

THE PARROT



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ISSUE # 151

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

Professor Dyanne Marte - Fine & Applied Arts

The Parrot: You've been at ARC for a while, right? Please tell me how you got here?

Professor Marte: I called ARC before the job was posted and they told me: "Oh, this position is coming up if you're interested..." I just felt like I'd lived in New York, I'd lived all along the east coast. I needed a new adventure, so I applied for the job. I was called for two interviews, I flew back



and forth for the two interviews and got the job. I found out May of 2016.

The Parrot: So you've been teaching here from May 2016?

Professor Marte: Yes, from August.

The Parrot: Why did you choose teaching?

Professor Marte: Something that I fell into. I didn't expect to fall into it but I found great opportunities. I have

a Masters Degree in management,

Continued on page 20



American River College
4700 College Oak Drive
Sacramento, CA 95841
(916) 484-8001

I Have
A Dream

p. 12

"Cheers to a new year and another chance for us to get it right."

Oprah Winfrey

We Can Thank Cows for 'Vaccine'

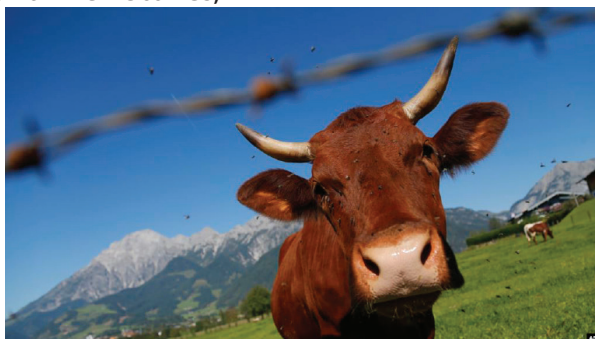
By Anna Matteo

SUPER LEARNER TIP: One of the best exercises for improving your English is to listen to someone as you read their words. If you want to listen to this article as you read it, just click. <https://learningenglish.voanews.com/a/we-can-thank-cows-for-vaccine-/5346991.html>

And now, Words and Their Stories, from VOA Learning English.

The spread of dangerous diseases around the world is not new.

As trade and colonization expanded world-



wide over hundreds of years, so did some dangerous diseases. And smallpox was one of the worst of them. Happily, smallpox has been eradicated, mean-

Continued on page 8

INSIDE
THIS
ISSUE

- The Diagnosis.....2
- A Priceless Gift.....4
- Dreams & Reality.....5
- My Dreams.....6
- Russian Wedding.....7

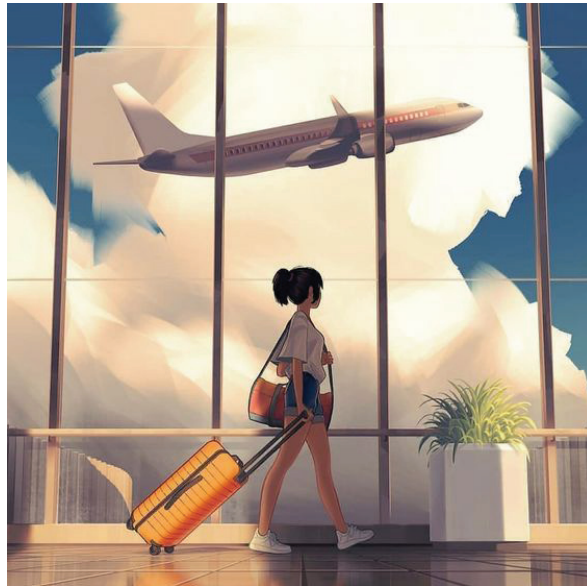
Student Chirpings

The Diagnosis That Changed Our Lives

I was still very young when my dad took me and my siblings on a family vacation. On that trip we would meet a childhood friend of my dad who had lived in California for many years. I had never met someone who lived so long abroad. When we arrived at the hotel, the first person to meet us was him. He very kindly introduced us to his family, his wife, three grown daughters and his only son, a young man about my age. I was shocked with his beautiful look and cute smile. On that vacation I fell in love. After a few days of flirting and long talks in front of the sea, we had to return to our home and he to his country.

Thanks to the internet he and I had a lot of contact. We spent hours chatting and imagining a life together. I always told him that if one day we lived together, we would do it in Mexico because in Mexico I lacked nothing. Also, as they say in my country, I was a home girl, always cared for by her parents. I couldn't imagine living away from my family. At the time I was a minor, so when it came time to tell my parents about our relationship and future plans, they were adamantly opposed to the idea. He was 4 years older than me and the fact that his dad was my dad's best friend was a good reason to refuse the relationship. My dad didn't want to risk a very likely breakup ruining the friendship he had with his childhood friend. So my internet boyfriend and I had to stop chatting and put our romance into oblivion.

Six years passed. I am living my life in Mexico, and he lives his life here in California. When I was about to finish my university studies,



I again had contact with him online. But this time we were both of legal age and I had become independent from my parents. So we made the decision to move in together. As adults no one could object. Jonathan arrived in Mexico after a long road trip, with some personal articles of meaning to him. This was the first time that he traveled to Mexico to stay and not as a tourist visiting the country for vacations. As the days went by,

he got to know the less beautiful part of living in my country, receiving a very low salary for the many hours of work. From time to time, in desperation, he suggested that we move to California. I always rejected his proposal. What was I going to look for in another country if I had everything in Mexico? There was my family, my friends, my culture and my life. Also I had my university degree that in the United States was worth nothing.... In these times of adaptation, I became pregnant.

Evan was born on December 4th with a good weight and apparently healthy. My husband and I felt fulfilled and more in love than ever. Within 2 weeks after Evan was born, he was diagnosed with a very serious heart problem. With only 20 days old my baby received his first open heart surgery. No one as a parent is mature enough to go through a situation like this. In the blink of an eye, my husband and I were at the worst time of our lives.

Evan went through 2 very complicated surgeries in his first year of life. Doctors always gave us bad prognosis. It was there that I had no choice but to put aside my selfishness and accept to emigrate to the United States. The idea of moving to this country excited me more than anything for my son. I knew that in California we could

find the medical resources that my son needed. But this idea made me very sad. I knew that leaving would take me away from my family and everything I knew. I would miss, as it happened, many family moments and parties. He also knew that he would struggle with the language. The language ended up becoming the biggest challenge I had to go through as an immigrant. But everything that is done for the children cannot be called sacrifice. It is called love.

The first time I stepped foot in a children's hospital in the United States, I felt in another world. The buildings here are huge and very clean. There are all kinds of nice things to see. Many toys, books, ornaments. It's almost like being inside a toy store. Doctors and nurses always have a friendly smile to offer. They are clear and professional with their diagnoses but extremely careful about how they tell you. They make your anguish and worry more bearable. In Mexico, on the other hand, children's hospitals are cold, dark and with almost no color. You can physically feel the desolation and sadness of the relatives of hospitalized children. The beds are made of iron, cold and already very old. It reminds me of the orphanages in the movies. There is only the little that the government provides. And among so much decay, doctors do real miracles. The saddest thing about those places is that you cannot accompany your children at all times. You have to leave them alone and visit them only at visiting time. My husband and I split that precious time in half. 30 minutes each. It breaks my heart to remember the times that my baby was crying, in pain and in fear while I had to wait outside of the hospital for my 30 minutes of the day to see him again.

The first night at Oakland Children's Hospital I was able to sleep next to my son. The

nurses offered me tea and a sandwich for dinner. They even gave me warm blankets. That night I cried. I cried of gratitude. I cried because I knew that although I missed my home, my son would finally receive dignified medical attention. But above all I cried imagining all the moms of my country sleeping on the floor of the street outside the hospital waiting for news of their children, those mothers who do not have the opportunity that I had to offer a better life to their kids.

Today, Evan is 10 years old. He is a healthy and very intelligent child. Each school year receives an academic recognition. This year he has been elected as the 4th grade council representative. It is a great honor for him and for us, his parents. The last surgery he received was two years ago, and thank God it was a resounding success. He had to go through seven open heart surgeries. 5 here in the United States, two in Mexico. I appreciate in the same way the work of the doctors and medical team here and there. All of them saved his life. There is no hospital here or there where I want to be. There should be no children's hospitals around the world because children should



not get sick. But this is a sad reality.

I thought that having everything was being in your native country with everything you know. But for me having everything resulted in emigrating to get the peace of mind of a medical treatment. The family memories that are built with living together I wish for my son. Those wonderful moments that I have had to lose away from my family. I hope that this country provides him everything you need and that you never have to emigrate as I had to do with him in my arms. America may not be the best country in the world. But in my world and in my son's, it is.

Carolina Bertadillo

ESL 325

Personal Cultural Narrative

A Priceless Gift

Most people have some objects that are important in their lives. It can be anything that is able to bring good memories and comfort. Two years ago, I received a special gift from a very dear person, my sister. It was on December 17, 2015 when my sister decided to return to our country forever. On that horrible day, I was so sad. I could not stop the tears that streamed down from my eyes. She came into my room, sat next to me, and presented me with a cup with the words on it, "Never Give Up."

Then she poured some coffee into it and said, "Whenever you are sad, take a look at the cup, and put some coffee in it. Now, try to feel warmth in your hand, close your eyes, and smell the aroma of coffee, and then taste it. I want you to remember that feeling and to know I will always be with you." After she left, I felt that the coffee cup is the most precious possession I have.

Whenever I look at the remarkable cup I received from my sister, it brings me unforgettable memories of when we were together. Because it is not an expensive and antique cup, some people might say there is nothing special about it. However, it is a very priceless cup for me. When I drink from this nice cup, I not only remember my lovely sister, but I keep in mind her words, "In any different and desperate situation, there is always a way out. Just drink a coffee and think of me." The cup also reminds me when we often sat in my room talking about our lives.

I like to drink from this cup because it gives

me a nice feeling. When I am sad or lonely, I make coffee and pour it into my precious cup. I close my eyes, as my sister taught me, and smell the pleasant aroma of coffee. I enjoy the fragrant and pleasant but bitter taste of coffee, which brings me feelings of bliss and peace. The cup also keeps the drink hot for a long time. I can warm my hand while I am holding the cup. Moreover, the cup is perfect for any other drink, such as hot chocolate or tea.



The cup looks very delicate and nice, which makes it a precious and unique possession for me. This small, unsophisticated cup is in white colors, a red heart and the words "Never Give Up." It has a glossy surface that makes the cup more beautiful. It also has a very exquisite handle that comforts me when I hold it and prevents my hands from burning if I drink something hot.

Unforgettable memories, pleasant feelings, and the nice appearance of the cup make me feel that it is the most priceless gift I ever received. Though my sister is not here with me, I have decided to never give up since I own it. I really like to drink from this cup which encourages me with its drawing and the words "Never Give Up." This is my favorite cup. When I look at it, touch it, or drink from it, I feel that my family is with me and loves me.

Taisiya Sukhanov
ESL 50
Descriptive Essay

Dreams and Reality

Many years ago, when I went to school in Ukraine, I watched a TV series *Beverly Hills, 90210*. My classmates and I waited anxiously for each new episode. And the next day we discussed what we saw -- school, clothes, cafe, cars, ocean...For us it was just some unreal life. At that time, I didn't even dream that one day I would be able to see America and Beverly Hills. Often we all hear that America is a country of opportunity. In my case the most important thing is that you can start life here at any age. As one actress in an old Soviet movie said, "After 40 years my life is just beginning," and it's the same for me. Here you can dream and set a goal. I can't say that when I came to America my dreams changed, it's better to say that I'm just starting to dream. Of course, I still dream of things like peace, health, wealth, bright futures for children and family, and others, but today I think new horizons open before me.

When I lived in Ukraine, I dreamed about what most people in my country dream of: peace in the country, political and financial stability, self-realization. Ukraine is a wonderful country, and wonderful people live in it. Unfortunately now the situation in the country is unstable and many people are going through a hard time. It is no secret that most people go to work in other countries, many emigrate - including me. From the point of view of patriotism, I can be condemned. But as a person who lives only one life, can I be condemned for wanting the best?

At a time when I didn't see future prospects in my life, I had the opportunity to move to America. The decision was made. My husband, my daughter and I left our homeland, native home, and close people. Some people I will never see again in

this land. I understood that, so it was hard for me. No wonder I hardly remember such a long flight to America. On a beautiful, sunny day my family arrived in America.

Almost three years have passed, and today I live in America. My dreams have not changed, but today I have the opportunity to dream for myself. For example, I want to get a profession, I want to travel, I want to be able to give myself and my loved

ones "little joys." I don't know how my life will turn out, but now I have the opportunity to learn. And I really appreciate it. Also, I have the opportunity to travel. There are so many beautiful places that I can visit and see with my own eyes. I also want to write about another moment. For many women, and for me too, things like a new perfume or new bag, or just a cup of coffee in the park with a friend lift a mood. For most people in America these ordinary things are the norm. But before coming to America I could only dream of such. Here, with a small income, I can afford it. In brief, I will study to get an education, I will discover new beautiful places, and I will

enjoy the material things that are available for me now.

In conclusion, we can dream all our lives about the unattainable, and wait for the perfect time to come. But there are things that don't depend on us. I'm not saying we shouldn't dream; we must dream. Our dreams become reality if we make an effort for this. However, we can't forget to live in the present and be happy.

Liudmyla Zagura
ESL 47
Descriptive Essay



My Dreams

Everyone has a dream in their life. Most people come to America because they believe America is the land of dreams, and everything is possible here if you work hard. Usually, many people have new dreams when they immigrate to America. My dreams have not changed a lot since I came to America. I came to America because I wanted to live in a safe place, to have freedom and to have the opportunities to pursue my dreams.

First, living in a warzone and thinking that today might be the last chance you get to live, is the most terrifying thing that can happen to someone. When I was in Afghanistan, I had a dream to live in a safe place. Unfortunately, everyday many harmful tragedies happen in Afghanistan and threaten every life there. For example, terrorist explosions are one of the common tragedies that happen in Afghanistan. Many people have lost their family or friends because of these kinds of disasters. Also, these type of tragedies makes people leave their country and run for their life. Indeed, in my opinion, many people have a dream to live in a safe place where there is no war or any dangerous threat so they can be happy with their family.

Second, I immigrated to America because I wanted to have freedom. Because Afghanistan has been a warzone for almost four decades, people have been away from education. Illiteracy caused people to believe in wrong ideas and made a patriarchal society. Unfortunately, the majority of

women don't have the freedom that they should have as a human being. For instance, only a minority of women can go to schools and get educated. Also, many females don't have the right to choose their clothes. Usually their parents or the male member of family tell women what they should wear. In addition, women barely have any position in society, and they are considered inferior. In brief, I came to America to have freedom and have the right to make my own decisions.



Finally, now that I live in America, I have many new opportunities to pursue my dreams. In my country it is very hard to get education. Schools don't have enough equipment such as new books, chairs or classes for students. For example, in my school each month every class needed to sit in the school yard because there were not enough rooms. Also, in universities you need to give bribes to some professors in order to pass the class. In short, I immigrated to America to get a good education

and pursue my dreams.

In conclusion, I came to America to follow my dreams. Whenever I feel hopeless and tired, I remember to myself that I have many dreams to follow and I have to work hard to achieve them. I just need to hold on.

Zuhra Noori
ESL 47
Descriptive Essay

The Russian Wedding Ceremony

A wedding ceremony is always a solemn and exciting event in the life of a couple in love. Wedding celebrations in different countries are generally similar but may have slight differences. It all depends on the established cultural traditions of this or that nation. A wedding in my country, Russia, is a very beautiful, solemn, and exciting event that is celebrated with relatives and friends.

The morning of the wedding day begins with the bride's preparations to meet the groom. After visiting a beauty salon, where the bride is given a beautiful hair style and makeover, the bride puts on a white lace wedding dress embroidered with sequins and silk flowers. A thin, transparent, and graceful veil covers her head and shoulders. In her hands, she holds an elegant wedding bouquet. The bride's house is decorated with flower garlands. The cortege of cars in which the bride and groom will go to the wedding ceremony is also decorated with colored ribbons and balloons. When the bride finishes all the preparations, the groom and his relatives come to her house. According to the established tradition, the groom must "redeem" the bride. Relatives and bridesmaids conduct a fun, humorous quiz about the bride. The groom must answer the questions, but if he does not know the answer or is mistaken, then he must pay a token fine. For example, the groom must answer questions, such as, what color does she like, what is her foot size, does she snore at night, what is her favorite food, etc.

When all the stages of the humorous quiz are completed, the bride and groom sit in a beautifully decorated car and go to the Registry Office for the wedding ceremony. There, in the Registry Office,

is a large and beautiful hall where all the relatives and friends of the bride and groom wait for the wedding ceremony. Usually the hall of the Registry Office is decorated with flowers and ribbons. At the appointed time, the newlyweds enter the hall to the music of Mendelssohn's Wedding March. They are met by a clerk and asked to exchange their vows, promising each other love and fidelity. Then the newlyweds exchange rings and kiss.



After the clerk's phrase, "Now you are husband and wife," all the relatives and friends congratulate the newlyweds, and then all those present go to celebrate this joyful event in a restaurant. The celebration takes place in a large hall of the restaurant. The hall is decorated with flowers and balloons. The tables are set with beautiful dishes. A variety of delicious dishes are served to all guests. The first toast is made to the bride and groom. Then all the relatives and friends congratulate the newlyweds in turn and give

gifts. During the wedding celebration, they hold funny quizzes between the guests, dance, and have fun. After that, the bride and groom cut the wedding cake and treat all the guests. A photographer invited to the wedding takes photos and videos of the newlyweds and everyone present.

A wedding is the birth of a new family. All thoughts and hopes are directed to the future that the newlyweds want to build together. The celebration of the wedding ceremony will forever remain in the memory of the newlyweds, as the most exciting, bright, and joyful event.

*Elena Wagner
ESL 47
Descriptive Essay*

We Can Thank Cows for 'Vaccine'

Continued from page 1

ing it does not exist in nature anymore. The story of how smallpox was defeated is closely linked to the English word, "vaccine."

However, before modern science made that happen, humans had suffered from the disease for a very long time. Researchers even found a 3,000 year old Egyptian mummy with smallpox **scars**.

Smallpox was a severe and deadly disease. The Centers for Disease Control and Prevention describes smallpox as **devastating**. "On average, three out of every 10 people who got it died. Those who survived were usually left with scars, which were sometimes severe."



Mummies lie in a recently discovered burial chamber in the desert province of Minya, south of Cairo, Egypt, Saturday, Feb. 2, 2019.

By the 18th century, smallpox was still infecting and killing people around the world. But in England, there were some interesting stories going around about milkmaids.

Milkmaids were women who milked cows. They were known to get a mild disease called cowpox. And the scientific term for cowpox is at the heart of our story about the English word, "vaccine."

Cowpox is a disease that affects cows but can spread to humans through a scratch or cut. Cowpox would often cause a few **sores**, but it is not serious. Smallpox, however, can leave terrible scars at the very least and cause death at the very worst. But milkmaids did not seem to get the damaging disease.

A British doctor named Edward Jenner (1749-1823) wanted to find out if the stories were true. So, he did an experiment on his gardener's son, nine-year-old James Phipps. Jenner took material from a milkmaid's cowpox sore and injected it into the child.



"Milkmaid" is an old term that we no longer use. Pictured here is Emilie Jeannin, a cow breeder. She poses with her Charolais cows in Beurizot, France, Feb. 2017.

The nine year old, predictably, got cowpox. But, months later when Jenner **exposed** Phipps to smallpox, the child never became infected.

Jenner performed this experiment on more people before publishing his findings, calling them: "An Inquiry into the Causes and Effects of Variolae Vaccinae."

The Latin term "variolae vaccinae" means something like 'pustules from a cow.' A pustule is a small bump on the skin that contains or produces infected fluid or **pus**.



Swiss farmer Armin Capaul poses with his cows Perrefitte, northern Switzerland, October 2018. (AP Photo)

And, let's face it, pustule – whether in Latin or not – is a bit gross. So, it is the word “vaccine,” based on the Latin word for cow – vaca – that stuck.

In time, vaccines became known as the substances that give **immunity** from other diseases as well.

And that is the story of the English word, vaccine ...
... which brings us to the end of this Words and Their Stories.

Until next time ... I'm Anna Matteo.

Historical events related to smallpox from the Centers for Disease Control and Prevention

- 6th Century – Increased trade with China and Korea introduces smallpox into Japan.
- 7th Century – Arab expansion spreads smallpox into northern Africa, Spain, and Portugal.
- 11th Century – Crusades further spread smallpox in Europe.
- 15th Century – Portuguese occupation introduces smallpox into part of western Africa.
- 16th Century – European colonization and the African slave trade import smallpox into the Caribbean and Central and South America.
- 17th Century – European colonization imports smallpox into North America.
- 18th Century – Exploration by Great Britain introduces smallpox into Australia.

Words in This Story

devastating – adj. causing great damage or harm

scar – n. a mark remaining (as on the skin) after injured tissue has healed

sore – n. a sore or painful spot on the body usually with the skin broken or bruised and often with infection

expose – v. to cause (someone) to experience something or to be influenced or affected by something

pus – n. a thick, yellowish substance that is produced when a part of the body or a wound becomes infected

immunity – n. the power to keep yourself from being affected by a disease



Martin Luther King Jr.

10 FACTS ABOUT MARTIN LUTHER KING

Meet the civil rights leader in our Martin Luther King facts and discover how he changed history for millions of African-American people during the Civil Rights Movement.

Martin Luther King Jr. facts



Full name: Michael King Jr.

Born: 15 January 1929.

Hometown: Atlanta, Georgia, USA.

Occupation: Minister and activist.

Died: 4 April 1968.

Best known for: Campaigning for the rights of African Americans during the Civil Rights Movement of the 1950s and 1960s.

1) Martin Luther King Jr was born in the United States of America to African American parents. At birth he was named Michael King, but his father later changed his name to Martin Luther King Jr.

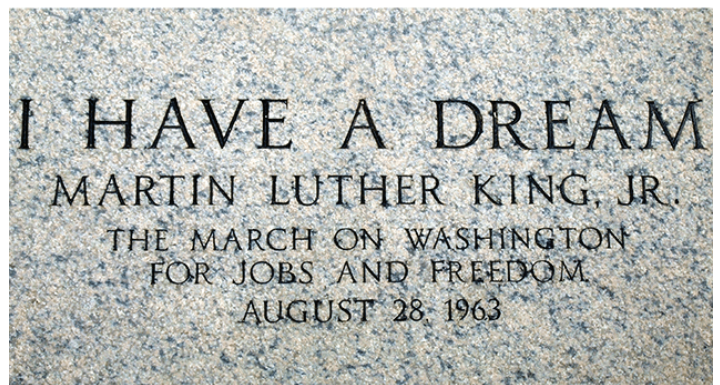
2) When Martin Luther King was growing up, life was hard for African Americans. The Southern United States operated under the 'Jim Crow laws' that kept black and white people separated in what was called 'segregation'. Black people had different schools, toilets and even sections of the bus to white people. They were also denied the right to vote in elections.

3) Martin Luther King had his first experience of segregation at just six years old, when he was told he wasn't allowed to play with his white friend anymore – his friend's father wouldn't allow it!



4) His first major role in the Civil Rights Movement came in 1955, after an African American lady – Rosa Parks – was arrested for refusing to give up her seat to a white man on a bus. This sparked outrage in the African American community and Martin helped to organise a boycott of the city's buses. After 381 days of protest, a court finally ruled that such segregation laws should no longer be recognised.

5) Martin was a great believer in peaceful protest, inspired by the Indian activist Mahatma Gandhi. His protests used non-violent tactics, even when the protesters themselves were met with violence from the police.



6) In 1963, Martin gave his famous “I Have a Dream” speech, at a famous rally named ‘March on Washington.’ Over 250,000 people gathered in the country’s capital to hear Martin and other activists speak about the importance of civil rights. It has become one of the most famous speeches in history and focuses on Martin’s dream of a society where black people and white people live together in harmony.

7) In 1964 – 99 years after the abolition of slavery – the Civil Rights Act was passed, outlawing racial segregation and discrimination in the USA.

8) In October 1964, Martin won the Nobel Peace Prize! He was told over the phone whilst he was in bed suffering from exhaustion – it had been a long, hard fight for civil rights!

9) Tragically, Martin Luther King Jr was assassinated in 1968 in Tennessee, where he had given a speech the day before. He was standing on the balcony of his hotel when he was shot. James Earl Ray was

convicted of his murder and spent the rest of his life in prison, despite claiming to be innocent. James died in 1998.

10) Martin Luther King Jr is remembered for his tireless work during the Civil Rights Movement and his dream that one day everyone would be treated as equals. A statue built in his memory now stands in Washington, D.C. and each year, the third Monday in January is celebrated as Martin Luther King Jr. Day, an American federal holiday.

Source: <https://www.natgeokids.com/uk/discover/history/general-history/martin-luther-king-facts/#:~:text=%20%20%20%20Martin%20Luther%20King%20Jr,he%20was%20told%20he%20wasn%E2%80%99t%20allowed...%20More%20>



I HAVE A DREAM SPEECH

I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation.

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity.

But one hundred years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to dramatize a shameful condition.

In a sense we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be guaranteed the unalienable rights of life, liberty, and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check — a check that will give us upon demand the riches of freedom and the security of justice. We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to lift our

nation from the quick sands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force. The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny. They have come to realize that their freedom is inextricably bound to our freedom. We cannot walk alone.

As we walk, we must make the pledge that we shall always march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?" We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality. We can never be satisfied, as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as our children are stripped of their selfhood and robbed of their dignity by

signs stating "For Whites Only". We cannot be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair.

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal."

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today.

I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification; one day right there in Alabama, little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.

I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith that I go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with a new meaning, "My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring."

And if America is to be a great nation this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania!

Let freedom ring from the snowcapped Rockies of Colorado!

Let freedom ring from the curvaceous slopes of California!

But not only that; let freedom ring from Stone Mountain of Georgia!

Let freedom ring from Lookout Mountain of Tennessee! Let freedom ring from every hill and molehill of Mississippi. From every mountainside, let freedom ring.

And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! free at last! thank God Almighty, we are free at last!"

*"I Have a Dream" Martin Luther King Jr.
speech he delivered in 1963 in Washington, D.C.*

Some More Parrot Fun Stuff

Interactive Chess Puzzles



Easy Puzzle
White: Mate in 2



Hard Puzzle
White: Mate in 2



Chess Quiz

The game of chess is one of the most popular games in the world. It is also a very old game and probably started in India where it was called *chaturanga* before it moved to Persia around the 6th century before going to Arabia and then to Europe. The English word "chess," according to etymonline.com, comes from the French word *eschec*, which comes from the Vulgar Latin word **scaccus*, which comes from the Arabic word *shah*, which comes from the Persian word *shah*, which means "king," which is the principal piece in the game of chess! Try to remember that the next time you play chess!

This quiz will help you review some of the key vocabulary that you need to play chess.

1. This piece has limited movement. Its capture or "mate" means the end of the game.
 - A. King
 - B. Queen
 - C. Bishop
2. This piece can only move forwards, backwards, left or right, but it can move as far as it wants. It looks like a castle, but its name is related to the Persian word for "soldier."
 - A. Pawn
 - B. Bishop
 - C. Rook
3. Its movement is a combination of the Rook and Bishop.
 - A. Knight
 - B. Queen
 - C. Pawn
4. Its movement forms an L shape and can jump over the piece blocking it.
 - A. Knight
 - B. Bishop
 - C. Grasshopper
5. As long as its path is clear, this piece moves in a straight, diagonal line.
 - A. Bishop
 - B. Queen
 - C. Glasses
6. It moves forward one square, except when at the initial position, where it may move two squares ahead.
 - A. Pawn
 - B. King
 - C. Chess
7. When this piece reaches the last square, it is promoted and can be swapped for a Bishop, Knight, Rook or Queen.
 - A. Pawn
 - B. King
 - C. Circle
8. How many boxes does the Chessboard have?
 - A. 50
 - B. 56
 - C. 62
 - D. 64
9. This situation ends the game in a draw where the player can no longer make any legal moves; however, his/her King is not in check.
 - A. Stalemate
 - B. Checkmate
 - C. Castle
10. As long as its line of sight is clear, this piece moves in a straight line, either horizontally or vertically.
 - A. Bishop
 - B. Rook
 - C. Priest
11. You need this pair for castling. Castling is a way of keeping a very important piece safe while the other piece at an advantageous position.
 - A. King and Queen
 - B. King and Rook
 - C. Burger King
12. The situation in chess in which a player loses the game because that player's king is in a position from which it cannot escape.
 - A. Cheekmote
 - B. Check the mat
 - C. Checkmate
13. The term "checkmate" is related to the Arabic and Persian phrase *shah mat*, which means _____.
 - A. "the king is a total crybaby loser"
 - B. "the king is mad"
 - C. "the king died"

1.A 2.C 3.B 4.A 5.A 6.A 7.A 8.D 9.A 10.B 11.B 12.C 13.C

Reading for Beginners

A Big Tip

Bob likes to eat spaghetti. Every Friday he goes to an Italian restaurant and eats spaghetti for lunch. Phyllis is a waitress at the Italian restaurant. Phyllis and Bob always talk and laugh. They are good friends. After Bob eats, he pays for his lunch. Then he puts some money on the table. The money is for Phyllis. It is her tip. One day, Bob eats spaghetti at the restaurant. He pays for his lunch. Then he asks Phyllis, "Do you want a tip today? Or do you want half of my lottery ticket?" "Half of your lottery ticket?" Phyllis asks. "Yes," Bob says. "I have a lottery ticket. If I win the lottery, you get half of my money." Phyllis laughs. "Okay," she says. "I don't want a tip today. I want half of the lottery money!" She laughs again. The next day, Bob wins the lottery. He wins six million dollars. Bob goes to the Italian restaurant. "Here is your tip," Bob tells Phyllis. "Three million dollars!"

Comprehension

Match the end of each sentence with the beginning.

1. Bob likes to eat ____.
2. Every Friday he goes ____.
3. Phyllis is ____.
4. Bob asks Phyllis, ____.
5. Bob wins ____.
6. He gives Phyllis ____.



- a. a waitress
- b. half of the money – three million dollars!
- c. "Do you want a tip today? Or do you want half of my lottery ticket?"
- d. the lottery
- e. spaghetti
- f. to an Italian restaurant

Adapted from "Very Easy True Stories" by Heyer (Longman, 1998)

Nanny Noetal

Nanny Background: Nanny Noetal is your friendly oh-so-smart students advice columnist.

Hello, Nanny,

I need your help writing an email to one of my professors. I do not know how to write an email, and you can see that from my writing to you.

Leo K

Dear Leo,

It is a good question to ask. Luckily, I read an article yesterday about "How to Email Your Professor (without being annoying)." First of



all, you have to be respectful, polite, and soft. Start your email with "Dear Professor Last-Name." Then, identify the class name you are in and the section number, so the professor provides you with the correct information. After that, ask your question and watch your word's tone. Finally, thank your professor and write your name.

For more information visit: <https://medium.com/@lportwoodstacer/how-to-email-your-professor-without-being-annoying-afcf64ae0e4087>

Nanny Noetal

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!

SOY SAUCE CHICKEN

Soy Sauce Chicken is a quintessential Chinese favorite, found hanging under heat lamps in many Chinatown restaurant windows.

Ingredients (6 servings)

- 1 whole chicken (about 4 pounds; preferably free-range, never frozen)
- 2 teaspoons oil
- 7 slices ginger
- 2 scallions (cut into 3-inch pieces and smashed flat)
- 3 star anise
- 1 ½ cups Chinese rose wine (mei gui lu or shaoxing wine)
- 1 ½ cups soy sauce
- 1 ¼ cup dark soy sauce
- 1 cup sugar (plus 2 tablespoons)
- 2 teaspoons salt
- 10 cups water

INSTRUCTIONS

1. Take your chicken out of the refrigerator an hour before you plan to cook. You'll want it at room temperature when it hits the pot. Remove the giblets, and thoroughly rinse the chicken inside and out.

2. Grab your stock pot. It will ideally be a tall, narrow pot that will just fit the chicken, since it should be totally submerged in the cooking liquid (if you use a larger pot, you'll need to increase all the ingredients proportionally to create more cooking liquid). Put it over medium low heat, and add the oil and ginger.

3. Let the ginger caramelize for about 30 seconds. Then add the scallions and cook another 30 seconds. Add the star anise and wine (you can use Shaoxing rice wine, rose wine or a mix of both), and bring to a simmer to let some of the alcohol cook off. Add the soy sauce, dark soy sauce, sugar, salt, and water. Bring to a simmer again and cook on low heat for another 20 minutes.

4. Increase the heat to bring the liquid to a slow boil (i.e. a little stronger than a simmer, but not a rolling boil). Use a large roasting fork inserted into the chicken cavity to

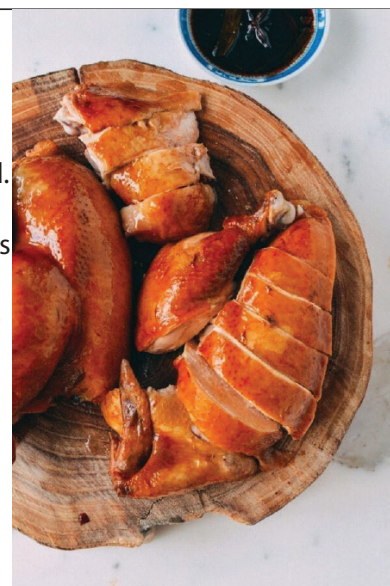
lower the chicken slowly into the pot breast side up. Make sure any air pockets in the cavity fill up completely with liquid. The chicken should be entirely submerged at this point.

5. Once the chicken goes in, the cooking liquid will cool down. Let it cook for about 5 minutes at medium high heat. Next, use your large fork to carefully lift the chicken out of the water and empty the liquid inside the cavity, which will be cooler than the liquid surrounding the chicken. Lower the chicken back into the pot, making sure once again that there aren't any air pockets in the cavity. If the chicken is not completely submerged, periodically baste the exposed area with cooking liquid.

6. Bring the liquid back up to a lazy simmer, which should take about 10 minutes. Keep it at this slow simmer (the liquid will be about 210 degrees F) for 25 minutes. Turn off the heat, cover the pot, and let the chicken sit in the pot for another 15 minutes. Transfer the chicken to a cutting board. If you like, you can use a meat thermometer in the thickest part of the thigh to confirm it has reached 165 degrees F.

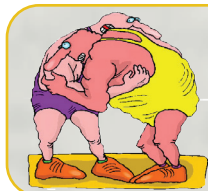
7. Use the sauce from the pot to occasionally baste the chicken and keep the skin moist as it cools. Serve over rice with some sauce from the pot.

8. Note: You can also make this recipe with chicken leg quarters and reduce the cooking time accordingly, since they are easier to handle and faster to cook. Also, once you're done cooking the chicken, you can actually freeze the sauce/cooking liquid for use again later (though you may have to re-season the sauce).



Source: <https://thewoksoflife.com/soy-sauce-chicken/>

Parrot Warbling



Grappling with Grammar

Possessive Nouns

Possessive nouns show ownership. "Possessive" comes from the same root as "possession," something you own.

Singular Possessives: Add an 's to singular words to show possession.

Example: Dog's collar; sister's backpack.

If a singular word ends in s, it will need to add 's.

Example: Charles's sneakers; Bess's dresses; Bus's tires.

Plural Possessives: If you have added an s to make a word plural, adding 's will sound ridiculous (cats's). In that case, add only the apostrophe to the end of the word.

Example: Dogs' collars; sisters' backpacks; cars' engines.

Just like singular possessives, plural possessives that don't end in s add 's.

Example: Children's homework; fish's bowls; octopi's tentacles.

Note: *If two people own something together, use an 's after the second person only.*

Example: Joe and Mary's car is new. (Both Joe and Mary own the car.)

If two people own two separate things, add 's to each name.

Example: Laurie's and Megan's nails are painted the same color. (Each girl has her own nails.)

You may find that certain names ending in s add only an apostrophe.

Example: Jesus' parables were instructional stories OR Jesus's parables were instructional stories. Some people prefer to use only the apostrophe, but because we usually pronounce the extra s, adding 's is correct as well.

Source:

<https://www.englishgrammar101.com/module-1/nouns/lesson-8/possessive-nouns>

Idiom--Attic

The sky is the limit!

Meaning: Nothing is impossible.

Ex: "How successful do you think the project will be? Who knows... the sky's the limit!"

He is so gifted – the sky is the limit for him.



Source: <https://www.stordar.com/figure-out-english-idioms-about-dreams-and-ambitions/>

Pronunciation: Soft "a" and short "a"

Soft "a" Sound

ɑ: (arm, father)

The soft A sound (IPA symbol: ɑ:) can be found in English words such as:

- arm, father, part, start, dog, box, clock, on, a lot, not, body.



Short "a" Sound

æ (cat, fat)

The short A sound (IPA symbol: æ) can be found in English words such as:

fat, cat, dad, back, fast, animal.

Source: <https://www.really-learn-english.com/english-pronunciation-lesson-13-soft-a-sound.html>

Source: <https://www.really-learn-english.com/english-pronunciation-lesson-11-short-a-sound.html>

Dream Variations

*To fling my arms wide
In some place of the sun,
To whirl and to dance
Till the white day is done.
Then rest at cool evening
Beneath a tall tree
While night comes on gently,
Dark like me
That is my dream!*

*To fling my arms wide
In the face of the sun,
Dance! Whirl! Whirl!
Till the quick day is done.
Rest at pale evening...
A tall, slim tree...
Night coming tenderly
Black like me.*

By Langston Hughes



James Mercer Langston Hughes (February 1, 1901 – May 22, 1967) was an American poet, social activist, novelist, playwright, and columnist from Joplin, Missouri. One of the earliest innovators of the then-new literary art form called jazz poetry, Hughes is best known as a leader of

the Harlem Renaissance.

Source: en.wikipedia.org/wiki/Langston_Hughes

Rigoberto's Riddles

Whats $\frac{3}{7}$ chicken, $\frac{2}{3}$ cat, and $\frac{2}{4}$ goat?



A: Chicago (CH)(CA)(GO)

Silly Vasily's Chuckle Chamber

There was this guy at a bar, just looking at his drink. He stays like that for a half hour.



Then a big trouble-making truck driver steps next to him, takes the drink from the guy, and just drinks it all down. The poor man starts crying. The truck driver says, "Come on man, I was just joking. Here, I'll buy you another drink. I just can't stand to see a man cry." "No, it's not that," the man replies,

wiping his tears, "This day is the worst of my life. First, I oversleep & I go in late to my office. My outraged boss fires me. When I leave the building to go to my car, I find out it was stolen. The police say they can do nothing. I get a cab to go home, and when I get out, I remember I left my wallet. The cab driver just drives away. I go inside my house where I find my wife in bed with the gardener. I leave my home, come to this bar, and just when I was thinking about putting an end to my life, you show up and drink my poison."

Interview with Professor Dyanne Marte

Continued from page 1

and I also have a bachelor's in fashion. Basically, at one institution in Baltimore, Maryland, they were looking for an instructor; so I applied for the job. I started teaching as a part-time faculty member.

The Parrot: Who helped you to become the person who you are?

Professor Marte: I would say that my family, and my friends.

The Parrot: So your mother was a designer or did she know how to sew?

Professor Marte: Yes. I'm from a small country in South America called Suriname. When I was young, my mother had created and sewn all of my clothing for me. She didn't teach me because she didn't have the patience, but she allowed me to use her sewing machine as long as I didn't break it.

The Parrot: The same goes with me. My mother knows how to sew, too. When I was growing up, my older sister started studying at a sewing school. I was learning to sew beside her and my mother.

Professor Marte: Oh, great!

The Parrot: Where did you study or which college or university did you attend?

Professor Marte: I attended the Savannah College of Art and Design in Savannah, Georgia. I studied fashion there.

The Parrot: How long did you study there?

Professor Marte: I graduated a year early, so three years.

The Parrot: Oh, it's not too long.

Professor Marte: Yes. Not too long at all. The programs are normally four years long but I got it done in three.

The Parrot: Looking back, would you change your

career for something else?

Professor Marte: No. I am where I am supposed to be.

The Parrot: Do you really like to sew?

Professor Marte: Yeah! I really like to sew and I like to teach.

The Parrot: Do you sew clothes by yourself or do you regularly buy them?

Professor Marte: Oh, I have a line of clothing. When I started, I had to actually sew because I didn't have the money to pay anyone to sew for me.

The Parrot: What do you think is most important to be successful in educational life?

Professor Marte: Being inquisitive, working hard, and going beyond the classroom—meaning you want to know as much as you can. When I was in school, I would shop at high end stores. I wouldn't really buy anything, but I would look at the clothing. I would see how it was made, and I would see what the treatments were—how it was hemmed, how it was finished. It was way before we had these phones, so I had to write it down or I had to make a sketch of it. Then, I had to ask my professor, "Hey, how was this finished? I couldn't afford to buy this dress but this is what they did. What is this called?" I even called the manufacturers of the machines, the Juki and Mami, and I would ask them, "Do

you have the stitch guide or what is this machine that does this stitch?" They would send me a fax of the machine and the manuals. Then I said, this machine does this because in the industry, it's not an all-in-one machine. It may take five or six machines to make one garment.

The Parrot: Yeah, I know this.

Professor Marte: I really wanted to know as much as I could, so I was outside of class. This was outside of my projects, my work which I had to do. I was always asking questions.



The Parrot: What is one word that describes you best?

Professor Marte: I would say eclectic. I like to travel. I get a lot of inspiration from my travels and I like to incorporate all of that into what I do. Whether it's my classroom or my personal work, I like to do that. I like to do different things. I like Cuban salsa dancing. I used to dance classical ballet. I used to play the French horn. I used to play the classical piano, so I like all kinds of different things.

The Parrot: What advice would you give to any student?

Professor Marte: I would tell them, if they want to start a business, think in a way where you start with one thing you do really well. Then once you master it, you make money. You'll know when you're making a profit. When I started my business, I made everything from leashes and collars for dogs, and travel bags for dogs, and hand bags. Then I went back to make clothing. Back then, we had these short-cropped shirts which show the belly. I started making shirts that were tailored, fitted nicely and made of really good material but long. My customers bought them because they didn't want to show their belly. So, even though I knew how to make a gown, I knew boning, I knew all these couture treatments and practices. I started with the shirt, and it turned into skirts, and then I started making wrap dresses, and then I started making pants, and athleisure clothing.

The Parrot: Did people come to you to request custom clothes for them?

Professor Marte: No, it was ready to wear.

The Parrot: What do you mean?

Professor Marte: It's kind of like you go to the store, but I would sew for small boutiques and I would also sew directly for customers, but it wouldn't be custom.

The Parrot: Wow!

Professor Marte: I can customize. If someone picks this out but they wanted this color instead, then I would charge them a little more. I didn't have the ability to do custom because people wouldn't want to pay for it.

The Parrot: If your interview gets in the Parrot, how do you think it will affect your life?

Professor Marte: Oh! I think it will be great because

it will give the program some more exposure, and I am totally open to speaking with anyone who's interested in the program, and I hope that we get more enrollment. We're growing, we're including new classes. We just created three new classes. One is in lingerie, so I am waiting to hear back from the VP of Instruction, so that we can offer it. It was a little bit of a late addition, but our dean is very supportive. We are also creating an alterations course where you learn the theory, and there's an alterations shop where students will run an actual alterations shop. Our goal is to get students to take a few courses without even getting a certificate, and then they can start with one machine their own business.

The Parrot: Do students who are signing up already know how to sew or are they just learning?

Professor Marte: Students need the pre-requisite of FASHN 357 Apparel Construction I. All students are welcome, to take classes including those who do and do not have sewing experience. If students do not have sewing experience, we ask them to show their existing work so that they can progress in the program. I am very much a person who really wants to help our students. I don't want students who have skills to take a class that will be boring for them. So instead, what we do is "Hey, go to our division office, get the petition form, bring in projects that are comparable to what is required in the class. I sign off on it, and then you can go into the next course and then you go from there. Now you still need to probably make up those credits or those units, but you can sign up for an additional elective instead."

The Parrot: Do students sew clothes by themselves?

Professor Marte: Yeah, they do. They have to.

The Parrot: That's really nice. I really like fashion, and I think soon I will take this course. Thank you for your time. I really appreciate it.

Professor Marte: You're Welcome!



Interviewer: Dina Yaruta

The Parrot Palette: Art & Artists

5 DIFFERENT TYPES OF ART PAINT

This is a new column in The Parrot to share your Art Hobby with the campus community.



A picture by Tuyet Le, ARC ESL student

An "Art Hobby" is something you made or created from your imagination. The Parrot would love to share the art from ESL students, to encourage students to try art, and to share their experience in art.

In this issue, we want to introduce about painting art. There are 5 different types of art paint:



quality color. Acrylic is easy to dry and has a wide variety of colors for your art. It works well on watercolor paper, canvas, and hard surfaces.

Oil-based paint is a little more complicated for artists; however, it will give a glossy finish. It's slow to dry, which helps the artists to finish their work gradually. **Water mixable oil** paint is a kind of oil paint mixed with water to make the paint thinner.

Acrylic is the easiest paint to learn how to use. The acrylic colors are sold widely in stores at reasonable prices because you can find the beginners to professional

Oil paint can be used on oil paper, wood, linen, and canvas. Oil paint is cheaper than acrylic.

Watercolor paint usually contains gum-arabic and



is mixed with water to make translucent paint. It dries quickly and presents a beautiful color on watercolor paper. **Gouache** is like powder paint and is water-soluble. It's mixed with water to paint on watercolor paper or canvas; however, watercolor paper is the best choice for gouache. Its color is darker when it gets dried. It usually takes hours or several days to dry after applying.



Encaustic is a wax-based paint and highly durable. The artist can use a heat source and metal tools to work with this hot liquid wax-based paint.

If you are an ESL student and want to share your art in The Parrot, please contact us. Maybe you will see your art in a future issue.

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.

Why I moved to the U.S.



"I came to the United States three years ago. Now, I would like to tell you about why I moved to the United States. Nowadays, there are a lot of people going to leave their countries..."

Lan Truong



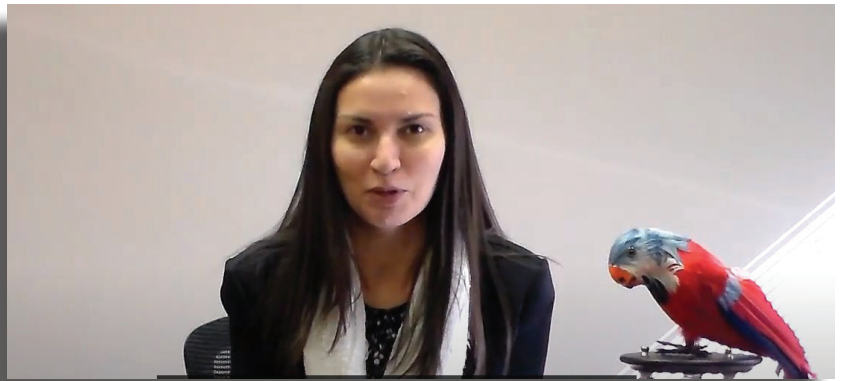
Click on *Lan's* photo to find out what happened next.

"I came to live in the United States because my husband brought me here. Everything started on December 31st, 2005. That was the day I met my husband..."

Alzira



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



"So, I have to talk about the worst day in my life. The worst day in my life is when I left my country and left my family. So, when I lived in Lebanon, I registered in the United Nations. They told me the USA is accept me as..."

Ahmad Altattan



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



Mount Whitney 14,505 feet (4,421 m)

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

Happy New Year ARC family! The mountains have definitely been calling. Today I decided to answer the call from the highest peak of the lower 48 states, Mount Whitney. Simply put, this is about as epic of a day hike as one could possibly accomplish.



Started hiking at 3am and finished at 6pm, leaving ample time for breaks, filtering water, and admiring the view at the top. I would say that the journey takes most people between 12-16 hours. Start early! I'd recommend a 2am-4am start time for a day hike. Some highlights include a beautiful meadow with sharp granite mountains flanking all sides, flowing waterfalls, still alpine lakes, stunning peaks, and the accomplishment of reaching the top. Make sure that you're prepared for completing this journey to the highest point in the lower 48 states.



First, you'll need a permit. If you don't win the permit lottery, then you can check Recreation.gov to see if anyone gives up their spot. While this isn't common, it happens sometimes if you keep checking. If you're hiking a day hike, make sure to try and acclimate your body to the altitude. Many people sleep at the trailhead in their cars. I showed up at 9

pm and felt like that was just enough time to catch a couple of hours of sleep before starting the hike. I'd recommend bringing 3 liters of water, a water filtration system (because there are multiple places to filter water until about 1/4 of the way to the main switchbacks), a lunch, lots of snacks including protein bars and electrolyte chews, ibuprofen, sunscreen, hand sanitizer, a mask/buff, a phone charging battery pack, and a down jacket for the top. Even on a day when it was over 100 degrees in Lone Pine, the top was freezing cold with temperatures in the 40's. There's no shame in turning back if you don't think you can make it to the top. The altitude sickness is real and even in the best conditions, there were a number of people that didn't make it. Make sure to train a lot before the hike!

During COVID, make sure to email the ranger for your permit and print it out, and have it on you while hiking. There was a ranger checking permits and picking up the trash that people left behind. Even though the experience was incredible, I do have to say that the way back along the same path felt quite tedious. The trail is almost entirely switchbacks and the grade of them is more gradual than I'd like. On both the way up and down, I'd find myself wanting to cut them short, but refrained and stayed on the path. A good portion of the hike is on granite rock that can move under your feet. The trail is hard and foot placement is key. This, combined with a long hike, makes for a prime possibility for a turned ankle. Even so, it's still worth doing, an incredible accomplishment and for the most part a ton of fun! See you on the trail.



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

FAFSA and CA Dream Act Applications Workshop February 20, 2021 1:00 pm - 2:00 pm

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 by clicking below or by calling (916) 558-2501.

Link to sign up:

<https://esars.scc.losrios.edu/esars/fa/eSARS.asp?WCI=Init&WCE=Settings>

Make sure to review the important checklist and tips before the workshop:

<https://scc.losrios.edu/student-resources/financial-aid/financial-aid-workshop-checklist-and-tips>



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 previous issues of The Parrot, go to <https://arc.losrios.edu/academics/the-parrot-newsletter>