

# THE PARROT



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ISSUE # 149

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

## Education A to Z: Interview with Alia Zaben

**The Parrot:** We know that you were born in Carmichael, California in 1977, and we would like to know more about your interesting background. Can you tell us how your family ended up in California?

**Alia Zaben:** I was born in California. But as soon as I turned one, I was taken to Jordan in the Middle East. So I did most of my primary education there. They didn't



have kindergarten, but I completed first and second grade in Amman, Jordan. My mom is British and my dad's Jordanian. We lived there for six years because of my grandmother. She was older and had dementia. So we had to take care of her. Then, I came to the U.S. in 1995.

**The Parrot:** How did you decide your major, or in other

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5 Facts to Know About Veterans Day

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"To write well, express yourself like the common people, but think like a wise man."

Aristotle

## Thanksgiving: An American Tradition

The American holiday of Thanksgiving is celebrated every year on the fourth Thursday in November. The holiday is during autumn -- the main season for harvesting crops. Thanksgiving is an autumn harvest **festival** like those found in many cultures around the world. On this day, most Americans gather



with friends and family. Many take time to think about what they are thankful for, cook **up a storm**, and eat. The star of most Thanksgiving dinners is a **roasted** turkey. Turkeys are large birds native to North America.

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## Student Chirpings

### The Most Stressful Day

It was the sunniest April's day in my hometown. I got up early and went outside. Spring was in the air. All trees were in bloom. To feel closer to the motherland, I tried to memorize that day as it was. Unfortunately, nothing helped me put myself together. I felt like broken vase. My thoughts were that I was going to leave all that I love. That stressful day was the day of our immigration.

All day we tried not to concentrate on our departure. We invited our relatives for lunch. It seemed like usual holiday lunch, but my heart was full of tears. To my happiness, our son had a lot of energy on that day. It helped me forget my feelings for a while.

Our long trip was 22 hours. When we were landing at John F. Kennedy International Airport, I saw the ocean for the first time. I couldn't believe my eyes. It was the magic power! We clapped for our pilot to thank him for flight. I never saw such a huge airport. A lot of terminals, full of signs on a foreign language made me sad. Loneliness is all that I felt. We had to give our documents to the immigrant officer. We found him in the room for immigrants. There were a lot of people. Worrying, exhausting is all that I could see on their faces. Our acquaintance met us in the airport. A beautiful, Mickey Mouse balloon was in his hands. It made us smile. The road from the airport to the house shone the lights of the night city.

When we got home, we felt hungry. I confidently went to the store. I was pretty-sure about my knowledge of English language until I tried to buy a

chicken. It was the foreign language that I had never heard! My hands started shaking. I tried to show and explain to them what I wanted by my hands. Finally, I got one. It was my small victory. We entered our new home after midnight. I never dreamed about shower as on that day. After we took a shower, we decided to have dinner. Our apartment had nothing. Luckily, I was thrifty. I brought with me some glass plates, forks, and spoons. Without

dining table our dinner was on the bedsheet. We fell asleep on the floor without a bed and any pillows.

In conclusion, immigration is when you leave everything behind and wake up the next day in a different

country with a different culture. You basically start your life from scratch. Life is full of mistakes, disappointments and difficulties. I will always remember my most stressful day as a newcomer. Everyone wants to find their own place under the sun. As a newcomer, I would give some advice: immigrate with your family because it is hard to be totally alone in foreign country; talk with your spouse, family members, and kids about immigration. Do you really need these difficulties? If yes, to overcome all of them, the support of your family is all you need.



*Evgeniya Podroyko*  
 ESLW 50  
 Narrative Essay

## The Scariest Day In My Life

When I was growing up, I lived in San Salvador, the capital of El Salvador. El Salvador is a small country located in Central America. It borders to the north with Guatemala, to the east with Honduras. It is and it was a beautiful country with mountains, volcanoes, lakes and the Pacific Ocean. In those days, I felt safe going to the mall and to restaurants and to see my sister play basketball when I went out with my friends. My family and I used to spend Easter and Christmas vacations in our house at the beach and nothing bad ever happened. In the presidential election of 1977 there was a candidate from the Democratic Party that lost the election to a general of the military party because of fraud. People were discontented, and there were demonstrations in the heart of the city. I'll always remember a dangerous day in my life.



One day, when I got out of the office where I was working, I saw that there were no cars or public transportation. Instead there were only soldiers with guns outside my office. I was wondering how I was going to get home and what had happened.

My co-workers and I began to walk. We were talking about what may have happened that day and if we were going to be safe. The streets were full of people and you could see that everyone was afraid and did not know what was happening. We walked maybe one to two hours hoping to find a cab to take us home. My co-workers that I was walking with started to leave in different directions. I was left by myself with only strangers, thinking

what was going to happen to me if I didn't find a cab soon. It was also getting dark and I was beginning to feel that my life was in danger. I was afraid that the soldiers would start shooting because at times people would start running. Finally, a cab stopped that took me home.

When I finally got home, my parents were relieved and happy to see me. I told them everything I had just gone through and they told me what had happened. I found out that earlier that day some generals from different divisions had initiated a coup of the existing president. After that day everything started going downhill. There were kidnappings and businesses were bombed. The civil war started in 1979 and it lasted for 10 years.

In 1979, I left my country to come to the United States. I was lucky that we had lived previously in the United States and had kept our legal status. I came to San Francisco, California and the rest of my family followed, before the civil war started.



Vianey Crespo-Zaldana  
ESLW 50  
Narrative Essay

## Folsom Lake – Good Place to Have a Party

Sacramento County has a lot of amazing places to have a party in nature, but my family and I like very much to have party at the Folsom Lake. Why do we like Folsom Lake? The Folsom Lake has well-equipped BBQ areas, biking roads, and equipped places for swimming and boating. Folsom Lake is a great place to have a party because only there everyone can find what he wants to do.

First, the Folsom Lake has well-equipped and comfortable BBQ areas. My family and I like BBQ. If we have free time, we invite friends to

spend time together at Folsom Lake because there are many tables and benches. Also there are a lot of special equipment for BBQ that are located on special places for it. There I always prepare good meal because I like it very much. After

meal, we often talk about very interesting things that happened with us. This time our kids play with each other. Also there we sometimes read the Bible and pray for this amazing country. We always have wonderful emotions after communication at Folsom Lake.

Second, this lake has great biking roads. We like to ride bicycles, especially my kids, and at the Folsom Lake we have the best opportunity to do it. There are many short biking roads and only one tiny road. My wife, our kids, my friends and I like to travel for long distance the road that goes around the Folsom Lake. This distance is about 10 miles. When we ride a bike, we like to watch a nature: trees, birds, sky and many interesting things. When we come back from trip we are tired, but always

happy.

Finally, Folsom Lake has very well equipped and comfortable places for swimming and boating. My family and I like to swim and sail on a boat. Three months ago I bought for our kids very interesting swimming toys, rubber rings, and my kids like to swim with them. When my kids are swimming, I'm not worried about them because they are swimming in a special fenced place where guards always watch people that are swimming. Also when we go to Folsom Lake, we take the



small boat that I bought for 200 dollars. We sail on it not too far away from coast in special fenced safe places for this. This always gives us a lot of good emotions.

To summarize, Folsom Lake is perfect place to have a party. If we like BBQ, we can do it in

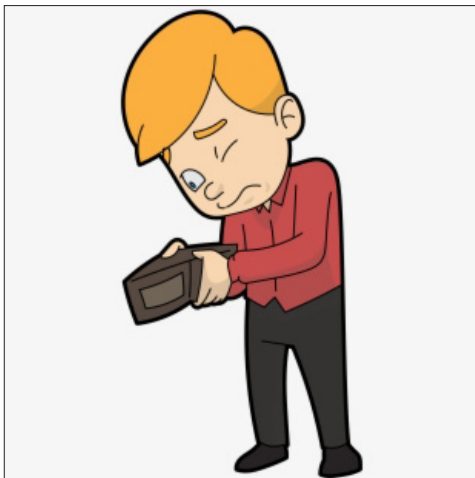
very equipped and comfortable places. If we like to ride a bicycle with your friend, we can do it too on perfectly organized cycling routes. Even if we like swimming or sailing on a boat, Folsom Lake is the best place for it as well. You're welcome to the Folsom Lake!



*Kostiantyn Doroshenko*  
*ESL W40*  
*Opinion Essay*

## The Wallet

I will never forget about a usual summer day of my childhood when I was walking with my best friend outside. It was a beautiful and warm day. We were happy and were in a good mood. That day I found some thing that was really important for my family. I remember that warm and sunny day in the beautiful city Vinnitsa, Ukraine. I was twelve years old. We were walking on a beautiful and quiet street with large green trees. There were old, small but beautiful houses. There was also a small grocery store and a post office. When we were crossing the street, I found a wallet with an identification and a lot of money. I was very happy when I found the wallet with money because that time my father was abroad, and in our family there were four small children. We really needed money. I quickly went to my home and told my lovely mother about it. When my mother looked at it carefully, she told me that we

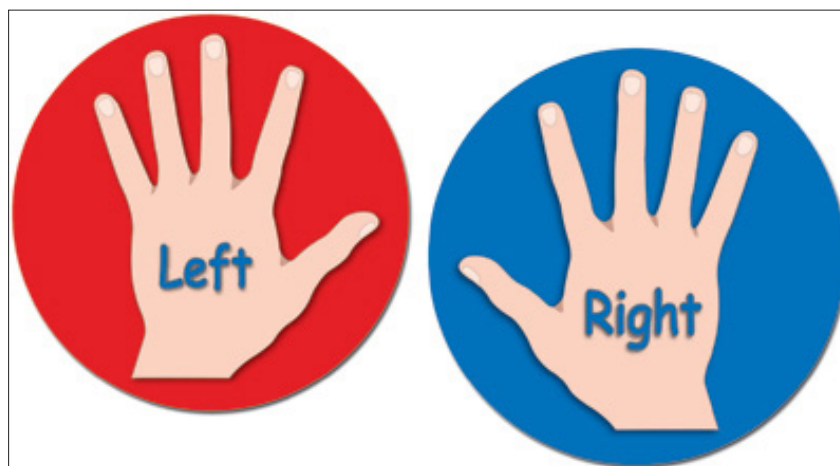


really needed money, but this wallet was lost and it must be returned. We found the address of the person who lost that wallet and the money that was in it. My mother told me to carry that wallet to the person who lost it because he needed it. It spent too much time to find the person who lost that wallet. That man was an old man. He lived in a small, old house. I remember how the man was happy to get his wallet back. He was pleased and happy that all his money and identification were in place. While I was at his house, he thanked me and gave me only nuts, but I was very happy to help that person. I realized that I can be happy not only when someone helps me, but also when I help others.

*Oleh Tkachuk  
ESLG 50  
Narrative Writing*

## My Personality

My name is Evgenii Maslov. I'm ambidextrous. I like to be both-handed because it gives me more opportunities. I have a couple of friends who are left-handed, but most of my friends are right-handed. I try to be punctual, but it isn't easy for me. I can say that I'm more artistic than scientific. I like to play guitar, read books and swim. My favorite subjects at school were Geometry



and Physical Training. Although I am ambidextrous, some things I do only as a left-handed, and some only as a right-handed. For example, I play guitar as a right-handed only, but I play hockey as a left-handed only.

*Evgenii Maslov  
ESL 47*

## ELLIS: English Language Learner and Immigrant Support Club

English Language Learner and Immigrant Support (ELLIS) club was established in 2019 by some American River College (ARC) immigrant students and some great ARC professors. It is a student-driven club. The club's vision is to transform immigrants and English Language Learners' lives through education and community engagement.

Fortunately, more than hundreds of immigrant students have been helped since the club began functioning. At the internal college level, we, the ELLIS members, welcomed and assisted many new students at the beginning of semesters at help desks. Likewise, we managed to deliver a scholarship workshop for immigrant students. In an advocacy effort, ELLIS members mobilized

325 ESL students to sign an advocacy letter, which was sent to the ARC President. In this letter, we advocated for ESL students and kindly asked the college president for his increased support for the ESL students.

Moreover, we created chat groups for immigrant students to help them regularly. For instance, in a chat group created by ELLIS members, around 200 immigrant students are routinely being supported. At the external level, through the ELLIS club, we developed strong relationships with outside college organizations. For instance, we referred some students to benefit from the services which the Folsom Cordova Community Partnership deliv-

ers to the community. In another effort, we had an outreach session at Highland Community Charter School to help their advanced students enroll in college.

If you have a passion for helping other students, you are most welcomed to join our team and be an ELLIS member.

—Sayed Nage Sadat, ELLIS Club, President-

*Sayed has been living in the United States for the last three years. He has been a student at ARC for the previous two years. His major is communications, and he plans to transfer to UC Davis next fall. His personal life mandate is: To learn and help others to learn. That is why he loves to help other students through ELLIS Club to be successful in college.*

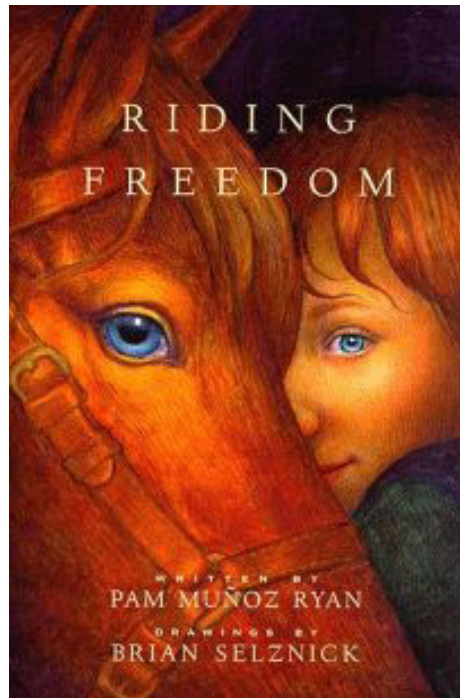
Connect with an ELLIS club representatives at: [ellis.club2019@gmail.com](mailto:ellis.club2019@gmail.com)



## Riding Freedom: An Interesting Book with Interesting Characters

### The Stable Master

I would like to write about Vern, a man who is a well-known stable master in the Riding Freedom book. I don't know, is he the main character or important in the story, but I like this character because he was a very imaginary person in the story, and I have some small similarity like imagination with him. In my opinion, Vern was a strong man because he took care of the horses in the stable and this is not an easy job. Vern also looks a wonderful gentleman because he changed his life when he was young from a slave to a free person. I think,



Vern had a character that all kids even generation of today could be love him and that character is "story-teller". In summary, I can say, he was an expert person at the keep horses in the stable even he had names for each of them.

*Wahidullah Sarem*  
ESL 47

### Charlotte

I would like to write about Charlotte because she is the main character in the novel. Charlotte is an orphan girl who lives in an orphanage. Charlotte is a strong girl who has faced difficulties since her childhood. On her second birthday, Charlotte and her family had an accident on the way, that resulted in the death of her parents, and she entered the orphanage. She worked as



an assistant in the kitchen. She didn't live like girls, So she didn't play with dolls or wear dresses, and she always smudges the dirt covering her. Charlotte loves horse riding and spends her best time in the barn. She is a good rider ,and she often wins horse races with her favorite horse Freedom.

*Susan Raoof*  
ESL 47

## ESL 55 Students' Favorite Food

Degi Kabab is unique. It is one of my favorite Afghani foods. Afghani Degi Kabab is cooked at home in a pressure cooker and in the oven. It is made from veal or lamb meat, but mostly from lamb, so this kabab recipe is different from other kababs as yogurt is added to it to give it a different aftertaste. Lamb meat is marinated in yogurt, onion juice, black paper, coriander powder, garlic, lemon, and salt a day before you plan to cook it. It has an unbelievable taste. My wife usually makes this dish for us, and it is not difficult to make. My sons and I love it, so we will cook it in two weeks. It is a potent food, so if you eat some in the morning, you do not feel hungry all day. It tastes delicious. You can make it spicy or sour. All kinds of Afghani kababs are tasty.



**Abdul Masqsood Patan**

One of the most known, delicious and fragrant foods that is popular among Shiraz (one of the cities in Iran) people is Kalam Polow (rice with cabbage). It is a traditional food that has a pleasant taste and attracts many fans. This food and several other traditional foods connect me to my childhood, which is full of warm feelings, good and sweet memories, and bind me more to my family and relatives. It has a good cultural symbol and special value for me. Usually my mom cooks this food wonderfully because she uses fresh vegetables, spices, and some other ingredients. It is pretty hard to cook this food, and we need a lot of experience to be successful. To cook this food, we need rice, meat, special fresh vegetables such as kohlrabi, cabbage, tarragon, leek, basil, dill, spices, saffron, sliced almonds, and pistachios. Due to the use of fresh vegetables and spices, a pleasant aroma is smelled from this food. The taste of this food is so delicious, tasty, and appetizing. This

food uses a lot of nutrients, which make it one of the healthiest foods. If you are a fan of healthy and strong foods, you can safely taste it. And if you drink Doogh (a kind of drink) with this food, it will taste so much better.



**Mehdi Rahmani**

Today I want to present my favorite dish, dumplings. Dumplings are a traditional Ukrainian dish. Dumplings decorate every holiday. Adults and children love them. Dough dumplings are with any filling. They can be vegetables, mushrooms, fruits, cottage cheese, potatoes and berries. They should be soft and tasty, so they should be boiled in salted water. Dumpling dough ingredients are kefir, egg, salt, and flour. The dough is kneaded by hands. It should be airy and gentle. It is rolled into a thin layer, from which round pieces are cut and the filling is wrapped in them. After cooking the dumplings in hot water for only five minutes, then you remove them from the pan. Dumplings are served hot with sour cream or butter. You could delight your family with delicious and beautiful dumplings. It is easy to cook. I love dumplings.

**Olena Kalinichenko**





## Thanksgiving: An American Tradition

*Continued from page 1*

The turkey is cooked in an oven for many hours, often with a mix of celery, bread, onions and spices inside the bird. This mix becomes stuffing -- another star of the Thanksgiving dinner table.

Anna Matteo here at Learning English says the smell of turkey and stuffing roasting together is the quintessential smell of Thanksgiving. "Quintessential" means the perfect example of something.

After the bird is cooked, the **stuffing** is taken out and served as a side dish.

One of many side dishes. Families often make other foods like mashed potatoes, sweet potatoes, cranberry sauce and vegetable casseroles. A casserole is a dish that cooks slowly in an oven.



*This October 12, 2015 photo shows citrus pumpkin meringue pie in Concord, NH. (AP Photo/Matthew Mead)*

And do not forget about the gravy. This rich sauce is made from the fatty liquid that comes off the turkey as it cooks. People cover their turkey meat, stuffing and mashed potatoes with gravy.

The meal does not end with the turkey, stuffing, and side dishes, though. For some people, the best part of the meal is dessert.

The quintessential Thanksgiving dessert is pie. Pumpkin, cherry, apple or pecan pie are all great ways to finish off a Thanksgiving meal...if you are not too full of food by that point!

## Thanksgiving Travel

Some Americans must travel long distances to be with their families. In fact, the Sunday after Thanksgiving is the busiest travel day of the entire year. This is usually when people return home from family gatherings.

Not everyone can make the return home each Thanksgiving. So, young people living in cities away from their hometowns sometimes celebrate "Friendsgiving" -- a Thanksgiving meal with their



*Performers and balloons pass through 59th Street during the Macy's Thanksgiving Day Parade on Thursday, Nov. 24, 2016, in New York. (Photo by Scott Roth/Invision/AP)*

friends instead of their family. They gather at someone's apartment or house and have a "**potluck**." This is a meal where everyone who is invited brings food to share with others.

## Beyond the Table

Thanksgiving is a big day for television, games and other entertainment.

One tradition is the television broadcast of Macy's Thanksgiving Day Parade. It takes place each year in New York City. Workers of the Macy's store on Herald Square organized the first parade in 1924. Many of the workers were immigrants and wanted to hold a big parade like the ones in Europe. So, they dressed in costumes and borrowed some animals from the zoo. They also carried small balloons that floated just overhead.

Many professional American football games are also played on Thanksgiving. Fans of the sport enjoy



A runner with a hat shaped into a piece of pumpkin pie takes part in the 40th annual Turkey Trot to raise money for the Denver chapter of the United Way in south Denver on Thursday, Nov. 28, 2013.

relaxing and watching a game or two after eating a big Thanksgiving meal.

Some start Thanksgiving Day early - and in a healthy way. So-called "Turkey Trot" races take place in many towns and cities. These events involve runners dressing up in a Thanksgiving-related costume and running a short distance -- usually five kilometers. Many Turkey Trots urge runners to bring canned food to donate to local food banks -- non-profit organizations that give food to poor people in a community.



Then-President Barack Obama participates in a Thanksgiving service project by handing out food at the Capital Area Food Bank on Wednesday, Nov. 27, 2013 in Washington. The Capital Area Food Bank distributes 30 million pounds of food annually. (AP Photo)

### Serving those less fortunate

Certainly, not everyone in America has an easy Thanksgiving. The United States is home to many poor and homeless people. Some cannot afford a Thanksgiving dinner. Others are without friends or families. Many religious and service organizations around the country try to fill these needs. Some provide community dinners at churches and other centers. Some groups also deliver Thanksgiving meals to people too sick or old to leave their homes.

The writer O. Henry called Thanksgiving the one holiday that is purely American. It is not linked to a religion or a certain group. Anyone in the United States on the fourth Thursday of November is welcome to celebrate Thanksgiving.

### Words in This Story

**festival** - n. a special time or event when people gather to celebrate something

**up a storm** - idiom. used to say that something is being done with a lot of energy or enthusiasm

**roasted** - adj. cooked with dry heat in an oven or over a fire

**stuffing** - n. a seasoned mixture of food that is put inside another food and cooked

**potluck** - n. a meal to which everyone who is invited brings food to share



**Special Learner Tip: You can listen to this article while you read it. Go to the following website:**

<https://learningenglish.voanews.com/a/thanksgiving-american-tradition-2017/4117570.html>

## Thanksgiving Day Vocabulary Quiz

For each blank space, choose the correct response. Good luck!

- Thanksgiving is an important public holiday in the United States and in Canada. It is considered a day to give \_\_\_\_\_ — often to God—for the things that one has.
  - thank you
  - thanks
  - thankful
  - thank
- On this day, it's important to remember what you have to be \_\_\_\_\_.
  - thankable about
  - thanked for
  - thankful for
  - thanking
- The holiday is nicknamed " \_\_\_\_\_ Day" because this is the food that people associate most with Thanksgiving.
  - Turkey
  - Cranberry
  - Pumpkin
- Many communities have annual food drives (= a period of time over which they collect food donations) in order to feed the \_\_\_\_\_ on this day.
  - needed
  - needs
  - needy
  - needful
- A \_\_\_\_\_ Thanksgiving dinner has turkey (usually whole), cranberry sauce, yams, and many other types of "autumn" food.
  - tradition
  - traditional
  - traditionally
- The most famous Thanksgiving dessert is \_\_\_\_\_.
  - pumpkin cake
  - pumpkin Cheerios
  - pumpkin pie
  - pumpkin-spiced everything!
- In English "to say \_\_\_\_\_" means to say a few words of thanks— usually as a prayer before eating a meal.
  - grace
  - graces
  - graceful
  - gracious
- The history of American Thanksgiving goes back to 1621 when the Pilgrims, taught by a local Native American tribe to survive in the new country, set apart a day to celebrate immediately after their first \_\_\_\_\_.
  - harbor
  - harpist
  - harvest
  - Oktoberfest
- Another popular Thanksgiving food is \_\_\_\_\_. The name comes from the fact that a Thanksgiving turkey is "stuffed" with this while it is cooking.
  - stuff
  - stuffs
  - stuffing
  - stuffation
- \_\_\_\_\_ American football is often a major part of Thanksgiving celebrations in the United States.
  - Crying about
  - Worshipping
  - Sleeping through
  - Watching

ANSWERS:

1.B

2.C

3.A

4.D

5.B

6.C

7.A

8.C

9.C

10.D

## 5 Facts to Know About Veterans Day

*Veterans Day is a well-known American holiday, but there are also a few misconceptions about it — like how it's spelled or whom exactly it celebrates. To clear some of that up, here are the important facts you should know.*

### **Veterans Day does NOT have an apostrophe.**

A lot of people think it's "Veteran's Day" or "Veterans' Day," but they're wrong. The holiday is not a day that "belongs" to one veteran or multiple veterans, which is what an apostrophe implies. It's a day for honoring all veterans — so no apostrophe needed.



### **Veterans Day is NOT the Same as Memorial Day.**

A lot of Americans get this confused, and we'll be honest — it can be a little annoying to all of the living veterans out there.



*Soldier stands at Vietnam War Memorial with flag.*

Memorial Day is a time to remember those who gave their lives for our country, particularly in battle or from wounds they suffered in battle. Veterans Day honors all of those who have served the country in war or peace — dead or alive — although it's largely intended to thank living veterans for their sacrifices.

### **It was originally called Armistice Day, commemorating the end of World War I.**

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting ended about seven months before that when the Allies and Germany put into effect an armistice on the eleventh hour of the eleventh day of the eleventh month.



*Eisenhower signs document in Oval Office*

For that reason, Nov. 11, 1918, was largely considered the end of "the war to end all wars" and dubbed Armistice Day. In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, primarily a day set aside to honor veterans of World War I. But then World War II and the Korean War happened, so on June 1, 1954, at the urging of veterans service organizations, Congress amended the commemoration yet again by changing the word "armistice" to "veterans" so the day would honor American veterans of all wars. For a while, Veterans Day's date was changed, too, and it confused everybody. Congress signed the Uniform Holiday Bill in 1968 to ensure that a few federal holidays — Veterans Day included — would be celebrated on a Monday. Officials hoped it would spur travel and other family activities over a long weekend, which would stimulate the economy.

**For some inexplicable reason, the bill set Veterans Day commemorations for the fourth Monday of every October.**

On Oct. 25, 1971, the first Veterans Day under this new bill was held. We're not sure why it took three years to implement, but not surprisingly, there was a lot of confusion about the change, and many states were unhappy, choosing to continue to recognize



*Crowd holds up several thank you signs.*

the day as they previously had — in November. Within a few years, it became pretty apparent that most U.S. citizens wanted to celebrate Veterans Day on Nov. 11, since it was a matter of historic and patriotic significance. So on Sept. 20, 1975, President Gerald Ford signed another law (Public Law 94-97), which returned the annual observance to its original date starting in 1978.

**Other countries celebrate it, too, in their own ways.**

World War I was a multinational effort, so it makes sense that our allies also wanted to celebrate their veterans on Nov. 11. The name of the day and the types of commemorations differ, however. Canada and Australia both call Nov. 11 "Remembrance Day." Canada's observance is pretty similar to



our own, except many of its citizens wear red poppy flowers to honor their war dead. In Australia, the day is more akin to our Memorial Day.

Great Britain calls it "Remembrance Day," too, but observes it on the Sunday closest to Nov. 11 with parades, services and two minutes of silence in London to honor those who lost their lives in war.

**Test Your Veterans Day Knowledge**

<https://www.defense.gov/Explore/Features/story/Article/1675470/5-facts-to-know-about-veterans-day/>

**HAPPY VETERAN'S DAY**

★ Honoring all who served ★

## Some More Parrot Fun Stuff

### One-Minute Mysteries

- ▶ Two babies born in the same hospital, in the same hour, day, and year have the same mother and father, but they are not twins. How is this possible?
- ▶ There is a scarf, a carrot, and 3 pieces of coal on the ground. What happened?
- ▶ John was afraid to go home because of the man in the mask. Who is the man in the mask?
- ▶ As a burglar reaches for something on the mantle, he accidentally knocks over a clock. It falls to the floor, breaks, and stops. The next morning, however, police are not able to determine what time the robbery took place. Why not?



Answers on page 22

### Logic Puzzles

- ▶ You are at a fork in the road. One direction leads to the City of Lies (where everyone always lies). The other direction leads to the City of Truth (where everyone always tells the truth). There's a person at the fork who lives in one of the cities, but you're not sure which one. What question could you ask the person to find out which road leads to the City of Truth?
- ▶ A girl meets a lion and unicorn in the forest. The lion lies every Monday, Tuesday, and Wednesday. On the other days, he speaks the truth. The unicorn lies on Thursdays, Fridays, and Saturdays. On the other days, he speaks the truth. "Yesterday, I was lying," the lion told the girl. "So was I," said the unicorn. What day is it?
- ▶ A farmer wants to cross a river and take with him a wolf, a goat, and a cabbage. He has a boat, but it can only fit himself plus either the wolf, the goat, or the cabbage. If the wolf and the goat are alone on one shore, the wolf will eat the goat. If the goat and the cabbage are alone on the shore, the goat will eat the cabbage. How can the farmer bring the wolf, the goat and the cabbage across the river without anything being eaten?



Answers on page 22

## Thanksgiving Limericks

I

*There once was a turkey named  
Chummy,  
Mom thought that he might be quite  
yummy.*

*He waddled away  
On Thanksgiving Day --  
But still ended up in my tummy!*  
by Leanne Guenther

II

*The turkey's a talkative bird?  
That's what I've always heard.  
But I've never heard chatter  
From one on a platter.*

*I think the whole notion's absurd!*  
by Randy Imzwalle

III

*For a piece of my mom's pumpkin pie  
There are kids who would offer to die.,  
The aroma alone  
Gets right to the bone  
And to ask for some more they're not  
shy!*

by William Clark  
IV

*Let's all sit down at the table,  
Cranberries, stuffing, potatoes  
But don't forget pie  
Needs a triangle-sized  
Space to be filled a bit later!*

by Karolina Knoll

## Rigoberto's Riddles

What sounds like a  
sneeze and is made out  
of leather?



A: "A shoe" sounds like "Achoo!"

## Silly Vasily's Chuckle Chamber

A bus full of ugly people had a head on collision with a truck. When they died, God granted all of them one wish. The first person said, "I want to be gorgeous." God snapped his fingers and it happened. The second person said the same thing and God did the same thing. This went on and on throughout the group. God noticed the last man in line was laughing hysterically. By the time God got to the last ten people, the last man was laughing and rolling on the ground. When the man's turn came, he laughed and said, "I wish they were all ugly again."

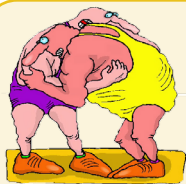


Thanksgiving is the worst!  
Sometimes I wish I was born  
a chicken...

Please. Ever hear  
of Shabbat?



## Parrot Warbling



### Grappling with Grammar

#### Verbals (Verb but not Verb)

When is a verb not a verb? When it is a verbal. Remember that in English there are only four forms of each verb: the present, the present participle, the past, and the past participle. Sometimes when you see these forms in a sentence, they are not actually being used as verbs.

#### Definition:

A verbal (or non-finite verb) is a verb form that is not being used as a verb. Verbals can act as nouns, adjectives, or adverbs. There are three types of verbals: the present participle, the past participle, and the infinitive, which is formed by putting "to" in front of the present tense form. (A verb being a verb is called a finite verb.)

#### Verb:

We were walking along the midway at the carnival.

#### Verbal:

Walking along the midway at the carnival, we ate our funnel cakes. (present participle)

#### Verb:

All that dancing tired me out.

#### Verbal:

Tired out by all that dancing, I went home and collapsed. (past participle)

#### Verb:

We always sing the National Anthem at the ball game.

#### Verbal:

I really like to sing. (to + present = infinitive)

#### Idiom--Attic Stuffed shirt

**Meaning:** A stuffed shirt is a person who is very serious or formal.

**Ex:** His seminars work because he speaks like an ordinary, approachable person rather than a **stuffed shirt**.



<https://idioms.thefreedictionary.com/a+stuffed+shirt>

#### SH and ZH Sounds

The **SH and ZH sounds** are often studied together because they are made in the same way. They are different because SH is a voiceless sound, and ZH is a voiced sound.

- The voiceless (unvoiced- the vocal cords do not vibrate when you make the sound) SH sound (IPA symbol: ʃ):

**Ex:** shop, brush, sure, chef, station, special, precious, and pressure.

- The voiced (vocal cords vibrate to make the sound) ZH sound (IPA symbol: ʒ):

**Ex:** garage, decision, measure, visual, and Asia.

- To make the SH and ZH sounds, you pull in the sides of your mouth so your lips pucker. Your lips are shaped like a loose, open kiss.
- The middle part of your tongue is up toward the top of your mouth, but it does not touch the roof of your mouth. The sides of your tongue are between your teeth. The front of your tongue should dip down a little bit, but it should not touch your teeth.
- The SH and ZH sounds are made by forcing air through the groove in the middle of your tongue and the back of your front teeth. This makes the unvoiced SH sound. It is the same sound that you hear in the word *English*. It is like the *shhhh* sound we use when we want someone to be quiet.





## 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*

### Bacon Cheddar Deviled Eggs

#### Ingredients (6 servings)

1. 6 eggs
2. 3 tablespoons mayonnaise
3. 1 teaspoon apple cider vinegar
4. ¼ teaspoon kosher salt
5. 1 teaspoon French's yellow
6. mustard
7. 2 scallions, thinly sliced
8. 2 strips bacon, cooked and
9. coarsely chopped
10. ¼ cup shredded cheddar cheese
11. freshly ground black pepper

#### Preparation

1. Place eggs in a small saucepan. Add cold water to the pot to completely submerge the eggs. Bring to a boil, then cover pot with a lid and turn off the heat. Let eggs sit in the hot water for 14 minutes.
2. Transfer the eggs to a bowl of ice water to cool. Peel the eggs.
3. Slice eggs in half lengthwise and carefully remove the yolks. Transfer the yolks to a mixing bowl and set aside the halved egg whites.
4. Mash the yolks with a fork until crumbly. Stir in the mayonnaise, vinegar, salt, and French's Yellow Mustard until the filling is smooth.
5. Transfer the filling to a piping bag and pipe into the halved egg whites.
6. Top the deviled eggs with the scallions, bacon, and cheddar cheese, dividing evenly. Top with freshly ground pepper and serve.
7. Enjoy!



## Interview with Alia Zaben

*Continued from page 1*

words how did you decide to become a teacher?

**Alia Zaben:** Well, I come from a line of teachers; my grandmother was a teacher and my great-grandmother was a teacher. My mother was a teacher, so that was my environment: teaching. So right away when I started at ARC, I kind of knew I wanted to be a teacher. So I started taking those classes. And then when I got to Sac State, I just built on that and I just kept going. You got preschool, primary, elementary, and college. So, I can do both, actually. I can do all of it, which is crazy. Well, high school, I'm not the best at, but college I can do as well. I just love education and like I said, it's been something I've been doing and I've also been a school principal at an Islamic school here in Sacramento.

**The Parrot:** I am an ARC parrot who flies all around the campus and I am pretty sure, I saw you in the ESL Department, so do you work there?

**Alia Zaben:** I work with a lot of potential teachers. We're pretty busy and then I help with the ESL department. It's one day a week now, but I think it's going to go to three days a week pretty soon because there's more students coming in for spring.

**The Parrot:** Is that the reason why you chose ARC as your workplace - because you graduated from here?

**Alia Zaben:** So this last year before the pandemic, I did an internship through Los Rios and it's called Faculty Diversity Internship Program, and I did that for a whole year and it was preparing me to be a professor. So, I've just been on this path always with being a teacher and educator. And I have kids right now. So it's kind of really hard for me to be a professor and work at the child care center. And I did it for preparation for later. So I got the internship under my belt and I learned a lot about ARC. This program is for the most part remote, so I could do any of the colleges and it also prepared me. I could even be a professor and would like to work at other community colleges. This program is setting me up to be a professor pretty much in any district. The reason I'm into that is because I do training and I train. I've trained teachers for years. I started in 2013.

**The Parrot:** Could you please explain more about

the part "I do training and I train"?

**Alia Zaben:** I trained teachers in the Sacramento area on the subject of culturally relevant teaching practices - how to teach children according to their culture. According to Gloria J. Ladson-Billings, a theorist, nobody can learn from a teacher unless the teacher knows the culture of the student. For example, if you're in a class and there's a teacher who doesn't understand the Arab students, doesn't understand how they think, how their home life is, doesn't understand any of that, then it's going to be really hard for her to connect with them. And if she's not able to connect, then there's not that much learning going on. And there's evidence to show that this theory is true. And you've got to know your students are so important. So I go around training teachers on how important that is and I give them hands-on activities and stuff. I've been doing these trainings since I was a principal. I was the principal at Salam Academy Islamic School in Sacramento. Unfortunately it closed down because there wasn't enough money to keep it operating. But then I was also training teachers in San Juan Unified School District. So I trained over a thousand teachers, and taught them this method of connecting with your students. I also have done it in Twin Rivers Unified School District. I've done some speeches at Sacramento County Health Education. I'm also now working in Elk Grove Unified as well. And in Elk Grove, I'm up to about six hundred teachers. So then I have so much experience training that when it comes to being a professor, it's kind of the same idea. You're training students to go out there and practice good things.

**The Parrot:** As we see in your educational background, you have been studying a lot about cultures. What is interesting about cultures that you spend most of your time studying?

**Alia Zaben:** I just love cultures. You can say that. I just love cultures. I love the Hispanic culture, the Latinx, which is what we want to say now politically. I love the African-American culture. I love the African culture, the Japanese culture, the Chinese, the Arab culture, the Afghan culture. I'm so fascinated, I always try to learn something in their language. So I know "konnichiwa" in Japanese. "Privyet" is Russian,

“marhaba” in Arabic. I guess I would say it is a talent of mine that I’m so fascinated with everybody’s cultures. And then I always try to learn a word or phrase and then I also sometimes get immersed in that culture. Working at ARC, I’m really learning about the Russian culture and I have some Ukrainian and Russian neighbors.

**The Parrot:** Why did you choose West Africa as the place to teach overseas?

**Alia Zaben:** Well, it’s really funny, you know, me being an Arab person and the girls don’t really go out of the house and do stuff like this. This was really revolutionary, really, for me to do something like this in the Arabic culture. My dad actually told me he would disown me if I left, but I was such an adventurous person, and I had so much ambition, that I wanted to do this. And so it was called cross-cultural development. And it was through the Peace Corps. And it was a

humanitarian job that I was doing; it was going overseas to teach English in a remote, remote village, and it was a good thing and it wasn’t bad. But being an Arab Muslim woman, it’s really kind of forbidden for you to travel alone. But I had that kind of British side to me. And so my mom, of course, supported me, but my dad did not. I did it anyway. And I

think it was one of the best experiences I ever had. First of all, the northern part of Ghana had a lot of Muslim mosques and Muslim people. And I got to see another way of people being Muslim. And I got to see their culture and then, practicing Islam. And I learned about myself, how I needed to be a better Muslim myself because I was kind of young. I didn’t know what I was doing, but it made me a stronger Muslim. And I had gained such a wealth of experience being in that remote village. It humbled me that they sometimes had no electricity, no running water, you just sort of lived a really hard life. And when you experience something like that, it makes you stronger.



**The Parrot:** You have traveled to many places and you said you would like to travel more. Where would you like to travel?

**Alia Zaben:** Ok, so I’d like to go to Mecca (City in Saudi Arabia). I’d like to go to Haj. I’d like to probably experience Yemen. I was supposed to go in 2009 when my daughter was born, but we couldn’t because of the war. I would love to go to Syria. My mom went to Syria and she said it was one of the most beautiful places in the world. I love the African continent as well. I’d like to go to another African country. I’ve been to Sudan. Omar, my step-son, is currently in Burundi, Africa. I wouldn’t mind going to Burundi. He’s over there and it seems like a really fun place. So I’d like to go probably to Africa, probably more Middle Eastern countries. And I do like Europe as well. I have been to England, I’ve been to France in the airport, but I’ve never gone out to the

Eiffel Tower or anything like that. So I’d like to experience France as well.

**The Parrot:** Do you have any difficulties with ARC shut down and everything has to work remotely?

**Alia Zaben:** So I’m such an in-person type. I love interacting with people because I’m fascinated with cultures and everything. And so it’s very hard for me to be using the screens

to try to connect with people. But I’m taking them and embracing the challenge. It’s a learning experience. I’m embracing it. And it’s also giving me some good computer skills like you just have to learn how to do things now and you have to learn to do it really fast. I think our world is going that way anyway. So this kind of speeds it up and I’ll never forget, I was in Berkeley and we had an Uber, we were just talking to the Uber driver. She said, yeah, all these tech companies are taking over. That’s the future. I think it’s preparing us for what we have ahead. I don’t think this is going to go backwards now. I think this is going to become the normal way and maybe there’ll be another company that competes with Zoom

because Zoom is a monopoly right now. Everybody's on Zoom, but I embrace the challenge. But I know that it's not going to be forever, too.

**The Parrot:** Why did you choose two different fields to study "Child Development" and "Multicultural Studies"?

**Alia Zaben:** They're not really two different fields. Early childhood education is studying the younger children, the preschool, but multicultural education is kind of embedded in a philosophy of like how do you teach to a diverse group of students? Will you incorporate multicultural education, which is exposing them to multicultural books, exposing them to guest speakers from all over the world, exposing them to global education? It's kind of like it specifies on how you would teach. Now the new trend in education is to be equitable. So how can we be equitable to all of our students? Multicultural education was something that was kind of really a hot commodity in the 90s, I would say. Now that word is just on another level where they call it equity, you know, equal education, equity. How do we become equitable educators so that when you include everybody—all races, all genders, everything—you're just putting everything together? So that's how you incorporate. So it is part of the education field. It's just kind of a specific way of teaching.

**The Parrot:** If you could go back, would you choose a different field to study?

**Alia Zaben:** I don't regret any of my education, but there's something I know now that if I would have known, then I would have done so. That is getting my teaching credential because then I would have everything, then I would have my master's degree, my bachelor's, and my teaching credential. But I have permits to teach in every school. The teaching credential is something that you get in order to be an elementary teacher. If you want to be a supervisor or vice principal or principal, you have to have that credential. I could go back and do it, but I'd have been in school so long I don't want to. And also the teaching credential teaches you to how to teach and how to be, it kind of trains you. And I don't need the training because I have so much experience and knowledge. But I also did my doctorate for six years. And that was at Walden University. At that time I was a principal, so I was thinking I would get into the top

places, wherever it would be; I could be a preschool director. I could work in the preschool departments in the districts or I could be a director at a university, anything. So I didn't finish because I didn't publish my work. I plan on doing that once the kids get older. I like to leave opportunities for myself open. I think when I did the principalship, it really taught me about politics and corruption. And I don't know if I'm equipped because I'm like a really nice person. I don't know if I'm equipped to deal with those kind of things because I'm very passionate about students and children. And I'm always trying to get things for people, fairness and justice, that it would be really hard for me when I see something wrong not to say something.

**The Parrot:** As a former ARC student, what is your advice for new students?

**Alia Zaben:** My advice is to read the catalog, and my other advice is to find out your major, find your goal right away. The other advice I have, which is really, really hard, is to not switch majors. It's great that you have this ambition to switch, but it's going to slow you down.

**The Parrot:** Thank you for sharing your story and wisdom with the Parrot readers. We appreciate your time.



**Parroteer:** Alaa Shatat

## Parrot Student Voices

Here, our students tell a story from their past. Their stories may be about happy days, or sad events... but the stories are always told in their own words.

# What Is the Best Day in Your Life?



"Today I'm going to talk about the best day of my life. I was twenty-one years old. It was a sunny bright day. I was staying in a front of her house in a suit and tie, with flowers in my hand..."

*Yuriy Kolesnik*



Click on Yuriy's photo to find out what happened next.

"I want to tell you about one of the best days of my life. My husband and I in turn..."

*Mahnaz Asadpour*



Click on *Mahnaz's* photo to find out what happened next.

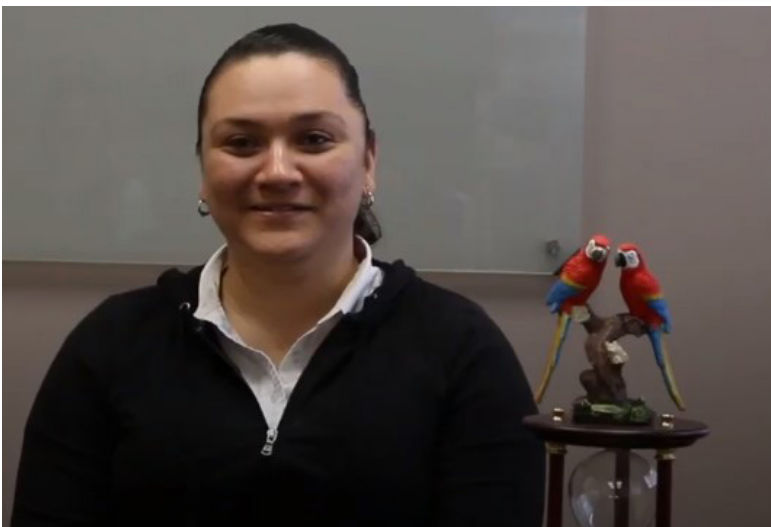


"I will talk about my best day in my life that changed all my life. This past 4 years ago, when I had seizures in my brain..."

*Mayra Macias*



Click on Mayra's photo to find out what happened next.



## Reading for Beginners

Sometimes a person's life changes very quickly. Suddenly, everything is different. Ella Fitzgerald had this kind of life. This is how it begins.

Ella lives in an orphanage in New York. Her parents are dead. At age 15, she enters a contest in New York. For the contest, she wants to sing and dance. But Ella gets very nervous and she cannot dance. So she just sings.

Ella does not know the contest is going to change her life. A famous jazz musician named Chick Webb is in the audience. He is looking for a new singer for his band. When he hears Ella's voice, he gives her a job.

Chick Webb and his wife take care of Ella. They teach her to be a good singer. Ella travels with his band. It is 1938. Ella writes a song with Chick Webb. This song is a great success. Ella is a star.

Chick Webb dies, but Ella sings with his band for three more years. Then she sings alone. She travels all over the world. She has an amazing voice. She can sing any kind of song. People who like rock music like her. So do people who like jazz.

Ella sings for almost 60 years. She sings over 2,000 different songs. She sells over 25 million records and sings with more than 40 orchestras. People call her the "First Lady of Song." Ella dies in 1996. But people always remember Ella's voice.

### Looking for Detail

Write T for true or F for false on the line.

1. \_\_\_\_\_ Ella grows up in a famous theater in New York.
2. \_\_\_\_\_ Ella knows she will be famous.
3. \_\_\_\_\_ Webb wants a new songwriter for his band.
4. \_\_\_\_\_ Ella becomes a star after she writes a song for Chick Webb.
5. \_\_\_\_\_ Ella is famous only for her jazz singing.



### Vocabulary

Write the correct word in the blanks.

audience      contest      musician      nervous      orchestra      orphanage      star

1. Chick Webb plays music and sings songs. He is a \_\_\_\_\_.
2. Ella is very famous. Everyone knows about her. She is a \_\_\_\_\_.
3. Ella lives with other children who do not have parents. They all live in an \_\_\_\_\_.
4. Ella and many other girls try to be the best singer. They are in a \_\_\_\_\_.
5. Before Ella sings, she is scared. She is \_\_\_\_\_.
6. Many people watch Ella sing. They are the \_\_\_\_\_.
7. A large group of people play music and Ella sings with them. They are the \_\_\_\_\_.

Adapted from "A First Look at the USA: A Cultural Reader" by Milada Broukal (Longman, 1997)

## One-Minute Mystery & Logic Puzzle Keys

- ▶ The two babies are part of a set of triplets.
- ▶ A snowman melted.
- ▶ John is playing in a baseball game, and the man in the mask is the catcher.
- ▶ It was a digital clock.
- ▶ "In which direction do you live?" Someone from the City of Lies will lie and point to the City of Truth; someone from the City of Truth would tell the truth and also point to the City of Truth.
- ▶ Thursday.
- ▶ First, the farmer takes the goat across. The farmer returns alone and then takes the wolf across, but returns with the goat. Then the farmer takes the cabbage across, leaving it with the wolf and returning alone to get the goat.

## Around the World

### GUY FAWKES DAY-BONFIRE NIGHT

Beside Thanksgiving holiday in November which is popular all over the world, Bonfire Night is also a festival celebrated on November 5th with many interesting activities. The beauty of fireworks and fire! Guy Fawkes Day is the main name for this event or festival; however, it also has many different names



like Bonny Day, Cracker Day, and Bonfire Day. The history of this festival is that it was a day to give thanks for the failure of a plot to kill King James I of England. The plot's failure saved King James I's life. Guy Fawkes was the best-known member in the



Gunpowder Plot.

Bonny Day is celebrated generally around the world; however, England is the traditional place where it is celebrated. Nowadays, New Zealand also celebrates to honor this day. One of the most popular



activities on Bonfire Night is watching the fireworks. To recall the history of how Parliament was nearly destroyed, there is an activity of burning an effigy. This festival also allows people to burn their spoiled garden to prepare for another season. There is a favorite poem to sing along with the Bonfire festival. Besides that, there are also many kinds of food which represent the meaning of the festival like gingerbread, barbecued sausages, marshmallows, caramel apples, bonfire toffee and potatoes. This is an interesting festival that people should know in November.



Obtained information from: <https://alwaystheholidays.com/guy-fawkes-day/>

## Around the World

### BON OM TOUK, CAMBODIA'S RIVERSIDE CELEBRATION!

Bon Om Touk is the Cambodian Water and Moon Festival which usually takes place in November every year. This festival recalls the natural event when the Tonle Sap and Mekong Rivers reverse their flow. It is an event for Cambodians to show their



gratitude to whichever river has been supporting their lives.

Cambodians usually spend three days to celebrate the water festival with many activities. Many people come from different provinces to join this celebration. Colorful racing boats are the most popular event celebrated in the Water festival.



Those boats are painted colorful with the head face forward. There are also many ladies dressed up with colorful costumes, and they dance following

with the beat of the drums.

Carnival rides, dancing, and traditional music are performed during the festival. Available food and drink are sold on the street for visitors to cheer their favorite boats on and enjoy time with this wonderful festival.

The second night of this festival is the full moon day, and many people celebrate by praying and preparing some fruit and food to show gratitude and a hope for luck.

There are many kinds of food that are specially made for this event. One unique food for Bon Om Touk is Ak Ambok—fried rice mixed with banana and coconut meat.





## 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](mailto:ellis.club2019@gmail.com)

### FAFSA and CA Dream Act Application Workshop (Financial Aid)

December 11, 2020

11:00 am - 12:00 am

The SCC Financial Aid Department is offering virtual FAFSA/CADAA workshops to complete the new 2021-2022 application. The workshops will be hosted on Zoom, and the link will be sent to registered students' Los Rios Gmail the day before the scheduled workshop. Sign up for a workshop on the Financial Aid website at <https://esars.scc.losrios.edu/esars/fa/eSARS.asp?WCI=Init&WCE=Settings>

Or by calling: (916) 558-2501

### Preparing for Finals

December 1, 2020

12:30 pm - 1:30 pm

Get in gear mentally and get organized before finals start. Learn strategies for studying for and doing well on your finals.



Link to Register: <https://cccconfer.zoom.us/meeting/register/tJwvdOmhpjorG9FWu7nvQN-z5l7K9gbPaplm4>



**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](mailto:Travism@arc.losrios.edu); Professor Hoggan: Davies 334, (916) 312-3574, or [Hogganp@arc.losrios.edu](mailto:Hogganp@arc.losrios.edu). To see previous issues of The Parrot, go to <https://arc.losrios.edu/academics/the-parrot-newsletter>