their immigrant ancestors treading a similar path to opportunity and a better life for future generations. In ELLIS Club, we seek to help newcomers on that same journey.

To that end, we are currently involved in several projects, including peer mentoring/mentor training, translation and interpreter services, as well as outreach to local adult schools and refugee resettlement agencies. If you are interested to know more about ELLIS Club or how to get involved, please email us. We take all comers--immigrants and friends of immigrants alike! arc.ellis.club@gmail.com

Nestscape -- Articles from the Web

Zoo Removes Parrots from Display after Birds Keep Cursing at Visitors

Continued from page 1

move them," park CEO Steve Nichols told BBC. "I'm hoping they learn different words within colonies — but if they teach the others bad language and I end up with 250 swearing birds, I don't know what we'll do."



The birds were adopted by the park from five different owners in August and then quarantined together before being put on public display.

"They were all (cursing) and blinding at each other, which was

funny, but when they went outside they were quite offensive to some of the visitors," Nichols told the Lincolnshire Reporter. "It caused some concern as people didn't realize it was the parrots at first, as it can sound like it is a person's voice, but then they loved it." The British park also discovered that the

patrons were giving it right back to the parrots like it was the dialogue of a Quentin Tarantino movie.

"It is unusual to get five coming to us at once that all have the blue language with the 'f word' the most common," Nichols told the Lincolnshire Reporter. "We are finding that people are swearing to try and encourage the parrots."

Parrots can often sound like humans; in a case in Florida in January, police were called after someone thought they heard a woman screaming that turned out to be a parrot.

And the parrots quickly picking up on the profanity is not a surprise. African gray parrots are the most popular type of pet bird in the world and are the greatest mimic of human speech among 350 known parrot species, according to National Geographic.

<https://www.today.com/pets/zoo-removes-potty-mouthed-parrots-cursing-visitors-t192907>

Why Don't More Americans Vote?

Two-Thirds Say Special Interests Control Elections

by Robert Longley

Why don't more people vote? Let's ask them. The California Voter Foundation (CVF) conducted a statewide survey in 2004 on the attitudes of infrequent voters and citizens eligible to vote but not registered. This survey sheds light on the incentives and barriers to voting, along with the sources of informa-



tion that influence people when they do vote.

Since the 1980s, voter turnout has been decreasing steadily in the United States, as well as most other democratic countries worldwide. Political scientists generally attribute falling voter turnout to a combination of disillusionment with elections, indifference or busyness,

and a feeling that an individual's vote will not make a difference.

At the time of this study, there were an estimated 5.5 million Californians eligible to vote but not registered to vote out of a total of 22 million eligible residents.

It Just Takes Too Long

"Too long" is in the eye of the waiter. Some people will stand in line for two days to buy the latest, greatest cell phone or concert tickets. But some of these same people will not wait 10 minutes to exercise their right to choose their government leaders. Besides, a 2014 GAO report found the average voter did not wait more than 20 minutes to vote in the 2012 election.

Just Too Busy

The CVF 2004 survey found that 28% of infrequent voters registered to vote said they do not vote because they are too busy.

In response to these findings, the CVF concluded that educating voters about absentee voting and campaigning for the right to take time off of work to vote could improve voter turnout in California.

Special Interests

Another reason for not voting is the perception that



politicians are controlled by special interests. This opinion, widely shared among 66% of infrequent voters and 69% of nonvoters, represents a significant barrier to voter participation. A feeling that candidates don't really speak to them was cited as the second leading reason for why infrequent vot-

ers and nonvoters do not vote.

Even Non-Voters Say Voting is Important

93% of infrequent voters agreed that voting is an important part of being a good citizen and 81% of nonvoters agreed it is an important way to voice their opinions on issues that affect their families and communities.

Civic duty and self-expression proved to be strong incentives for voting among people that did vote.



Family and Friends Encourage Others to Vote

The CVF 2004 survey found that 28% of infrequent voters registered to vote said they do not vote because they are too busy.

In response to these findings, the CVF concluded that educating voters about absentee voting and campaigning for the right to take time off of work to vote could improve voter turnout in California.

The survey found that family and friends influence how infrequent voters decide to vote as much as daily newspapers and TV news. Among infrequent voters, 65% said conversations with their families and local newspapers were influential sources of information when it comes to making voting decisions. Network TV news rated as influential among 64%, followed by cable TV news at 60%, and conversations with friends at 59%. For more than half of the infrequent voters surveyed, phone calls and door-to-door contact by political campaigns are not influential sources of information when deciding how to vote.

The survey also found that family upbringing plays a strong role in determining voting habits as adults.

51% of nonvoters surveyed said they grew up in families that did not often discuss political issues and candidates.

Who are the Non-Voters?

The survey found that nonvoters are disproportionately young, single, less educated, and more likely to be of an ethnic minority than infrequent and frequent voters. 40% of nonvoters are under 30 years old, compared to 29% of infrequent voters and 14% of frequent voters.

Infrequent voters are much more likely to be married than nonvoters, with 50% of infrequent voters married compared to only 34% of nonvoters. 76% of nonvoters have less than a college degree, compared to 61% of infrequent voters and 50% of frequent voters. Among nonvoters, 60% are white or Caucasian compared to 54% of infrequent voters and 70% of frequent voters.

Voter Turnout in 2018 Soared

On a positive note, the November 2018 midterm elections saw a historic voter turnout of 53.4%. The percentage of eligible voters that made their way to the polls increased by 11.5% from the 2014 elections to the 2018 elections. The age group that

saw the greatest spike in participation was 18 to 29-year-olds, with the voter turnout for this group increasing from just 19.9% in 2014 to 35.6% in 2018. Better yet, 2018 reversed a troubling downward turnout trend for midterm elections.

Turnout in the 2010 midterms was 45.5% before dropping to a miserable 41.9% in 2014. This steady decline had been happening since approximately 1982. Of course, voter turnout in midterm elections will always lag far behind that of presidential election years.

For example, in 2012, when President Obama was elected to his second term, the turnout was 61.8%. Turnout dropped slightly to 60.4% in 2016 in the election of Republican Donald Trump over Democrat Hillary Clinton.



<https://www.thoughtco.com/why-dont-more-americans-vote-3322088>

Election Day Vocabulary Quiz

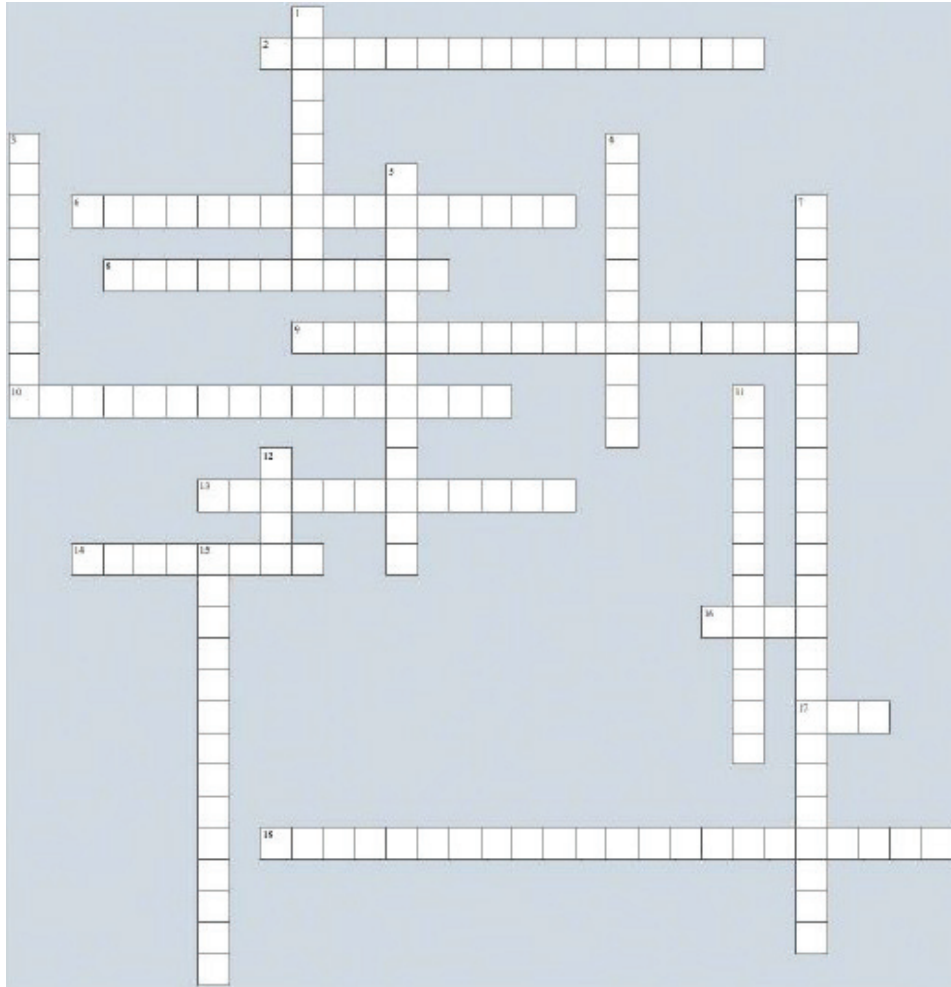
- The piece of paper that you vote on is called a _____.
a. sheet b. ballot c. paper
- Q: What do you do with a ballot? A: You _____ it.
a. cast b. throw c. fry
- The place where voters cast their ballots is called a _____ station.
a. police b. train c. polling
- Before you can vote, you must _____ to vote.
a. refer b. register c. resign
- Many states now use _____ voting.
a. touch the screen b. touch-screen c. touchy
- In a polling station, the little "rooms" where you walk in to vote are called voting _____.
a. closets b. shacks c. booths
- I can't vote in this election. I missed the registration _____ (= the last day you're allowed to register).
a. final b. deadline c. limit
- Which _____ party do you normally vote for?
a. political b. politics c. politician
- If you are not physically able to come and vote at a polling station, you can vote by what is called an "_____ ballot".
a. absent b. absentee c. absentminded
- When you register to vote, you often don't have to do this in person; you can do it by mail, or _____ (on-line).
a. electorally b. electrically c. electronically

<http://learnenglishfeelgood.com/vocabulary/esl-politics-elections-voting2.html>

10.
9.
8.
7.
6.
5.
4.
3.
2.
1.

Some More Parrot Fun Stuff

US History & Election Day Crossword Puzzle



Down

1. Time period that passes between presidential elections
3. Bird found on the Great Seal of the United States
4. Constitutional amendment that outlawed slavery
5. Person casting the deciding vote in the event of a tied vote in the Senate
7. Document that includes the ten amendments known as the Bill of Rights
11. Colors found on the flag of the United States
12. Length of term for Supreme Court justices
15. Year the Constitution was changed to give women the right to vote

Across

2. The President is also known as this
6. First President of the United States
8. Number of amendments to the Constitution
9. Title of the National Anthem of the United States
10. The White House is also called this
13. City in which the Constitutional Convention was held
14. What the 13 red and white stripes on the flag represent
16. The President can issue this to reject a bill passed by the Congress
17. Number of senators allowed to represent each state in Congress
18. One of the two houses of the United States Congress



Answers on page 13

Contra Spem Spero!

*Away, dark thoughts, you autumn clouds!
A golden spring is here!
Shall it be thus in sorrow and in lamentation
That my youthful years pass away?
No, through all my tears I still shall laugh,
Sing songs despite my troubles;
Have hope despite all odds,
I want to live! Away, you sorrowful thoughts!
On this poor, indigent ground
I shall sow flowers of flowing colors;
I shall sow flowers even amidst the frost,
And water them with my bitter tears.
And from those burning tears will melt
The frozen crust, so hard and strong,
Perhaps the flowers will bloom and
Bring about for me a joyous spring.
Unto a winding, flinty mountain
Shall I bear my weighty stone,
Yet, even bearing such a crushing weight,
Will I sing a joyful song.
Throughout a lasting night of darkness
Ne'er shall I rest my own eyes,
Always searching for the guiding star,
The bright empress of the dark night skies.
I shall not allow my heart to fall sleep,
Though gloom and misery envelop me,
Despite my certain feelings
That death is beating at my breast.
Death will settle heavily on that breast,
The snow covered by a cruel haze,
But fierce shall beat my little heart,
And maybe, with its ferocity, overcome death.
Yes, I will laugh despite my tears,
I'll sing out songs amidst my misfortunes;
I'll have hope despite all odds,
I will live! Away, you sorrowful thoughts!*

by Lesia Ukrainka

Translated from Ukrainian

Rigoberto's Riddles

Q: Why should you
save your pennies?



A: It makes good cents.

Silly Vasily's Chuckle Chamber

Late one night a burglar broke into a house and while he was sneaking around he heard a voice say, "Jesus is watching you." He looked around and saw nothing. He kept on creeping and again heard, "Jesus is watching you." In a dark corner, he

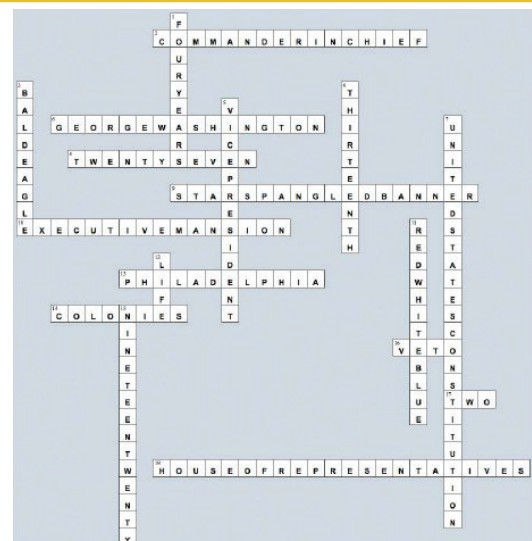


saw a cage with a parrot inside.

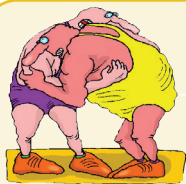
The burglar asked the parrot, "Was it you who said Jesus is watching me?" The parrot replied, "Yes." Relieved,

the burglar asked, "What is your name?"

The parrot said, "Clarence." The burglar said, "That's a stupid name for a parrot. What idiot named you Clarence?" The parrot answered, "The same idiot that named the rottweiler Jesus."



Parrot Warbling



Grappling with Grammar

Idiomatic Verbs

Phrasal verbs, also called idiomatic verbs or two-word verbs, are made up of a verb and one or more prepositions. The preposition in a phrasal verb is called a particle. This is because the preposition is not being used to show a relationship such as time, place, or direction; it is just there because that is the way we speak.

If you wake up in the morning, is there anything **up** about how you wake? If you tell someone to shut **up** (which we know is rude), what up are they supposed to shut?

Examples:

- Please **fill out** these forms so I can **find out** more about you.
- If you **fall behind** in your homework, your parents will **hear from** your teacher.
- If you **blow up** at your friends, it makes it harder to **get along** with them.

It is important to be able to tell the difference in the way prepositions are used.

I. Verb with an adverb:

- We **looked up** at the sky to see the meteor shower.
- As we were racing, James **fell behind**.

II. Verb with a prepositional phrase:

- We **looked up** the road to see if the car was coming.
- James **fell behind** the couch.

III. Idiomatic verb:

- We **looked up** the definition of that word in the dictionary.
- James **fell behind** in his schoolwork.

<https://www.englishgrammar101.com/module-7/prepositions/lesson-12/idiomatic-verbs>

Idiom--Attic

left-handed compliment

Meaning: An insulting or negative comment disguised as praise.

Ex: She said my new pants really make my legs look much slimmer. What a **left-handed compliment!**



<https://idioms.thefreedictionary.com/left-handed+compliment>

Pronunciation Rules

Schwa Sound

ə (the, about)

The reduced vowel sound called schwa is the most common vowel sound in spoken English. Schwa is a quick, relaxed, neutral vowel pronunciation very close to a 'short u'. The purpose of schwa is to allow unstressed syllables to be said more quickly so the main beats of spoken words are easier to place on the stressed syllables.

Schwa in an unstressed syllable

In words with more than one syllable, not every syllable is given equal emphasis when spoken. Three levels of syllable stress are possible:

Stressed /1/. Secondly stressed /2/. Unstressed /3/

Ex: em•pha•size

/1 3 2/

The spellings of schwa

Many multi-syllable words do not seem to be pronounced as they are spelled. This is because schwa is a function of syllable stress and not of spelling. Once learners can recognize stressed syllables, it becomes easier to predict when schwa will be used in an adjacent, unstressed vowel, regardless of the spelling.



Examples

'a' spelling: again: /ə 'gɛn/, vitamin: /'vaɪtəmə'n/

'e' spelling: petition: /pə 'tɪʃən/, celebrate: /'selə breɪt/

'i' spelling: president: /'prɛz ə dɛnt/

,experiment: /ɪk 'spɛr ə mənt/

'o' spelling: occur: /ə 'kʊ/, condition: /kən 'dɪʃən/

'u' spelling: campus: /'kæm pəs/, support: /sə'pɔrt/

<https://pronuncian.com/intro-to-schwa/>

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!

Jack-o'-Lantern Sandwich Bites

These golden ham and cheese nibbles are way easier than carving a gourd. Just use a pumpkin-shaped cookie cutter on store-bought pie crust and ham and cheese slices, then layer and bake!

INGREDIENTS (12 BITES)

- 1 box refrigerated pie crusts
- 8 oz. thinly sliced Black Forest or Virginia ham
- 8 oz. thinly sliced Cheddar or Swiss cheese
- 1 large egg

DIRECTIONS

1. Heat oven to 425°F. Line a rimmed baking sheet with nonstick foil.
2. Unroll pie crusts. Cut each crust into 24 pumpkin shapes with a 3-in. pumpkin cookie cutter. Using a 1/2-in. triangular cookie (aspic) cutter or a sharp knife, cut out eyes and a nose from 12 of the cutouts.
3. Using a 2-in. round cutter, cut 24 rounds from the sliced ham and 24 rounds from the sliced Cheddar.
4. Place 2 slices Cheddar in the center of each of the 12 solid pumpkins; top each with 2 slices of ham. With a small brush, brush beaten egg around edges. Top with remaining pumpkins with cut-out faces, carefully pressing on edges to seal.
5. Place on prepared baking sheet. Brush tops with beaten egg. Bake 12 to 15 minutes until light golden. Let cool on rack 5 minutes before serving.



Interview with Rick Alford

Continued from page 1

allenges when you have to start working online out of nowhere?

Rick Alford: I think I was a little bit like a student. I was wondering and scared about how it's going to work, but I was also confident that we would be able to figure it out. What I continue to tell everybody is we're fortunate to live in a time we have technology like this available to us. It allows us to continue to connect with people, educate ourselves, and deliver services, especially educational services.

The Parrot: Are you comfortable with technology?

Rick Alford: Well, I was pretty well versed in how to use technology in the classroom. I have used some online programs before and connected with students remotely. I was a former Spanish teacher. So, I used to teach Spanish in high school and in my Classroom, we used Google classroom a lot. I made sure whether the student was in the classroom or not that they had access to all the content.

The Parrot: How many languages did you study?

Rick Alford: I started studying languages in high school. I took French for all 4 years in high school. And then I also studied French for two years in college. I didn't have a lot of opportunities to practice. However, I had a lot of opportunities to practice Spanish. I have a friend from Puerto Rico. I decided to study on my own and talk with him. I started picking it up very quickly. After that time, I decided to start taking classes at community college. I got to know one of my Spanish professors at Shasta College and talked to him about my plan that I wanted to be a teacher. He recommended that I go and study abroad and he told me about his experience in Spain. It inspired me and when I transferred from Shasta College to Sac State, instead

of going to Sac State, I went from Shasta College to Spain.

The Parrot: Los Rios Community College District has many colleges, and ARC is lucky to have you, but why did you choose ARC as your workplace?

Rick Alford: My wife went to school here when we first moved to Sacramento. My wife is from Spain, so her first language is Spanish. She took her first college class at American River College. My niece and nephew are studying here as well. I love community college because it's the stepping stone for students who might not be ready when they first get out of

high school to go into a four-year university. I'm excited to be a part of the system to help students learn how to be a good student in college. It's really nice.

The Parrot: What do you think about working in the ESL lab versus in regular classes?

Rick Alford: It's a lot of fun. I like the flexibility that we have in the lab and that we are able to really customize the experience for each student depending on the level and depending on how much they want to challenge themselves. They are able to mix and match what their needs are with resources that we have. We have a lot of workbooks and modules that focus on a lot of different grammar concepts. We're

also able to help students develop their vocabulary and reading skills. The thing I really enjoy, especially when we moved online is the speaking classes that we offer. We have two different kinds of speaking classes. One is speaking which is more theme based and vocabulary based. Students participate in theme-based speaking classes for a minimum of nine hours. Then, Speaking B is based on stories we read and listen to then we talk about what we hear in the story. Students practice retelling the story, and we talk about vocabulary in the story. We also have time to discuss the different themes that we see in the story. I really enjoy helping students expand their vocabulary. I hope they can use them in their daily life.



Rick Alford walking in Spain

The Parrot: If you have to teach students online, would you like to meet with your students every week and would you prefer them to turn on their cameras and dress up like a typical class or let them feel free to turn off their cameras?

Rick Alford: We talked a lot about this thing in the lab. We understand that students are in a different environment. Sometimes it's hard for people to find quiet, without any distraction. We talked to students when they first came in. They should find a quiet place where they can be present in the class. As much as possible, we like to have your cameras turned on so that we can see you because we want it to feel as much like a real conversation as possible. We are flexible with students.

The Parrot: Do you feel annoyed if students sleep in your class time?

Rick Alford: Oh yeah, we can't have students sleeping, no. We try to keep everybody engaged even if they have their cameras off. We ask questions, we make sure that everybody has opportunities to participate.

The Parrot: Some students say, "Studying online means we have to learn everything by ourselves, and the professor teaches us nothing." What would you say to a student that thinks like that?

Rick Alford: We know that students are doing a lot of work independently. The way we are set up now, we have a Zoom room called "The ESL Center Help Room." It is one Zoom room that is open all day long from 8 o'clock in the morning to 7 o'clock at night Monday to Thursday and on Friday until 12. We encourage students if they have questions or they want to review the answers that they put in their workbooks, to go to the help room. We can go into a breakout room with them individually and work with them with their workbooks. It's like sitting next to them with their workbooks. We have at least 4 or 5 staff in the help room that are available to help students. We also have students who are available to offer primary languages to help students if they need that.

The Parrot: Why did you choose this teaching field as a Spanish professor?

Rick Alford: I think part of it goes back to the experience with my community college professor. He

really inspired me. He was a very interesting man. I really enjoyed his class because it was a lot of fun. He had great stories about his time and his travels in Spain. He was also from Mexico. He would tell students about his own culture and it was really fun and inspiring. I saw his life and what he did for a living and how he interacted with students and I was kind of wanting to follow his instincts.

The Parrot: If you can change one thing in your life, maybe a choice you made before or another thing, what would you like to change?

Rick Alford: That's a difficult question. I don't think I would change anything. I think life takes me in a certain direction. Sometimes we made choices and the consequences might not be quite what we expected, but there is always a way to find the silver linings. We can find good things in life no matter what comes our way. So, I don't think I would change any of my choices.

The Parrot: If you didn't study Spanish, what would you have studied?

Rick Alford: That's an interesting question. When I first started college, I thought I wanted to be a lawyer. I started taking classes that were related to law like business law class, and I talked to some people working as lawyers. Then I saw a teacher. I liked interacting with my teacher. I liked seeing the kind of lifestyle that my teacher had. Then I knew that my passion was really about language, culture, and art. It wasn't law or business. And absolutely not math. I'm not good at math. I was kind of looking at what I was passionate about and decided that is what I wanted to dedicate my life to. It's really learning languages, learning about different cultures, being able to travel as much as possible and getting to know different places, different people all around the world. It really enriches your life.

The Parrot: Did you travel to other countries besides Spain?

Rick Alford: I have been to Spain, France, Italy, Portugal, Germany, I have been to a lot of countries in Europe. I've been to Mexico a few times. I really want to travel more to South America and I would also like to travel to countries like Vietnam or Thailand.

The Parrot: What do you think are COVID silver linings?

Rick Alford: The way that we adapted our classes in the lab here. Even if we are able to go back to campus again, we will be able to take the version that we have now and continue to offer it to the students who may not have the ability to be on campus. We can use a lot of things which can be used effectively on Canvas instead of paper. So, we can keep track of students' records and progress in the lab. It's a big silver lining for what we've gone through with COVID-19.

The Parrot: What do you want students to know about you?

Rick Alford: About me personally? I'm really excited to be here and to be able to help students improve their English skills. It's been really fun to see how graceful students are with the services that we offer. Coming from high school, students are always 100%

excited to learn the second language and students who come to the ESL lab are very excited to learn English. They work hard and they try really hard and we really appreciate that. It's a good fun place to be and we have a good group of people to support them.



Interviewer: Tuyet Le

Reading for Beginners

The Capitol

The United States Congress works in the Capitol building in Washington, D.C. In the Capitol, members of Congress pass laws for the country. Congress has two parts. One is the Senate. The other is the House of Representatives. Each state elects people to be in Congress. Visitors can watch members of Congress work on laws.

There is a statue on top of the Capitol. It is the goddess of Freedom. When Congress meets, the statue has a light.

Today, the Capitol has 540 rooms. It has restaurants, kitchens, post offices, a barbershop, and a prayer room. Visitors can see many of these rooms. They can also see hundreds of paintings and works of art in the Capitol.

The House of Representatives and the Senate have offices in another building. Underground trains go from their office building to the Capitol. Senators and Representatives have people who work for them. Sometimes these staff members stay in the Capitol building. They call the congressmen and women when something important happens. The congressmen and women come quickly on the train. They get there in

time to vote. But this train is not just for members of Congress. You can take this train too.

Find the best answer to complete the sentence. Write the letter of your answer on the line.

1. The Capitol building is in ____.
 2. The members of Congress have very important work. They ____.
 3. The people of each state elect ____.
 4. Visitors to the Capitol can ____.
 5. Staff members sometimes stay in the Capitol. They call the congressmen and women if ____.
- a. members of Congress
 - b. something important happens
 - c. Washington, D.C.
 - d. make laws for the country
 - e. watch members of the House of Representatives and Senate work on laws

*Adapted from "A First Look at the USA: A Cultural Reader"
by Milda Broukal. Longman (1997)*

ATTENTION!

Are you interested in getting more practice with your English and preparing for your final exams at the same time?

You can register for a 0.5 (half) unit in the ESL Center and earn credit by attending 9 hours of speaking sessions and completing one workbook. Speaking topics are always interesting, and you can choose a workbook to help you practice the grammar or vocabulary needed for your final exams!

If you are interested, please feel free to use this link to connect with staff in the [ESL Center Help Room](#). They can answer questions and help you register.

You may also email them at: eslcenter@arc.losrios.edu

More information can be found here: <https://arc.losrios.edu/student-resources/learning-resource-center/english-as-a-second-language-center>

How Does the ESL Center Lab Help Students?

"I like to study at the ESL center because it helps me to improve my listening and speaking skills. It encourages me to speak more with other people with different accent, so it increases my comprehension ability. ESL center helps me to improve my vocabulary. Also, it is necessary for some other professions and other fields of studying at college."

Razeyah Rezayee

"Have you ever had a good conversation with a professor or a tutor in ESL lab class? My first semester in ESL was very good. Every day we had two speaking sections, and it was a very interesting class for me because I was excited about what I would learn today and what kind of story I will have in the speaking section. I recommend this class because this class can help you with life and the things you even didn't think in English, and of course, it can help you how to guess and how to think in English about the story, and quizzes."

Husna Safi



How Does the ESL Center Lab Help Students?



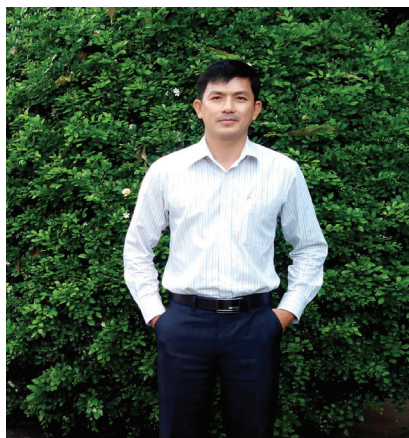
“ESL Lab is very helpful. Tutors and professors in the lab are nice, enthusiastic and patient. They helped me about grammar that is complicated to me. Now I am taking ESL 315 and I am doing great. Thanks to ESL Lab, I don’t make too many grammar mistakes that I did before. Because of COVID-19, learning online is challenging to me. I hope I will return to the class soon.”

Rahmat Sail

“I am currently taking ESL 325 online class. The ESL Center is a place where students can get more help besides attending lectures in class. ESL center is always essential for me. Whenever I faced a problem, I got their help. Through their explanation, I could be able to correct my mistakes and grammar errors. The ESL center also motivated me to get good grades. Since I started studying there, I have got better grades.”



Hasibullah Yaqoobi



“It is the first time I join in ESL Center online and I am really happy to study here. There are only two to five students in each meeting, so I have more opportunities to practice with my teachers and tutor. The teachers help us so much correct sentences for each student and explain the meaning of each vocabulary and how to use it. Besides speaking and listening, I am assigned with one or two workbooks to practice grammar or writing directly with my teachers. In classroom in campus, I do not have many chances to work closely with my teachers like this.”

Hieu Le

“I actually got much more help from ESL Center than I thought. I took 1.5 units to improve my reading skills. This one time I was reading through a passage and I was confused by the grammar structure of a sentence. With everything I have learned, I was pretty sure that the sentence is wrong. Surprisingly, I was wrong. A professor helped me by explaining that structure more clearly. By getting help from the professor, I incidentally learned a new concept.”



Dai Nguyen

What Book(s) Did You Read This Summer?

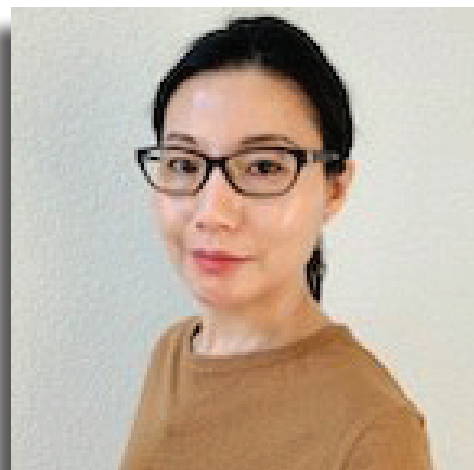


*"One book that I read for myself was *The Handmaid's Tale* by Margaret Atwood. It was written in 1985, but many of the issues in the story are important ones today - even if the story is not a true story. I also read the sequel (the book that follows the first one), which is called *The Testaments*. They are not "happy" stories to read, but they bring up some very important and difficult problems in American society, especially about women's rights, that I think are important to think about."*

Prof. Ally Joye

*"Pachinko by Min Jin Lee
I Feel Bad About My Neck and Other Thoughts on Being a Woman by Nora Ephron."*

Prof. Ann Tzou



*"The Girl in the Window, Where the Crawdads Sing
Martin Luther Population 85: The Story of a Small Town in California."*

Prof. Krista Hess



"I read 9 books this summer, and I liked all of them, but I highly recommend these 4:

Citizen: An American Lyric - Claudia Rankine

Children of Blood and Bone - Tomi Adeyemi

My Sister, the Serial Killer - Oyinkan Braithwaite

Untamed - Glennon Doyle"

Prof. Margaret Travis



Around the World

OKTOBERFEST: WAS IST DAS?

Do you like to drink beer? Are you surprised to learn there is a festival about beer where a large group of people gather together to consume a large amount of beer and do many other activities? Even if you don't like beer, you would probably like to know about Oktoberfest because of the following facts.



The wedding between Prince Bavarian Crown Louis (who later became King Louis I of Bavaria) and Princess Therese Von Sachsen-Hildburghausen invited Munich's citizens to celebrate in the fields in front of the city gates. This was the origin of Oktoberfest. Oktoberfest is known as the event with the highest alcohol consumption every year.



Women's Dirndl

Oktoberfest is usually held between September or October every year, and is different in each country due to culture and weather conditions.



Tradition men's Lederhosen

Oktoberfest is celebrated biggest in Munich, Germany because this it was where Oktoberfest began. Many people gather together to enjoy not only beer but also many other activities and food. People often wear traditional clothes for this festival. For women, they usually dress up in a *Dirndl* which includes a skirt, blouse, and an apron. Men often wear *Lederhosen* outfits which include leather pants.

In some places in America, people also celebrate Oktoberfest with many interesting activities like the annual "Running of the Wieners" (a dog race of dachshunds, sometimes called "wiener dogs") in Ohio; there is much entertainment with live music, dancing, shopping, shows, etc. If you are a fan of beer,



entertainment, and food, you can't miss this fabulous festival which is held mainly in October every year.

by Tuyet Le

The Story of -FEST: A Sometime Suffix Gone Wild!

SQUAWKFEST: A LINGUISTIC LOOK

You should be thankful for the Oktoberfest! Even if you're not a beer drinker or beer seller, you still should be grateful for the Oktoberfest. The popularity of Bavaria's world-famous Oktoberfest that takes place, well, every October, is likely quite responsible for one of the funnest suffixes in English: -FEST. You won't find it on any list of "most common" suffixes, and even the lists that boast to be "big lists" leave it off, but "fest" is a great suffix. In their defense, the suffix lists may have ignored it because "fest" is also a noun, and it comes to English via German who "borrowed" it from Latin and never gave it back! Although my word processor doesn't want to admit that the plural "fests" is a word—it gets underlined in red every time I type it.

"Fest" is related to "festival" and if you were to translate "Oktoberfest" it would simply be "October Festival" (or more honestly, "Beer Festival"), but after English borrowed "fest" it started to take on a bit more meaning than just "festival" or "celebration." The Online Etymology Dictionary reports that the expression GABFEST from "gab + fest" meaning "session of conversation," came into American English around 1895. The "organized festival" part of "fest" is already gone, and the focus is on the today's definition of "a meeting or event at which the emphasis is on a particular activity" (thefreedictionary.com).

It is not surprising that "fest" gained popularity and was used to invent new words at the end of the last century because by then the Oktoberfest was 85 years old, having started in 1810 and gained world fame, which was surely due in part to the millions of German immigrants to the United States up till then. If they were the ones who introduced "fest" into day-to-day American speech then they are in part to be thanked for a whole lot of fun.

Consider this list of the most common "fest" compounds in contemporary American English, and they are listed beginning with the most fre-

quently used on the Internet. (Results of search done via iWeb: The 14 Billion Word Web Corpus at <https://www.english-corpora.org/iweb/>). (Yes, it is arguable that Oktoberfest is now happily at home as an English word "k" and all!). This selection is from the 100 most common -FEST uses in the digital world.

A few casual observations about the list and how the "fest" suffix has changed in mean-

Oktoberfest	Pridefest
Summerfest	*Sufferfest
Briefest (Is that a big Brie cheese festival or is that the suffix -est on the end of "brief?")	Musicfest
Bluesfest	Funfest
Winterfest	Hammerfest
Slugfest (baseball term not a weird food festival)	*Scarefest
Fanfest	Wonderfest
Toonfest	Gabfest (it's still there!)
Efest (a company that "is your go-to answer for all things battery related")	Bikefest
Ribfest	Mayfest
Riverfest	Filmfest
Ozzfest	Lobsterfest
Briefest	Splatfest
Sunfest	*Gorefest
Octoberfest (nice try, but the German spelling is just cooler)\	Pumpkinfest
*Frightfest	Hoopfest
Jazzfest	Ryhmefest
*Wreckfest	Applefest
Lovefest	Bookfest
Beerfest	*Deathfest
Hamfest	Wrestlefest
Springfest	
Snoozefest	

ing. Of course, the older idea of “festival” is still part of every season and at least the month of May. The other months aren’t as party-friendly, I guess. Hobbies, sports, and food are good reasons to get together.

But if the “organized festival” idea is part of the asterisked terms (*) then the fun what does fun really mean? WRECKFEST, FRIGHTFEST, SUFFERFEST, SCAREFEST, DEATHFEST, GOREFEST all can be used more as descriptions. A traffic news reporter in a helicopter might look down on an winter streets full of car accidents all over the city and say, “It’s a real wreckfest out there today, so be careful!” Friends exercising at a gym together might say “today was a real sufferfest” because they increased the intensity of their workouts too much. Horror film enthusiasts might describe a new zombie movie as a FRIGHTFEST, SUFFERFEST, SCAREFEST, DEATHFEST, GOREFEST. There was no “festival,” but there was a lot of fright, suffering, scariness, death, and gore.

These uses show that “festivity” and “fun” are only part of the meaning of -FEST nowadays. HATEFEST, BLAMEFEST, CRAPFEST, YELLING FEST, ANGER FEST, RAGE FEST, MOAN FEST, BORE FEST, SQUABBLE FEST, GARBAGE FEST and other contexts focusing on the expression of a lot of “negative” emotions or actions show that the modern heart of the FEST/ -FEST definition is “a lot of something.”

Indeed, The Cambridge Dictionary affirms this more modern use with its definition: “used in combination with other nouns to create a word for a situation in which there is a lot of something.” Although SUFFERFEST with its verb + fest combination may argue with Cambridge’s limitation of adding -FEST just to nouns.

SNOOZEFEST deserves special mention for its emphasis on “a lot of snoozing” (meaning “a lot of sleeping”) because it is frequently used as a criticism. For example, if you say, “My ESL professor’s grammar lecture today was a real snoozefest,” is to say that it was a really boring lecture. It was so boring that you fell asleep, and maybe a lot of students fell asleep, or at least they wanted to.

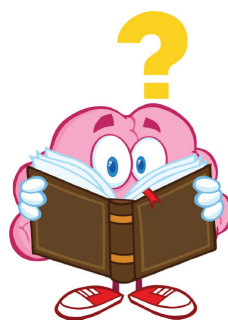
As an American consumer, I have observed -FEST used to help advertise special sales in stores and restaurants. Thus, to my American ears LOB-

STERFEST, HAMFEST, BOOKFEST, APPLEFEST, BEERFEST sounds like promotional sales even more than festivals centered around those products. LOBSTERFEST may be a week of great deals on lobster at a grocery store or a month-long special offer of lobster at a seafood buffet.

If you want to try something new next time you’re surfing the Internet, pick some random thing and search it with FEST. FISHFEST, CARFEST, DOGFEST, CATFEST, FRYFEST, FLYFEST, BOOGERFEST, SUGARFEST, POLKAFEST all came up with hits when I searched! Many of these are events, but some aren’t. If you’re willing to let “fest” stand on its own, or attach it with a hyphen, then you’ll find even more hits with combinations that seem to resist suffixation. One of my personal favorites was “Ape Fest” to advertise a movie event showing all 5 of the “Planet of the Apes” movies in order.

Thank you, Oktoberfest, for giving us more than just beer. Thank you for popularizing “fest.” You helped create BreakFEST, pencilfest.com, and most notably, ParrotFest, which is a live music festival in Torquay, England, not to be confused with The Parrot Festival, an event dedicated to education and love of parrots sponsored by the National Parrot Rescue & Preservation Foundation in Altair, Texas—definitely a fun time and a most worthy cause. Squawk!

The suffix -FEST is much more common than the online suffix lists suggest, and it sure adds a lot of fun to life...most of the time. I’m sure the YouTube series, “Grammarfest” is a lot of fun...probably, kind of, maybe. But Squawkfest, now that’s my idea of fun! (Look it up! It’s for real and unfortunately doesn’t feature any parrots).



by **Patrick Hoggan**

Out of the Cage

American River College



- Questions about college?
- Need more information?
- The ARC ELLIS Club can help!

The ARC ELLIS Club is a group of ARC students and professors committed to helping people transition into college and achieve success. Our focus is immigrants and English language learners like you!

Email us to connect with one of our club representatives: ellis.club2019@gmail.com

Internship Info Week: LinkedIn Info Session

October 22, 2020

2:00 pm

Establishing your e-presence on LinkedIn is more important than ever now that many organizations are operating remotely. Hear the latest tips on building your profile from a LinkedIn expert. Learn how to engage with this professional social media site with over 4 million users!

Registration link: <https://cccconfer.zoom.us/meeting/register/tJEofu2grzguGtHSuMBmX-HiLly0TuSAHGANV>

Career Support Group

October 27, 2020

3:30 to 4:30 pm

Are you undecided about your career path? Having trouble finding a job? Feeling isolated and unsure of your next steps? Come join our career support group where you will:

- Learn valuable tools to navigate your next steps.
- Learn a 4-step process for finding your major
- Learn job search tools to help you land a job
- Support each other on your career paths

JOIN US ON ZOOM: <https://cccconfer.zoom.us/meeting/register/tJEsfumpqzlrH90GH6aT-Hi0oRjiQwG4wQPt>



SQUAWK!!

QUESTIONS/COMMENTS?

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

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 Hoggan:** Davies 334, (916) 312-3574, or Hogganp@arc.losrios.edu. To see The Parrot in color go to <https://www.arc.losrios.edu/academics/the-parrot-newsletter>.