

# THE PARROT

Spring 2021



ISSUE # 155

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

## The Journey of Two Parroteers - Alaa & Alex

**Alaa** has been an ESL student in ARC since 2017. Spring 2021 will be her last semester with a Biological Science transfer degree to U.C. Davis.

**Alex** has been an ESL student in ARC since fall 2017. This semester will also be his last semester with Nursing major transfer to Sacramento University (CSU).



as Parroteers for many semesters. They have done an excellent job to keep all issues of the Parrot that come to the readers on time and in great shape. They have been experiencing a wonderful time at our college – ARC. Today, The Parrot would like to draw a picture of their journeys from freshmen to graduated students.

**The Parrot: Hi Alaa and Alex, it's been our plea-**

**The Parrot** is happy to have had them

*Continued on page 23*



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ESL  
Certificates

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"Mother is the name for God in the lips and hearts of little children."

William Makepeace Thackeray

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## Student Support at the Beaver Food Pantry

**The Parrot:** Hi, Anna. It's my pleasure to interview you today. I understand that you are also an immigrant. Could you please tell us about your background?

**Ms. Radu:** Yes, so originally I was born and raised in Romania till I was about nine or ten years old. We immigrated to the United States and it was a very tough experience at first because I didn't exactly understand the language or



the culture. It was very confusing. I felt embarrassed because I didn't speak English. So I had my Romanian-English dictionary with me everywhere I went just so I could catch the sayings and things that people were talking about. My siblings were older than me, so it was very stressful for them to just change everything. The system was different than what we were raised

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## UC Transfer Admission Guarantee (TAG)

Transfer Admission Guarantee (TAG) is an agreement between a community college student and one of the University of California (UC) schools in which the school offers the student guaranteed admission as long as the student maintains the agreement. I think TAG is a great opportunity for community college students to get into their dream school. The transfer process is a very long process that requires a lot of time for a smooth transition. Students who are interested in TAG need to have a specific major in mind. Every UC campus has different requirements for each major, so students have to be sure about their major of study.

Choosing a major is the first step. If a student is not sure about which major to study and which career to pursue, I think students should make an appointment with an academic counselor from the counseling office at ARC. I knew from the very beginning what career I am interested in and what major I had in mind. But still I went to multiple counseling sessions, and later I found a counselor that I felt most comfortable with and I was in touch with him all the time about my academic journey. I recommend to be in contact with a counselor to guide you through your classes, your major and other requirements. A counselor will help students to determine their area of interest and make an education plan and a plan to which classes they should take.

After I determined my major, I was referred to the website [assist.org](http://assist.org) to check each campus's course requirements for my major. Once I determined the requirements, I started taking either those required classes or their prerequisites with the help of the counselor's guidance.

The next step for me was getting in touch with a transfer representative. My top schools were UC Berkeley and UC Davis. So, I started making appointments to meet with each representative. The foremost step that each representative will tell you is to create a Transfer Admission Planner (TAP) account. The TAP is designed for use by students transferring from California community colleges including those students who are seeking a transfer admission guarantee (TAG) with one of the six participating UC campuses. It is a free

online tool to help prospective UC transfer students track and plan their coursework, and through this tool students can apply for a TAG. In TAP, students complete their profile including all personal and academic information. Students should report each course and their grades. This tool helped me to organize my previous, current and future course plans, keep track of my major transfer requirements and track my progress. This tool is used by UC representatives to review each student's coursework, and if there are any changes in major or campus requirement, there is going to be an update in there.

I was meeting with UC representatives at least two times a semester and making sure I was on the right path. Other perks of visiting with UC representatives are that they will inform students about any upcoming events, opportunities or changes. Students who are applying to TAG must complete all their coursework with a letter grade prior to the term that they are applying. Part of the TAG agreement is to complete all the major requirements prior to transfer; otherwise, the TAG and admission will be cancelled.

I completed all my coursework with a letter grade prior to the fall term which I was applying for. The date for the TAG for fall term is between September 1st to September 30th. To submit a TAG, students will go to their TAP account, and they can apply to TAG through the TAP—basically the TAP information transfers to the TAG application. Make sure to meet with a UC representative to review your coursework before submitting a TAG.

To sum up, meet with your community college counselor to help and guide you through your courses and resources at your college. Meet with a UC representative from your school of choice to help and guide you through your major requirements for that school, track your progress, assist you with your TAP account, and finalize your TAG. Once your TAG is approved, meet with the UC representative to review the agreement and to review the classes or grades the student should get to maintain the TAG decision.

**Neman Faiz**

*Read about another ESL student's experience applying to UC on page 28!*

## Student Chirpings

### A Good Favor

Every person in the world has done at least one favor for somebody. Some people do it because they are kind, some wait for reciprocity. I never wait for reciprocity. I think that if you want to do something good, do it anyway! I should give the world “the best I have”, as Mother Theresa said. I believe that every situation in this life is not fortuitous. We always get what we deserve. When my family came to the USA from Moldova, we were helped by absolute strangers. Later it was my turn. I will always remember how I helped a family from Moldova, even though I often regret it.

It is very hard to be a new immigrant. You come with your family here in absolute obscurity. You don't have a place to live, a car; your spoken language is not perfect, and you don't have a

credit score or a rental history. This is the beginning of a new life. It depends only on your human qualities and how you will arrange it. I'm satisfied with how we arranged our life. I love the USA!

Another family came to the USA after us. We met each other in our immigrant forum. We didn't know them before. We experienced with organizing necessary things such as buying a car, finding a place to live for an immigrant. So our family decided to help them. That family had a child. It was very difficult and expensive for them to live in a hotel for a few weeks. We invited them to stay in our apartment until they found something. My husband and I bought food for them every day. We helped them to buy a car on the second day. We stayed with

their small son while they did shopping and we found them a very nice apartment. The third day the man found a job already. My husband helped them. They didn't have money; we gave them some. I bought summer clothes for their child, and once a week bought them food.

After a few months, when everything was more stable, I saw Mary in the park. She made a look as if she didn't see me. I said to her, “Hi Mary, how are you?” She answered that she was good but very hurried. Situations like this started to happen every



day. They even didn't say hello to us then we met each other. Is it difficult to say “Hi” to us? One day, when a situation like this happened again, I asked Mary if I had changed a lot and maybe she didn't recognize me. She answered, “No, I'm just busy.” At

that moment, I understood that they didn't need us anymore. They used us. But I will never understand why it is so difficult to, just say “Hello.”

If I had to do that favor again, I wouldn't like it. These kinds of people should pass through all the difficulties alone, without help. Only in this way, they would appreciate it. The outcome of my favor was ignorance. I don't want to be invisible. I felt regret and misunderstanding.

**Alina Baci**

ESL W50

Narrative Essay



## The Long Journey

Thinking about my own childhood and all the experiences that I have had makes me sad because of the impact of the war that stole my childhood. In the late 1990s my village "Tizak", which is located in central part of Afghanistan was attacked by the Taliban. Before war could reach the village most of the families had left the region to get shelter in the high mountains far away from the reach of the Taliban. But people who could not leave on time, they had a little chance to survive and most of them were killed by the Taliban. Everywhere was dark, the Taliban destroyed all the Tizak valley and heisted all the cattle and precious things in my birthplace. I was running for my life in hope to find a safer place. My family and I had a long journey from our village to our neighboring countries. We passed many dangerous places which were under the control of the Taliban to reach Pakistan and then Iran.

We left our home in the winter of 1998. The snow was heavy, and the blizzard made the journey almost intolerable for young and old people. I was only 6 years old at that time; I was exhausted and cold, but I did not give up. First, we reached "Ghazni" the nearest province to "Maidan Wardak" and we stayed there for a few days then we began our long journey to Pakistan. I clearly remember when we reached "Paktika" located near the Pakistan border. I could see Talib everywhere all the way from Ghazni to Paktika; they were like

poisonous snakes who were ready to bite travelers on the way. We were evacuees in our own country. In Taliban eyes, Hazara people were not Muslim and they did not respect them at all; their credence demanded that they should kill as many Hazara as they could. So, we were arrested by them in Paktika. There were ten families in our car; they put women and children in a dark and small room. My aunts slapped me and my cousin and she whispered in our ears that we should cry and maybe the Taliban

would feel pity and leave us to go. On the other hand, the Taliban forced men to stay in the snow with no shoes all afternoon. Also, my bigger sister, who was young and personable, wore a "burqa" and acted like an old lady so the Taliban did not know that she was a young girl. We were so close to death on that day. The Taliban swore that they would behead all of us

in the evening. The fear of death encompassed all of the adults, but the children including me were unaware of that. There was nothing that could save us, but a miracle. Fortunately, my nephew was a 6 months old baby at that time. Later that day, an old man among us, who was articulate took my nephew from my sister and went to talk to the Taliban. He put a knife on him and told them that they should kill the baby first; then they could behead the rest of us. That action caused the leader of the Taliban find sympathy and release us.

With much hardship we finally reached Pakistan; we remained there for a while, but our





final route was Iran. The weather in Pakistan was warm and a little bit humid, which was new for us because in my home we had snow. After a shortage of time in Pakistan we started our journey to Iran. We changed cars from time to time on the way and the cars were too old. Sometimes I got car sick and could hardly find a bag of plastic to throw up in it. However, on the border of Iran our family was separated into two cars. I was with my two sisters and my brother in one car and the rest of my family were in the other one. The cars were moving so fast and the fear of being arrested by border officials made all of the passengers silent and everybody was praying. Suddenly, my sister, who was 9 years old jumped out of the moving car and without thinking I jumped after her. All the passengers were shouting in hope that the driver could hear them; I did not remember how they put us back in the car and how we survived, but all I could remember was panic. Even these days I often think about that incident, which occurred many years ago. But that memory is still alive in my existence and causes fear in me. After a one and a half month hard journey my family and I reached Iran. The weather was cold, and we were wayworn from a long journey and everything looked alien through my eyes. My family rented a dark and moist basement; we used our clothes to sleep on instead of pillow because we did not have one. But day by day everything was getting better. My father was working hard to support our family in a foreign country. When I think about my father and all the hard work that he did, tears always come to my eyes. We lived in Iran until early 2002. I have many reminiscences both positive and negative from Iran from my childhood.

Finally, the exciting moment arrived; after four years we were going back to home. My mother packed our clothes and some necessary items for the journey, and we were ready to return home to Afghanistan. When we passed the border, I remembered the day when we were crossing it. Suddenly, a sense of joy and happiness came to me and hugged my soul. I was happy and the tears of joy moistened my eyes which were weary and exhausted from war. After a long time, I could see my native country where I was born and learned

how to talk, feel, cry and laugh. Our journey back to home took one week. We rented a car, and the driver was so friendly and made us laugh all the way by telling jokes. It was summer and fruit like watermelon was ripe everywhere on our route from Herat to Kabul. Finally, in one auspicious afternoon we arrived in Kabul to a house that my father inherited from his father. Kabul also looked strange to me, maybe I was associated to my birthplace "Tizak" which was a pleasant and familiar name to me, and it will remain forever.

In conclusion, life is not always the same, it is like a long journey. Sometimes happiness pursues us, but other time we are following it. I encountered the rough monster, "war" at such a young age in my life. But I passed all of those situations to become a daughter, a wife and a mother of four beautiful children of whom I am proud. I confess that life is not easy especially during the war eruption. We can live and protect ourselves, but the impact will always remain in our entity. Overall, I am a girl who was born and raised and lost her childhood in the war, but I am happy now for everything that I have. I am cheerful for my children that they are living in a safe country and they will hopefully never encounter war. They are enjoying their childhood playing, dancing and studying that I could hardly remember that I had none of this as a child. Because I was born in a different time my childhood associated with war, running, panic and being expatriate in neighboring countries. In every step during that time I lost something valuable from my childhood that nothing can replace. However, life is full of experience either positive or negative. Sometimes life becomes rough for certain people and it can steal all the happiness and replace them with sadness, which is common for some life cycles.

**Lailuma Bator**  
ESL 325  
Narrative Essay

## Lost and Found

Sometimes we lose something in our life, but sometimes find we it. In my previous country Russia our people usually say each other, "If you lose something suddenly, don't cry so much. When you find a costly thing, don't be excited then." We always have alternative to leave finding treasure in our hands, or we can return with joyful getting feelings possessions to their legal owner. So, one event of my life will show you something for your learning, my good and intend reader. If you help people, you will help your children. I never forget that day when I found and returned to one old man the most important thing of life, happiness.

One day my family and I prepared for the daily trip toward the Blue Lake. It is near city Krasnodar, Russia. Two sons, daughter, my wife and I sat in our car, and said, "Let's go guys!" At that moment our car was full of joy and children's happiness. After one turn onto the main street, I noticed a wallet lying on the road and some money

surround it. When I saw money, I said to my family, "We are lucky today! We will have fun for free." My family answered me, "Yes! Wow! Lucky Day!" After I paid attention to documents, two controversial thoughts had struggled in my mind.

At first, we were agreed to leave about \$100 for goods for our trip, because we counted

ourselves very successful. Of course, we needed money, but I inspected the list of documents and one photo. It was an old man in the picture of pension ID, and possibly nothing much, but another thought of my heart overcame my previous decision. What can I show my children? What will they learn from me today?

Next, I decided to tell my family to return all the money because I wanted to teach my children about the happiness of "Lost and Found". I showed them a passport, driver's license, pension ID, and

other important documents of that man. "He has to pay a lot of money for it! I said, "He can even have a heart attack or stroke. I don't want money like these!" My children said, "Pap! Maybe he is crying right now. What do you think? Will we return money to grandpa?" We usually called old people in this way. I answered my family, "Of course! I'm glad to hear these words from you! We will do it after our trip. Okay?"

They agreed, "Yes. We wait." We

gave him respect when my sons returned him his documents and money that evening of our trip. When the elder had received his possessions, my children saw his face as sun shining with happiness. My children asked him with childish charity, "Grandpa! Are you happy right now?" He answered them affectionately, "You don't understand, how."



My eyes filled with tears when I saw the old happy man trembling and saying, repeatedly, "Thank you, children! Thank you, my dear! You are my saviors." He got his happiness at that day, but we found it for him. How it possible to forget this moment?

When you wish to find, somebody has to lose it. As you see, we can get more important learning in our life. It was just one average day, but I discovered three important things for me. I saw the old man's, my children's, and my happiness. As I see,

when I help people in the presence of my children, I will teach my children to be really happy.



**Andrey Kozlov**  
ESL W50  
Narrative Essay

## My Experience in the Pandemic

The coronavirus pandemic touched everyone and changed our lives forever. Life during the pandemic was divided into before and after. Life will no longer be the same as it was before the pandemic. This period influenced many people in different ways. Life during the pandemic brought people both good and bad experiences.

On the one hand, the pandemic brought many troubles. First, all parks and public places were closed. Before the pandemic, my family and I loved to walk in the park in the evening. Also we can no longer meet in a restaurant or cafe with our friends. Also, the pandemic took many lives. Many of my friends and relatives got sick. It was a terrible time for them, and some of them even died. In addition, it also affected the economy in the country. Many had to close their business, and many people were left without work. People could not pay for their housing and food. In conclusion, I think the pandemic brought with it more bad things than good things.

However, there are actually many good

things that the pandemic brought. First, I have more free time. There was opportunity to communicate more with my loved ones and relatives. I could spend more time with my children. Also, this time was for self-development. I could read more books. Due to the fact that the learning was online, I was able to master new technologies. I was also able to improve my English. In addition, I was able to learn how to drive a car. I had a lot of time to



learn to drive. In fact, the roads were half empty which gave me the opportunity to improve my driving skills. In summary, the pandemic also brought a lot of positive emotions.

When the pandemic began, I felt fear for myself and my loved ones. But over time it became the

norm. I believe that in the future the pandemic will end, and we will be able to communicate without masks. All people will be healthy, and we will be able to live the ordinary life that we lived before.

**Nadiia Ovsichuk**  
ESL 47  
Cause & Effect Essay



## Around the World

### MOTHER'S DAY AROUND THE WORLD

In many U.S. households, the second Sunday in May begins with breakfast in bed, a bouquet of flowers, homemade cards, and other tokens of affection for mom. Mother's Day — our country's version, at least — has been an official holiday since 1914. In other corners of the globe, honoring Mom is a rite grounded in local traditions and customs — some ancient, some surprisingly new.



"Most cultures celebrate mothers because they are traditionally the main caregiver, which comes with great responsibility," says Mei-Ling Hopgood, author of *How Eskimos Keep Their Babies Warm: And Other Adventures in Parenting*. Here, we take you on a quick trip around the world to discover how moms in five different countries are celebrated and to provide some inspiration for your own day. Share our "bring it home" ideas with your family or use them to celebrate your own mom.

#### India: 10-Day Festival

Each October, Hindus honor Durga, the goddess of mothers, during the 10-day festival known as Durga Puja. The celebration is thought

to date back to the sixteenth century and is considered both a religious ceremony and a time for family reunions. One story tells of Durga returning to her parents' home to show off her own children. Families spend weeks preparing food, gathering gifts, and decorating their homes for the festival.

**Bring it home:** Visit other moms you know, among both friends and family, and bring home-cooked goods to share.

#### Japan: The Right Flowers

Following World War II, a version of Mother's Day grew popular as a way of comforting mothers who had lost sons to the war. You'll see carnations presented around this March holiday, as they symbolize the sweetness and endurance of motherhood in Japanese culture. Originally, children gave a red carnation to a living mother and displayed a white one if their mother had died. Now, white has become the traditional color.

**Bring it home:** Thank the moms in your community who help your family by writing notes of gratitude. Tie the notes to white carnations and leave the flowers on the moms' doorsteps.





### **Ethiopia: Sing Along!**

The Antrosht festival, observed at the end of the rainy season in early fall, is dedicated to moms. After the weather clears for good, family members from all over flock to their homes for a large meal and celebration. Daughters traditionally bring vegetables and cheese, while sons supply meat. Together, they prepare a meat hash and sing and perform dances that tell stories of family heroes.

Bring it home: Share stories about all the women in your family. Go through your photo albums together and create a personal scrapbook of those special moms who've come before you.

### **United Kingdom: A Church Custom**

"Mothering Sunday" falls on the fourth Sunday of Lent. Back in the 1700s, the day was marked by young house servants returning home to spend time with their mothers. That custom evolved from an earlier one in which families who had moved away would return to the original church they attended. Today, the holiday remains grounded in religion, with many churches handing out daffodils for children to give to Mom. Traditionally, girls also bake a fruitcake for their mothers.

Bring it home: Ask your family to celebrate you on Mother's Day by launching a new tradition based on one from your own childhood.

### **France: Medals For Mom**

In 1920, the government of France began awarding medals to mothers of large families in gratitude for helping rebuild the population after so many lives were lost in World War I. After the second World War, the government declared the last Sunday in May to be the Day of Mothers. The traditional gift is now a flower-shaped cake.

Bring it home: Awarding medals for bringing children into the world is obviously outdated, but expressing gratitude never goes out of style — especially when you're demonstrating ways to express it to your children. Share your thankfulness for each family member at dinner and ask them each to do the same.



Source: <https://www.scholastic.com/parents/family-life/parent-child/mothers-day-traditions-around-world.html>

*Continued from page 1*

with, so it was very complicated for them to figure out what they have to do.

**The Parrot:** It's kind of a common problem for ESL students as well. Can you speak other languages?

**Ms. Radu:** So I speak Romanian. We were taught French when we were little. I learned Spanish when I came here and I was learning Italian in school.

**The Parrot:** Can you tell us more about your educational background?

**Ms. Radu:** I went to San Francisco for my first semester in college, but then I came back here to ARC and from ARC, I transferred over to a graduate school. It was a private university. They were offering bachelor's and master's at the same time. But it was not a bachelor's program. They were bachelor's classes. I was there just to gain information. I had to take French again because it's a language school. So you have to take a foreign language. I could have passed on from that and said, OK, well, I speak Romanian already so I can just cut that and not have to take courses in French and things like that. But because I was in a bachelor's level, I had to take a lot of courses and I had to take about 90 units. The adviser said it's best to just take the language courses anyway. I could get knowledge in French and then I could use that to graduate. So I ended up doing my bachelor's in international policy and development work and continued onto my master's in public administration, which is related to policy work, and it could be for anything internationally, locally, federal or state.

**The Parrot:** What was your first job after graduating?

**Ms. Radu:** I worked for the American River College LRC Learning Resource Center. I worked for International Student Program. And I think I worked as an intern. That one was an internship, so it was for free.

**The Parrot:** How long have you been working for the Beaver Food Pantry?

**Ms. Radu:** I've been working for them for like a year. October 2019 was when I got hired and I started working for them. It's been over a year.

**The Parrot:** Can you tell us about what Beaver Food Pantry is?

**Ms. Radu:** Beaver Food Pantry is going to be chang-

ing into a basic needs resource center, which it's going to be the center of anything that is related to resources. Like if somebody is hungry, they come to us and we figure out how to get them fresh or give them food, or we provide them with information and things that they need in order to get the food that they require. Sometimes because a student may be homeless, we also work with homeless students or anybody dealing with homelessness or how to deal with it. So we would end up also offering them the resources that fit their needs. Meaning if you're homeless, I can't give you a bunch of cans and things that you have to cook, because it would be difficult for that student to be able to find a place where they can cook the food and things like that. So instead we would place them, and the place where they would find either from community resources or as we are trying along the way with the programs to actually offer housing to students who are dealing with homelessness. But the conversion to a basic needs resource center is still in progress. I guess it's just something on our plate that we want to deal with and want to work with so that students can have that opportunity to not feel so left out from the community college. So all of the other colleges are doing basically the same thing, trying to get the students their basic needs, moving food, housing, clothing, Internet access, a job or anything related to students.

**The Parrot:** How interesting! Before meeting with you, I knew that Beaver Food Pantry just offers food to help students. Now I know that we have other resources to help them.

**Ms. Radu:** That is their goal right now. We're trying to revamp that because we've always tried to help the students. Our main focus was the food. Then the program has extended to dealing with homelessness or working with students to get them other resources or help them understand like when they can. We are the ones to really learn and understand what it is like to be an online student. It's OK to talk to your professor about things that you're dealing with because professors have an understanding that the student is not just a student, that they are a human being, and they have needs that are not being met at this time with Covid. But students, of course,



they feel scared. I get very scared. They don't know what to say or like in my culture, it's pride. It's always pride. You don't tell your professor what's your problems. You just deal with it or you deal with it in your own family. It's your personal thing. But when it affects your schoolwork, we try to encourage the students to look at the broader view. And that's the system here, it is OK to talk to your professors or anybody that understands your situation, how they can help you.

**The Parrot:** Is the support just for our students only or for all people in our community college?

**Ms. Radu:** So it would be for all students. Sometimes we assist alumni or we help students who are trying to get into school. Anybody that wants to be part of the ARC community, we look to help them out. But when it comes to resources like gift cards or hotel vouchers and things like that, we have to look for "C students" and currently enrolled and taking units and things like that. We can't provide those resources to students who are not alumni or had to drop school and all of this stuff. We are trying to figure out ways with the community to see how we can give them those resources without having us to be pushed by the administration to get the resources to all these students. So this is more like politics and things like that. But it's fair. I think it's fair that if you are a current student dealing with those problems, that we should provide you those resources and not run out of resources and not be able to give that to students who are trying very hard to stay in the spot that they're at.

**The Parrot:** I know that you were also an ARC student. You know, sometimes we have a lot of information on the website, and it might be confusing to students such as ESL students because they may not be fluent in English. So what advice do you have for them to access to this support?

**Ms. Radu:** One of the things I'm even learning myself is when the information is too confusing, just ask. Why exactly? Sometimes I will be honest. The people who do respond back may not be as helpful, but you shouldn't stop there because that's just one person you talked to. You should continue to reach out and try to find somebody that could be helpful to you and help answer your questions in the way

that you would understand or as a student would understand the person's personality. Hopefully by then the student will be able to navigate the website and to navigate how things are laid out.

**The Parrot:** How do students reach these services? Which way is the best? Email, phone call or Zoom during the pandemic?

**Ms. Radu:** So for us, email is the best thing because we can give them all the information in there. And if they are having a hard time understanding their needs, they need somebody who speaks Russian, Ukrainian or Persian, Arabic or other languages. Right? So then they can easily just copy the information or the writing and just put it in Google Translate and get that information back. I find that to be the most useful thing. Also, they might have somebody who's fluent in their household that can help them out. We encourage students that if they don't feel comfortable themselves speaking, they can always have someone next to them to talk to us and help them through it. So it's not only if the student is comfortable sharing their confidential information with somebody else, but with us we do our best. We will listen to the students' need and try to figure out what is the best way to go about. So, you know, definitely if you call us, we will answer.

**The Parrot:** Thanks for great information. Can you give me the email address?

**Ms. Radu:** Ok. Here it is [beaverfoodpantry@arc.losrios.edu](mailto:beaverfoodpantry@arc.losrios.edu)

**The Parrot:** Thank you. What are some of your long term goals and hopes for this program?

**Ms. Radu:** Oh honestly, getting housing for the students, getting our pantry back up and running, being available for the students, having full time staff because as soon as we have that and they're really effective and I think when we are not limited on time, we are able to do much more work for the students. Change this from a grant program to an actual funded program that will give us more time. It will restrict us in some ways, but it wouldn't restrict us in time, which means that we can do the research, we can provide the information much quicker. We can give the students what they need or find ways to get them to where they need to be. Like anything, it's not going to be right away with

any of the students responses. That might be easier, some might be harder. So I think with the long term is full time staff and with having housing for students who are dealing with homelessness and just finding the best way to build up this program. Right now, if a student came to us for help, I would feel a little bit relieved in some ways. But I still feel like I need more. My team really wants to make this program solid, well-funded and useful for students. I have a bigger expectation, not just here's some food, here's a little voucher for 14 days. We should be able to get them to the point where you're going to stay in this housing on campus for this amount of months and we're going to get you into a place where it's going to be yours. Either we get them a job that will help pay for rent, things like that, or get them the funding or scholarship or other things that could help them get to live in their own home

and feel comfortable and safe. And again, we will work as close as we can with whatever language. We will try to get the student to where they need to be. That's our goal, and that's the heart of our team. But resources and time aren't the things that stop us. So I just don't want anybody to feel discouraged. Always ask somebody. You might actually get the best answer that you need. Don't give up. It's right there. I will also leave the Instagram and Facebook in case students might need to use them.

Instagram: <https://www.instagram.com/arcbasic-needs/>

Facebook: <https://www.facebook.com/arc.beaver-foodpantry.9>

**The Parrot:** Thank you so much for all the information.

*Parroteer: Dai Nguyen*

## What Learning a Foreign Language Has Taught Me by Kate Fukui

Learning a Language Is Hard: You're Going to Sound Weird and That's Okay!

When I first started learning Japanese, I had **naively assumed** that to learn a second language, I would just **swap** out the vocabulary, **tweak** the grammar then voila! I would be speaking a new language. Much to my **dismay** that is not the case, and it has gotten me into a bit of an **awkward situation**. In Japan they have wonderful **vendors** where you can buy freshly grilled food on a stick. I saw one of these, and the vendor was selling grilled squid. I was very excited and I ran to find my husband so that he might buy some for me. Now, I knew that grilled chicken was called "Yaki-tori," and I knew that the word for squid was "Ika" and so I used my **language skills** to try and form the word for grilled squid. Either "yaki" or "tori" meant grilled, and I just had to add "ika" with that word to get "grilled squid," right? I ran up to my husband, and as I pointed towards the grilled squid, I said, "ika-tori ika-tori!" to which he was **understandably** confused. Readers,

I had publicly ran up to my husband yelling "squid-chicken, squid-chicken!" in Japanese and caused much **shock** to the other people who were sitting nearby. I imagine they **pictured** a chicken with tentacles for legs, while in fact I was simply trying to get a bit of grilled squid. I will admit though, it made for good memories. I never forgot the word "Ika-yaki," nor did I forget how good it tasted.

So, my dear readers, when learning a new language, do not be afraid to make mistakes! You might **end up** making fun memories, learn vocabulary, and maybe even have a good story to tell.

Do you have any fun stories you'd like to share? Send us an email -- we'd love to hear!



## Words Used in “Learning a Language”

**Naively:** without knowing, experience, or good judgement.

**Assume:** to guess something without trying to learn about it first.

**Swap out:** to trade something for another thing.

**Tweak:** to change a little.

**Dismay:** disappointment, slight sadness.

**Awkward Situation:** a time and place that feels odd or not good.

**Vendors:** people/places that sell things.

**Language skills:** the ability to use or speak a language.

**Understandably:** something that makes sense or is relatable.

**Pictured:** tried to imagine what something looked like by using your mind.

**Shock:** a sudden upsetting feeling caused by something unexpected.

**End up:** in the end, after something is finished.



## Vocabulary Practice

Read the story, then use the vocabulary above to fill in the blanks.

Jill was 1 \_\_\_\_\_ to find that her birthday cake was gone! She let out a cry of 2 \_\_\_\_\_, for she was 3 \_\_\_\_\_ very upset. This was an 4 \_\_\_\_\_ for her brother Tom, who ate it. He 5 \_\_\_\_\_ tried to 6 \_\_\_\_\_ the cake for a pie, but it didn't work. He 7 \_\_\_\_\_ an image in his head of his sister loving the pie instead. He had 8 \_\_\_\_\_ that she would like pie, but he guessed wrong. He ran down the street, and found a 9 \_\_\_\_\_ selling little cupcakes. The man spoke French, so Tom used his 10 \_\_\_\_\_ to order six cupcakes. He asked, in French of course, if the man could 11 \_\_\_\_\_ the cupcakes, to change them by adding pink sprinkles. Jill 12 \_\_\_\_\_ loving the surprise cup cakes!

Answers: 1. shocked 2. dismay 3. understandably 4. awkward situation 5. naively 6. swap out 7. pictured 8. assumed 9. vendor 10. language skills 11. tweak 12. ended up

Dear Parrot Readers,

Do you have a phrase in your native language that is difficult to translate but holds very strong cultural significance?

Please send responses to  
[fukuik@arc.losrios.edu](mailto:fukuik@arc.losrios.edu)





# Some More Parrot Fun

## Find Hidden Items



FIND 10 HIDDEN OBJECTS IN THE PICTURE



**Vocabulary:**

- 1. Sheep
- 2. Turtle
- 3. Hippo
- 4. Pig
- 5. Buffalo

- 6. Elephant
- 7. Lion
- 8. Deer
- 9. Fish
- 10. Giraffe



See the answers on page 21

## What's Your Fight Song?

**FIGHT SONG:** a song used to inspire enthusiasm usually during an athletic competition" (Thanks Merriam-Webster!)

Final exams are here! Do you feel a bit scared, worried, maybe totally terrified? Then you need a fight song. A "fight song" isn't necessarily used for fighting, but one of the most famous "fight songs" in the last 40 years has been "Eye of the Tiger," and it was made famous in "Rocky," a movie about boxing—fighting. But everyone needs a fight song, not just boxers. Everyone needs to call on their "inner Rocky" from time to time to give an extra effort. It's time to listen to YOUR fight song! It's a song to motivate you to work hard, to face challenges, to be brave, to focus, to make an extra effort. A fight song

can help you to get "pumped up" and be "ready for action." Maybe other people don't feel the same motivation by listening to YOUR song, but that doesn't matter. We're talking about YOUR fight song. So what's yours?

Is your fight song one of these "classics"?

"Eye of the Tiger" by Survivor

"Roar" by Katie Perry

"Independence Day" by Martina McBride

"We Are the Champions" by Queen

"On Top of the World" by Imagine Dragons

"TNT" by ACDC

"Impossible Dream" sung by Frank Sinatra, Josh Groban, or Jim Nabors!

"Fight Song" by Rachel Platten

### Here's what a few of our ESL profs said about their personal fight songs and why they chose them.

I had never thought about the idea of my own personal fight song, but "We Are the Champions" by Queen caught my eye when I read the list. I can't tell you how many times I've heard that song after an exciting sports competition that I participated in or watched. The song makes me feel successful and relieved that a difficult challenge has been accomplished.

—Ally Joye

My favorite "fight song" is M.I.A's "Pull up the People" from her album *Arular* in 2005. I think it has a great beat for getting energized to take action and lyrics that are about uniting to fight for a cause. I discovered this song when I got involved in union work early in my teaching career and used to listen to it prior to participating in marches so that I'd hear the beat in my head to keep me going when I felt tired. It reminds me of the last few years of my life prior to becoming a mom.

—Kristine Fertel

One of my all-time favorite fight songs is Bruce Springsteen's "Born in the U.S.A." I've always liked the song, but it is only in recent years that I've sought it out online, usually around Independence Day.

I was born on July 2, so the song gets me "fired up" for both my birthday and the Fourth. Also, my dad was a Marine in Vietnam. I think that gives the song added significance to me. Here's a link to my favorite video of the song: [Bruce Springsteen 'BORN IN THE USA' live 1985 - YouTube](#)

—David Evans

## Here's what a few of our ESL pros said about their personal fight songs and why they chose them.

**Song:** "The Climb" by Miley Cyrus

**Why:** The theme is: it's about the journey, not the destination. In other words, how you walk through the process matters just as much as the end goal. That's true in life and physical activities. As a road cyclist, I think about this song when I'm on a long steady climb (hill) or even a short, steep climb because it helps me press on and not give up. Getting to the top might not look pretty, but I'm going to keep it steady and not give up. And, who doesn't love a good blasting of Miley Cyrus every now and again?

**When:** I think this became my song about 10 years ago when I heard a grown man blasting this song from his car while he was getting ready for a bike ride. He didn't play it just once. It was on repeat. I thought it was hilarious and then realized he was onto some good motivation, so I adopted it as my own practice.

**Feelings:** Encouraged, gritty, pumped, motivated, happy, nostalgic

**Fun Fact:** My favorite place to listen to this song is as I'm riding up Mt. Diablo in the Bay Area. I even sing it out loud to myself or whoever I'm with.

Here's to climbing to the end of the semester!

—Hannah Johnson

## 4 Kinds of Classes 4 Fall 4 You

### How to Choose ESL Classes for Fall 2021

**Mode: IMPORTANT!** There are several kinds of classes next semester with different attendance requirements.

There are two kinds of "fully online" classes: 1) asynchronous and 2) synchronous. There are also two kinds of classes that meet on campus: 3) partially online and 4) in person.

See the following descriptions.

- 1. Asynchronous (Fully Online):** [No specific meeting days or times.](#)
- 2. Synchronous (Fully Online):** [Specific meeting days and times.](#) Students are required to use Zoom to participate in class on specific days and times listed on the schedule. Some online classes will be [partially synchronous](#). Students will attend class in Zoom on specific days and times listed on the schedule and will also complete work independently.
- 3. Partially Online:** [Classes are on campus and online.](#) Students are required to come to campus to attend class on the days and times listed on the schedule and will also complete work online.
- 4. In Person:** [Classes are on campus.](#) Students are required to come to campus to attend class on the days and times listed on the schedule.





## 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



"My name is Aveen Ali. I'm from Iraq and I'm talking about my life today. In 2010, when we arrived at United State, after 5 months, my son was born in Colorado Springs Colorado at hospital. My heart was stopped beating and..."

*Aveen Ali*

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

"Hello my name is Katrina Roshka. I'm from Ukraine. I'm talking about my life in my country. I miss most my life in my country to city where I was born. My city Odessa is very interesting. The beauty of Odessa..."

*Katrina Roshka*

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



"Hello my name is Amelia. I am from Peru. My topic is about what do I miss the most about my country. So as I said I'm from Peru and my country is well known for two things which is food and Machu Picchu. And of course I'm not gonna talk about Machu Picchu because..."

*Amelia Pereda*

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



## 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!*

### Bing Cherry-Amaretti Fool



#### **Ingredients:**

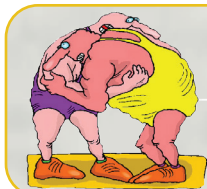
- 1 envelope unflavored gelatin
- 1/3 cup cold water
- 1 cup sour cream
- 1/2 cup sugar
- 1 tablespoon lemon juice
- 1/2 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 2 cups coarsely chopped fresh Bing or other dark sweet cherries, divided
- 1 cup heavy whipping cream
- 1 cup coarsely crushed amaretti cookies (about 16 cookies)
- Optional toppings: Fresh mint leaves, Bing cherries and additional crushed amaretti cookies.

#### **Direction:**

- In a small saucepan, sprinkle gelatin over cold water; let stand 1 minute. Heat and stir over low heat until gelatin is completely dissolved. Let stand 5 minutes.
- Place sour cream, sugar, lemon juice, extracts, 1 cup cherries and gelatin mixture in a blender; cover and process until cherries are pureed. Transfer to a large bowl.
- In a small bowl, beat cream until soft peaks form. Remove 1/2 cup whipped cream; reserve for topping. Gently fold remaining whipped cream into cherry mixture. Fold in crushed cookies and remaining chopped cherries. Divide mixture among 8 dessert dishes. Refrigerate at least 2 hours.
- Serve with reserved whipped cream and optional toppings as desired.



# Parrot Warbling



## Grappling with Grammar

### How to Use Quotation Marks

**Definition:** (") are used to show that an author is using someone else's exact words—they may be the words of a person, a character, or a written source.

*Use quotation marks only when quoting someone's exact words, either spoken or written. This is called a direct quotation.*

**Example:** "I prefer my cherries chocolate covered," joked Alyssa.

*Placement of Quotation Marks: Place the opening quotation mark right at the start of a speaker's words. Place the closing quotation mark where the speaker's words end.*

**Example:** "I have wanted to buy my own truck for a long time," said Jordan.

*If a quotation is more than one sentence long, place the first quotation mark where the quote begins, and the second one at the end of the last sentence. It's not necessary to put quotation marks around each individual sentence in the quote.*

**Example:** "I have been saving money for two years. I almost have enough for the down payment," Micah told him.

*It's also important to remember that quotation marks close and then open again if the quote is interrupted.*

**Example:** "I guess I should start saving money, then," replied Jordan, "if I am ever going to buy one."

<https://www.englishgrammar101.com/module-13/punctuation-quotation-marks/lesson-1/quoting-someones-exact-words>

### Idiom--Attic Citizen of the World

**Meaning:** One who feels comfortable in any country.

**Ex:** Her many travels have caused her to become a citizen of the world.



<https://idioms.thefreedictionary.com/citizen+of+the+world>

### Introduction to Affricates

The English affricates, the 'ch sound' /tʃ/ and 'j sound' /dʒ/ are two-part consonant sounds. The International Phonetic Alphabet symbols nicely show that /tʃ/ begins similar to a /t/ and is released similar to a 'sh sound' /ʃ/. The corresponding /dʒ/ begins similar to a /d/ and is released similar to a 'zh sound' /ʒ/.

#### Sound Voicing

The 'ch sound' /tʃ/ is an **unvoiced consonant** (the vocal cords do not vibrate during its pronunciation) and the 'j sound' /dʒ/ is a **voiced consonant** (the vocal cords do vibrate during its pronunciation).



#### Vowel Lengthening

The vowel sound **before** an unvoiced consonant sound has a **shorter** duration than the vowel sound before its voiced counterpart. This tiny change in vowel duration helps listeners of English determine which sound was spoken. Some specialized dictionaries will use a colon-like symbol of stacked triangles /:/ to note a vowel with increased duration.

Notice the difference in vowel duration in the following minimal pair. The word with the unvoiced consonant is first.

**etch** /ɛtʃ/ — **edge** /ɛ:dʒ/

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



## A Mother's Love

by Anon



There are times when only a Mother's love  
Can understand our tears,  
Can soothe our disappoints  
And calm all of our fears.

There are times when only a Mother's love  
Can share the joy we feel,  
When something we've dreamed about  
Quite suddenly is real.

There are times when only a Mother's faith  
Can help us on life's way,  
And inspire in us the confidence  
We need from day to day.

For a Mother's heart and a Mother's faith  
And a Mother's steadfast love,  
Were fashioned by the Angels  
And sent from God above.

Source: <https://www.homemade-gifts-made-easy.com/mothers-day-poems.html>

## Rigoberto's Riddles

A 70-year-old old man  
lives in a 20-floor apart-  
ment building. Why does  
he never use the elevator?



He lives on the first floor.

## Silly Vasily's Chuckle Chamber

### "Jokes for Father's Day"

16-year-old Martin had just received his  
brand-new driver's license.

The family troops out to the driveway, and  
climbs in the car, where he is going  
to take them for a ride for the  
first time.



Dad immediately heads  
for the back seat, di-  
rectly behind the newly  
minted driver.

"I'll bet you're back there  
to get a change of scenery  
after all those months of  
sitting in the front passen-  
ger seat teaching me how to  
drive," says the beaming boy to his father.

"Nope," comes dad's reply, "I'm gonna sit here  
and kick the back of your seat as you drive,  
just like you've been doing to me all these  
years."

Q: Where does a dad store all of his jokes?

A: In the "dadabase."



# Want to Write a Limerick?

Two Limericks for Finals  
by Wordy Birdy

There once was a student who studied  
He liked to work hard and save money  
He read books every day  
And in class got an A  
Then spent his summer with his buddies

There once was a student who played  
And liked wasting time every day  
Then when finals came  
She stopped playing games  
But it was too late for an A

## Now You Try!

There once was a \_\_\_\_\_ who \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

A **limerick** is a humorous poem that has five lines. The first, second, and fifth lines must have seven to ten syllables and must rhyme (meaning it must have words that sound the same at the end). The third and fourth lines should only have five to seven syllables; they too must rhyme with each other and have the same rhythm.

Let's look at the first poem:

**There once was a student who studied**

There are 9 syllables here, so the second line has 9 too!

**He liked to work hard and save money**

Then, take away 2-3 syllables. For this poem, we have 6 syllables for the next two lines.

**He read books every day**

**And in class got an A**

Now go back to the number of syllables you had in the first line. See how it rhymes with the first and second lines?

**Then spent his summer with his buddies.**

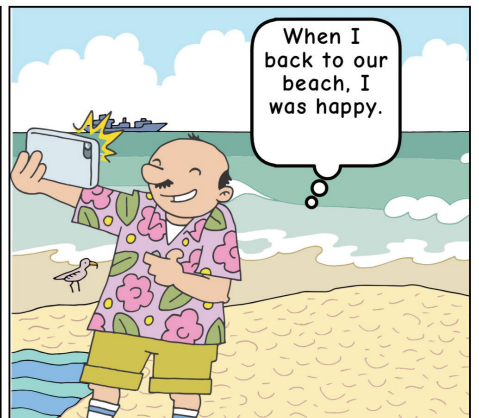
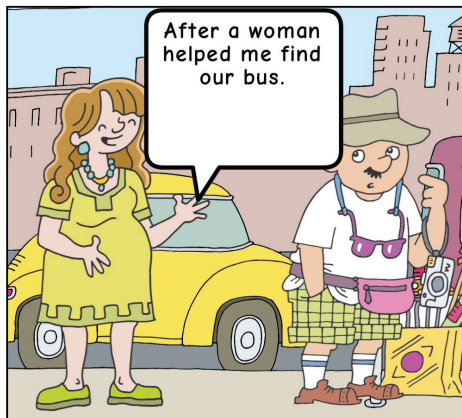
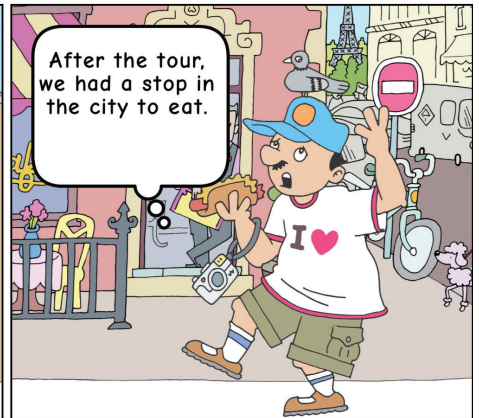
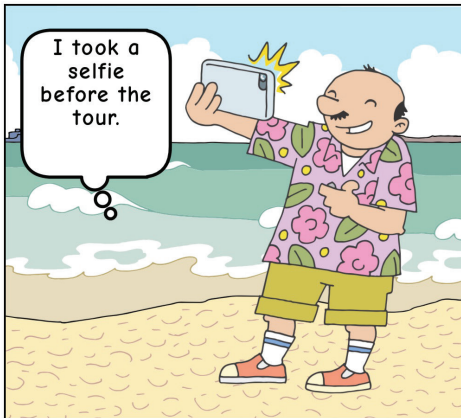
How many items did you find?



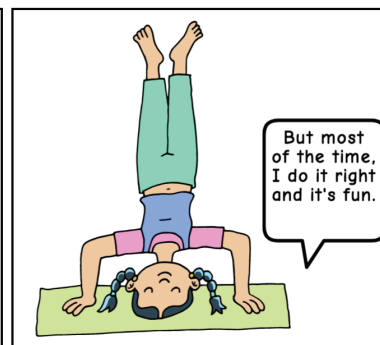
FIND 10 HIDDEN OBJECTS IN THE PICTURE



# Grammar Giggles



Vailantsina Daniliuk created this comic for ESL G41. It helps review past time-clauses with *when*, *before*, *after* in positive/negative statements.



This comic was created by Anosha for ESL G41. The grammar skill being practiced is using the simple present with frequency adverbs

Want to make your own comic?  
Students created these comics at [www.MakeBeliefsComix.com](http://www.MakeBeliefsComix.com)



## Interview with Alaa and Alex

*Continued from page 1*

**sure to work with you as colleagues on The Parrot. We will miss you when you leave; however, we are really happy that both of you are moving forward on your educational journey. Can you tell us what will you miss most when you leave ARC?**

**Alaa:** I will miss everything, the faces of the people, the crowded classes, the friends all around, and The Parrot family.

**Alex:** Because of the quarantine, I no longer feel like a part of the college. However, I will mostly miss the Ping Pong club where I was the president.

**The Parrot: Alaa, for a full-time student like you, how long did it take to finish your general education classes?**

**Alaa:** Almost three years, I have studied more than full time student so I have not taken any summer off except this coming summer.

**The Parrot: English is not our mother language. Was it hard for you to learn many different subjects in general education?**

**Alex:** For me, studying any subject is not easy and learning new subjects in a foreign language is even more difficult for many students. Of course, it was hard for me to learn subjects in general education.

**Alaa:** I would say yes and no. I do remember when I added psychology class to my first semester at college. When I went through the syllabus, I freaked out because she wanted students to write about themselves. It sounds easy for some students, but for me, it wasn't. Eventually, I dropped the class

from the first day I got enrolled. However, it is not just the language, it is the culture, the environment, and the rules. After my first ESL semester, I became more confident about my skills and took my first major class – Chemistry – during the summer. For general education, I had more challenges because my interest area is in science. I am not a big fan of writing. Nevertheless, I did incredibly well in the history essay because I scored 101 out of 100.

**The Parrot: It's awesome how you guys have been through many experiences with GE courses. How about the major classes?**

**Alaa:** I love my major classes. In fact, each major class has its own language, which means its own

vocabulary. I was capable of understanding everything except the part that I had to pronounce them. It took a lot of time to pronounce and be able to talk science language.

**Alex:** I have different experience because my major classes are difficult even for native English speakers. Therefore, they were also hard for me.

**The Parrot: Looking back, how do you feel and what experience did you get**

**from studying at ARC?**

**Alaa:** I gained so much experience not only classroom experience, but also working twenty-six hours per week at ARC as an embedded English tutor and co-editor in The Parrot. I did two totally different jobs from my major. I am so happy and proud of the skills I gained from many professors, especially Professor Bracco – former supervisor of The Parrot.

**Alex:** Looking back I feel OK. ARC is just the beginning for me. I have to study for several more years to get a profession. I hope to apply my college experience to my further education.



**The Parrot: What do you think about The Parrot?**

**Alex:** I have worked for The Parrot since 2018 and I think it is a very good resource for ESL students. It would be nice for me to see that this newspaper will be published in the future.

**Alaa:** The Parrot is a family for me, part of my heart. It is beneficial for students, and aims to help students who speak English as a second language by knowing their college better. Working on the Parrot newsletter, including filming many students, professors, and conducting several interviews with ARC employees give other students a brief overview of their college and the people.

**The Parrot: What should The Parrot improve to help and gather more information for ESL students?**

**Alaa:** I think The Parrot should add more essays from different classes, not just ESL essays. In this way, students can have an idea about what to expect in their majors and general classes.

**Alex:** Alaa has a good idea. To me, I think the new team will improve The Parrot with their new ideas.

**The Parrot: Is it complicated to complete documents for transferring to university? Can you briefly tell us where to start this process?**

**Alaa:** The first thing you have to do is decide your major and your future career. Then, create a full Student Education Plan. So, you can know your classes and graduation time line. I highly recommend talking to different counselors and reading the catalog. After that, everything is easy, even the application. The only hard part is writing about yourself and why the university should accept you.

**Alex:** It is so easy to complete the application for transferring to the university. All information is provided by ARC and Sac State. If a student has difficulties with the application, there are many sources at ARC to support him/her.

**The Parrot: To be at the position you are at right now, this is a dream of many ESL student, especially freshman, what do you want to tell other ESL students?**

**Alex:** I would like to tell other students that nothing is impossible. Students have to be honest and go towards to their dreams.

**Alaa:** Be easy on your classes. Please don't listen to everyone, unless they are knowledgeable. Keep going and be strong! I know it is hard to deal with many obstacles but believe in yourself. Don't let any F, D, C, or W grades to stop you from trying harder. It will not lower your chances of being accepted into university. Challenge yourself to succeed.

**The Parrot:** *Both of you have done excellent work here at The Parrot. We really really appreciate what you have done for us and all ESL students. We hope you will have a great time at the university you chose and succeed in your future career. We wish you all the best.*



*Interviewer: Tuyet Le*



## Mount Whitney 14505 ft / 4421 m

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

Hello ARC family! The mountains have definitely been calling. Today I decided to answer the call from Whitney. Mount Whitney is a very friendly mountain from the south route but it is a very challenging and equally dangerous hike from the north. This time I



chose to climb from the north. This route is called "Mount Whitney Mountaineer's Route." This route was discovered by John Muir who is also known as "John of the Mountains" and "Father of the National Parks". Mountaineer's Route is a great choice for those looking for a more technical and less crowded climb to Mount Whitney's summit. This second most popular climb involves some third- and fourth-class scrambles, and there is the possibility of ice in the 400 feet just before the summit.

I would not suggest anyone doing this without a



proper guide unless you are very well versed with climbing as well as this route. I read feedback from people who got lost in the rocks looking for the route. My climbing partner and I drove up on Friday evening from Sacramento to Lone Pine and spent the night there. The next day, we broke trail at the Whitney Portal around 6:40 a.m. The first mile is easy then at about 9,500 ft it starts getting hard. At the first lake, the trail starts going in different directions. There is no true trail and you must know which direction to go; otherwise, you can deviate very easily and end up on dangerous terrain. We hiked up to Upper Boy Scout and set up our camp. The next morning, we started to climb at 4:00 am. There was deep hard snow on the chute. We steadily made our way up the chute on snow along the left



or right wall when possible and on ice when necessary, which was often. From the notch, there is only the "final 400". There appear to be 3 potential spots to climb up the rock wall that makes up the first 10 feet or so of the climb. We took the middle one. After that, it's all about choosing the best lines to crest the top. We made it to the notch though and the rest seemed comparatively easy. We summited at 9:30 am, took some photos, signed the book, and down-climbed the way we came up. Seemed easier going down but still very tricky. We went slow. It was an amazing hike! Gorgeous views! This trail is serious and not for beginners or average hikers. I hope you will enjoy it as I did! See you on the trail. Have fun and be safe.



## The Parrot Palette: Art & Artists

### EKATERINA DEMIDOVA - THE BEAUTY OF ART

Ekaterina Demidova was an Art teacher before being an ESL student. She has loved to draw since she was a child. She drew many kinds of art including drawing life, architecture of old cities, and people in motion.



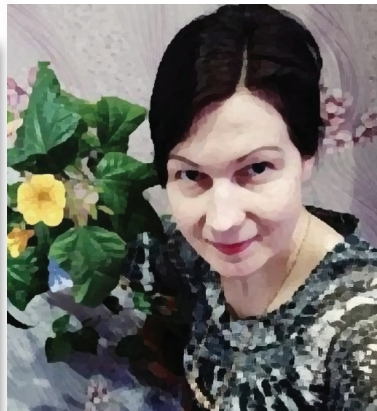
The people who inspired and taught her how to draw were her teachers Oleg Veselov and Andrey Yushkov. She loves the beauty of nature, new places, and the architecture of old cities. You can see a picture of an old city with beautiful texture done in watercolor.

The picture with a lady on the grass dressed in her traditional costume was drawn for her na-



tional holiday, but she thought it might be a good illustration for children's fairy tale books.

She thinks sketching and painting are complicated in their own ways; however, painting can take more time because she needs to know well



about the shadow and lighting. Beside that, sketching is complicated with anatomy of human's face and body.

Although her major in ARC is not art, she would love to continue drawing and keep it as her hobby. Some of her works were done either with oil or water color, but they are all wonderful. Of course, she could earn some money when she drew portraits in her country. We think she can still earn more by drawing with her wonderful talent.

We each have a different story leading us to art. 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*

## Underwater Hockey: Great for All Ages, Shapes, and Sizes!

Underwater Hockey is an underwater sport which is similar to hockey. This game is usually played in a swimming pool, where the players push a puck along the bottom.



Originally known as "octopus," the game was invented in Great Britain in 1954 to help train divers and British commandos. The sport is recognized by the International Olympic Committee and is governed by the World Underwater Federation. The teams have up to 10 members each, with 6 playing the competition. The game consists of two halves, usually ten to fifteen minutes each half. Players wear snorkels and have to come up for air every now and then.



Play begins with the puck in the center of the pool and 3-4 players on either side. After the command "Sticks Up, Go!," each team descends to the bottom of the pool in full-tilt freestyle. The game consists of 15-minute halves and a three-minute halftime. Each team is allowed one 60-second time out per half. The game clock stops for any infringements of the game. Goals made of thick gauge aluminum rest on the bottom of opposing sides of the pool.



Successfully delivering the puck into them requires fast swimming, keen timing and an awareness that sets underwater hockey apart from other sports. The rules of Underwater Hockey are fairly simple. Basically, it is a non-contact sport, a player cannot interfere with another player with their free hand. There is no off-side rule, however, shepherding and obstruction are not allowed. The puck must not rest on the glove or be carried on top of the bat or stopped deliberately by anything other than the bat. It is now played in more than 40 countries, with an estimated 15,000 participants. Every 2 years a World Championship is held around April or May. Every other year Australia, New Zealand, and South Africa compete in a Tri-Nations cup.



# ESL Department Certificate Application

## Congratulations!

You may apply for MULTIPLE certificates. There are 5 certificate sections on this website. Each section is for one certificate. You can apply for more than one certificate on this website: <https://forms.gle/xpNDz-kK2rLzD7C7c7>

- Apply for an ESL Certificate
- Quick and Easy to complete the form
- There are 5 levels of certificates for ESL students:
  - Certificates of Proficiency for 40, 50 and 310 levels
  - Certificate of Achievement at 320 and 340/350 level



- All certificates are useful to show your knowledge of English as a second language
- Certificates of Achievement will show on your transcript!
- Courses from a higher level can be used at a lower level.
- Any questions? Email Professor Specker: [speckee@arc.losrios.edu](mailto:speckee@arc.losrios.edu)

Level	Title	Courses	Units
40 level	Intermediate-low	ESL 47 (6) ESLL 41 (3) ESLG 41 (3) ESLLAB 40 or 41 (1)	13 units
50 level	Intermediate-mid	ESL 55 (6) ESLL 51 (3) ESLG 51 (3) ESLLAB 50 or 51 (1)	13 units
310 level	Intermediate-high	ESL 315 (6) ESLL 310 (3) ESLG 310 (3) ESLLAB 60 or 61 (1)	13 units Course units are transferable to CSU
320 level	Advanced	ESL 325 (6) ESLL 320 (3) ESLG 320 (3) ESLLAB 70 or 71 (1)	13 units. Certificate of Achievement. Course units are transferable to CSU
340/350 level	Advanced-high	ESL 350 (4) ESLW 340 (4) ESLL 320 (3) ESLG 320 (3) ESLLAB 80 (1)	15 units. Certificate of Achievement. Course units are transferable to CSU and/or UC



## Student Clubs



### ELLIS Updates!

#### **TAG—You're It! From Afghanistan to UC!**

*Do you want to transfer to a UC? If you do, read about how Sayed Sadat, an ESL student at ARC and the outgoing president of ELLIS Club, discovered and took full advantage of the "Transfer Admission Guarantee" (TAG). Here's what he had to tell The Parrot about his experience. It was a long process, but—SPOILER ALERT—it has a happy ending!*

I started at ARC in 2018. I had a break and started again in 2019. I heard from counselors about my future education goal. As I told them that I would like to pursue my higher education at one of the University of California campuses (UCs), they said to me that I should go ahead with the Intersegmental General Education Transfer Curriculum (IGETC), which is an educational plan for UC students. Likewise, they told me that one year before I transfer, I should fill out the TAG.

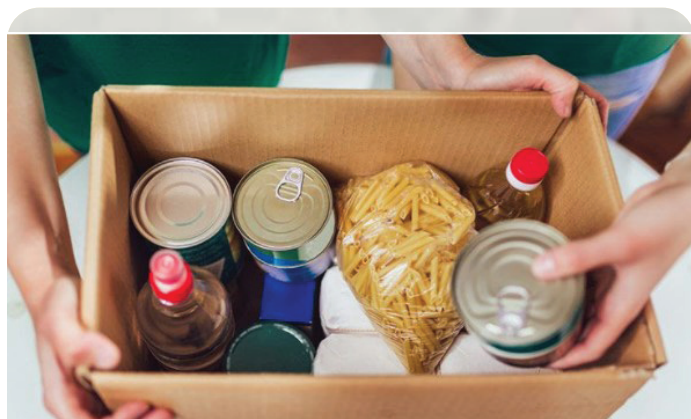
I planned to transfer in 2021; thus, I met the UC counselor in the Summer 2020 semester and filled out my TAG application before October 15, 2020. I chose Communications, and I will continue with this major at UC Davis. I had to finish 60 transferable units, which I finished within the last three years. October 15, 2020, was the TAG deadline, so before that date, I finished it, and a counselor reviewed it and made sure that everything is okay.

August 1, 2020, submissions to the UC application opened, and we had one month to apply. I received their responses by the end of April 2021. It took nearly six months till I received their decisions. I applied to UC Davis, UC Berkeley, UC Santa Barbara, and UCLA. I received acceptance from all of them. I am still in the process of making up my mind about which one to go to. I am researching many factors like their educational programs for Communications majors, housing options, cost of living. I have one month to decide and then will let them know by the end of May. I'm not not sure which one I will choose, probably UC Berkeley or Davis. I am so happy that I also received The Regent Scholarship from UC Davis and The Cond Scholarship from UC Berkeley. And two smaller university scholarships from the other two UCs. After I choose one of them, I will begin in Fall 2021.

To my fellow ARC ESL students, I want to say that there are many educational opportunities at UCs for ESL students. Please try to keep your GPA high and do some volunteer community service like working in different ARC clubs. If I can get admissions plus scholarships from all the UCs I applied to, you can get it, too! Please try hard and be hopeful. I am sure you can do it.

Sayed Sadat

## 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, 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. Click on the link below to sign up!

[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](#)

**100% Online Business Administration  
Transfer Degree**

**Wednesday, June 16, 2021  
3:00 to 4:00 pm**

Join our information session to learn more about American River College's fully online Business Administration Transfer Degree, a pathway of Los Rios Colleges Online.

Complete this [Los Rios Colleges Online form](#) to register for this Zoom session!

**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: Travism@arc.losrios.edu](mailto:Professor Travis:Travism@arc.losrios.edu); [Professor Hoggan: Davies 334, \(916\) 312-3574, or Hogganp@arc.losrios.edu](mailto: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>