

THE PARROT



Spring 2021

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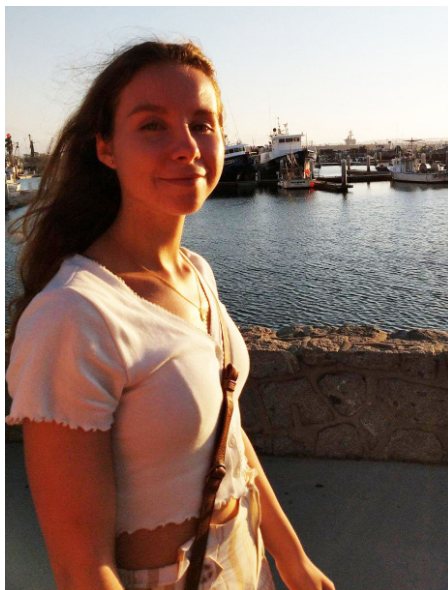
Your ARC newsletter by and for ESL, multicultural, international students, Californians, and, well, anybody really...

The Path to Nursing School

Parrot: Hello Iuliia.

Iuliia: Hi.

Parrot: Thank you for your time. Thank you for coming and talking to me. We are going to be talking today about some important ideas to consider for ESL students who decide to become nurses. To start, Iuliia, can you please introduce yourself and tell me a little about your educational process, where you are



now, and what the next step is for you?

Iuliia: Yes, sure. My name is Iuliia and I am a nursing major at American River College. As for my educational background, I graduated from Mira Loma High School in 2019 and started attending ARC three days after the graduation

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American River College
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FESTIVAL OF
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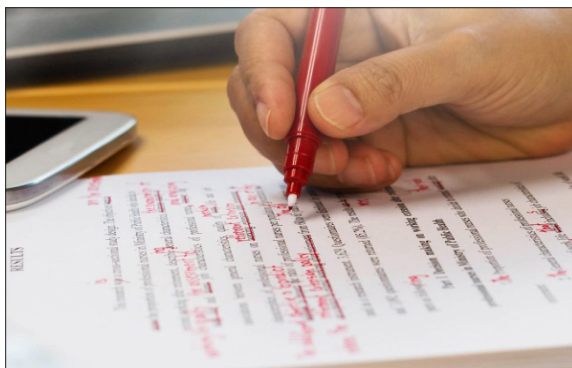
"To go wrong in one's own way is better than to go right in someone else's."

Fyodor Dostoevsky

Its National Grammer Day--March 4, 2021.

(Noticed the 3 mistakes? This article is for you!)

On March 4, we let our inner nerd out for National Grammar Day! The day was established in 2008 by Martha Brockenbrough, the founder of the Society for the Promotion of Good Grammar. The day's motto is: "It's not only a date, it's an imperative: March forth on March 4 to speak well, write well, and help



others do the same!" We take that imperative seriously, so this National Grammar Day, we are celebrating the idiosyncrasies of the English language by studying up on common grammar mistakes, proofreading our correspondence, and thanking our editors!

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Student Chirpings

What Holidays Mean to Us

"Mom, I see a star!" happily shouted my younger sister, pointing to the evening winter sky. "Now let's go to dinner," said Mom.

With the first star in the sky began the Christmas dinner, the whole family gathered at the table, and on the holiday table traditionally stood 12 dishes... These are my memories of Christmas, about a special holiday that people have been celebrating for centuries around the world. There are many reasons why people celebrate holidays and festivals, and here are three of them: because holidays unite, it's an opportunity to relax, and also there are our memories of the past.

The first reason is that holidays unite. Traditional family holidays unite the family. At the large family table the generations become one whole. National holidays unite citizens and raise the patriotic spirit. Such citizens make the state stronger. Every religious holiday is important for believers. Religious holidays make the faith of believers stronger. Summing up, we can say that holidays give us the opportunity to feel part of something great and significant. During the holiday everyone can feel part of the family, part of the state, or part of the church.

The second reason is that holidays give people an opportunity to relax. Indeed, a person can't live just for a job. Our bodies and mind need rest. Young people need to rest from school. Adults need rest from work. Everyone sometimes needs rest from the everyday routine. For me some holidays are like a small reboot before starting something

new or important. For example, two years ago, on New Year's Eve, I decided to learn English and later entered college. It was during the holiday that I was able to relax and make an important decision.

The third reason is that remembering the past is very important. In Ukraine, we have an expression, "Someone who doesn't remember the past has no future." Holidays are inseparable from history. These are our memories of the past. Usually holidays are a joyful event, but sometimes they come with a tinge of sadness and grief. For instance,

some holidays honor the memory of heroes or the end of the war. Such a holiday for me is Victory Day. When I was a child in Ukraine, every year on May 9, my grandmother took me to a holiday parade. I was happy because there were a lot of flowers around, music was playing, and in the evening there was always a festive salute.

Only with age, as an adult, did I realize that the price of this holiday is the crippled destinies of millions of people. So, we can say, that such holidays are respect for the past, responsibility for our actions, and hope for a better future.

In conclusion, holidays and festivals are an integral part of our life. They are with us throughout our lives. Holidays bring good emotions, positive and joyful. People need a holiday because it's an opportunity to feel not alone, also it's an opportunity to change everyday life, and it's an opportunity not to forget the past.

Zagura Liudmyla
ESL 47
Opinion Essay



Problems of Not Getting Enough Sleep

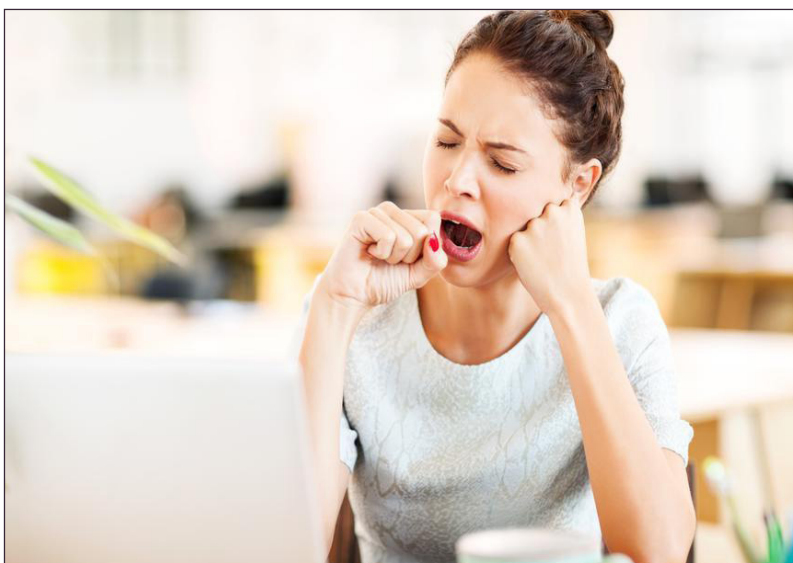
Many people do not sleep enough. I think it is a global problem. We have a lot of work to do during the day. We want to be perfect, and to achieve all our goals. We often forget about ourselves and think about how to earn money, how to organize our children's life, how to be everywhere. I had the problem of not sleeping enough too. I regret that I didn't resolve it earlier. I was always tired, frustrated, and nervous. What are some solutions to the problem of not sleeping enough?

The first solution to the problem of not getting enough sleep is not to eat sweets and fat food in the evening. The sweets and the fat food contains a lot of

carbohydrates that provide us energy. We can't sleep enough because of it. Our body doesn't want to sleep. It wants to be energetic. When I started to eat sweets only in the morning, I had energy for the entire day. In the evening I wanted to sleep. The advice of non eating sweets in the evening was given to me a nutritionist.

He advised me to try, and it was really successful. In the mornings I woke up early, full of energy. In the evenings, I lost all my energy, and I wanted to sleep.

The second solution to the problem of not getting enough sleep is to do more sport exercises. It is again about energy. Doing sport exercises contributes to the "High Impact". During the all-day our body is satisfied. The statistics shows us that people who are doing sport are more energetic and happy than people who are not practicing exercises. If you lose your energy during the day, you want to sleep in the evening. I didn't understand it for a long time. My friend, who also had such a problem, began to do sport the first. She also had problems with not sleeping enough. Every day she practiced sport. In one month she didn't have that problem anymore.



She advised me to try. I love her for this. I resolved a lot of problems that I had. All my days I was full of energy, full of new ideas. In the evenings I just wanted to sleep.

The third solution to the problem of not getting enough sleep is to have good time management. I am sure that our sleeping time should be included in our organizer. It is absolutely necessary to have an organizer where we should write all our tasks for twenty four hours. Eight hours should be for the sleeping. If you look in my organizer, you will see that I have tasks for the entire day. The hours from 10 PM to 5:30 AM are estimated for sleeping. Nobody

ever can change it. In this way I don't have any problems with my housework, with my children, with my husband, and with myself. I have enough time for everything. The sleeping time has a priority for me. This is my health and my good mood. It took a lot of time to begin to manage my time in the organizer. Before it, I only had problems. I was always sleepy,

because I watched movies all night, and I got up at 10AM-11AM. So I didn't have time for me also. I should resolve that problem because I didn't like how my life was. I wanted to be beautiful; I wanted to be a good mother, a good wife, a good student, but I didn't have time for everything. And for the time-sleeping also, I didn't have time. My life really changed after I began to organize all my time.

There are some solutions to the problem of not getting enough sleep: not to eat sweet and fat food in the evening, to do sport exercises, to have a good time-management. I hope one day the problem of not getting sleep enough will simply disappear, and everybody will have time for sleeping.

Alina Baci

ESL 47

Problem-Solution Essay

Advantages of Living in a Tent

Have you ever thought about living in a tent? By living in a tent, you might be able to get a lot of benefits. I love to go camping in the mountains, rivers, and lakes. I bring a tent and lots of camping supplies when going on a camping trip. Sleeping in a tent is very interesting, exciting, and adventurous. I think many people like to go on camping trips and love to sleep in a tent because they desire to get unusual experiences such as enjoying adventure, sleeping outside, and being in nature. In my experience from sleeping in a tent many times, living in a tent offers many advantages to people. The advantages of living in a tent are to move out easily, to live simply, and to save a lot of money.

The first advantage of living in a tent is to settle into new areas and live new lives easily. Many people move from one area to another frequently because they find new jobs, transfer to another school, or get married. Living in a tent, you can move out easily and fast, if you have to move to other areas. When you move to other areas, you just

pack your basic necessities such as clothes, shoes, and valuables. Bringing a tent and carrying your suitcases, you can move to your new place. If you want to avoid complex cities, you will be able to move right away. Furthermore, you can get closer to nature anytime and get many health benefits. I think many people dream about living near the seashore, lakes, or rivers. Nowadays, many cities are heavily polluted and there are terrible traffic jams. Take for example, when I lived in Korea, a thirty-five-old Korean man lived in a tent near the lake to watch TV. He was not an old man but had a serious illness while working at a company in a big city. He was notified that he might be able to live around six months longer by a doctor. Therefore, he decided to quit his job without hesitation and moved

to the countryside. He bought a tent and some necessities to settle into a quiet area near the lake. He spent time near a lot of trees, taking in more fresh air and going fishing. Amazingly, he lived more than two years before dying.

The second advantage of living in a tent is to live simply, without purchasing lots of household stuff. You will be able to get all the advantages from a little slow down and simplification in your life. Living in a tent is simple living and important in your life. You do not need to purchase a lot. Homeowners buy a lot of household items such as furniture, household appliances, and other goods. People who live in a tent just need a few items such as clothes, blankets,



kitchen appliances, and other necessities. They certainly do not need a king-size bed, 50-inch TV, or huge couches. Additionally, when you clean your tent, you can save a lot of time. For instance, my Korean friend, who lives in El Dorado Hills, California, has a huge house. His house has five bedrooms, five bathrooms, and a swimming pool.

His wife always complains whenever she cleans her house. She says that it took a long time to clean her house. She feels it takes a whole day. However, you are able to finish cleaning your tent in one hour. I think it is a great benefit. Another advantage of living in a tent is that you can live simply as much as you can. Living in a tent, you can read lots of books and find a beautiful spot to pitch your tent where you have a good view of the sunset or the sunrise.

The third advantage of living in a tent is to save a lot of money by not needing to pay any utility bills and property taxes at all. Homeowners have to take care of many things such as their property taxes, their utility bills, and their house maintenance. However, if you live in a tent, you do not have to pay

any utility bills such as your electricity, water, gas, or trash bills. Additionally, living in a tent will help you save a lot of money. Here is a good example: Joseph, American man, who lived in a tent, was not at all what he expected. Some people wanted to know why he lived in a tent. He lost a lot of money during the recession. Therefore, he decided to live in a tent. Living in the tent has allowed him to build up his savings once again. He loved the simplicity of living in a tent. Most of all, he loved listening to the sound of the falling rain over his head when he slept. Another benefit of living in a tent is that you do not have to borrow money to buy a house. Many people want to buy their own house. Thus, they apply for a mortgage on their house at the bank. Every home loan represents debt for the borrower, and this can become a problem in a number of ways. For instance, homeowners lose a source of income through unemployment, disability, or medical bills. They might

be unable to pay monthly mortgage payments. The debt can quickly become overwhelming. In reality, a couple of my friends did not pay mortgage payments; thus, they lost their houses a few years ago. However, living in a tent means not borrowing money from the bank. You do not need to pay monthly mortgage payments for thirty years.

In conclusion, living in a tent is not for everyone. If you want to lie down and see stars in the night sky and listen to the sounds of nature all around, you can try to live in a tent. There are several advantages of living in a tent: settling into new areas and living new lives easily, living simply by not needing to purchase lots of household stuff, and saving a lot of money by not needing to pay any utility bills and property taxes at all.

Woochul Jang
ESL W50
Opinion Essay

Ways to Be a Bad Neighbor

What does it mean to be a bad neighbor? Well, I want to show you that by three situations or ways. Are you ready to see that? Let's go.

The first situation is bad neighbors who sit around you in your college class. They can ask a teacher some stupid questions. Some people wear very strange clothing. Some look like a clown not like a student and that can steal your attention. Some of them don't respect your privacy when you do class work. All these things can block your mind. When you have neighbors like these, you can't concentrate on your learning process. Indeed, bad neighbors in class are a curse.

The second situation is people who are seated next to you on a plane. Oh my goodness. Some people are overly emotional. They look and sound very busy. Do you like neighbors like that? I don't! Some of these bad neighbors eat onions or garlic before the flight. That smell follows you for the whole flight. Do you think that is a good neighbor? I don't

think so. No doubt, all of these kinds of neighbors on a plane are good examples of bad neighbors.

The third situation is more important than others. That is your bad neighbors who live next door to your house. For example, they can never be friendly or they won't smile at you. Bad neighbors always listen to music too loud. Another problem is if they have a rooster in their backyard. That will mean one thing for you every Sunday morning. You will want to kill this bird, but you can't because you are a GOOD neighbor. That type of bad neighbor will make you crazy more often than others.

Yes, bad neighbors can be with you everywhere. They will use many different ways for that. Bad neighbors can catch you at college or on a plane. These people can annoy you around your house. However, the more important thing is don't be a bad neighbor for others.

Eugenii lurkin
ESL W40
Expository Essay



My Place to Relax

People often need a place where they can feel tranquility, safety, privacy and harmony. I need it for sure. I need a discreet place where I can get inspired, where I can be in peace and quiet. I am lucky. I have a wonderful place that makes me really happy, that gives me inspiration: this is my small balcony.

Two years ago, when we were looking to rent an apartment, I saw my balcony for the first time. It was pretty small but it had something that I couldn't explain: something magical, attractive and comfortable for myself. It was a compact and a clean place, nothing extraordinary. Of course we chose that apartment. I always trust my intuition. I knew that it would be my favorite place. We only bought a coffee table and two soft armchairs, perfectly designed to make me feel comfortable and relaxed.

I adore the morning time. It is the beginning of my day and of a next step in my life. It is important for me to start my day in tranquility, peace and inspiration. Every day I wake up early, when my family members are sleeping. I need to be alone, away from everybody. I prepare a cup of coffee and breathe it's aroma on my balcony. I sit down on my lovely armchair and admire the fascinating beginning of the day. My day begins with seeing the sunrise. The sun is shining through our pine tree. I breathe

a pleasant smell of this tree that brings me a lot of energy for the entire day. I can admire from my balcony the sounds of birds singing different melodic songs. I can admire the blue clean sky which is like a sea. I plan there all my day, all my purposes that I have to do. I get on my balcony inspiration for a good day, full of positive, peace and good results.

After a busy day, full of events, I come home. Usually I am very tired but I still have lots of things to do in my house. I need to recharge my batteries

and escape for relaxation. Fortunately I have a place where I can be alone for few minutes. I go to my balcony! I sit down on my armchair again and I feel extremely happy. It is dark outside. The sun is already resting. The sky has a peaceful color. The luminous stars are glittering. All my thoughts calm down.

I recharge myself again. I am a sentimental person. It is very important for me to be sometimes alone with my thoughts. I am very happy that I found such a fascinating place. This is my balcony--a place of peace, creation and escape.



*Alina Baci
ESL W50
Descriptive Essay*

First Time in the U.S

I left Thailand in 2013. I left my country because I married my husband. He is Thai and also a U.S. citizen. I imagined that the United States would look similar to New York City. The weather would always be cold, and the city would be full of rich people. When I first arrived in the United States, I was shocked and surprised.

I was shocked about the crime in Los Angeles. I had this experience by myself. I went to the Americana at Brand. I parked my car on the second floor and went shopping for just 10 minutes. After that, I came back to the car, and I was in shock. Somebody broke into my car by hitting the car glass. They also stole many things. Then, I suddenly looked around, and I saw several CCTV and many security guards. I asked the manager to help me find the thief, but he said he could not help me because he thought it might be a homeless person. I was shocked in this situation because it is a big luxury shopping mall in the middle of the city. How could this crime happen? In short, crime can happen anywhere and quickly, so everyone needs to be careful for themselves.

I was surprised by the portions of American food. After I was disappointed at the shopping mall,

my husband took me to the IHOP to have lunch. After we took our seats, we ordered the appetizer "sampler," a mega monster cheeseburger, T-bone steak and eggs, a cup of coffee, and one milkshake. When a waiter served our food, I was very surprised because the plates and the food were so big. Especially the T-bone steak and eggs combo, it

came with three big pancakes. IHOP was my first restaurant with such big plates. I had never seen big plates like this before. It was two times bigger than in my home country. In conclusion, I was amazed by the typical size for American food servings.

Now, I have lived in Sacramento for almost four years. However, I still miss my family in Thailand, Thai street food, and the Songkran Festival for the Thai New Year; I have not been to the festival for almost seven years. Now, I feel very familiar with

this country after living here for seven years. I still have many things that I have to learn, but I think I love this country.



Kunkanyawe Treethipphayathichakorn
 ESL 47
 Narrative Essay

A Better City to Live in

Cars are useful, but when there are too many, then the places we live in might not be safe. Everyone likes to have a comfortable life and having a personal car is standard. Having a personal car in such a large city like Sacramento that is situated close to the coast is one thing; however, having a personal car in an ancient, small town, situated in a prairie like Chernivtsy, Ukraine, my hometown, is a crime. Because of too many cars in such a small place, life in this city is critical. The ecological and psychological situations are catastrophic. However, there are several solutions to reduce the increased volume of traffic in Chernivtsi, my hometown.

The first solution to reduce the increased volume of traffic in Chernivtsi is changing almost all the public transportation we have. There are 270,000 people who live in 59 square miles in Chernivtsi now. I remember the time when people over there were not in a hurry like at the present. They waited quietly for the public transportation we had. Those were beautiful, large, orange-colored tram cars and trolleybuses. They were very spacious, and people were not crowded on them. At some moment, the tram cars disappeared, and in place of them sprang up minibuses and a type of "macro

taxis", a very strange public transportation. Neither one of them you will see in a developed country. They are so small, and the seats are so close that it seems there are not people in them but canned fish. Moreover, this kind of public transportation can't accommodate the number of passengers we have, so people take taxis. Thus, we have a lot of cars on streets, a lot of pollution, a lot of noise, and a lot of stress.

It will be better to turn back in our city's history, and bring to the present our tram cars that we loved, or to have a new version of them that would reduce the increased volume of traffic in Chernivtsi.

The second solution to reduce the increased volume of traffic in Chernivtsi is changing the two-way traffic to only one way. Chernivtsi is an old city that started its history more

than 600 years ago. Most of the streets there are not large enough for the traffic we have nowadays. In addition, people park cars on both sides of the streets, so streets are extra-crowded. Therefore, cars get stuck in their ways, accidents happen, people are injured, and everybody goes crazy. I think that the only solution to this problem is to take an example from ancient cities where the traffic on streets is not two ways, but is in only one direction.



So, we will have one street in which cars will run in one direction, and a parallel street where cars will run in the opposite direction. It's so simple.

The third and the most important solution to reduce the increased volume of traffic in Chernivtsi is having bicycle lanes. I remember the time when I was a teenager. I used to take the first bus in the morning to visit my sister in the center of the city. Those were moments of "magic". I saw the completely empty streets in the early mornings I went, except for the special street-cleaning machines. They cleaned the streets like we brush our teeth. Other types of cars had tanks, and they watered plants and flower beds. There were no cars parked on streets like now. Around seven o'clock in the morning the "magic" of Chernivtsi disappeared, leaving the beautiful and clean city place for its happy inhabitants: children, women, and men living there. At that time, people used to use bicycles to get to work places, schools, and stores. Nowadays, I can see some bicyclists on roads, too, but this has become a very dangerous undertaking. Because of too many cars on streets and because of no bicycle lanes, bicycle trips are impossible in Chernivtsi now. I think that if people in Chernivtsi have bicycle lanes, some people will get rid of their cars. This would be a solution to reduce the increased volume of traffic we have.

In conclusion, life is too short to spend in a bad way or in a bad place to live. If we have some problems, it's better to fix them quickly. To solve the problem of increased volume of traffic in Chernivtsi and to have a better place to live in, we should change the public transportation we have, change the two-way traffic to only one way, and have bicycle lanes and paths.



Ala Floca
ESL W50

Problem-Solution Essay

My Personality

My name is Zuhra Noori. I am a right-handed person. I feel comfortable with being right-handed. My husband is a left-handed and right-handed person, and he can write with both hands. I am an artistic person, but I also try to be a logic person for making good decisions. I like



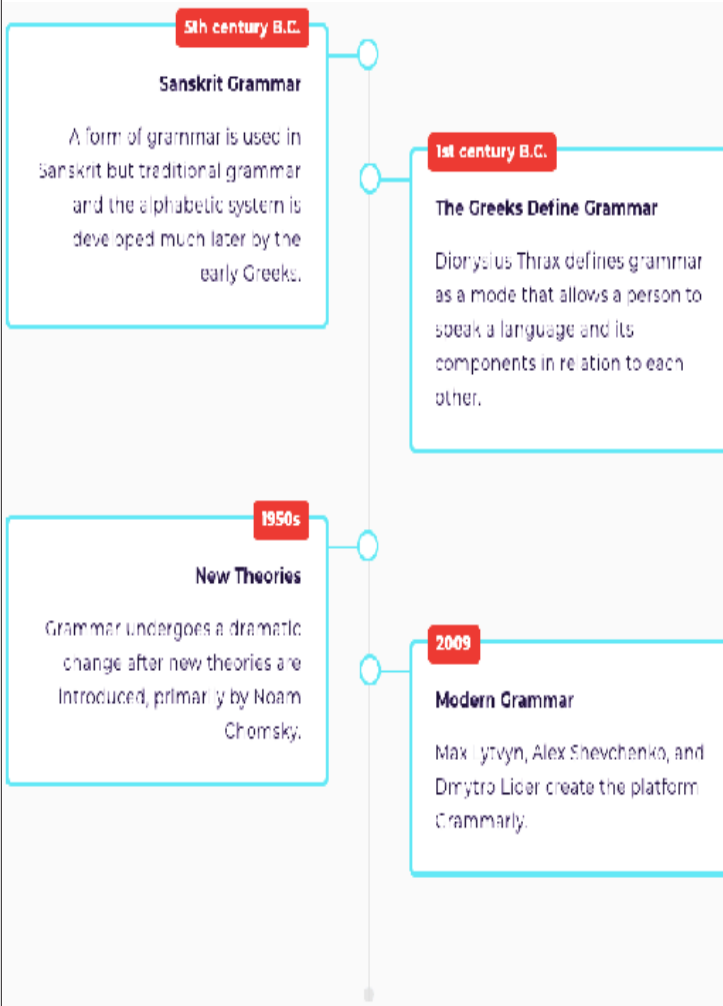
painting and doing DIY. My favorite subjects at school were history and biology. I really don't have any problems with being a right-handed person.

Zuhra Noori
ESL 47

Descriptive Writing

Continued from page 1

NATIONAL GRAMMAR DAY TIMELINE



National Grammar Day Activities

1. Learn a new grammar rule

Is there a particular grammar rule you always feel like you have to double-check? Use National Grammar Day as your excuse to finally memorize that pesky grammar rule! (One we are always looking up: lay versus lie! How to remember it: you lie down on the sofa, but you lay the book on the table!)

2. Get out your red pen

Newspapers and magazines go through several rounds of copyedits, but mistakes nearly always make it through. Celebrate National Grammar Day by acknowledging that no one is perfect with grammar, even the professionals! Read through your

favorite magazine or newspaper with your grammar antenna on and your red pen at the ready to catch any mistakes. And what to do when you find one? Nothing beyond a big red circle and a smile.

3. Have a grammar party

Invite your friends over for grammar games! Play pin the apostrophe on the “it’s”; read out examples of the most hilarious grammar mistakes from the Internet; and stage a discussion on one of the greatest debates in the English language: the Oxford comma, yay or nay?

WHY WE LOVE NATIONAL GRAMMAR DAY

A. Grammar is useful

Grammar helps us be totally clear when sharing our thoughts. It’s the difference between inviting your mom to eat (“let’s eat, Mom!”) and eating your mom (“let’s eat Mom!”). It’s the difference between enjoying cooking and also enjoying your pets (“I enjoy cooking, my cat, and my dog”) and cooking your pets (“I enjoy cooking my cat and my dog”).

B. Grammar is satisfying

Proofreading feels great. Finding a typo, misspelled word, or misused there, their, or they’re is incredibly satisfying. One might even call it day-making! Whether you’re reading over your own work, taking a red pen to a friend’s cover letter, or searching for an errant comma in *The New York Times*, knowing the rules of grammar and using them in everyday life scratches an itch that makes us feel great.

C. Grammar makes us nostalgic

So many grammar rules are permanently embedded in our brains because we learned them as children! It’s fun to go over grammar rules and be reminded of the mnemonics, songs, and cartoons that originally taught us the rules as kids. From *Schoolhouse Rock* to *Sesame Street*, grammar gives us a lot of great memories.

Source: <https://nationaltoday.com/national-grammar-day/>

Some More Parrot Fun

Find the Stuff



Find 15 objects in the picture



Vocabulary:

1. Balance scale
2. X-ray picture
3. Stethoscope
4. Scale
5. Eye dropper
6. Skull
7. Glass flask
8. Thermometer
9. Medical clip
10. Toilet paper
11. Hot water bottle
12. Model of atom
13. Needle/Syringe
14. Gloves
15. Molecule model

See the answers on page 21

Easy Ways to Expand Vocabulary

7 Tips for Learning New Words

Looking for tips for improving your vocabulary? Whether you are trying to strengthen and broaden your vocabulary for school or personal growth, the key is a commitment to regularly learning new words.

Why expand your knowledge and use of words? You'll be able to communicate (speak and write) more clearly and concisely, people will understand you more easily, and you will increase the perception (and reality) that you are an intelligent person. Besides, learning new words is a fun activity -- and one you can even do with the people around you. Challenge a friend, family member, or roommate to learn new words with you.

This article reviews seven easy ways to improve your vocabulary and learn new words.



1. Read, read, and read

The more you read -- especially novels and literary works, but also magazines and newspapers -- the more words you'll be exposed to. As you read and uncover new words, use a combination of attempting to derive meaning from the context of the sentence as well as from looking up the definition in a dictionary.

2. Keep a dictionary and thesaurus handy



Use whatever versions you prefer -- in print, software, or online. When you uncover a new word, look it up in the dictionary to get both its pronunciation and its meaning(s). Next, go to the thesaurus and find similar words and phrases -- and their opposites (synonyms and antonyms, respectively) -- and learn the nuances among the words.

3. Use a journal

It's a good idea to keep a running list of the new words you discover so that you can refer back to the list and slowly build them into your everyday vocabulary. Plus, keeping a journal of all your new words can provide positive reinforcement for learning even more words -- especially when you can see how many new words you've already learned.



4. Learn a word a day

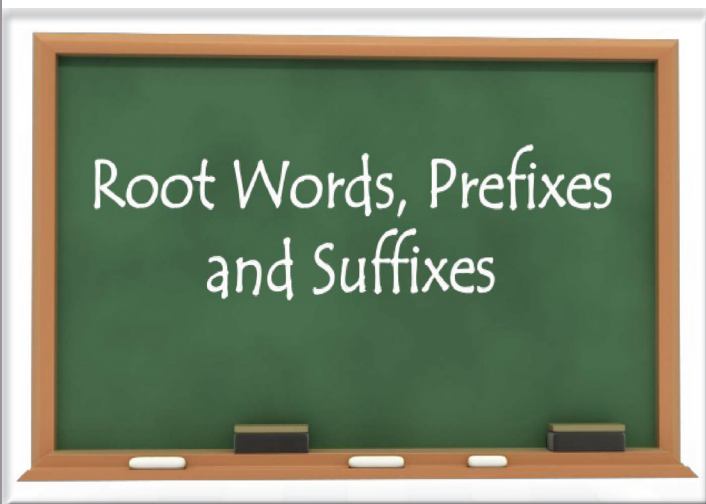


Using a word-a-day calendar or Website -- or developing your own list of words to learn -- is a great technique many people use to learn new words. This approach may be too rigid for some, so even if you do use this method, don't feel you must learn a new word every day. (Find some word-a-day Websites at the end of this article.)

5. Go back to your roots

One of the most powerful tools for learning new words -- and for deciphering the meaning of other new words -- is studying Latin and Greek roots. Latin and Greek elements (prefixes, roots, and suffixes) are a significant part of the English language and a great tool for learning new words. (Follow these links for the sections of this site that provide [English Vocabulary Derived from Latin](#) and [English Vocabulary Derived from Greek](#).)

6. Play some games



Word games that challenge you and help you discover new meanings and new words are a great and fun tool in your quest for expanding your vocabulary. Examples include crossword puzzles, anagrams, word jumble, Scrabble, and Boggle.

Here are some useful (if slightly random) tools for helping improve your vocabulary: [Vocabulary.com: Free Word Puzzles and Activities](#) [WordPlays.com: Word Games](#)

7. Engage in conversations



Simply talking with other people can help you learn discover new words. As with reading, once you hear a new word, remember to jot it down so that you can study it later -- and then slowly add the new word to your vocabulary.

Final Thoughts On Improving and Expanding Your Vocabulary

You hold the key to a better vocabulary. By using the tips outlined in this article, you should be well on your way to discovering and learning new words to expand your vocabulary and strengthen your use of the English language.

Finally, remember that you must practice putting your new words into your writing and speaking or risk not retaining them in your brain.

Use repetition exercises when you first learn a word -- and consider other learning techniques, such as index cards, recording yourself reciting your words, association games, and mnemonics.

What Learning a Foreign Language Has Taught Me

by Kate Fukui

English Isn't What You Think It Is

English is widely used for travel and business, and so **as a result** many countries have **adopted** it into their schools as a second language. What I find very interesting is that these non-native speakers often take words and phrases in English and **adapt** them for their own usage. For example, Japanese people have their own phrases in English that don't make sense to native speakers. Some phrases can be confusing to Americans, like "high touch" to mean "**high five**" and "high tension" to mean **hyper** or excited. For example, if someone said a person has "high tension," most Americans would think it means **stressed out**, and not excited.

To be clear, though, English has become so **widespread** that there are these sorts of **instances** in many cultures where the meanings of words and phrases have changed. Another example is the word "cellphone" in German, which is "das **Handy**." It wouldn't mean anything to a native English speaker, but it sounds funny because the word resembles "That's handy!" Don't be surprised if a phrase you thought was useful in English turns out to be confusing to a native speaker!

Oh, and **it goes both ways**. Did you know that in English, we regularly use phrases that are French? It's true! We use phrases like "C'est la vie" to mean "**that's life**" when in fact French **folks** don't use the phrase themselves. They use "C'est ça" instead! No matter what language it is, people just like to borrow words from other languages and make it their own—and why not? It's fun, and can make us feel a little "high tension" when we play with words. Also, *das Handy* to make new phrases. If other people don't like it? Well, *c'est la vie!*

Words used in this article:

- **As a result:** because of (something), or due to (something)
- **Adopted:** to take in as one's own.
- **Adapt:** to make a change to better fit a new situation.
- **High five:** when two people touch hands, usually friends do this a lot.
- **Hyper (excited):** when someone is energetic and happy
- **Stressed out:** when someone is very stressed or tense.
- **Widespread:** it reaches all over, or is spread very far around.
- **Instances:** times, circumstances, or happenings.
- **Handy:** useful
- **(It) goes both ways:** The same is true for both sides.
- **That's life:** a phrase used when things don't go your way, but it's okay because it happens in life sometimes.
- **Folks:** people

Dear Parrot Readers,

Do you have English phrases used in your native language? What are they? Do they mean the same in the United States, or not?

Please send responses to fukuik@arc.losrios.edu



Practice the words from “What Learning a Foreign Language Has Taught Me,” by putting them into the following quiz.

1. The speaker began her remarks by saying, “Hi, _____. It’s nice to be with you tonight.”
2. Having a laptop computer is _____ when you’re taking an online course. It allows you to work from almost anywhere.
3. Before the pandemic, the use of Zoom was not very _____, but now it seems like everyone is using it.
4. The 1st-grade teacher was shocked at how _____ all of the students were on the last day before vacation. They were so excited and couldn’t sit still during their lesson.
5. It’s not easy for immigrants to _____ to a new country when they don’t speak the language.
6. When Alexander lost his job, his father simply said, “Well, _____. Go look for a new job tomorrow!”
7. Last semester, Shabnam was working 40 hours a week and taking 18 units at ARC. She was really _____.
8. Maria and Hiroko both got 100% on their grammar test yesterday. That’s why their teacher gave each of them a big _____ at the end of class and said, “Congratulations!”

Answers:

1. folks
2. handy
3. widespread
4. hyper
5. adapt
6. That’s life!
7. stressed out
8. high five

Nanny Noetal

***Nanny Background:** Nanny Noetal is your friendly oh-so-smart student advice columnist. Questions? Send an email to: Hogganp@arc.losrios.edu or Travism@arc.losrios.edu*

Hello, Nanny,

I am an ESL student whose English level is 325. I am almost done with my reading and writing classes and I also do get high grades, but I do not speak very well. However, I heard that ESL Listening classes are not countable toward the university, so I am not planning to take any of the Listening classes. What do you advise me to do knowing that my career requires fluent English speakers?

Leo A

Hello, dear Leo,

I am glad you mentioned this issue, and I have seen many of my friends who are taking advanced level ESL classes but don’t always talk or pronounce correctly. What you addressed about the ESL Listening classes is true, but in my personal experience; they are very important classes. ESL L courses are the only way

to improve your speaking and luckily, ARC and SCC have two courses that are open this summer. Please do not miss the opportunity and take summer classes to keep your English improving. Here are the ESL L classes for Summer:



ESL 34/44/54/94 Intermediate-High Skills Lab also known as The ESL Center

ESLL 41 Listening, Speaking and Presentation Skills (Lecture - 11702)

ESL 114 Career Communication Skills: Intermediate (Lecture - 11800)

I added ESL 34/44/54/94 because it has a section for speaking. Don’t forget there is nothing to lose, so try to take an ESL Listening class. I am looking forward to your email telling me how it went for you!

**Best Regards,
Nanny Noetal**

P.S. Look at the next page for enrollment information for Summer 2021 to improve speaking!

ESL Center Online Special Summer Session

June 7 - July 2
Monday - Thursday
8:00am - 2:10pm

**Enroll Now!
Get Ready for
Fall 2021!**

**Build
Confidence**

**Increase
Vocabulary**

**Improve
Listening &
Speaking**

**Learn Canvas &
computer skills**

**Review &
Practice
Grammar**

[Click on this guide to
enrollment for Summer 2021](#)



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.

The Thing I Miss Most in My Country



"Hello, my name is Zenan Liu from China. Today I want to talk about the thing that I miss the most from China - the public transportation..."

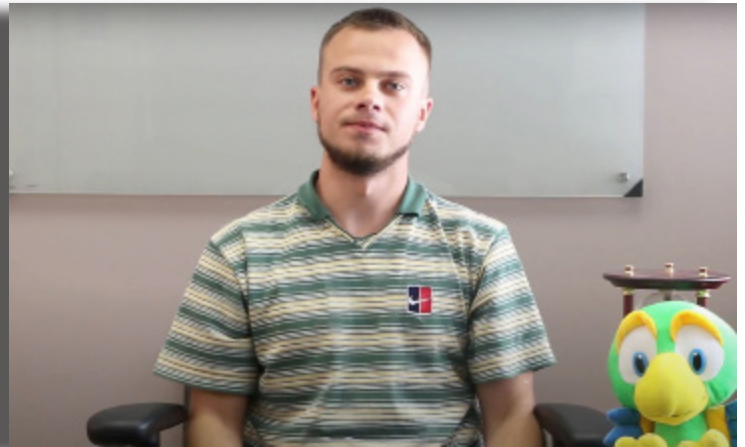
Zenan Liu

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

"My family: mom and father, grandmother, cousins, and aunt live in Ukraine. I remember very good memories..."

Illia Iliencko

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



"Hello everyone, my name is Courtney Milaneta Pedro and I'm from the beautiful islands of American Samoa and today I'm going to be talking about what I miss about my country American Samoa..."

Courtney Milaneta Pedro

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

NOWRUZ - FESTIVAL OF SPRING

Nowruz is the national New Year festivity celebrated in Iran, Afghanistan, and the Kurdish regions of Iraq, Turkey and Syria, and throughout Central Asia. It is also known as the Persian New Year, which is celebrated worldwide by various ethno-linguistic groups usually on or around March 21 on the Gregorian calendar. While Nowruz has been celebrated since 11th century CE to mark the new year, the United Nations officially recognized the "International Day of Nowruz" in 2010.

It is a springtime celebration whose activities symbolize rebirth and the link between humans and nature. The Iranian poet Saadi (1210-1291) wrote: "Awaken, the morning Nowruz breeze is showering the garden with flowers."

While the two-week celebrations center on seeing relatives, picnicking, traveling, and eating traditional food, Nowruz itself - which is Farsi for New Day - is steeped in ancient myths and fiction, as well as traditions and symbols.

Nowruz is a traditional festival of Spring; it starts on the day of the vernal equinox, and marks



Kurds celebrating Nowruz in the village of Pallangan

the beginning of Spring in the Northern Hemisphere. The name 'Nowruz' comes from the ancient Avestan language meaning 'new day' and the festival symbolizes the rebirth of nature, new life and new beginnings.

The word "Nowruz" is a combination of Persian words **نو** now—meaning "new"—and **روز** ruz—meaning "day". A variety of spelling variations for the word nowruz exist in English-lan-

guage usage, including novruz, nowruz, nauruz and newroz.

In Afghanistan, celebrations usually last around two weeks, culminating on the first day of the Afghan New Year, March 20th - this year will be the year 1400! Preparations for Nowruz traditionally start after Chaharshanbe Suri (the last Wednesday before the New Year) and the following day is Farmer's Day, which is marked across the country with ceremonies and displays of agricultural products and livestock. A large, multi-day exhibition is held in Badam Bagh, Kabul each year, at which new ideas and practices, as well as products, are traded between farmers.

People are happy during Nowruz. They buy new clothes for their children. They host parties for



their friends and family, and they cook a traditional "Haft Seen" table setting for Nowruz celebration based on Persian tradition.

food named "Samanak" on Nowruz days. The girls and women sing songs during the cooking of Samanak. It is a happy time!

Nowruz has Iranian and Zoroastrian origins; however, it has been celebrated by diverse communities for over 3,000 years in Western Asia, Central Asia, the Caucasus, the Black Sea Basin, the Balkans, and South Asia. It is a secular holiday for most celebrants that is enjoyed by people of several different faiths, but remains a holy day for Zoroastrians, Bahá'ís, and some Muslim communities.

Parroteer: Sayed Edres Sadiqi

Sources: [Wikipedia](#), [MiddleEastEye](#), [AfghanAid](#), [UNESCO](#)

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!

Crispy Persian Potato And Saffron Tahdig to Celebrate Nowruz (The Persian New Year)

INGREDIENTS

3 cups basmati rice, rinsed
 3 tablespoons kosher salt, divided
 1/4 cup boiling water
 1/4 teaspoon saffron threads, ground with a mortar and pestle
 1 stick unsalted butter, melted and divided
 1/2 cup whole Greek yogurt
 1 Egg
 1 small russet potato, peeled and sliced 1/4-inch thick

Directions:

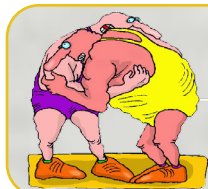
1. In a large bowl, cover rice with cold water and 1 tablespoon salt. Soak for 1 hour, then drain.
2. Combine boiling water and saffron in a medium bowl. Whisk in 1 tablespoon salt and 6 tablespoons melted butter.
3. In another bowl, whisk together yogurt and egg, then stir in half of saffron mixture. In yet another bowl, toss potato slices with 1 tablespoon saffron mixture to coat.
4. Bring a large pot of water to a boil. Season with remaining 1 tablespoon salt. Boil rice until slightly tender but still not fully cooked, 5 minutes; drain.
5. Grease a 10-inch non-stick pot with remaining 2 tablespoons melted butter. To the yogurt mixture, gently stir in 3 cups boiled rice until coated. Line the bottom of pot with potato slices, then spread coated rice over potatoes and up one inch around sides. Top with remaining rice, then drizzle remaining saffron mixture on top.
6. Wrap a towel around pot lid and cover. Place over



medium-high heat until you begin to hear rice sizzling, 4-5 minutes. Reduce heat to low and continue to cook until golden brown, 15-20 minutes; remove from heat. Place a platter over pot and invert so crispy rice is on top, then serve.



Parrot Warbling



Grappling with Grammar

Linking Verbs

Unlike action verbs, linking verbs *show a relationship* between the **main noun** (also called the subject) and **another word** that **describes** that noun. The describing word can be an adjective or another noun. The most common linking verb is “to be” and its forms: *am, is, are, was, were, be, being, and been*.

Example: My cat is furry.

(The verb *is* links the main noun, cat, with a describing word, furry. Furry is an example of an adjective.)

Example: My childhood dog was an Akita.

(In this sentence, the verb *was* links the noun dog to another noun, Akita. The second noun tells us the breed of the dog.)

Other common linking verbs: *appear, become, feel, grow, look, remain, seem, smell, sound, stay, taste, and turn*.

Example: If left too long, the milk may *turn* sour.

I *feel* refreshed after that nap.

Hint:

Sometimes you may not be sure whether a verb is a linking verb, but there is an easy way to tell: you can **replace** any linking verb with a form of **to be**. If the sentence makes sense and has almost the same meaning, you have a linking verb.

Example: The milk may ~~turn~~ be sour.

I ~~feel~~ am refreshed.

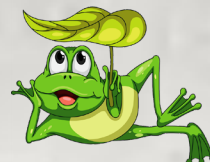
Laurie ~~appears~~ is tired.

<https://www.englishgrammar101.com/module-3/verbs-types-tenses-and-moods/lesson-2/linking-verbs>

Idiom--Attic

A frog in (one's) throat

Meaning: The feeling that something is caught or stuck in one's throat. Could refer to actual hoarseness or the inability to speak due to fear.



Ex: This cold has left me with such **a frog in my throat** that I can barely talk!

Source: <https://idioms.thefreedictionary.com/frog+in+my+throat>

Introduction to Approximants

The four English approximant sounds—/l/, /r/, /w/ and /y/) are created by constricting the vocal tract slightly, but not so much that the air becomes turbulent as it passes through.

1. **L sound** /l/: the tip of the tongue is pressed against the middle of the tooth ridge and air is allowed to pass freely along the sides of the tongue.

2. **R sound** /r/: the back of the tongue is bunched high so the sides of the tongue touch the back side teeth.

3. **W sound** /w/: lips are made into a small circle, the back of the tongue is lifted.

4. **Y sound** /y/: the tongue blade is pressed very close to the back of the tooth ridge.



<https://pronuncian.com/introduction-to-approximants>

Stopping by Woods on a Snowy Evening

by Robert Frost

*Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.*

*My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.*

*He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.*

*The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.*

Rigoberto's Riddles

You have to eat me from
the middle to outside.
What am I?



A Pizza.

Silly Vasily's Chuckle Chamber Must learn how to swim!

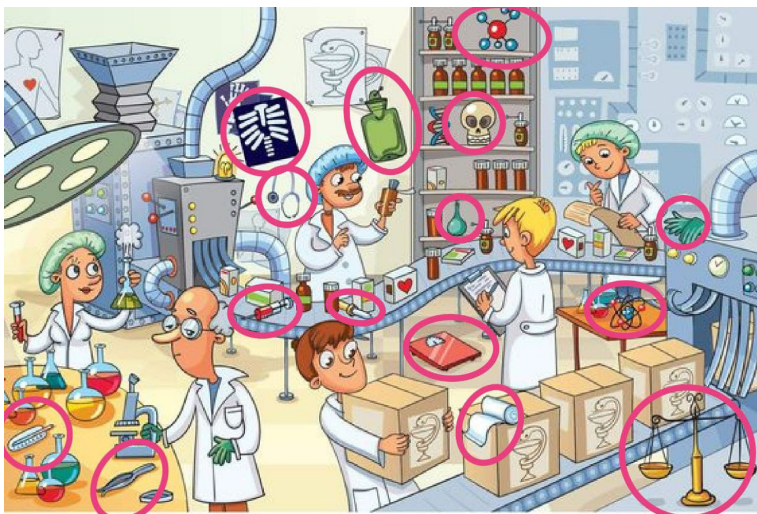
A man comes to a doctor appointment for
his nutrition graph.

The doctor tells him: "You can only eat
seafood."

The man: "What? Seafood?"

The doctor says, "Yes, only
swimming crea-
tures!"

He comes home,
takes the chicken to
the pool and says, "Come
on, you must learn how to
swim!"



**How many items
did you find?**

Interview with Iuliia

Continued from page 1

ceremony. This is my second year and I am almost ready to transfer to a four-year university. I applied to Sacramento State University. Hopefully, I will start the nursing school program this upcoming fall.

Parrot: Some ESL students decide to be nurses. I would say this is the most challenging major at ARC. It is not easy and takes a lot of effort. Why did you decide to study nursing?

Iuliia: I think it all started with a Medical Assisting Internship. Back in high school I got a chance to participate in the ROP/CTE Medical Assisting program. As a part of this program, students get to do their internship at a hospital or a clinic. So, I was assigned to the Veterans Affairs Mather Hospital and I volunteered for one year there. During those four hundred hours, I got a chance to shadow and learn from many outstanding healthcare professionals in Otolaryngology (ENT--Ear, Nose, Throat) Clinic and Emergency Department. As a medical assistant, I was able to perform ECG, blood glucose tests, and other tasks. That was the time when I truly fell in love with medicine and healthcare. Before that I had no idea about nursing or being a doctor or anything medical field related. You see, I came to the United States in 2017 from Russia. The internship was a life-changing experience for me, and I cannot wait to start my career as a BSN nurse in the near future!

Parrot: It is awesome to have this kind of program in high school because many students have no idea what nursing is (Editor's Note: TEAS, which stands for Test of Essential Academic Skills, is administered through Assessment Technologies Institute (ATI) Nursing Education. The test is a basic aptitude test designed to identify students who would succeed in nursing school and who have the ability to think like a nurse.) about, how is complicated it is and what nurses do. How many semesters are you taking in total prerequisites before getting to the nursing program and how many ESL classes have you taken?

Iuliia: I didn't need to take any ESL classes because I

had studied English for 4 years before coming to the United States. I truly enjoyed the process of learning English and put in a lot of time and effort. It all paid off in the end. Talking about prerequisites, to be accepted to into a nursing program, a student needs to complete at least 60 Semester Transferable units. I believe the most important skill to master is time management because there are a lot of classes along with other responsibilities. My goal was to complete all prerequisites in less than two years. It meant completing approximately 15 units every semester. I also did summer semesters. The nursing program is very competitive and students need to work hard to get in. In addition, students need to have a 4.0 GPA. But it's totally doable. It's crucial to prioritize studying. Be ready to study a lot, up to six-seven hours a day. Please, remember to take short breaks and mix in exercise. Exercise helps you reduce stress and retain the information you are studying. I personally enjoy pilates and walking. Getting enough sleep also plays a huge role.

Parrot: Can you please tell me a little bit more about your experience as a student? What prerequisite classes were the most challenging for you?

Iuliia: For me, the most challenging were the science courses because I had to learn everything to the smallest detail from scratch. Also, U.S. history and Political Science was a bit challenging because I didn't have any background in those subjects.

Parrot: Nursing school is not only difficult, it is also so competitive as you said. Is it enough to be a good student to be accepted? Do students have to participate in other activities like volunteering, being an active member of school life, participating in sports, or other extra-curricular activities?

Iuliia: It all depends on the school a student applies to. If a pre-nursing student wants to transfer to a university, he/she needs to have a 4.0 GPA. The TEAS exam is something a student wants to prepare for in advance. I studied for 6 months prior to my TEAS exam. In addition, he/she needs to have a volunteering experience to get extra points. Sacramento State

University has a point system. To get into the nursing program every point counts. A student can get extra points for being fluent in a second language. To sum up, volunteering, 4.0 GPA, knowing a second language, and acing the TEAS test will make you a competitive candidate.

Parrot: You recently passed a big exam that every student who would like to be a nurse must take. What does TEAS stand for? What is this test about in general?

Iuliia: TEAS stands for Test of Essential Academic Skills. This test lasts for 3.5 hours. It has four parts to it. The first part is the reading section. Students need to know how to read quickly, while being able to find main ideas, topic sentences, etc. There are many passages and little time. To play it safe, be able to analyze informa-



tion and think critically. After the reading section, which lasts for about an hour, a student moves straight to the math section. No breaks in between. Math is pretty basic but still requires some practice beforehand. Then, comes the science. It might be the hardest portion because students have to know basically every topic from their science courses very well. I watched many YouTube videos to get ready for the science portion. It's necessary to know every topic in depth. The endocrine system and scientific reasoning are the big ones. I can't stress it enough. I would highly recommend Ninja Nerd Science channel, especially for A&P. The last section is English and Language Usage. I would say ESL students are at an advantage when it comes to this part. I say so because, if English is not your native language, you are much more likely to study English grammar in depth. In a sense, an ESL student has already started mastering skills needed for the TEAS exam.

Parrot: It seems like a difficult test. What kind of challenges in preparation for the TEAS test might ESL students face?

Iuliia: I think there is a stigma around tutoring among many students. ARC is very good at offering free tutoring. But it seems like not many ESL students are aware of this. There is Beacon tutoring, the LRC center, the ESL center, and many more. I work as a tutor for the ESL center. The ESL center program is extremely helpful for anyone who needs extra speaking and grammar practice. I'd highly recommend enrolling in the ESL center program. Tutoring helps students retain new information, as they get

to follow up on difficult topics and have those questions answered right there and then. I personally utilized tutoring for every science course I've taken. This way, I truly understood all the material covered in classes, and later only had to review, instead of relearning.

Parrot: Is there anything else that you want to add for somebody who really wants to be a nurse?

Iuliia: I would say to find your "why". Volunteering at the VA Mather hospital really helped me in this regard. I wouldn't be able to push through the tough times without knowing my "why". During those times, I just pictured myself working as a BSN nurse at a hospital. Visualization is awesome! Remember that all the effort and time you put in now will mean something one day and your dreams will come true.

Parrot: That is very great advice. Thank you so much for your time. I hope next time we can talk about a few steps for finding a nursing position.

Iuliia: Thank you for having me!

Parroteer: Alex Grynishyn

TOE WRESTLING

Baseball may be America's favorite summer pastime, but across the pond, a unique, no-hands sport reigns supreme—and we're not talking about soccer.



Toe wrestling—yes, toe wrestling—is such a popular pastime in Northern England that there's an entire championship centered on this sport every summer. Since its inception in 1976, the Toe Wrestling Championship has taken the Derbyshire community near Manchester by storm.

The sport got its start when a group of friends at Ye Olde Royal Oak Inn lamented England's lack of dominance in athletics—they wanted a sport where Brits could reign supreme, and somehow, toe wrestling became the chosen activity.



After 40 years and many toe tangos, the sport of toe wrestling continues to gain traction, even if the International Olympic Committee has refused to accept it as an official Olympic sport. Though it might not be a competition on the global stage, toe wrestling definitely attracts interest from around the world.

HOW TO TOE WRESTLE

Toe wrestling is a competition between two participants. With their bare feet in a square ring, opponents sit on the floor, lock their big toes, and then battle in an arm-wrestle style to wrangle the other's foot to the sideboard of the designated wrestling area. The art of toe wrestling is more skill than strength; opponents are required to keep non-competing feet in the air with hands flat on the ground.



It's a best-of-three competition that typically lasts one hour, and fear not: Toe hygiene is a priority. Nurses inspect all toes for fungus and hidden weapons prior to competition. Livingstone says they see about 10 to 30 participants annually. Winners move on through the bracket until the leaders go toe-to-toe in the final tournament.

The Parrot Palette: Art & Artists

HUSNA SAFI - FUN WAY TO SHOW MY IMAGINATION

If musicians compose lyrics into a song to describe their feeling, artists can transmit their imagination and feelings into art. The Parrot Palette is happy to share students' experience and encourage students' creation in art.

A talented artist has been found here at ARC – **Husna Safi**. Husna, who is an ESL student at American River College, is from Afghanistan. She has loved to draw since she was in fifth grade, and at that time she mostly liked to draw cartoons. When



she left Afghanistan and came to the United States, she started drawing again. When she was asked if she studied art, she said she hadn't studied art, but it was just fun for her to draw. She likes all kinds of arts and crafts because she thinks they are a fun way to show her imagination. Let's take a short tour to discover her outstanding art.

The first picture is one of her extraordinary pictures – a representative Afghanistan woman. It is the harmonious combination of background colors with blue as the main color that makes the woman look gentle and loving. A mother's and a young woman's beauty in Afghanistan are presented in this picture.

If your life is busy and you would love a calm



place to relax and enjoy some peace, the second picture with the busy background of cute animals and a sky woman can give you that.

"In the name of God" is the meaning of the middle words for the last picture of Husna's collection.



We all have different perspectives and feelings when looking at a picture. You may see different meanings in these pictures. This is the wonder of art. Use your imagination to see or create a piece of art for yourself. Do not hesitate to contact us to ask questions or share your art with us. "The Parrot Palette" will appear in every other issue.

Parroteer: Tuyet Le

Student Clubs

American River College

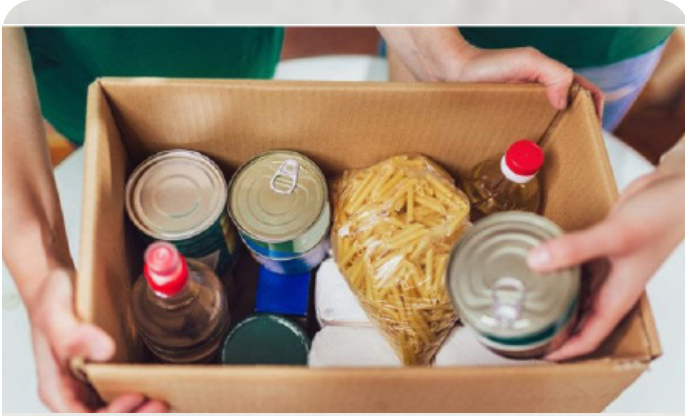


- **Questions about college?**
- **Need more information?**
- **The ARC ELLIS Club can help!**

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

Out of the Cage



Upcoming Food Distributions

There will be Beaver Food Pantry distributions on the following dates this spring from 2:30 to 4:30 pm at the ARC main campus:

Monday, March 22, 2:30 to 4:30 pm

Monday, April 26, 2:30 to 4:30 pm

Monday, May 24, 2:30 to 4:30 pm

All students are welcome! Sign up in advance at Beaver Food Pantry Distribution.

Free non-perishable food and toiletries will be available on a first-come, first-served basis. Masks and social distancing are required. Students should enter through the stadium parking lot entrance and go to the portables near Davies Hall. If students are driving a car, they are asked to please clear out their trunk.

[Sign Up Now!](#)

**ESL Center Online
Special Summer Session**
June 7 - July 2
Monday - Thursday
8:00am - 2:10pm

**Enroll Now!
Get Ready for
Fall 2021!**

Build Confidence

Increase Vocabulary

Improve Listening & Speaking

Learn Canvas & computer skills

Review & Practice Grammar

[Click on this guide to enrollment for Summer 2021](#)

**INTERNSHIP
INFO MONTH**

LOS RIOS COMMUNITY COLLEGE DISTRICT
ARC
FOLSON STATE COLLEGE
CITY

Kaiser Roseville Presentation
Thursday, March 18, 2021 from 12:00 pm to 1:00 pm

[Sign Up Now!](#)

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>