

THE PARROT



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

How to Get Scholarships? Neman Knows!

The Parrot: Hi, Neman! Thank you for being here. Could you tell us a little bit about yourself?

Mr. Faiz: Sure. My name is Neman Faiz, and I was born in Afghanistan. So I'd been living in Iraq for 17 years, and I'd been there and never traveled anywhere. I was trying to go to school, tried and got new skills back there. I used to do sports, soccer. Soccer is the most popular.



You know, everybody knows soccer, the most popular sport like in Europe and Asia. So I was playing soccer. I was going to English courses, going to computer classes, going through different opportunity over there. So I was trying to gain some experience, but I'd never had the opportunity to work over there. Then I moved to the United States in 2017. And it

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ESL
Scholarship
Recipients
p.2

"It's not that I'm so smart, it's just that I stay with problems longer."

Albert Einstein

Why So Many People in China Are Becoming Mermaids

On a normal day, the Ambassador Lagoon inside China's Atlantis Sanya resort on the island of Hainan is home to about 86,000 marine creatures from over 280 animal species.

But on April 28, this huge aquarium welcomed 100 mermaids, all flapping their tech-



nicolor tails while gliding through the water in choreographed movements.

The purpose? To break the Guinness World Record for largest underwater mermaid show, part of celebrations to mark the hotel and resort's third anniversary.

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SUSAN PEZONE MEMORIAL ESL SCHOLARSHIP RECIPIENTS

The Parrot wants to congratulate Olha Vykhoanets on receiving the Susan Pezone Memorial Scholarship. Who is Olha and how does she feel about this honor? Well, that's what The Parrot wanted to find out, and this is what Olha had to say.

I am from Ukraine. I have been in the United



States for almost four years. Ukrainian is my native language, and I am fluent in Russian. I also know a little German and Polish.

I have studied at ARC for five semesters. My major is Early Childhood Education. At this stage, I am not sure about my further education because I have the opportunity to get a full-time job that is not related to my major. However, I still registered for two ESL and two ECE (Early Childhood Education) classes for the Fall 2021 semester.

The news that I had won this scholarship came as a big surprise to me. I really did not expect to be selected from such a large number of applicants. It is a great honor and privilege for

me. Unfortunately, I did not know Susan Pezone personally, but I heard from others that she was an amazing person, writer, and teacher who really loved her job and dedicated herself completely to it.

Writing is my hobby and I really enjoy it. This is what I have loved since childhood, and this is what I love most in my ESL classes. Writing in English is my big dream that came true thanks to ARC. Sometimes, I reread my essays and can not believe that they were written by me. It is just impossible to put into words how nice it is to realize that English is actually becoming my second language.

I like to write personal narratives and argumentative essays. I like the simple and clear writing style of Mary Higgins Clark, which I discovered as part of my ESL 315 class. I enjoy reading her novels. I also write poems in Ukrainian. I am a musician and have written some songs and music. Sometimes I translate songs from English to Ukrainian. Playing the piano and singing in English is one of my favorite activities.

I am infinitely grateful to all the college teachers I have had the good fortune to meet and work with. They became the people in my life who opened for me the world of English in all its beauty and uniqueness. Grace Freeman, Erik Haarala, Patrick Hoggan, Caterina Falli, Kristine Fertel, Oranit Limmaneeprasert, Elizabeth Specker, Clay Hindman, David Evans, Jane Driscoll: these are just amazing people who helped me a lot in my educational journey and whom I will never forget. Thank you very much for everything you have done for me.

See page 5 to read some of Olha's writing!

SUSAN PEZONE MEMORIAL ESL SCHOLARSHIP RECIPIENTS

The Parrot wants to congratulate Lina Morad on receiving the Susan Pezone Memorial Scholarship. Who is Lina and how does she feel about receiving this scholarship?

Lina Morad is originally from Homs, Syria, and came to the United States about five years ago. She is now studying Early Child Education. Here are some thoughts she had to tell The Parrot about her writing, books, and the path the led to her being awarded the Susan Pezone Memorial ESL Scholarship in May 2021.

In October 2021, I hit the five-year mark of being here in the U.S. I am beyond happy to be chosen for this scholarship. I am not only very proud of myself

but also very grateful for the ARC community for all the opportunities they are giving us.

I enjoy writing a lot. In my free time, I write about my feelings and how I feel about things around me, but I tend to like to keep most of my writings private. Although I do enjoy writing in English a lot, I feel more comfortable using descriptive language in Arabic since its my original language and I always love to get reminded of the things that I belong to such as my language.



There is a book that my daughter was reading and then she suggested it to me, and I fell in love. It is called *The Stranger* by Albert Camus. The author is so creative in his writing style, and I believe that it is a translated novel. However, I loved the story, the writing style, and how the

book is divided. I would recommend this book for anyone who likes to explore the American literature.

I would like to thank Professor Hoggan because in his class I was able to build the basics of my English writing skills, and in his class I was able to develop and be confident in what I can accomplish in the future. I would

also like to thank professor Kristine Fertel for her ways of teaching because she was so patient with all of us to develop and grow. She went through the lessons very thoroughly which helped me a lot. Lastly I would like to thank my friends who have also supported me and helped me in all the hard times in my education journey. I would like to thank again the ARC community for this scholarship.

Student Chirpings

My Two Brothers

Having a brother is a blessing from the God. I can say that I am so lucky for being a lonely sister having two brothers. A brother can be a close friend to his sister, and even a father. He is her supporter and hero in his sister's eyes. Hameed and Khalid are my two brothers. They are younger than me. Khalid is 23 years old and Khalid is 21 years old. It is true that they are young, but they are big in their achievements. A comparison and a contrast between Hameed and Khalid reveals two similarities and one difference.

Both Hameed and Khalid are very organized persons. They manage their time effectively. Hameed has two jobs and at the same time goes to school. Within this busy schedule, he can find free time to himself. Every night, he goes to the gym to exercise and goes out with his friends. Similarly, Khalid works in three jobs and attends adult school.

Beside their effective time management, both of my brothers are similar in being responsible persons. They have a great sense of responsibility. They take care of my parents. They help my mom in the house chores. They do laundry for her and prepare food for the whole family. They also work in many jobs to support my parents. They pay for rent and for utilities and provide food and other necessities for my parents.

However, there is one difference between Hameed and Khalid. Hameed is a very tidy and neat person. For instance, his bedroom is very fresh, very clean, and very organized. Everything is in its appropriate place. Unlike Hameed, Khalid is very

messy. His clothes are everywhere in his room, on the door, on the floor, and on his bed. His closet is such a mess. He always loses his car key. He leaves it on any close surface to him and forgets it. My mom used to save his car key and to collect his important stuff.

All in all, there are two similarities and one difference between my two brothers, Khalid and Hameed. The two have a well-organized schedule.

Both also are hard working and very responsible. On the other hand, Hameed is very tidy, but Khalid is very messy. Though these two similarities and the one difference between my two brothers, everyone of them has his own precise personality that represents and reflects his true self.



Khola Alrashid
ESL W50
Comparison & Contrast Essay

My Truth About Distance Learning

Distance learning during the COVID-19 pandemic was a real challenge for me and my family. I like to study and always do my best attending my classes and doing all the homework. Studying at ARC was a pleasure and really interesting experience. I felt happy realizing that I can speak and understand English despite the fact that I started learning it at the age of 34. I began from the alphabet and step by step moved forward learning more and more. It was such a good feeling when I could read almost without using Google translator. I never thought I would be able to write an essay in English, but it happened, and I was glad I could do it, and this gave me great pleasure. My children's achievements were really amazing. They did not know English at all, but in a short time they began to speak and understand the language well. They really liked

American school which was very different from the one they were used to in Ukraine. They adapted quickly and always told me about their school days with joy and excitement. Everything changed with the beginning of the quarantine. There was a feeling that time had stopped and the whole world froze in anticipation of the unknown future. All our plans and expectations regarding school just hung in the air not allowing us to change or predict anything. Looking back, I can say that we just lost a whole year of time on ineffective and imperfect distance learning. The transition to remote learning was a halt to academic progress and caused many inconveniences for whole families.

My first distance learning experience can be called a complete disappointment and despair. I was not very good at computer technology, and

I didn't use it much. And suddenly one day, my life changed and I needed to continue my classes online. My computer was old and some things just can't be done on it. In addition, many materials had to be printed at home, and I did not have a printer. It was also problematic to buy a printer because the shops were closed and we did not leave our apartment due to strict quarantine. Sometimes I could not find the assignments in Canvas and then did them late. It was very depressing for me because I used to do everything perfectly. My husband could not withstand such pressure and load and dropped all three ESL classes. He had to focus on



work because losing a job would mean a complete breakdown for our family. I was also on the verge of dropping out of classes, but still kept going because I did not want to waste time and there were only less than two months left until the end of the semester. Over time, it became easier, but I really missed face-to-

face communication with teachers and students that is extremely important for adults as well as for children. And it is not just my opinion. In the article "What is Distance learning for?", Keith Gessen says, "We have missed school very much during this time -- have missed its warmth, its diversity, its sense of common cause. That is what school is..."(10). Despite all the efforts of teachers to create the best learning environment for us, it was a completely different perception and attitude to the whole process. It was simply not an equivalent replacement for what we were used to and what we loved so much. According to a research of "The Effects of the COVID-19 Pandemic on ESL learners and TESOL Practitioners in the United States", "Although students continued to make progress in their language development during the pandemic, their speaking

skills lagged behind their writing skills..." (K. James Hartshorn, Benjamin L. McMurry). I fully felt it in my personal experience because Zoom communication seemed kind of unnatural, and students in my class just stopped speaking.

Families with one or two children may not have had particular problems with distance learning. For my family, this process was on the verge of an emotional breakdown. I have six children between the ages of six and sixteen. When I think back to the first weeks of online learning in my family, I feel sick. It was a challenge I had never experienced before. We live in a large apartment, and my family is quite comfortable there. However, when

it comes to finding a study place for six students and their mother when the lessons take place at the same time, what success or efficiency can we talk about? The Internet connection was constantly interrupted and our computers froze. We had to enter our Zoom meetings again and again

several times. Everyone was angry at each other because some had to be in the same room during their Zoom classes. It was so difficult to focus and understand what the teachers were explaining. Sometimes, teachers simply disappeared from the screen due to an interruption of the Internet connection and could not return to class. When they finally succeeded, half of the students had already left the meeting.

A separate problem was my six-year-old daughter, a first grader, for whom "the value of the physical classroom... cannot be overstated" (Belafante). I had to sit next to her all the time because she didn't quite understand what the teacher was saying. We were sitting in the kitchen and my tenth-grader son was studying in the living room which was actually one room. All the others were in the bedrooms and when I had my college class,



there was only one free place and it was a bathroom. I had to be present at my Zoom lesson with the camera on and, at the same time, monitor my first-grader who could start eating, drinking or even watching YouTube right in class. In addition, I several times had to go into the rooms where the other children were and see if they were in class because sometimes they just slept in front of the school Chromebook with the camera off. I was kind of lucky because I had a night job, and I could be with my children during their lessons. Many other parents who worked full-time were forced to quit their jobs or pay for a babysitter because they could not leave their children at home alone. When the

lessons were over, I was exhausted and often just cried. Several hours in Zoom took away all my strength and energy and I could not understand what was going on. Later, I found an explanation in Betsy Morris' article "Why Does Zoom Exhaust You? Science Has an

Answer." The author says, "The affliction that's come to be known as "Zoom fatigue" is way more than a byproduct of too many meetings. Social scientists say it's the result of the sudden mass adoption of technology that's disrupting the normal, instinctual and finely-tuned way of communication that developed to help humans survive" (Morris). It was a whole new way of communicating and expressing, and my mind just was not ready for that change. After school, while my children had some free time, I cooked, cleaned the apartment, and so on. Then, I helped my kids with their homework, went to work, and only after that late at night when everyone was asleep, I did my own homework because only then was there complete silence and no one disturbed me. Finally, I fell on my pillow and immediately fell asleep, and it was the most enjoyable moment of the day.

My greatest wish at that time was for schools to reopen and for children to return to normal learning. Not only because I had an extremely difficult time with my children, but because I saw that they were losing interest in learning. They didn't care that they couldn't get to class on time. When they didn't know how to do their homework, they just didn't do it without worrying about their knowledge and grades. It hurt and was sad to watch. "Of all the tragedies emerging from the pandemic, a generation of children left to teach themselves on sofas and bunk beds may be the most insidious. How these children -- crucially the young ones developing literacy skills -- will fare academically is the great uncertainty" (Bellafante). This quote accurately reflects my situation then, and the realization of that bothered me a lot because my children always studied well and school was always important for them. Teachers also felt that students were losing the desire to learn and tried to find the right ways to interest children and make the learning process as effective as possible. At the beginning of the quarantine, Jeremy Adams, a high school and college political science teacher in Bakersfield, wrote that no one seems motivated and no one is enjoying the learning process (Adams). This applied to both students and teachers who were tired of the endless and powerless Zoom meetings that just bored everyone because "Zoom meetings will never capture the tactile nature of powerful teaching that exists on a personal level" (Adams).

Only after a year of distance learning, we truly appreciate all the benefits of a regular school. Getting up early and eating breakfast and lunch on a regular schedule is good for health and well-being. It also allows us to plan time and use it wisely. All people need live communication and this is an indisputable fact. We have felt this deeply over the last year when we had to spend a long time at home without the opportunity to visit public places and even our friends. Now that schools have finally opened, we are gradually returning to our normal life. The first day of school after the quarantine was like a real holiday. Despite the big traffic that formed in front of the school because there were

three lanes and no one knew exactly where to drop off their children, everyone was happy and smiling. The principal and teachers showed us the direction, and although their faces were under masks, we saw joy and a smile in their eyes and movements. Parents waved to the teachers and each other showing that everyone was happy to be there. Today, children go to school with joy and enthusiasm. I don't help them with their homework anymore because everything is clear and easy, so they do it by themselves. They enjoy spending time with friends and teachers, and masks do not bother them at all. It's so sad that we lost so much time on inefficient and emotionally exhausting distance learning, but still it is good that we are gradually coming out of forced isolation and returning to normal life. School is back! The happy childhood of our children continues! Thank God!

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Olha Vykhoanets

ESL 325

Research Paper

Olha is a recipient of the Susan Pezone Memorial Scholarship. Learn more about her on page 2 of this issue.

Snowy Nightmare

How beautiful Russia is in the winter! To be honest, I miss it. In my head I have a lot of good memories about fun times with my friends. We loved to hang out in the snowy mountains. We went sledding and just had fun together. Unfortunately, I had one bad day. I think I can't still forget about that.

That was about ten years ago. My eldest sister used to live in central Russia. It is very cold place. We went to visit her in the winter. That was about six hours from our city, so it is not such a big distance! We left home early morning. Everything was perfect! When we got closer to that area, the road got more snowy and frozen. Cars began to get stuck on the road. The situation was getting to be worse. I was a little excited girl that didn't understand clearly what was going on. I was ready for adventure.

There was soft, white and shiny snow everywhere! The sun went down and night was getting ready to come. I really loved everything! Our driver drove a little bit crazy to avoid the traffic. That made a lot of fun for me! I stared through the windows at the other people's faces. I made stories about them in my head. Some of those faces were so funny; just only now I understand that they were just scared! I was not afraid of that situation at that time.

Finally! We got to my sister's house after many hours of driving. Everybody was so tired. After a couple

hours, adults started to discuss our trip. Just only at that time I understood how dangerous was the situation! On the next day, we saw in the news that people stayed on the road all night long. When people came to get something hot for warming up, owners sold them products by the highest prices. That is why not everyone could buy everything that they needed. Some people died that night because some of them needed some medications, etc. Nobody helped them. Fortunately, we were able to avoid it. I can say that the situation showed me how bad some people are. They try to make money from someone's sorrow. It was the day between life and death.

My "snow nightmare" shows the other side of the beautiful Russian winter. This is a really amazing time in the year. There are a lot of fun things such as skiing, skating, and sledding, but sometimes it can be dangerous. Unfortunately, I was faced with that bad side of the beautiful season.



Iana Ardelian
ESL W50
Narrative Essay

A Great Invention

In the last one hundred years, people invented a lot of great inventions. Some of them make people's lives more convenient, others help to do research in space or on another planet, still others help save people's lives. I think that inventions are the engine of humanity. I want to list several inventions which in my opinion are the most helpful for humanity. In the modern world, one of the urgent problems is a problem about the environment. One of the most useful modern inventions is an electric car. We need to solve the environmental pollution problem; therefore, electric cars partly will help us to do it. As of yet, the most popular modern electric car is a Tesla. Tesla is a huge company, one of the richest companies in the world and was founded in 2003. It has capital of 710 billion dollars and in my opinion, this company does a great deal for the environment and humanity overall. Another great

invention is the Internet. The Internet is a very helpful invention because it gave us a lot of opportunities, such as earning money, communication with other people, study, watching documentary, self-study and much more. One more amazing invention is antibiotics. Antibiotics made a huge breakthrough in medicine in the 1920s and saved millions of lives. Antibiotics are a powerful medicine, so we need to use them carefully and only as prescribed by a doctor. Humanity is developing very fast and we will have more great inventions in the future.



Artem Kalinichenko
ESL 47
Descriptive Paragraph

Owning an Expensive Car

Have you ever owned an expensive car? Owning an expensive car is costly but exciting too. I always dreamed of owning a luxury car. There are many advantages and disadvantages of owning an expensive car.

First, expensive cars are luxurious and relaxing. They have a lot of options. For example, the seats are very comfortable; they have air conditioning and many improved safety features. Also, the interior design and features are very nice,

and it gives you the sense of being a queen. Expensive cars have big seats that can be used for sleeping and relaxing. For instance, when you travel on long trips, you will get tired, so you can use your car's seats to relax and sleep. Expensive cars mostly come with great quality TVs, Google Maps, and much-advanced technology. In conclusion, having an expensive car is relaxing and luxurious.

Second, expensive cars come with a lot of great advanced safety options. They perform very well in accidents. For example, if there is an accident, they have powerful airbags that can save your life. Also, many expensive cars have advanced safety features that can detect a crash before it happens. In addition, they have a great braking system that can stop immediately. Expensive cars are designed with advanced front and back cameras so that you can see your surroundings easily. Some of the luxuries can be set on the auto-driving option—for example, in Tesla cars. In brief, having an expensive car can save your life in any crashes.



However, expensive cars are very costly, have huge insurance cost, and expensive repairs. Owning a luxury car requires a lot of money. For example, you should have a lot of cash in your bank account, or you have to pay your loans for many years. Insurance companies charge a decent amount of money every month. That makes sense because your car costs more, so the insurance companies should charge more monthly fees to compensate for the potential damages. All luxury

cars need regular maintenance. Also, the repair cost is very high because their system parts are very expensive. In short, having a luxury car can cost you a lot of money for insurance, repairs, and maintenance.

In conclusion, owning a luxury car is comfortable and safe, but it has many expenses. So in my opinion, if you have enough money, it would be good to have a luxury car. Otherwise, it is a big headache.



Nooriah Khalil
ESL 47
Opinion Essay

How to Get Good Grades

Have you been wondering how to get good grades? Here is a list of hints and tips to help you improve your grades. Truthfully, the ultimate secret to getting good grades is to develop super study skills.



1. Attend All Your Classes

Try your absolute best to attend all of your classes. Sometimes missing a class is unavoidable, but there are enormous benefits to making sure that you never miss a class:

- You will be more likely to keep ahead of your subject.
- You will avoid knowledge gaps due to missing out on important material.
- You will have the opportunity to make your presence known, by answering questions, participating, and contributing your ideas, thoughts, and opinions.
- Some colleges give attendance points, so if this is the case, make sure that you benefit from them.

2. Master Your Professors

Get to know your professors and make sure that they get to know you. They will have a better opportunity to understand your strengths and weaknesses.

Let them know when you are struggling. They are there to help you.

Understand your course expectations. If there is anything that you are unsure of, don't hesitate to ask your professor to clarify.

3. Stay Organized

If you want to know how to get even better grades, organization is really key.

Use a planner or calendar and make sure that you are up to date with all of your deadlines.

Create a designated workspace with good lighting and a comfortable chair.

Declutter your desk.

Schedule blocks of time for learning.

Organize your digital files in named folders for ease of access.

Keep stationery on hand: Make sure that you have pens, highlighters, eraser, sharpener, notebooks, flashcards, and colored markers.

4. Time Management

Balancing work, study, and family responsibilities can be challenging if your time is not managed carefully. Time is a valuable commodity.

Make a To Do list: Once everything that you need to do is written down, it not only helps you to remember it, but it gives you some relief from worrying about it.

Use a planner/calendar: Record assignment deadlines and schedule your learning.



Set goals: Decide on your daily, weekly, and monthly goals. Once you know where you need to get to, you will already be half way there. Setting goals gives you clarity and motivates you to take action.

Utilize your "dead time": Such as time in a doctor's waiting room or time travelling on buses or trains. This time can be used for reading, researching, or

typing up your thoughts, ideas, and notes. Clear your workspace: Our physical environment has a major effect on the way we work. A tidy space creates a tidy mind. Keep your workspace tidy and remove all clutter. A tidy workspace helps you to have a clearer mind. Marie Kondo, a decluttering expert and author of the book *Spark Joy* has some excellent hints and tips on how to keep your workspace tidy.

5. Taking Notes



Taking notes will help you at the review and exam stage. The use of abbreviations is the best way to speed up your note taking. Your abbreviated notes should then be written out fully after class. According to a research study on the correlation between writing and memory at Princeton University, there is a direct correlation between writing and memory. Writing involves a thinking process, resulting in greater retention of information, while typing on a keyboard can be done verbatim, without processing and reframing information, resulting in a lower rate of retention. In order to get better grades, close your laptop and go back to old-fashioned pen and paper!

6. Participate in Class

If you ask questions, you are more likely to remember the material, as the answers to your questions relate to your thoughts on the subject. If you make a habit out of asking questions, it has the additional advantage of encouraging you to listen well.

Listen to the opinions and thoughts of your classmates. Listening will help you to process and

remember information. Conversations tend to be remembered more than written information. Contribute to the discussion — by developing a regular habit of making contributions to discussions on the subject, it encourages you to listen, focus, and process. You will want to make a good impression by making educated and intelligent contributions.

7. Use Learning Aids and Study Resources

There are plenty of online tools and resources for flashcards, mind maps, quizzes, record keeping, scheduling, and memorizing that can be highly beneficial to learning.

To save you time, we have compiled a list of excellent study resource websites. Check out the following:

[Evernote](#)
[Schooltraq](#)
[GoConqr](#)
[Quizlet](#)
[Hippocampus](#)
[StudyBlue \(Chegg\)](#)



Source: <https://www.uopeople.edu/blog/how-to-get-good-grades-in-college/>

"Secret" ARC Resources for Student Success

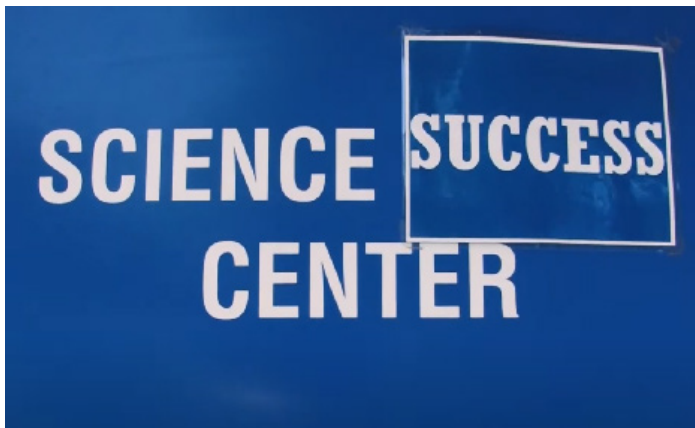
1. The Science Success Center

Offers individualized instruction in reading and study skills geared to support students' efforts in various science classes. Instructors meet with students weekly for 30 minutes and discuss different learning strategies and techniques that the students then try in their science courses.

The instructional modules tackled in this program include:

- Time management and class organization
- Reading textbooks and notes carefully through annotating and paraphrasing
- Note-taking methods
- Reading and understanding graphics in printed and electronic texts
- Graphic organization of information (e.g. concept mapping)
- Test-taking strategies studying for tests
- Test review and analysis

Click on the photo to watch students and staff comment about this program.



2. TRIO Student Support Services

TRIO Student Support Services (TRIO SSS) is a community driven program that holistically supports students to achieve academic and lifelong success. We are open to all majors with dedicated specialized programs for STEM and Veteran students.

American River College TRIO SSS Journey, STEM & Veterans programs are federally funded by the U.S. Department of Education. Each program supports first-generation, low-income and students with disabilities who demonstrate academic need to successfully graduate, transfer and earn a 4-year bachelor's degree.

Providing hope and opportunity

A familial community that supports student success through the following resources:

- Academic Counselors
- Connections to Tutoring
- Connection to Campus and Community Resources
- Educational Enrichment Opportunities
- Financial and Economic Literacy Sessions
- Grant Aid Program
- Peer Mentor Support Groups
- Support to Complete College and Financial Aid Applications

For more information click on the photo.



3. The Learning Resource Center (LRC)

The Learning Resource Center (LRC) is a professionally staffed facility that offers students a personal approach to academic success through independent study, individualized tutoring and alternative modes of instruction.

The LRC assists students through the following services:

- Open computer lab for students doing instructionally related work
- Beacon Tutoring Program
- ESL Center (English as a second language)
- Foreign Language Lab
- Reading Center
- Reading Across the Disciplines (RAD)
- Student Athlete Academic Services
- Tutoring Center
- Writing Center
- Writing Across the Curriculum (WAC)

For more information click on the photo.



4. Library

The American River College Library seeks to provide instruction, information resources, and services (computers, printing, photocopying, study rooms) to support the College mission and supplement the instructional programs of the College. It also seeks to provide information resources and services relevant to institutional, intellectual, and professional needs, and to encourage the personal and cultural development of students, faculty, and staff.

Research

[Research guides](#)

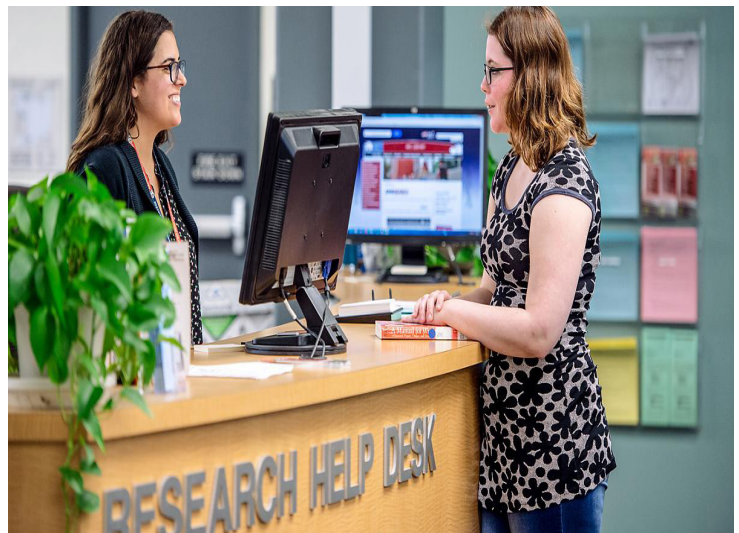
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For more information click on the photo.



Continued from page 1

What is mermaid diving?

Similar to freediving, mermaid divers don't wear a tank or use any external aids except for their mermaid tail. But the two styles have major differences in terms of movement.



To find out more about the sport, we caught up with Dada Li, one of the country's pioneering mermaids and China's ambassador to PADI, the world's largest diving association.

"Freediving beginners usually wear bi-fins, which enable both legs to alternately move, but a mermaid tail ties both legs together so they can't move freely. Instead, we need to use our belly and waist to move like a dolphin. It requires practice to make this movement smooth and elegant like a real mermaid."

Li's first underwater sea experience took place in the waters of Thailand's Phi Phi Islands, in 2012. From that moment, she was hooked.

"The world below the ocean surface looks completely different from land; I was amazed by the underwater scene, colorful fish and corals, and also the sensation of being in the water," says Li.

"Since that trip, I was addicted to the ocean. Then I took a freediving course and became a freediver."

In 2015, when Li finished an international judge and instructor freediving course, she says she became the very first female freediving instructor to teach in China.

That same year, she used her freediving skills to explore another fantasy of hers — becoming a

mermaid.

From making her own tail to leading a world-record performance

"Mermaid diving — or I like to call it mermaiding — was not something usual back in the time when I started diving," says Li.

"I was inspired by an old movie called 'Splash' in the 1980s. The heroine is a mermaid who lives in the sea... That image has lived in my head ever since.

"I couldn't tell you how excited I was when I suddenly had an idea to transform myself to be a mermaid after knowing I could freedive in the ocean." But first, she needed a mermaid tail.

"I was searching worldwide to get a swimmable tail. There weren't many nice options — they are mainly decorative costumes for kids and not functional for mermaid diving. Luckily, I did find a very good 'mer-fin' that was powerful enough to move and swim in. Then I used Lycra fabric to design my first series of mermaid tails," says Li.

Studying videos of mermaid performances from



around the world, Li started mimicking their movements and finding her own ways to practice.

In 2015, she founded a professional team of mermaid divers to perform at aquariums and water-related events in China.

"Some audiences in the aquarium couldn't believe the performers are real humans," recalls Li.

"With the help of social media, mermaiding started to go viral."

Mermaid diving takes off in China

In the last few years, mermaid diving has become officially standardized around the world, with schools popping up everywhere from Singapore to the United States. Today, it's one of the hottest trends in China.

"It took off in China like wildfire," says Yan Lou, PADI's Greater China president.

PADI, which organized the successful Guinness



event at Atlantis Sanya, recently launched four new mermaid diving courses — Discover Mermaid, Basic Mermaid, Mermaid and Advanced Mermaid — all of which are already seeing huge demand in China.

"(Mermaid diving) has the power to convert people on the spot," Lou reported, "Upon seeing beautiful images from other mermaids, consumers almost immediately jump onto the activity itself. Within four short months after the official launch, mermaid courses now account for 30% of local certificates in China."

Li helps PADI craft their mermaid courses and is one of the instructors.

Corinna Davids, head of development of the mermaid courses offered by SSI (Scuba Schools International), has witnessed a similar trend.

"Mermaid swimming is huge in China," she says. "The sport has grown exponentially since we started in 2017."

SSI — not affiliated with PADI — offers mermaid diving training in more than 3,000 locations worldwide.

"We now have more than 1,000 mermaid instructors all over China and the sport is continuously growing larger," Davids tells CNN.

There are now several successful SSI centers in China that concentrate only on mermaid programs.

"Mermaid diving for us has been a successful way to open more people in China to also start scuba diving and freediving," adds Davids.

China's dive market: Young and gender-balanced

A relatively new entry in the global diving market, China has recorded rapid growth in the last decade.

It witnessed a 40% increase in Chinese diving certificates — compared to about a 5% growth rate worldwide — in 2018. "Chinese are the youngest divers in the world," says Lou."

In addition, Chinese women account for the largest percentage of all divers in the world, close to 50%. We have every reason to believe that women would soon surpass 50% as mermaid diving continues."

Source: <https://www.adomonline.com/why-so-many-people-in-china-are-becoming-mermaids/>



"Chess Boxing" = Mind + Muscle

As the main idea, chessboxing assumes the combination of such seemingly incompatible sports as chess and boxing into one whole. It is because of this merger that chessboxing makes demands on athletes to have physical and mental qualities at the highest level.



Chessboxing is a relatively new sport that has made it possible to combine the number-one intellectual sport and the number-one combat sport. Chessboxing received the status of an official sport only in 2003; since that time, chessboxing championships are regularly held in a number of countries. Such popularity is based, first of all, on the spectacularity of this sport, as well as on the fact that it breaks all existing stereotypes - boxers show their skills in chess, and chess players enter the ring in boxing gloves.

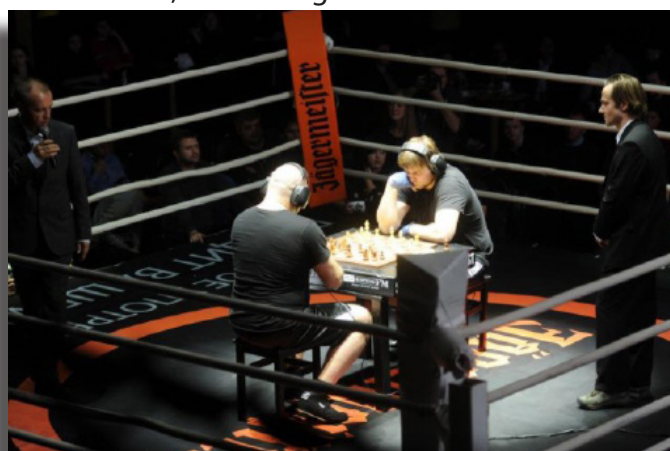
The first World Chessboxing Championship was held in Amsterdam in 2003. Then the athletes who took part in it belonged to the middle weight category. The sport has developed, and in 2005



already included competitions for heavyweight fighters, and in 2007 - light heavyweight. The idea of chessboxing itself belongs to the Dutchman Ipe Rubing, who borrowed it from the 1992 French comic strip *Cold Equator*.

A chessboxing match consists of the performances of opponents against each other in boxing and chess. The start of the competition is a chess round followed by a boxing round. Then boxing is replaced by chess, etc. The rules of the game were developed in accordance with the FIDE rules for quick play, and also include modified rules for amateur boxing.

All competitions consist of 11 rounds, 6 of which are in chess and 5 in boxing. The chess round lasts 4 minutes, the boxing round lasts 2 minutes.



Between two rounds, athletes are entitled to a minute pause to take off or put on their boxing gloves.

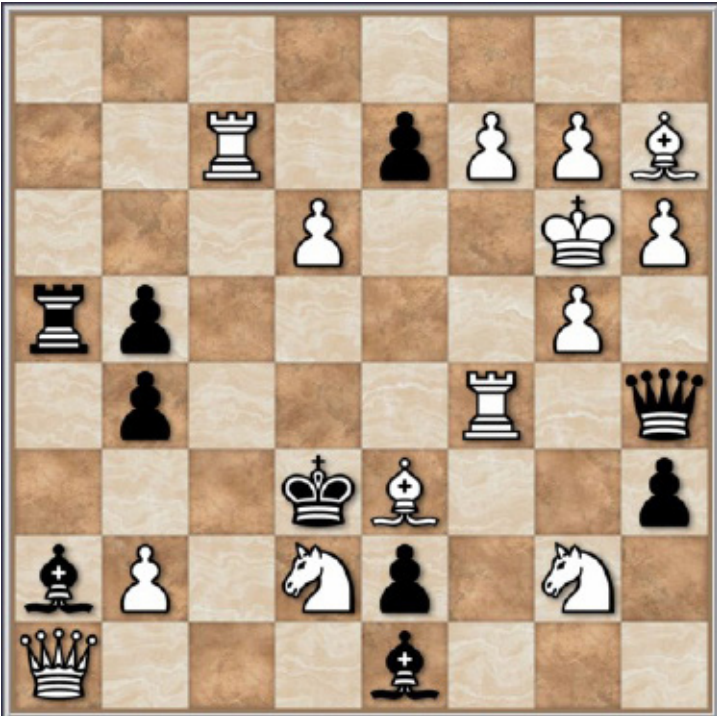
The winner in chessboxing is the one who checkmated the opponent in chess, or got a victory because the opponent exceeded the time to think about moves. Another option for winning is in boxing matches. This must be a boxing knockout or a referee stopping the fight.

As soon as a participant wins in one of the sports, the fight ends immediately. If a chess game ends in a draw by the consent of the opponents, or a stalemate arises, the decision to award the main prize is made by the commission based on the distribution of boxing points. If the boxing also ends in a draw, the winner is the participant playing with black pieces in chess. Source: <https://chessboxingnation.com/>

Interactive Chess Puzzles

Easy Puzzle

White to move, mate in 2 moves



Medium puzzle

Black to move, mate in 7 moves



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!

Horchata (Mexico)

This dairy-free horchata will give you a fresh feeling in hot summer.



INGREDIENTS

2 cups of long grain rice
 3-4 sticks of cinnamon
 2.5 liters (80 oz) of water
 2 liters (64 oz) of sweet almond milk
 1/2 -1 cup of cane sugar
 Cheesecloth
 Blender
 1 tsp of vanilla (if desired)
 1 gallon pitcher

Directions:

1. Soak 2 cups of long grain rice with cinnamon in one liter (32 oz) water at least 6 hours or overnight. (Do not wash the rice to keep the original taste, and then leave it in the fridge if the weather is hot.)
2. Add the above ingredients in the blender. Puree it until it is smooth and forms a paste.
3. Pour the mixture through cheesecloth to strain as much liquid as possible into a pitcher.
4. Boil 500ml (16 oz) of water and then add the sugar to mix the mixture. Add another 500ml (16 oz) cool water to cool down the boiling water before pouring it into the rice mixture above. Adjust the sweetness to suit your taste.
5. Add the rest of the water and 2 liters (64 oz) of sweet almond milk into the pitcher. (Add vanilla if needed).
6. Adjust the sweetness, and then leave it in the fridge for at least 3 hours to have a cool, fresh drink for hot weather. Serve with ice or no ice.

WHEN LIFE GIVES YOU
 SOGGY RICE,
 MAKE HORCHATA.



7. Decorate with ground cinnamon or cinnamon stick.

Snow Le

ARC's Newest Transfer to Berkeley: Mohammad Sohaib!

Mohammad Sohaib isn't sure if he is going to live off campus or in a dorm on campus, but one thing is for sure: He's moving to UC Berkeley where he will major in Civil Engineering. Mohammad just graduated from



ARC, but his journey started in Pakistan. He told The Parrot about his path to transfer, and he had some great advice for fellow ESL students. Here's what he had to share.

How did you feel when you first started at ARC?

I am from Pakistan and I came to the United States on November 21, 2016. I started my first semester with ESL classes. However, I felt it was a downgrade for me because I had studied at an English medium high school in Pakistan, but couldn't understand and speak English and lacked vocabulary. Taking ESL courses was a necessary step to build my confidence before entering STEM courses. Moreover, I was able to get familiar with other ESL students like me who came from different countries.

What kind of associate's degree did you earn at ARC?

My major was Civil Engineering in the beginning in ARC, but I switched to Physics. I never took any engineering courses because they were not articulated by UC Berkeley. I got an AST degree (Associate in Science in Physics for Transfer) in Physics and Mathematics and an AS degree (Associate in Science) in Physical and General Sciences.

What was the hardest class for you at ARC?

The hardest class at ARC for me was MATH

401 (Calculus 2) not only because I struggled with integration word problems, but because I was also taking physics and chemistry labs at the same time. Moreover, I had to live a month alone when I missed the wedding ceremony of my siblings in Pakistan. I barely managed to secure an "A" grade.

Why did you decide to study civil engineering?

My major was Biology back in Pakistan because my father wanted me to become a neurosurgeon. However, I was able to convince him for Civil Engineering after my first semester in ARC because it is a STEM major too. Physics, chemistry and math are my favorite subjects, and I love problem solving.

What tips do you have for other ESL students who want to improve their English?

I would like to give three tips to improve English writing, speaking and listening skills.

1. Annotate whatever you are reading and highlight vocabulary words. Then, use those words in your daily life.
2. Practice writing as much as you can without plagiarism. Start with 500 words then increase to 750 then 1000 then 1500 then 2000. As a result, you will eventually improve your word choice, sentence structure, and grammar.
3. Watch English videos with subtitles to hear how words sound and are pronounced. I would recommend watching Ted Talks.

What advice do you have for ESL students who want to transfer like you?

First of all, do not ever think your journey is long. Make small goals and plan semester by semester. First, finish ESL before taking any major courses. Definitely take ESL 325 for the smooth transition to transfer-level English writing. Good luck to upcoming and current ESL students who are striving for success.

What Learning a Foreign Language Has Taught Me by Kate Fukui - Chapter 4

Don't play with your food. Play with your language.

As humans, we are naturally **playful**. Play is one of the first things we simply know how to do, without anyone teaching us, from the day that we are born. You might not know it, but one of our favorite things to play with is language. Language has been a subject of play from its **ancient beginnings, morphing** it over time. It's the reason why we have so many beautiful languages in this world, and also the reason why speaking them can be so much fun.

One way that people play with language is **shortening** words. For example "telephone" becoming "phone," or "influenza" becoming just "flu." In my experience speaking Japanese, I've used words such as *appuri* which is short for "application," and *gaijin* (shortened from *gaikokujin*) to mean "foreigner."

There are also words that are blended, meaning two words put together to make a new word. Some English blends are "spork" (spoon + fork), netiquette (internet + **etiquette**), and "brunch" (breakfast + lunch). Japanese uses blends too, like *konpyunikeishon* (pronounced *compu-nication*) to mean "computer **communication**." Perhaps my favorite blended word in Japanese is *kuribocchi* which is a blend of "Christmas Eve" and "loneliness" to describe that special empty feeling one gets when spending Christmas Eve alone. There's even a song about this feeling, and it's been translated into an English version (look up the ["Christmas Eve" cover by Pentatonix](#) with [the lyrics](#) and you'll see what I mean). **Needless to say** there are some pretty interesting blends that describe very specific things in Japanese.

But, my friends, if you think Japanese is weird, you should **get a load of** French. In the French language, it has become **common place** to flip words backwards. That's right, they

phonetically flip words just for fun. Some common words are *femme* (woman), flipped to *meuf*, *bizarre* (weird) flipped to *zarbi*, and "merci" (thank you) flipped to *cimer*. As far as I know, I have not encountered much of this in other languages, but if it exists in French, I'm sure it will catch on!

Words used in this chapter:

- **playful** (adj): fun, wanting to play.
- **ancient** (adj): very old.
- **beginnings** (n): at the start of something.
- **morphing** (v): to change or transform.
- **shortening** (v): to take off a piece, or cut a part off so that it's not as long.
- **etiquette** (n): the correct way to act or behave; things you do to be polite.
- **communication** (n): to talk to someone using speech, written word, or body language etc.
- **needless to say** (phrase): it goes without saying, no need to explain.
- **get a load of** ____ (idiom): check this out, look at this.
- **common place** (noun phrase): popular, very common.
- **phonetically** (adv): having to do with the sound of something.

Dear Parrot Readers,

Do you know of any languages that shorten, blend, or even flip words? Share your interesting findings with the Parrot!

Please send responses to TheParrot@arc.losrios.edu



Around the World

FESTA DES VERMAR - SPAIN



Festa des Vermar is known as "The Grape-Throwing Festival" and is very famous in Spain.

This festival occurs annually and usually in September when the grape harvest time starts. The popular wine-growing village of Binissalem in Spain on the island of Mallorca is where the festival is held. Grape is the main ingredient of wine; however, to get rid of the not-so-good grapes, the festival is set up for people to have fun and enjoy many activities with grapes and wine.

At first, people start the harvest celebration, then they start to enjoy the Grape Throwing Festival through many activities like grape-stomping competition, mouth-watering food, grape-throwing fights, and, of course, lots of wine.

Many people around the world are drawn to the village of Binissalem to enjoy the festival. The



color of the grapes may change each year to attract more attention from visitors. Initially, people gather grapes together, and then throw them at their friends or family. With the joy and popularity of the fun activity, people start to gather whole bunches of not good grapes, grab as much as they can, and then start crazy grape fights with other participants.

Participants enjoy the mess with their faces



covered with grape juice and bits of the sweet fleshy fruit. People are also invited to taste some wines in the town square. This festival is celebrated for two weeks to entertain the villagers and visitors.

Parroteer: Tuyet Le

Source: <https://www.tutorialathome.in/gk/grape-throwing-festival-spain>

Parrot Student Voices

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

What is the Best Day in Your Life?



"I'm Tahmineh Shirazi. I'm from Tehran, Iran. I have three sons... About 4 years ago, I heard the best news in my life.

One day, Omid, my oddest son, called me to give a good news that I won..."

Tahmineh Shirazi

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

"My name is Seyed Hassan, but my friends call me Ali. I chose the first topic "What was the best day in your life?" because it's about my wife. And I believe she is a gift from the God in my life..."

Seyed Hassan

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



"Hello, my name is Nadia Abdallah from Iraq... I'm an architect. Today, I will talk about one of the best days in my life.

It was the day when I graduated from the university in my country ..."

Nadia Abdallah

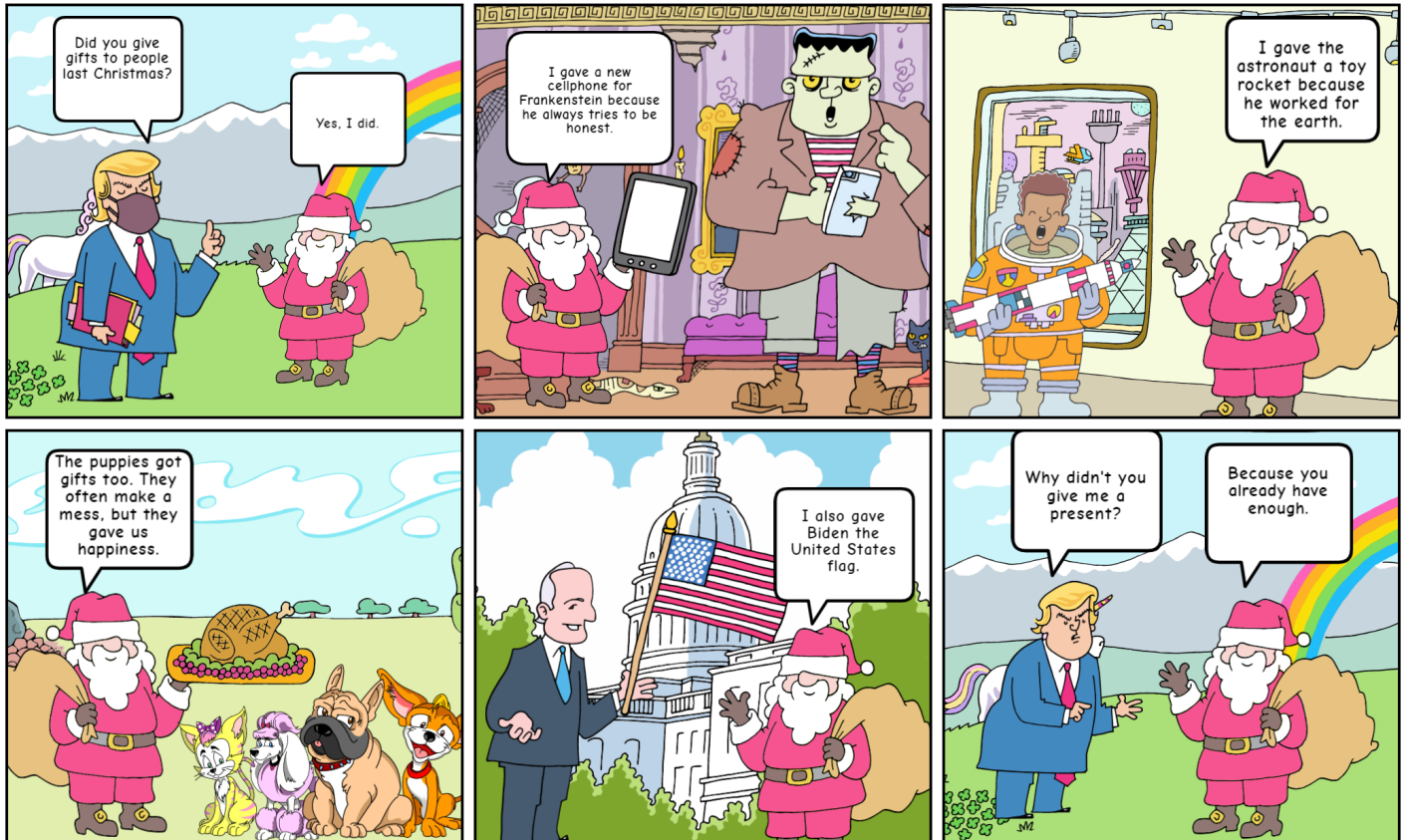
Click on *Nadia's* photo to find out what happened next.



The Grammar Play Project

Students in ESL G41 picked one or two grammar skills and made a cartoon or a conversation. Here are some stellar projects!

1. "Santa Gifts" by Sik Kim. The grammar skill: simple past tense sentences and questions.



Mother: Half a cup of oil.

Muna: About the pizza sauce, what are the ingredients?

Mother: One tablespoon of butter, one tablespoon of olive oil, one onion, two cloves of garlic, ten tomatoes, one tablespoon of salt, one tablespoon of oregano and half a teaspoon of black pepper.

Muna: Can I add any hot sauce?

Mother: Yes, but not too much.

Muna: Ok Mom. I will add on the pizza a few black olives, a few bell peppers, a few hot dogs and a lot of mushrooms.

Mother: That is good, but do not forget the cheese.

Muna: Yes. I will add a lot of cheese. Thank you, Mom!

Mother: You are welcome.

2. "A Conversation" by Muna Bader. The grammar skill: count and noncount nouns and quantifiers (some, any, a lot of, a little, a few, much, and many).

Muna: Hi Mom this is Muna! How are you today?

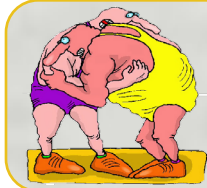
Mother: Hi Muna! I am fine. How about you?

Muna: I am fine Mom. I need to make pizza today. Can you give me your recipe please?

Mother: Sure I can. For the dough add five cups of flour, two tablespoons of sugar, two tablespoons of yeast, two cups of milk, one teaspoon of salt, and half a cup of oil.

Muna: I could not hear you. How much oil?

Parrot Warbling



Grappling with Grammar

Simple Predicates

Definition: The simple predicate of a sentence is the verb that is done in the sentence. It can be the action that happens, the state of being, or the linking verb. In each example below, the simple predicate is underlined.

Hint: Ask yourself, "The subject did what?" It can help if you find the subject first.

Example: Carlos wrote a letter to his uncle. (**Carlos did what? He "wrote."**)

My neighbor's dog barked all night. (**Dog did what? It "barked."**)

Hint: A verb phrase is considered a single idea; therefore, it is still a simple predicate.

Example: Fred Mosby will be my new tutor. The police officer had explained what happened.

Hint: The word "not" is not a verb. Therefore, it cannot be part of the simple predicate. Be careful when dealing with contractions.

Example: I don't want spaghetti for dinner again.

I do not want spaghetti for dinner again.

Source: <https://www.englishgrammar101.com/module-5/sentence-parts/lesson-2/simple-predicates>

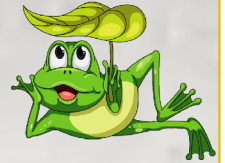
Idiom--Attic

let someone off the hook

Meaning: allow somebody to escape from a difficult situation or punishment.

Example: Since it was his first offense, and a minor one at that, he was **let off the hook** with just a warning.

Source: <https://idioms.thefreedictionary.com/>



Y: Consonant or Vowel?

The Y **consonant** sound (IPA symbol: / j/) can be found in American English words such as: Yes, you, yesterday, young, beyond, and kayak.

In English, the letter Y can be a **consonant sound or a vowel sound**.

Consonant:

The letter Y is a consonant sound when it is at the **beginning** of a word (yes) or is the first letter in the syllable before a vowel (beyond = be/yond).



Vowel:

When the letter Y is used as a vowel, it makes **other vowel sounds**. It can also be part of a **diphthong**.

A diphthong is a speech sound that begins with **one vowel sound** and **ends with another vowel sound** in the same syllable.

Gym, myth, dry, flying, happy, party, say, play, boy.

Source: <https://www.really-learn-english.com/english-pronunciation-lesson-28-y-sound.html>

"Poem to Welcome Students"

by Wordy Birdy

Best wishes to students
 As you start studying again.
 Classes, courses, curricula!
 Keen and ready to begin.
 Time to hit the books,
 Open to learn once more.
 So much fun to be had,
 Can't wait to go explore!
 Hello and welcome new peers.
 Once we've had plenty of rest,
 On to sixteen weeks of fun.
 Let's do our absolute best!

Did you enjoy the poem? The poem above is called an "acrostic" poem. Acrostic poems use the first letter of each line to spell out a word, name, or phrase! Can you tell what phrase is spelled above?

Rigoberto's Riddles

What freezes after it is overheated?

A Computer.



Silly Vasily's Chuckle Chamber

A teacher asked her students to use the word "beans" in a sentence.

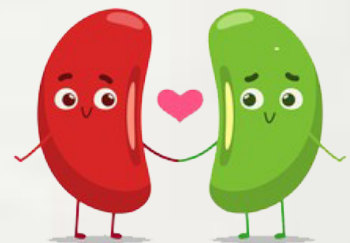
"My father grows beans," said one girl.

"My mother cooks beans," said a boy.

A third student spoke up, "We are all human beans."



Bean
 thinking about you



Interview with Neman Faiz

Continued from page 1

was on Monday on my birthday. I didn't even recognize it because it was really crazy, stressed and everything. It was a really good opportunity for me to be here and to have an opportunity to further my education. I actually graduated from high school back in Afghanistan in 2015. I was just getting prepared to move to America, take TOEFL exam to apply and everything else, but God gave me better opportunities. Next, when I moved to the United States, I lived with my relatives for a while, for three months. It was back in the Bay Area. Then we moved to Sacramento. I wanted to start at college right away. Unfortunately, at the time, there was a residency issue that didn't let me start the college. They used to have this AB 540, something like that, which is for a nonresident. So I had to wait almost a year and a half. Finally, in 2018 I took my first class at ARC.

The Parrot: You speak English pretty good. Did you study English at your country or in the US?

Mr. Faiz: Well, I used to go to the institutions that were back in my city. They teach English like I learn English here. I learned English courses three times a week so I don't forget English. What I've learned so far, though, is the whole point. I always had this real interest in American movies and American music. So once I started learning English, my interest and my enthusiasm was spot on. I started watching American series. I stopped watching it with the subtitle. It really helped my English and improved my listening at the time. And I started getting more comfortable talking English and speaking English. Reading or writing things really helped me with grammar, helped me to understand the language of English and the structure of English. Then once I learned that, I transitioned to watch and listen to American idioms. In my last two years that I was there, I was getting more fluent.

The Parrot: How long did you take to become fluent in English?

Mr. Faiz: Well, I've studied here for about four years. So anyway, it was also a good opportunity for me because I started working and improved my communication skills. After like four months or so, I got my first job at Wal-Mart as a cashier. Then I moved to the customer service. I worked there for 9 months and I worked on three different positions, which I gained three different skills there. And then after that, I went to Metro PCS and then Verizon and in 2018 I got my marketing job. Now I'm working with L'Oreal. So it was a really good experience.

The Parrot: What's your major?

Mr. Faiz: My major at the beginning was computer science. So I always wanted to go with the computer science. And the first semester I took the introduction of computer science, which I liked. Then I started taking my computer science at the beginning. So my counselor was telling me that, hey, you can just kind of mix your

computer classes with one general education class or one math class. I preferred to go and finish out my computer class first along with mathematics and leave the general education classroom. That was my plan. When I took my first physics class, I actually really liked that physics class and I really learned a lot. It was kind of like something that I saw myself doing. So then I started thinking about computer engineering, electrical engineering and computer science. So that's

why I started taking more mathematics. So I finished all the mathematics series. I finished all the physics and computer science at ARC. Now I could apply to many different majors. The only thing that the physics gave me was to have a better understanding of computer hardware, which is also as important as the software. So my priority was to learn the software because I have a thing for programming and doing software engineering and above all trying to do something innovative online, an app, or something like that. Then I started getting into physics and mathematics.

The Parrot: Did you get a degree at ARC and then transfer to a university?

Mr. Faiz: Yeah, I'm actually getting a computer science



associate degree, mathematics associate degree and a physical science associate degree. So these are my three associate degrees.

The Parrot: I know that you did get accepted into the UC. So how did you feel when you got the news?

Mr. Faiz: I saw like my friends. They were just crying. I was so happy for me. It was really normal. Yeah, there was really no more like I opened it, OK, yeah, good. I got here and that was my instant reaction. Because I expected that, like I wanted that. I felt like I would be disappointed more, I'd be more sad if I didn't get it done.

The Parrot: Can you tell us, which universities did you apply to?

Mr. Faiz: Well, I applied to UC Berkeley, UC Davis, UC San Diego, UCLA and UC Santa Barbara. So there were five. I got accepted into all of them.

The Parrot: That's awesome! Is there anyone at ARC who has helped you to achieve this success or just you've done it by yourself?

Mr. Faiz: Well, I did it by myself in the most part, but the counselor Robert Quintero was very first person that I met. He really helped me. He taught me how to navigate through the system, through the community system and the transfer system. He showed me the way. And he really helped me to find my own pattern based on what I needed. So he was the one that really guided me through the process, through the transfer process, and how to pick classes each semester.

The Parrot: How easy or difficult was it for you to apply to universities?

Mr. Faiz: Applying to the U.S. system is a really long process, so I had to be prepared and know about the process ahead of time. I had to go and research about it. The first thing is that you should know what major you're going to study. So you just go ahead, pick a couple of introduction courses and see which ones you have the most interest in and which one is more interesting to you and more appealing to you. You have to know what each UC requires for your major. Then you just go ahead, you start with filling out the application. The most hard part for me, which took me a while, was the essays, which I wanted to be really great. So I had to work a lot with different people, counselors, instructors, and family members to make sure that UC sees who I am. So they ask you this question because they want to know who you are, how you came so far, what motivates you, what is going to be happening to you. You've got to make sure that your essay really tells everything about you. You have to point out everything important in your life, every experience. So that was the hard part for me because I had to make sure that I included every important detail

that happened in my life that affected me so far.

The Parrot: Like you said, that's a long process. Do you have any advice for students about transferring to universities?

Mr. Faiz: Yes, of course. Please figure out what you want to do with your life, please figure out what major you would like to do. Please find out which university you're planning to go on to. Go ahead and learn about the university culture and see if your personality matches with that environment of the university.

The Parrot: Thank you for the advice. I also know that you also got some scholarships. Can you tell us what they are and how you got them if you don't mind?

Mr. Faiz: Of course. Well. With the UC application, when you fill out, there's something you fill out that usually goes for the financial, and if you're eligible for some financial aid, you'd be automatically accepted for those. I'm always going to their website and checking out their events, their programs and the resources of the scholarships. I applied for one of the regional scholarships at Davis and one of the leadership scholarships at UC Berkeley. Many don't know about these scholarships because they do not come with a UC external scholarship given by people that fund the university. What they want to know is your journey like how your journey is so far, how you got here, what motivates you, what makes you stand above other applicants, what difference you bring to the table. They want to know why they should choose you and why they should give you scholarship. You need to have something to back that up. As I said, I had part time job at the weekends. On weekdays, I was tutoring. I was also an embedded tutor. I was involved with different clubs. I am kind of the vice president of the computer class at ARC.

The Parrot: What classes or what labs were you a tutor for?

Mr. Faiz: Well, my first job was in the MLC (Math Learning Center). It is a tutoring program for students taking math classes. Then after that I went to STEM center. I was tutoring over there and then after two semesters I was promoted to personal assistant personal coordinator. And afterward I was a Beacon tutor. Also, I did internship at ARC Design. This was a really good experience and I got to know a lot of professors and students.

The Parrot: Wonderful! Thank you very much for your sharing. I wish for you to achieve your goals and success in your future.

Mr. Faiz: Thank you so much. It was really great talking to you.

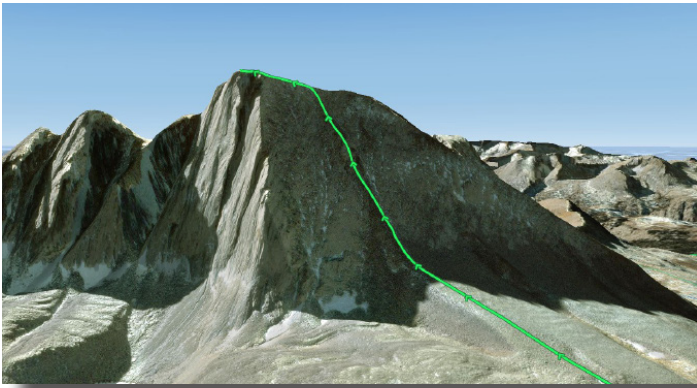
Parroteer: Dai Nguyen

Mount Tyndall 14018 ft / 4273 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 Mount Tyndall. Mount Tyndall Trail is a 35-mile moderately trafficked out-and-back trail located near Independence that features a lake and is rated as difficult. Mt. Tyndall sits right off of Shepherd Pass, next to Mt. Williamson. The mountain was named for the English glaciologist and mountaineer John Tyndall. Most people try to climb both peaks together, as the approach via Shepherd Pass is one of the most difficult in California.

I started my trip from Sacramento at 3:00 a.m. and stopped at the White Mountain Ranger Sta-



tion in Bishop to pick up an overnight permit on Friday morning. Shortly after, I hit the road and drove to the Shepherd Pass trailhead. The forecast for the valley was around a hundred degrees. The trail starts climbing up very long switchbacks. It took me 6 hours to reach Anvil Camp where I spent the first night. Anvil Camp is at the top of the huge waterfall in front of you, to the left of the trail's route.

The next day I hit the trail at 6:30 a.m. which was not easy because I still felt pain in my legs. I climbed slowly, reaching the top of Shepherd Pass sometime around 7:45 a.m. From the top of the pass, the hike to Mt. Tyndall is easy. I reached the foot of the mount around 9:00 a.m. and pitched my tent. The final trek to the summit is a scramble up granite. At some point, I identified a "ramp" of stones that provides a bridge to approach the north side of Tyndall. The "north rib" is a line of boulders that seems to go up vertical, and it begins just above

this "ramp." This "rib" is a long tedious scramble up tallus rock that takes you to the ridge. The summit of Tyndall is to the left of this rib, and it became more and more clearly visible as I climbed up the rib. Most climbers recommend staying on the right of the rib,



but towards the top, I decided to move to the left of it because I might end up in the wrong chimney. The gate is on the very crest of the mountain. Most people walk down one or two boulders on the other side, where it is easier and safer to walk.

At this point, I was basically at the altitude of the summit. However, what I saw on my left was not the real summit: it's a false summit about 100 meters away. From there it was another 60 meters of easy scrambling that got me to the summit of Mt. Tyndall. Woo hoo! My 7th of the California 14ers and probably my favorite climb of one so far. I've done all the 'easy' ones, so I really enjoyed the more challenging terrain on Tyndall. The views of Williamson Bowl and Wright Lakes Basin are out of this world, and I took the time to take photos, browse the summit register, and stare at Mt. Williamson with pleasant memories. The climb up took me two hours from the foot of the mountain. I hit the trail back around 1:00 p.m. and was back at the car after sunset.

See you on the trail! Have fun and be safe!

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/xpNDzkK2rLzD7C7c7>

- Apply for an ESL Certificate
- Quick and Easy to complete the form
- There are 5 levels of certificates for ESL students:
 - » Certificate 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



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. Courses 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

Nanny Noetal

Nanny Background: Nanny Noetal is your friendly oh-so-smart student advice columnist. Questions? Send email to us: hogganp@arc.losrios.edu.

Hello, Nanny,

I have concerns about my classes. I am currently enrolled in eighteen units, five classes, and one is the ESL W325 class. I asked my friends about my classes' professors to know if they are easy or hard. However, my friends have no idea about them. How can I choose a class where I have the best chance to succeed?

Nih L



Dear Nih L,

I usually use the website <https://www.ratemyprofessors.com/> to get an idea about my classes. I do not trust this website 100%, but I read students' comments. I also look at the course syllabus and class schedule to see the assignments and workload. If the assignments are not doable (tough), I will drop the class from the first week of the semester. In addition, I usually add extra classes in case I drop one of my classes.

Nanny Noetal

Out of the Cage

Virtual Appointment or Drop-in: UC Davis Representative

September 21, 2021
9:00 am to 4:00 pm

Meet with a representative from UC Davis by making an [Appointment](#) between 9am-4pm

or

Drop-in from 4-5pm through [Zoom Link](#).

Note: To see any UC Representatives, students must have already created a [UC TAP Account](#).

College Hour:

3 Smart Ways to Start Budgeting

September 23, 2021
12:15 pm to 1:15 pm

[REGISTER IN ADVANCE](#)

Topics will include:

- Budgeting benefits and strategies
- Budgeting steps and tools
- Determining your income and expenses
- Creating a practical budget
- Setting savings goals

Please complete the [budgeting worksheet](#).

The presenter is Gina Richardson,
SAFE Credit Union.



SQUAWK!!

Student Editors: **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 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>

QUESTIONS/COMMENTS?