

THE PARROT

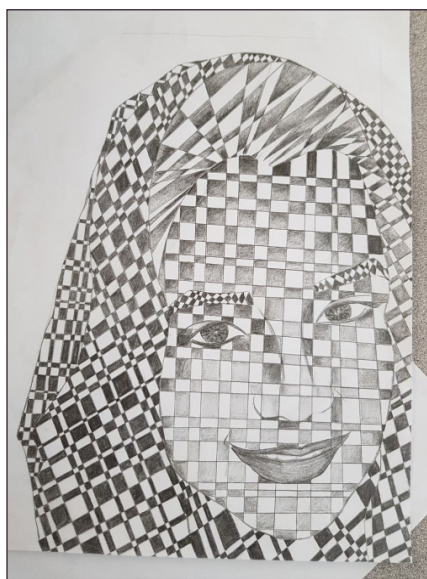


Fall 2021

ISSUE # 158

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

"I knew how to draw before knowing how to write!" Atifa Hosseini



The Parrot: How many years have you been studying at ARC?

Atifa: When I finished my high school in 2019, I started to study at ARC in summer. It's around two years.

The Parrot: Is Art your major at ARC?

Atifa: So, I was undecided about my major. My math is not bad, so I tried one engineering class and it was so boring to me. I

Continued on page 26



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

ESL
Scholarship
Apply

p.13

"When asked if my cup is half-full or half-empty, my only response is that I am thankful I have a cup."

Sam Lefkowitz

The Dollar Store Is Officially Dead

By Mary Hanbury

Dollar Tree, the last of the big dollar-store chains selling items for \$1 or less, recently said it was officially "breaking the buck" by adding \$1.25 and \$1.50 price points in some stores.

The news sent its stock price soaring as investors eyed sales growth without the restraint of \$1 pricing. It also signaled the end of the true \$1-and-under concept among US retailers.

Dollar stores have existed in the US for decades and started to take off in the post-World War II economy.

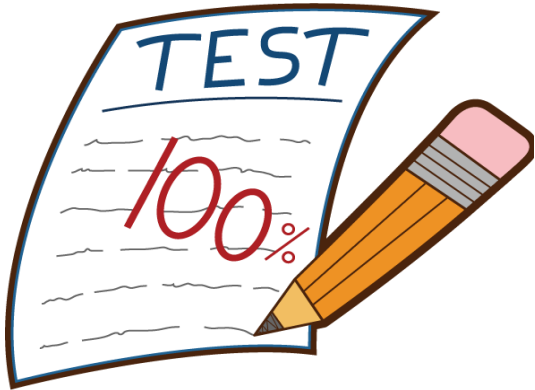


Continued on page 16

INSIDE THIS ISSUE

- ESL Lab Is Open!..... 2
- Snail Caviar.....9
- The Best Podcasts.....10
- Pupusa Day.....19
- English Practice Hour.....31

ESL Lab Information



Want to improve your grade in ESL classes?

Want to improve your English a little or a lot?

The ESL Center still has open classes. You can speak to your teacher about the areas you can work on. Then go to the ESL Center on the ARC website. You can speak to a staff member who can help you register and begin your work right now.

How can the ESL Center help?

- Practice and review grammar or punctuation.
- Work on vocabulary and reading to improve your writing.
- Join speaking groups to gain confidence, practice conversation, and learn about culture.
- Try Burlington English online (see page 3 in this issue) - the ESL Center has practice for every level.

*** We are half way through the semester, and you can still earn **up to 2 units**.***

We have flexible hours: You can join to the lab online according to your own schedule.

Online Hours: Mon-Thurs: 8am-7pm; Fri: 8am-12:30pm.

On Campus Hours: Mon - Thurs: 10am - 2pm

ESL Lab credit is attendance-based: 0.5 unit = 20 hours; 1 unit = 40 hours.

Location: Inside the Learning Resource Center at American River College.

If you still have questions and want to talk to an ESL staff, please click on the link below.

[Click here to visit the ESL Center Webpage and find a Zoom link to the ESL Center Help Room](#)



What's New at the ESL Center?



BURLINGTON ENGLISH®

The ESL Center added a new online study program this summer called "Burlington English." Students like it for many reasons. First of all, students can use it at any time, 24/7! It offers great flexibility.

The Parrot asked students enrolled in the ESL Center online what they thought about Burlington English. Here's what they had to say!

What do I think about Burlington English?

Mahnaz Faramarzy

The ESL Center is a very good place to learn. I really like it. I was there in the summer, and I enjoyed it. I'm there this semester, too. The professors and teachers there are very good. They always help me. I talk to them easily and calmly. I can see a lot of students there. Our talk hours are great. I'm glad I can use this place. Thank you to everyone who helped me. Also, Burlington English is great and helpful too.

Ying Han

I think it is wonderful for learning English. You can practice on it everyday.

Mohammad Elyas Nabizada

Burlington is a best program to improve the English language skills and have everything like reading, writing and speaking. This is the best program for English practice.

Torpekay Hikmat

I'm from Afghanistan and I came in 2016 to the United States. I was a nurse in my country, I never learned English over there because all of my classes were not English. I have confidence in the the Burlington English program because it helps me so much. So right now I'm very happy with my class and my teachers. I want to finish my school and I want to be a Medical Assistant.



Maral Lkhagvasuren

I think Burlington English is good for life because anyone can do those exercises and those exercises are useful for our knowledge and life experience on how people do essential things. It also improves student's vocabulary and general English skills.

Want to try Burlington English?

Go to the ESL Center Help Room to sign up.

Student Chirpings

My Dreams: ARC to Capitol Hill!

"The future belongs to those who believe in the beauty of their dreams." These are words of Eleanor Roosevelt. Everyone has different dreams. Many people want to be teachers, doctors, or business people. Some people dream to have a nice, modern car. Some people dream of traveling around the world. Dreams are important to everyone because we will have a better life when we achieve our dreams. I would like to tell you more about my dreams in the past, in the present, and for the future.

I had many dreams in the past. When I was in my native country, I dreamed to travel to European countries or the United States. I wanted to have a better life because there was a war in my native country. I also wanted to improve my education in foreign countries. In my native country, it was

difficult for girls to go to school. I was a talkative girl, so my family always encouraged me to improve my education in foreign countries. I pursued my dreams, married my cousin, and then came to the United States. Fortunately, I achieved my dreams because I got what I needed.

I have another dream to achieve at the moment. My dream is to graduate from university. I want to finish college as soon as possible because I want to get a good job and a high salary to help my family. I'm pursuing my dream, so I must finish all the ESL classes, general education classes and math classes. To get a degree, I must also finish all

my major classes. I must finish all the necessary things to transfer to the university. To be accepted to a good university, I must keep my GPA high. To achieve my dream, I must do many things. I know it will be hard, but I think it is worth it and I will be very happy at the end.

I have a good dream to achieve in the future. One of my most important desires is to become a senator. I hope to help other people. It is difficult to become a senator, but it is not impossible, and I will

try to work hard and help people. I think I will have this chance because I am 22 years old and I have a long way to go to achieve it. This dream is important to me because I want to defend women's rights. If I reach this dream, my life will change, I will be busier way more than before, and I will no longer spend time at home. I will have

more responsibility. Becoming a senator is my best wish.

In conclusion, dreams are important to everyone because we will have a better life when we achieve our dreams. To achieve our dream, we must follow the steps and meet the requirements of our goals. It is difficult to achieve some dreams but not impossible.



Marwa Mirzad
ESL 47

Descriptive Essay

A New Life

Every person faces changes in life time, big or small they play an important role in your life, and they also affect the way you think and act. Moving to a new country will definitely impact your life in a positive way. The changes you experience will change your behavior therefore the way you feel. Based on my experience of moving to the United States of America, I will compare how I felt on my first day in the USA to how I feel now. There are several differences and similarities between my first day in the U.S., and how I feel now.

The first difference between my first day in the USA and now is the feeling of independence.

As human beings, we all want to be independent, but it takes longer when you are living in a poor country. Before I moved to the U.S, I was totally dependent on my parents. I needed their financial help to go to school, which it was expensive to us, and also the school was

far away from home. For that reason only few students were able to continue with their school. Fortunately, my parents could afford my school and I graduated from high school. On the other hand, now I feel independent because there are more job opportunities for everyone. After living in the USA for about three months, I found a job as a custodian at night, and it helped me a lot. I was able to buy a car, pay my rent, food, and my personal expenses. Being independent means a lot to me, and moving to the U.S. made a big difference in my life.

Another difference between my first day and now is the responsibility. Moving to the USA made me more responsible. In contrast, my life in my country, I only had a few responsibilities like study, help my mom at home and be respectful. When I

moved to the USA, I learned that life is not simple as in my country. I have more responsibilities, like paying the rent on time, keeping a good driving record, following the laws of this country, and so on. Moving to this country has changed my life in a positive way, and helped me to be more responsible.

Even though the differences, there is one similarity between my first day in the U.S and now: my attitude. Moving to a different country has changed my life in so many ways but my attitude has not changed. Since I was little, my parents taught me how to be respectful to others,

be nice, be grateful and value life. That helped me to have a positive attitude in any situation in life. I had the opportunity to go back to my country and to remember where I'm from. Many people I know tell me that I'm the same person as before. Which is a complement to me because changing my



environment does not mean changing my mind. My attitude defines me as a person, and keeping my positive attitude has been one of the reasons why I have faced so many problems with a happy face.

In brief, moving to the U.S has changed my life in many different ways, but also I keep some similarities about my feelings. I feel more independent now than the first day in the U.S. I also feel more responsible as a person, and I could keep my positive attitude. I believe moving to the United States of of America has made me a better person. I am grateful with all I have, and with the opportunity of a new life.

Vanessa Barrera

ESL W50

Comparison Essay

Best Ways to Reflect People's Identity

Identity refers to the characteristics that define us such as beliefs, interests, gender, race, family, culture, experiences, and language. Nowadays, we can barely find countries, cities, societies, universities, colleges, communities, and so on that don't embrace people from around the world with different identities. Therefore, in a situation like this, identity significantly helps us to better connect, interact, communicate, perceive, and understand each other. Now the question that arises is "how we can reflect people's identity?", and to help answer this question, there are the three best ways to reflect people's identity to strangers such as social media, culture, and language.

With the evolution of technology, the aspects of social media have a significant role in the formation and development of our identity. This means that through social media we can create an identity for ourselves. For example, what we like and what we share (ideas and images), constructs our identity. This idea of how social media will shape the development of our identity is also being clearly expressed in Renner's article "How Social Media Shapes Our Identity" as she restates from Eichhorn, a media historian at the New School, "this is certain to have some kind of profound effect on the development of identity." On the other hand, accessing social media is the easiest thing that one can think of. With a click of a button or a swipe of a finger, people can easily access our information and identity. For instance, Facebook and LinkedIn are the two most notable social media that are not only user-friendly, have worldwide usage but are easily accessible, too. With Facebook, the purpose is social involvement while LinkedIn is created to help



facilitate networking and professional connections. Personally, I have benefited a lot from using social media as being my identity and character reflector. For instance, I have been hired through my LinkedIn profile. Also, I chose American River College after I headed over to its Facebook page and noticed that it is one of the well-diversified colleges in Sacramento where I can connect with more people from my community as well as people from other communities who are sharing the same background. One thing we should bear in mind is that too much use of social media can negatively affect our identity, too. For example, it can turn to be one of our biggest time-stealer and timewaster, or simply spreading of

private naked photos, an offensive tweet, or an embarrassing moment can easily interrupt our privacy and damage our character. As Renner in her article "How Social Media Shapes Our Identity" writes, "Colleges and employers now look at social-media accounts for evidence of character." This seems to explain that social media amplifies our mistakes and puts them in our permanent record. Therefore, social

media can be one of the best ways to reflect one's identity if used wisely.

Culture is another key factor that can reflect people's identity. It encompasses our beliefs, traditions, and way of life. We learn culture from birth, and it is being formed and influenced by the values and norms predominant in the family and the surroundings. As Mitra Das in her article "Between Two Worlds: An Immigrant Story" writes, "People never totally forget the cultural rules they learn growing up. Culture is a part of you" (330). This simply means that it is hard and unquestionable to ignore

the cultural norms and values that we were raised with. As we move and depart into other countries and societies, we will understand the complexities and importance of cultural heritage, and it is then that we will realize that something right would simply mean wrong in another society. For example, in the country I came from it's totally fine to ask questions about someone's salary or age, although in America it is the opposite. As such, in the very first months of living in America, I used to dress up formally such as putting on suits, shirts, ties, and my black leather lace-up shoes. I kept this formal attire until I showed up in my first job as a worker in a manufacturing company where I should have been with a t-shirt, jeans, steel-toed shoes, and a protection safety glass. It was this day that I learned the clothing styles in America which vary by social status and occupation. Nevertheless, it was not my fault, because I used to dress up like this in the country I came from and the work I did. Also, cultural differences are immensely huge within countries and societies around the world. In some countries, cultures are collectively oriented while in others they are individualistic. For example, I came to America from Afghanistan in 2018, so as an immigrant in the United States, I had to struggle to adapt myself to American culture since the culture is collectively oriented in Afghanistan where values are defined by family and parents are dominant. You do everything to keep the family happy. Therefore, when reflecting on people's identity, it is important to consider culture as an inseparable part of it.

Language is another important element that affects people's identity significantly. In fact, language more than any other identity better defines us to people. For example, when someone says I am from Afghanistan, and I speak Persian or Dari – this clearly and easily explains his/her identity, such as character and beliefs. On the other hand, knowing more languages would simply affect our identity to further spread. For example, we may not know the importance of language when we are in our homeland surrounded by native speakers, but it gets strongly important when we travel and dealing with people speaking a different language, and it is then we can relate to that person in terms of identity if we speak with that language. Moreover, there are some other social and educational benefits that

come with language. For example, by knowing the language(s) we can expand our social connections and interactions by making new friends as well as we can pursue and upgrade our educational goals. This strong relation of language and educational benefits is being evidently explained in Das's article "Between Two Worlds: An Immigrant Story." In this article, she explains how she benefited from the English language including landing a job and a Ph.D. degree after she departed to the United States of America. She writes, "English language skills allowed [her] to access many educational opportunities including the one that led [her] to a job in American academia" (Das 330). Therefore, language is another positive way to reflect people's identity.

All in all, many ways can affect our identity such as interests, family, religion, cultural heritage, experiences, etc. But social media, culture, and language are the three best ways that can reflect people's identity to strangers. Culture unveils our way of life with its norms, structure, and boundaries (Das 342). Language tells who we are. Finally, it is social media that has an immediate impact and simply uncovers everything about our identity. Therefore, social media, culture, and language can mainly reflect people's identity in the best possible ways, whether we are aware of them or not.

Works Cited

- Das, Mitra. "Between Two Worlds: An Immigrant Story." *Humanity & Society*, vol. 43, no 3, July 2018, pp. 27-345. SAGA, doi:10.1177/0160597618784732
- Renner, Nausicaa. "How Social Media Shapes our Identity." *The New Yorker*, 08 Aug. 2019, https://www.newyorker.com/books/under-review/how-social-media-shapes-our-identity?utm_source=pocket_mylist



Farukh Farahmand
ESL W340
Argumentative Essay

Vacation in the Winter

Do you love to travel as much as I do? In my opinion, there is no better pastime with family than traveling. Therefore, I find travels wonderful, they fill new memory and impressions. Especially my family and I love to travel in winter, and I can say that there are a lot of nice advantages but also some disadvantages.

The first advantage is the opportunity to feel coziness and new emotions after a cold walk or travel. Many people think that this isn't best time of the year, but I don't think so. Since childhood I love winter. What could be better than incredible white and fluffy landscapes, and this magical crunch

of snow under your feet. Nothing can replace this atmosphere for me. For this reason, my husband and I go out on the snow every year. For example this year, next day after the New Year, we went to Lake Tahoe. We had a wonderful time, we walked

in the snowy forest, breathed the frosty air, also played snowballs and even sledged. And then we went to a cozy café with a cup of tea, and just after that you feel this cozy atmosphere of a fireplace and simple tea. In conclusion, I want to say that winter travel learns me to appreciate simple things. I think after spending a little trip in winter, you will want to experience these emotions and coziness many more times.

Secondly, there is an opportunity to spend a winter trip at Christmas. Just imagine a winter city in the snow and everything around is decorated with Christmas lights and decor. I had this travel experience a few years ago. Then I was still living in Ukraine. My big family, my husband and I went on Christmas to the city of Lviv, Ukraine. It is a beautiful city with great architecture. But on Christmas

Eve this town was like a fairy tale. Everything was sparkling with lights, there was Santa Claus dressed up, fairs with traditional food and New Year's decor on sale. My nephews who traveled with us were also delighted because there were many merry-go-rounds. Lastly, I think there is no better time to try the winter trip than Christmas Eve. Travel in winter seems to bring you back to childhood and I think it's wonderful.

But, still there are disadvantages in traveling in a fabulous winter. Of course, such travel is a little uncomfortable. You need to dress very warmly and bring a lot of warm clothing if you are traveling

for several days. Yes, it is not very comfortable to walk in a large number of clothes, but this is necessary in order that you don't freeze and don't get sick. For me, I really don't like a lot of clothes and it always seems to me



that it is not cold outside. I catch a cold almost every time when I travel in winter. And it is the second big disadvantage of vacation in winter. My cold is not long and continues only a few days. But lastly, I want to say that these disadvantages can be prevented if you are not lazy like me and dress warmly. In this case, there aren't reasons or disadvantages to enjoy winter trips.

In conclusion, I want to say that traveling is great, it's like a small life in a new place. And if you have never traveled in winter, try this and you will get new emotions and feel a special fabulous atmosphere. I hope you like this as much as I do.

Liliia Baibak

ESL 47

Opinion Essay

International Food - Snail Caviar

Snails are one of the delicacies of my country, Ukraine. In Ukraine, this delicacy is very expensive. This dish is called escargot. Snails belong to the category of seafood, although they have nothing to do with it. Snail meat is very nutritious and rich in a variety of vitamins and minerals. Also, the snail has caviar, which is very expensive. The snails look like quarter-sized shells. They are not served on their own because they are too small. The size of one snail is from three to seven centimeters. One snail has only four grams of caviar. More than ten years ago, this dish began to gain popularity. There are many varieties of delicious snail dishes. They are used for making salad, soup, snacks and stuffing with suitable fillings. Snails have a very delicate flavor and they go best with mushroom sauce. Basically, only the inside is used for cooking, so the shell serves as a dish in which it is served. This dish is originally from France. In conclusion, I want to say that it is not at all easy to cook a dish of snails correctly and tasty. Therefore, I think that it is worth the title of a delicacy.



Olena Barush

ESL 47

Descriptive Paragraph

My Personality



My name is Lev Kovalenko. I'm left-handed. I like being left-handed. My friends are all right-handed. Everyone in my family is right-handed except my son. My son is also left-handed. I am a simple man. I'm an artist with a touch of logic. I prefer science and logical thinking. I try to be positive in life, but everything happens. I like to travel and go fishing. I liked astronomy at school.

Lev Kovalenko

ESL 47

Descriptive Paragraph

Best Podcasts for English Learners

Podcasts are amazing because they can entertain and educate, even without your full attention. If you are learning English and would like a few podcasts to help, there are loads of choices. Podcasts are just one of many fun and effective language activities you can include in your routine.

We've listed the best English podcasts for both beginners and more advanced learners below, so keep reading to find out more about the best podcasts for learning English.

English Podcasts for Beginners

1. Voice of America: Learning English

It's a clear website that offers different podcasts for beginner, intermediate, and advanced ESL learners.

At the beginner level, there are programs focused on basic language skills. Titles include "Let's Learn English," "Everyday Grammar" and "Words and Their Stories".

If you are at an intermediate level, however, things get much more exciting. Podcasts cover various topics, including health and lifestyle, science, technology, culture, and news, which can be particularly helpful for chatting to friends in English. All podcasts come with a transcript to help you follow along.

Themes: American culture, lifestyle, science, technology, language learning

Where to listen: Apple podcasts, Google podcasts, [Website](#)



2. All Ears English

All Ears English is another great option if you already have an intermediate level of English and want a little more entertainment. *All Ears* is in American English and is presented by two ESL teachers, Lindsay from Boston and Michelle from New York City. The *All Ears* team also includes two IELTS specialists, Jessica and Aubrey, who feature in some episodes.

In very short episodes, they discuss American culture, and explain confusing English expressions in a friendly and fun way. Their motto is "connection not perfection," so expect a focus on everyday English as it is spoken in the real world!

Themes: American culture, grammar, idioms, language learning

Where to listen: Apple podcasts, Google podcasts, [Website](#)



3. Espresso English

The *Espresso English* podcast is made for beginners and intermediate-level learners. It is presented by Shayna who is the teacher at *Espresso English* and everything from vocabulary to grammar to pronunciation is covered in the 350+ episodes.

One of the fantastic features of this podcast is the fact that there are so many episodes and they cover many common problems that ESL learners run into, for example staying motivated or how to use phrasal verbs. The show features American English and if you're short on time, don't worry, they only last 5-10 minutes.

Themes: language learning, pronunciation, grammar, idioms

Where to read: Apple podcasts, Google podcasts, [Website](#)



Advanced English Podcasts

If you already have great English listening comprehension, there is a whole new world of brilliant podcast series to explore. If you aren't sure where to start, these are some of our favorites:



4. The Joe Rogan Experience

No list of English podcasts would be complete without mentioning Joe Rogan. *The Joe Rogan Experience* is one of the biggest podcasts globally, and in 2020, the show signed an exclusive deal with Spotify worth a reported \$100 million.

JRE is a great learning device for advanced learners because there is such a wide range of topics and interesting English conversations. At the time of writing there have been over 1,660 episodes with subjects ranging from comedy and science to politics and sports. Rogan is also a famous stand-up comedian, so the show is full of cultural references and idioms if you are learning American English.

Themes: American culture, science, sports, politics, comedy

Where to listen: Apple podcasts, Google podcasts, [YouTube](#), [Spotify](#)

5. Preply Talks

The *Preply Talks* podcast features advanced-level English conversations with expert language teachers from around the world. It is designed to give tips and insight into learning foreign languages.

Not every episode focuses on learning English, but the tips and techniques discussed can be applied to any language. Plus, you get to work on your listening skills by hearing a conversation between two fluent speakers.

Host Tom Cox is joined by experts such as John Fotheringham, Jennifer Lebedev, and Olly Richards, who share their stories, advice, and tips on learning a new language.

Themes: language learning, pronunciation, grammar

Where to listen: Apple podcasts, Google podcasts, [Spotify](#)



6. This American Life

This American Life is a great choice for English learners who want an insight into the culture of the USA. It is a mixture of journalism and storytelling, focusing on real-life tales from citizens of all regions of the country. The stories are varied and original. One episode was taped for 24 hours in an all-night restaurant; another interviewed students at a high school which experienced a mass shooting. It has won a host of awards and is consistently rated among the most popular in the US.

Themes: American culture, lifestyle, politics

Where to listen: Apple podcasts, Google podcasts, [Website](#)



7. Overheard at National Geographic

National Geographic is a much-loved American magazine (and TV channel) famous for incredible stories and photography related to science and the environment. *Overheard* is about the discussions Nat Geo employees have had while taking breaks. Expect crazy stories from explorers, photographers, and scientists from around the world.

Episodes last around twenty minutes, and topics include zombie mice, the ethics of animal selfies, and underwater pyramids. It's perfect if you want to be amazed at the strangeness of our planet.

Themes: science, nature

Where to listen: Apple podcasts, Google podcasts, [Website](#)



8. Comedy Bang Bang

When learning any new language, some people say that jokes are one of the last things you can expect to master. If you want to test this theory, try the *Comedy Bang Bang* podcast.

It has been running for ten years and very popular pretty much as long as podcasts have existed. Episodes begin as celebrity interviews but soon descend into chaos. Expect sketches, silly catchphrases, and improvisation games. If you are new to the show, the annual review episodes are a good place to start.

Themes: American culture, comedy

Where to listen: Apple podcasts, Google podcasts, [Website](#)



THE SUSAN PEZONE MEMORIAL ESL SCHOLARSHIP



The Susan Pezone Memorial ESL Scholarship!

The ESL Department at American River College has chosen to establish a **\$500** scholarship to honor the memory of a dear ESL colleague who passed away in Fall 2020. **Professor Susan Pezone** was a wonderful teacher, colleague, and writer who is already sorely missed.

Requirements:

This year, three scholarships will be awarded to ARC ESL students who have the same **love of learning and writing** that Professor Pezone showed in her teaching and in her own writing, with preference going to students who have



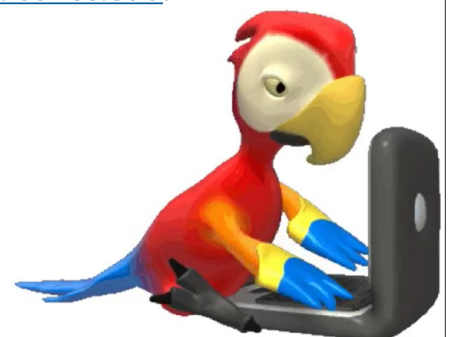
already completed a **minimum of 30 units in ESL at ARC.**

Timeline:

The application time period for the Fall 2021 scholarship will be from 11/1/21 - 11/19/21, and the scholarship will be awarded in mid-December 2021.

Scholarship Application Link -- click [here!](#)

If you have any questions, please contact **Prof. Joye** at joyea@arc.losrios.edu.



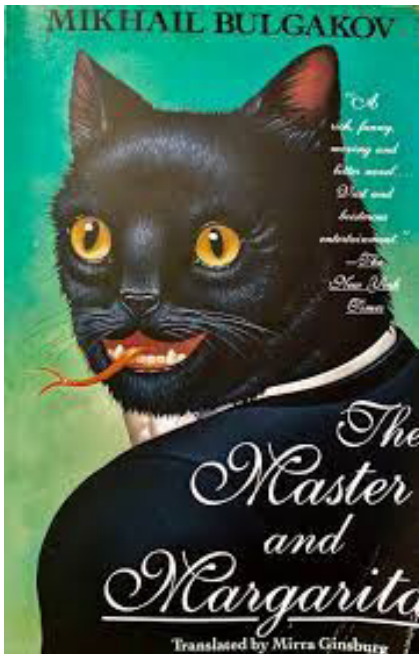
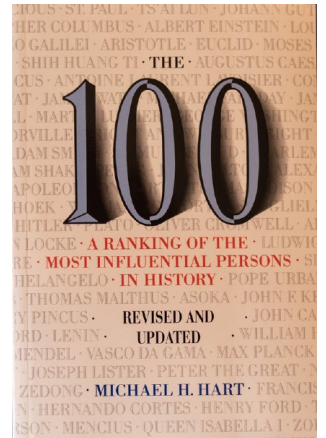


Books Enjoyed by ESL Students A Survey from ESL L310 Students

What's one of your favorite books?

Asma Alqdah

I have been reading *The 100: A Ranking of the Most Influential Persons in History*, which was written by Michael H. Hart. It is an amazing book that collected the 100 most influential people around the world regardless of their languages, colors or religions. The author tried his best to be historically accurate and fair. I think I will read it again. I would give it 5 out of 5 stars.



Sergei Marichev

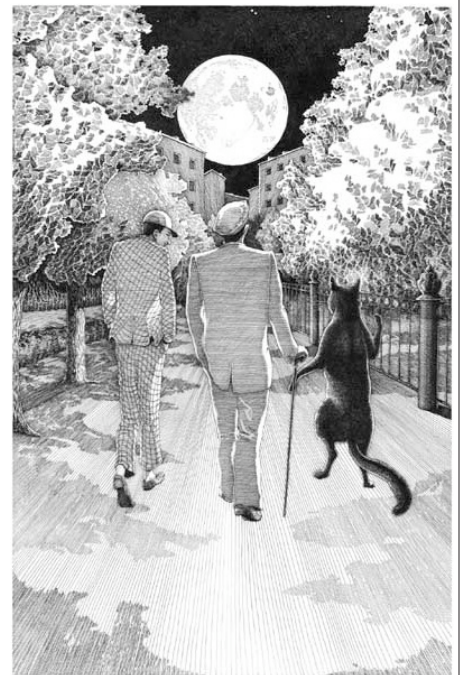
Since I was born and raised in Russia, my favorite books are mainly the novels of Russian classical literature, although I read a lot by English-speaking authors. One of my favorite books that immediately came to my mind is Mikhail Bulgakov's novel *The Master and Margarita*.

This book includes two storylines, one of which describes the fantastic events that took place in Moscow in the 1930s and is associated with the appearance in Moscow of the Devil with his retinue, who contact ordinary Muscovites, punish swindlers, liars, traitors and other bad people. This part of the book is full of sparkling humor and is very easy and fun to read. The second storyline is devoted to the novel, according to the plot, written by the main character of the book - the Master - and tells about Pontius Pilate and Jesus Christ, about the trial and execution of Christ, about the role of Pilate in the judgment of Jesus and his execution. This part of the book is devoted to human morality, describes

cowardice and betrayal, repentance and moral torment of a person. It is difficult to describe in a few phrases this wonderful novel, but it always evokes in me a positive resonance and good, although partly a little sad emotions.

The novel evokes a controversial opinion among readers, some people accept it enthusiastically, some do not understand at all, reject and scold the author. Literary scholars have explored the symbols hidden in the lines of this book many times, and continue to do so to this day. In addition, this novel was banned for a long time in the Soviet Union because its first version was published during the time of Stalin.

Personally, I definitely give this novel 5 stars.

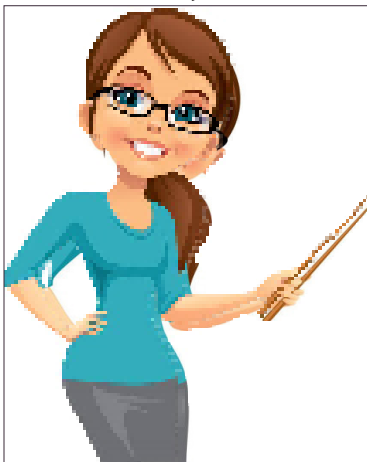


What Learning a Foreign Language Has Taught Me

by Kate Fukui - Chapter 6

Wise Words and Wise People

The Merriam Webster dictionary defines a proverb as, "a brief popular saying... that gives advice about how people should live or that expresses a belief that is generally thought to be true." Now proverbs are by no means **exclusive** to one language. There are proverbs from all over the world, and some of them have been shared, translated, and **adapted** to suit the English language. Here I'd like to share a few proverbs, or pieces of wisdom, with all of you. The first proverb is a Japanese proverb, "The mouth is the source of **disaster**," meaning that one should be careful with their words. There is also a similar Chinese proverb, "The swiftest horse can't **overtake** a word once spoken." I'm sure many of us have said something that we **regret**, and these proverbs are meant to warn people against making such mistakes. Another proverb from Japan is "Shiranu Ga Hotoke" or translated, "Not knowing is Buddha." Its meaning is directly connected to the English proverb "**Ignorance** is bliss," meaning that those who are **unaware** or do not know of something can sometimes benefit from it. When people aren't aware of something **displeasing**, they can go on with their lives and live as if there is nothing wrong. However, some might argue that this proverb isn't wise words to follow. It might just be a window into how people really live, a "truth" if you will. I'll leave you with one more proverb, one of my favorites. This one comes from Sweden, "Shared joy is double the joy. Shared sorrow is half the sorrow." This proverb reminds us to make **connections** and share our story with loved ones. Whether it is a joyful



bit of news or a moment of sadness, it is always worth sharing.

Words used in this Chapter:

- **exclusive** (adj): available to only one person or group.
- **adapted** (v): changed so that it fits someone or something more easily.
- **disaster** (n): an event that damages or destroys many things.
- **overtake**(v): to pass up or go faster than something.
- **regret** (n) (v): to feel bad about something you did in the past.
- **ignorance** (n): to not understand something or not be educated.
- **unaware** (adj): to not know about something.
- **displeasing** (adj): something that makes you feel unhappy
- **connections** (n): a relationship between people who are part of the same family, who do business together, etc.

These definitions and many more can be found at LearnersDictionary.com

Dear Parrot Readers,

Have some proverbs in your native language that you would like to share? Send them to *The Parrot!*

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



Continued from page 1

While these stores began life selling products at \$1 or less, most were quick to diversify and raise prices in line with inflation. But Dollar Tree didn't.

Dollar General, the largest dollar-store chain in the US by store count, opened its first location in 1955. Created by the father-son duo J.L. and Cal Turner, their idea was to replicate "Dollar Days" sales found year-round at department stores in Nashville, Tennessee, and in Louisville, Kentucky.

According to Cal Turner's son, it didn't take long for prices to creep up. Today, the chain offers most private-label and national brands at \$10 or less, and only a small portion of the store is devoted to \$1 items.

Similarly, the Dollar Tree-owned Family Dollar, which started off selling items below \$2, has since moved to a \$1-to-\$10 price point. The West Coast chain 99 Cents Only faced lawsuits from customers after it raised its top price to 99.99 cents in 2008 on account of inflation. These customers alleged that it was misleading given the company's name.

As these chains raised prices, Dollar Tree (originally called Only \$1.00 before a name change in 1993) stood by its promise, even as investors piled on the pressure to add new price points.

The biggest change in strategy until now came in 2019, four years after Dollar Tree acquired Family



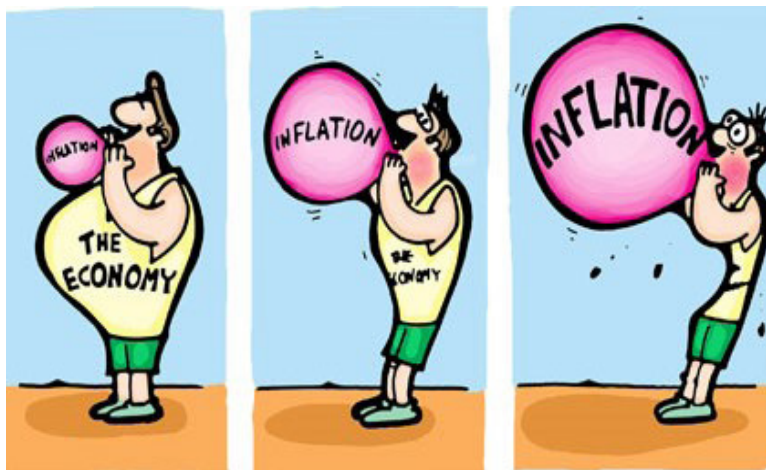
Dollar, when it started to test higher prices in a handful of stores. The assortment, dubbed Dollar Tree Plus, featured \$3 and \$5 items — similar to what shoppers might find in a Family Dollar store.

The change came after the activist investor Starboard Value challenged the store's commitment to \$1 pricing in a letter to Dollar Tree's CEO at the time, Gary Philbin.

"Dollar Tree has kept its prices at \$1.00 since its founding thirty years ago," Starboard wrote in 2019, "despite the fact that \$1.00 in 1986 is worth approximately \$2.30 today, due to

inflation."

But today's inflationary pressures and rising freight and labor costs have made it harder for Dollar Tree to stick to its \$1 price point. CEO Michael Witynski acknowledged in a call with investors in August that its business was more "sensitive" to these costs because of its \$1 promise. Witynski is promising shoppers will still get "great value" at Dollar Tree.

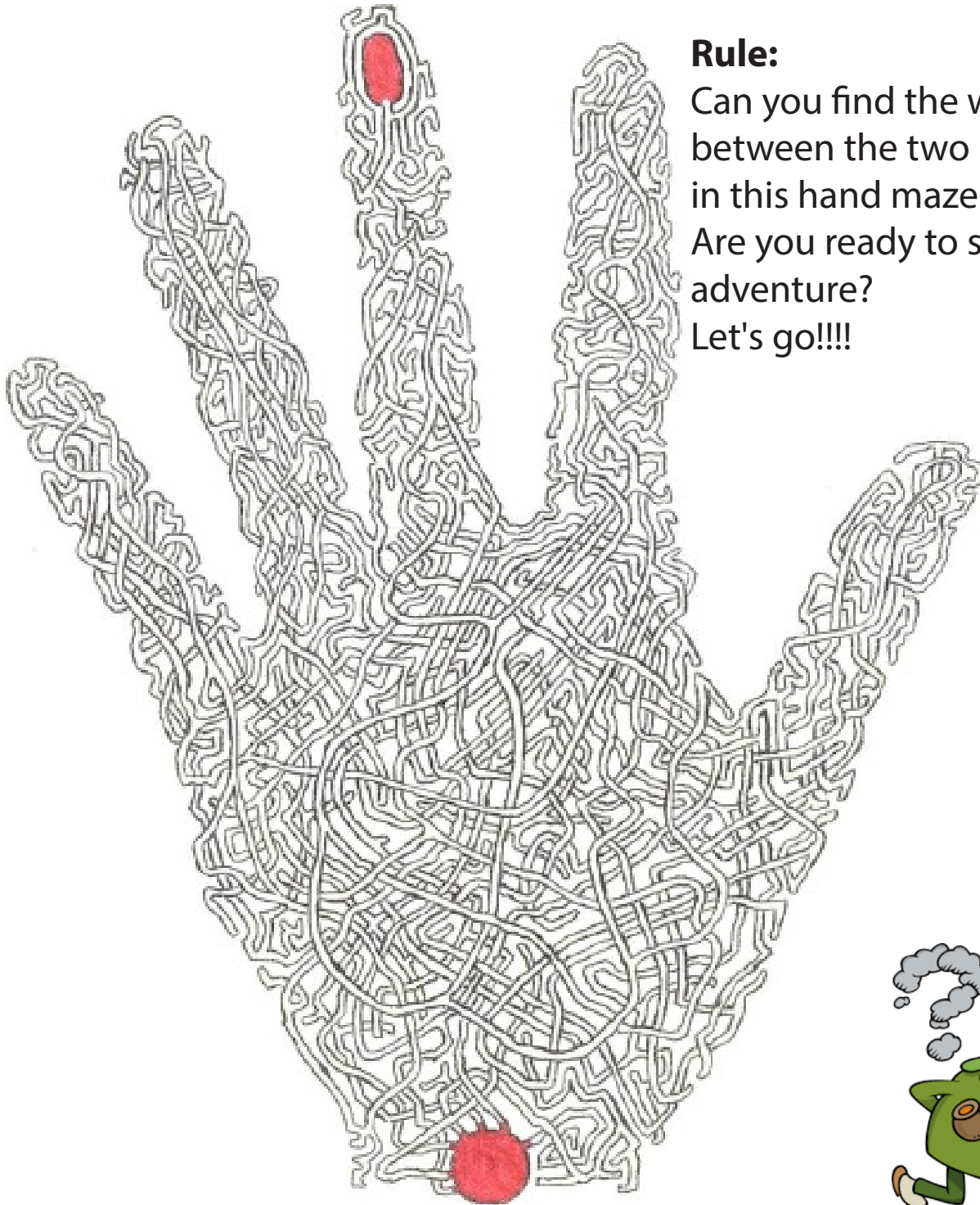


"We will continue to be fiercely protective of that promise, regardless of the price point, whether it is \$1.00, \$1.25, \$1.50," he said Tuesday.

Source: <https://www.businessinsider.com/dollar-store-officially-dead-dollar-tree-dollar-general-2021-9>

Some More Parrot Fun

The Hand Maze

**Rule:**

Can you find the way between the two red regions in this hand maze?

Are you ready to start your adventure?

Let's go!!!!



See the answers on page 30

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!

Easy Pupusas Recipe

Comfort Food from El Salvador



INGREDIENTS:

1.5 lbs. instant corn masa flour (the kind used for making tortillas). Maseca brand is good.
2 Cups of shredded chicken
2 Cups of shredded

mozzarella cheese

2 Tbsp. chicken flavor boullion

5 Tbsp. Oil

8 Cups Water (warm)

Directions:

1. In a medium size bowl add the 2 cups of shredded chicken, and mix well and put a side.
2. Take the masa flour and add 6 cups of water, chicken flavor boullion, and 3 tbsp. oil.
3. Mix well until the mixture has a soft consistency and is no longer sticking to your hands.
4. In a small bowl add the remaining 2 cups of water and 2 tbsp of oil. This is what you'll use to moisten your hands for the following steps to avoid the pupusas sticking to your hands.
5. Make a round ball of the masa mixture about the size of the palm of your hand.
6. Start using both your hands to make a bowl out of the ball.

7. Take some of the cheese and chicken mixture and place it inside of the bowl.
8. Wrap the flour around the chicken mixture and form a ball again.
9. Take both hands and flatten the ball into a tortilla shape. Be sure to make it as thin as possible. Don't worry if some of the chicken mixture starts to push out of the tortilla or if it cracks in a few places. The cheese will help it stay together once it's cooking.
10. Once you have the pupusa as thin as you can (they will never be as thin as a tortilla, so don't worry) place it on a hot griddle or a skillet.
11. Do not move the pupusa once you set it on the griddle. Let it cook for about 3 minutes. Turn it over, and if it's lightly brown, go ahead and flip it over. If it's not, then leave it for another minute. It should look like the pic above when it's ready to flip.
12. Let it cook for about 3-4 minutes on the second side, then it's ready to be removed. I like to place them on a glass Pyrex and cover them with a kitchen towel to keep them warm.

By Silvie



Source: <https://mysillylittlegang.com/2014/07/07/easy-pupusas-recipe/>

Around the World

PUPUSA DAY- EL SALVADOR



Have you ever heard about a holiday for a delicious food called "pupusa"? It's a national holiday of the central American country of El Salvador. This holiday is celebrated on the second Sunday of November.

Honduras and El Salvador are both places that can be considered the birthplace of this delicious treat; however, El Salvador officially declared it as its national food on April 1, 2005.

This little round food is tasty, affordable, and

easy to make. You can enjoy many kinds of pupusa with various filling like chicken, shrimp, cheese, or duck. On this holiday, you can visit a Salvadoran restaurant to enjoy the food or learn about its culture.

People certainly cook pupusas on this holi-



day. Some people have pupusa-eating contests. If you want to celebrate, go to an authentic El Salvadoran restaurant to be with new people. Enjoy some pupusas!

Parroteer: Tuyet Le



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

Restaurant Review

LA SONSONATECA RESTAURANT



The Parrot visited the authentic restaurant named "La Sonsonateca" on Elkhorn Boulevard to enjoy a unique dish from El Salvador--pupusas.

Many people do not know much about this fabulous food. It was a great experience for us to try many kinds of pupusa. There are various types of pupusa as pupusa queso, loroco, frijo, jalapeño, chicken, zucchini, pork, chorizo, and revueltas.

With the unique decoration, this place looks awesome with a lot of wall art and wall ornaments. You will need to order the food at the counter. The cashier greeted us with a friendly voice and was happy to have customers come to enjoy their food. We might wait 15-30 minutes to see our hot



and fabulous pupusa depending on the quantity of the order. One round pupusa will be around 4.5 to 5 inches. It's so delicious when you eat them hot. With a meat lover, we believe you will love the chicken and pork pupusa. This restaurant also has pupusa for vegetarians including pupusas with cheese, jalapeño, and zucchini. They are as tasty as the meat ones.

You can just use your hands to take a big bite or utensils to cut it into small pieces. The outside is soft and tender while the inside is hot and cheesy, then you dip them into the tomato sauce or salsa with a little cabbage salad to get the best taste ever.

From the experience of *The Parrot* staff, , we



Restaurant Review

PUPUSA RESTAURANT REVIEW

would rate this restaurant five stars for the service, the food, and four stars for the space.



Here are some comments from other Parroteers:

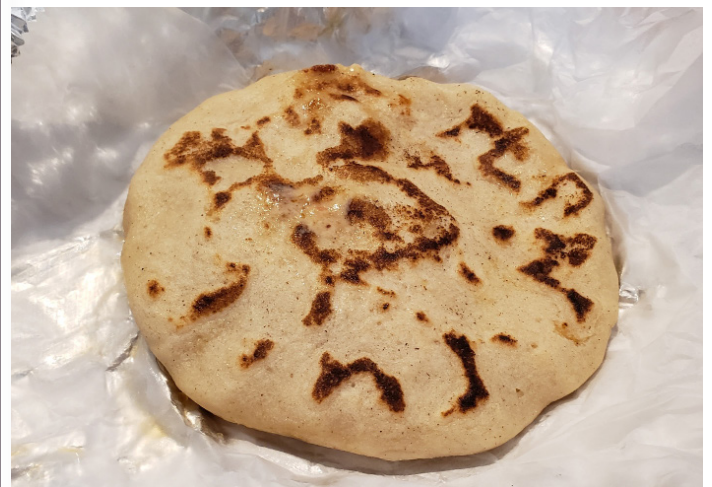
Dai Nguyen:

I had the pleasure of visiting **La Sonsonateca** Restaurant the other day, and I have to say the experience was much better than anticipated. This was my first time eating at a real Mexican and Salvadoran restaurant, so I didn't know what to expect. The restaurant was very clean, the background music was low enough to not bother anyone. The person taking my order was very polite and courteous, and the food was ready in no time at all. I ordered all the pupusas on the menu but the 3 that I liked most are pupusa Chicken, pupusa Queso, and pupusa Zucchini. It was not too salty or too sweet, it was just right. The dipping sauce (salsa) really brought out the flavor of the pupusa. The only thing that caught me by surprise was how greasy the pupusa was. It was not greasy when I was at the restaurant. But when reheated, oil was dripping all over my toaster

oven. Overall this restaurant was a great eating experience, and the food was tasty.

Professor Kate Fukui:

So to be honest, I had never heard of what a pupusa was until recently. I knew I needed to try one, so I asked the best foodie I know: my brother. To no surprise, he had already had pupusas before and even knew a great place to find them. We went to **La Flor Pupusas Grill**. They had many types of pupusas, but I ordered chicken with cheese and beans with cheese pupusas. If I had to describe them to someone who had never tried them before, I would say that they are between a tamale and a quesadilla. The outside is made of cornmeal, and the inside is cheese and other fillings. The topping is a mix of pickled vegetables, mine was cabbage and carrot. It came with a very smooth salsa and it all went together very well. The pupusas were hot! They were made fresh for us when we ordered them, but isn't that the best way to enjoy them? Either way, I'm glad I got the chance to try this tasty Salvadoran food.



If you have any special, fabulous food and want to share with us, please send email to The Parrot.

TheParrot@arc.losrios.edu

Thanksgiving Thoughts

Far more than turkey, stuffing, and pumpkin pie, at its core Thanksgiving is really about celebrating those many things that merit our gratitude and appreciation. Gathering together our family and friends to share in a day of thanks is the perfect way to honor the bright spots in our lives.

Who, or What, Do You Appreciate?

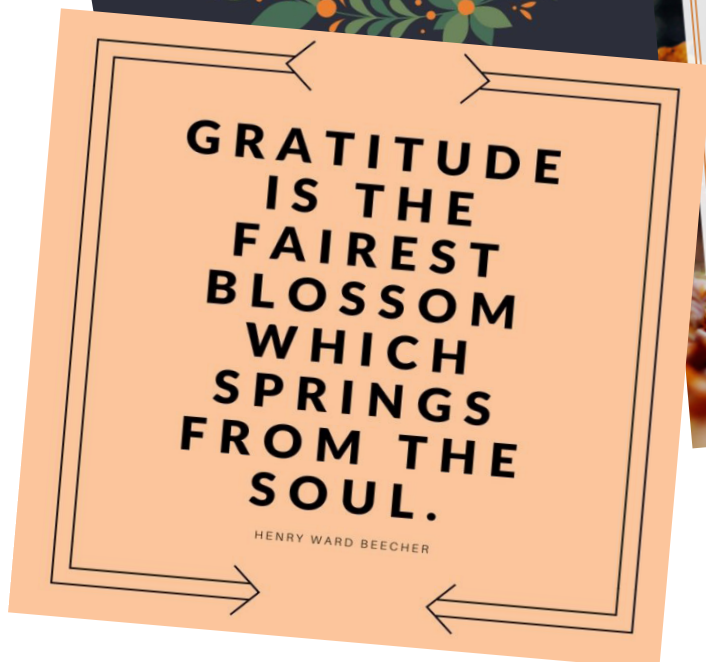
The word gratitude means grace, graciousness, or gratefulness. This feeling of thankful appreciation may be for things that are tangible or intangible, but no matter what, it is meant to acknowledge the goodness in our

lives. Did someone help you carry a heavy load? Did an old friend send a note of encouragement when you least expected it? Did your neighbor help out when you really needed it? There are so many moments, both large and small when we can be grateful.

It turns out, that these kinds of positive affirmations can be good for your health too. Many studies have found a link between feeling healthier and cultivating gratitude in your life. So, while counting your blessings may seem particularly appropriate on this annual day of thanks, it is healthy and beneficial to count your blessings and find ways to be thankful every day throughout your year.

Express Your Gratitude

Below are famous, wise words to live by. Even better than reading these Thanksgiving quotations is to utter the words to yourself. Set the intention to feel these feelings of gratitude then bring these words to life.



What Are You Thankful For?

"I am thankful for all my friends and family. Also I am so grateful that I have good life and good clothes anything good that I have. I am thankful for myself because I overcame all those bad times and here I am!"

Maral Lkhagvasuren, Mongolia

"I thank God for giving me a peaceful and happy life. I thank God for giving me good family and nice friends."

Torpekay Hikmat, Afghanistan

"We should be thankful that we're alive. We have overcome the serious disease. Enjoy every day because life is beautiful!"

Inna Smolnytska, Ukraine

"I am very thankful for all that I am able to do like to attend the ESL classes online, have this opportunity, and for all the professors and people who support me in this path in my life. Also for those people that do this became a reality by thinking about students in all ways."

Kithy Lara, Mexico

"I am thankful for what I have so far such as health, education, life, and so on."

Fawad Nazari

"I am grateful to God for everything I have. I am grateful that my family and I live in prosperity and in peacetime. I am grateful for the chance in my life to come to this country. I am grateful to everyone who helps me to adapt, including all those who teach me English."

Olena Barysh, Ukraine

"I'm thankful for my new friends. I'm thankful for all the good things that happened this year. I'm thankful for my dog. I'm thankful that I have job."

Fatima Castillo, El Salvador

"I am thankful for having a healthy body. I am thankful for my mother's tolerance to me. I am thankful that I didn't have a cold this year. I am thankful that I have two cute cats."

Jiaying Gong, China

"I am thankful that everyone in my family is healthy and happy. I am thankful for my husband who is very kind to me. I am thankful that my daughter is a good girl, easy to raise, and very cute. I am thankful for my ESL teacher who helps me improve my English."

Noi Simmala, Laos

"I am thankful for having eyes, ears, hands, feet, and other parts of my body because many people live with disabilities. I am thankful that I have good friends. I am thankful that I didn't lose anyone in the COVID-19. I am thankful that I have two healthy children because I lost a son."

Mitra Sayad, Iran

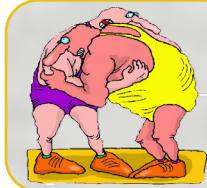
"I am thankful for my health. I am thankful for my family. I am thankful that I am living in a peaceful county. I am thankful that I have The opportunity to study in a superpower country. I am thankful that my mother and father are alive. I am thankful for all the blessings of God. "

Sona Ferozy, Afghanistan

"I am thankful for my husband helping me study English. I am thankful for my parents taking care of my family. I am grateful for my baby bringing happiness to my life. I am grateful for ARC giving us

Jinghan Li, China

Parrot Warbling



Grappling with Grammar

Quotation Marks vs. Italics

There is a tricky question that writers need to answer when they are writing a title in a sentence: should I put the title in quotation marks, or should I use italics? The answer is related to the length of the writing not the words in the title!

Hint: *If you could buy the item by itself, use italics. If you have to buy a larger object in order to get what you want, use quotes.*

When referring to a title, use **italics** (or underlining in handwriting) for longer works and **quotation marks** for shorter works. Don't use either one for the title on a document you are writing yourself, such as an essay. You only need to use italics or quotation marks when you are referring to a work.

Italics: book, book-length play, magazine or newspaper, television series, movie, CD or album, website, building, vehicle, etc.

Quotation Marks: chapter, poem, essay, short story, short (1-2 act) play, article, episode, scene, song, web page, etc.

Examples:

1. I read the fourth chapter, "**Acrobatic Kites**," in the book ***Best Kite Building Ever***.
2. The article "**Four Fabulous Heroes**" in last week's ***New York Times*** was inspiring.
3. "**Goodbye, Farewell and Amen**" was the most watched episode of ***M*A*S*H***.
4. I think I have watched ***The Sound of Music*** at least twenty times.
5. My favorite song is "**Isn't She Lovely**" from Stevie Wonder's album ***Songs in the Key of Life***.
6. I found this information on ***Wikipedia*** on the page "**William Crookes**."
7. While we were in New York, we visited the ***Empire State Building***.

Source: <https://www.englishgrammar101.com/module-13/punctuation-quotation-marks/lesson-4/quotation-marks-vs-italics-in-titles>

Idiom--Attic SECOND WIND

Meaning: another burst of energy when you had been too tired to finish.

Ex: Come on, let's have that shovel again. I'm getting a second wind now.



Source: <https://www.theidioms.com/second-wind/>

Common Ways to Spell the Long E Sound

Vowel Team – EE

The vowel team rule states that when two vowels go walking, the first one does the talking. The combination of two e's (double vowels) results in the long e sound. There are many EE words.

Examples: meet, seek, etc.

Vowel Team – EA

The combination of both an "e" and "a" (double vowels) also results in this sound. Similar to the ee words, there are many EA words that make this sound.

Examples: beach, beam, beak, etc.



Irregular Vowel Team – IE

The vowel team rule states when two vowels go walking the first does the talking and the second vowel is silent. Of course, there are exceptions. The combination of the vowels "i" and "e" can result in the long e sound.

Examples: achieve, belief, chief, field, priest, piece and siege.

Source: <https://www.sightwordsgame.com/spelling/long-e/>

"A Most Beloved Beverage"

by Wordy Birdy

So I've had a drink or two.
What it is-- I can't tell you,
But here is just a clue or few
Perhaps to help you guess.

It's not new, in fact it's quite old,
Four thousand years -- or so I'm told,
Loved and treasured, like liquid gold.
Are you not impressed?

Not sure what you'll think of me
Since it was used as currency!
Who would want to drink money?
In this case, I'd invest.

It's enjoyed the world around
More than roasted coffee grounds!
A better beverage can't be found,
Except water, I confess.

Do you know of what I speak?
Some like it strong, some drink it weak,
With milk, sugar, or straight and sleek,
Another cup? Oh yes!

*** Can you guess what this beverage is?

Rigoberto's Riddles

There are two people, one adult and one kid. The kid is the adult's child, but the adult is not the kid's father. Who is the adult?

The mother.



Silly Vasily's Chuckle Chamber

Kids are smarter than you think!

A young boy walks into a barbershop and the barber whispers to the customer to whom he's currently attending, "This kid has got to be the dumbest kid in the world. Watch and I'll prove it to you."



The barber then puts a dollar bill in one hand and two quarters in the other, then he says to the boy, "Hey kid, which do you want the dollar bill or the quarters?"

The boy decides to take the quarters and then he leaves the shop.

"What did I tell you?" said the barber. "That dumb kid never learns!"

Later, when the customer is leaving the barbershop he sees the same kid coming out of the ice cream store.

"Hey, kid! May I ask you a question?" asks the customer. "Why did you take the quarters instead of the dollar bill?"

The boy licks his ice cream for a moment before saying, "Because the day I take the dollar bill, the game is over!"

Interview with Atifa Hosseini

Continued from page 1

thought if it is boring for me, then how can I work there. I asked myself why I didn't do the art because I love it. I chose Art as my major; however, I didn't take any art class until now. This semester is the first semester that I have art class.

The Parrot: How many classes are you taking this fall?

Atifa: I only take 2 classes right now. They are art class and biology.

The Parrot: Why do you choose a hard class like biology?

Atifa: After finishing art classes, I would like to have another degree or certificate in Medical Assistant program that their work is helping

the doctor. They are two different majors. I also enrolled in physics class, but I dropped that because the professor did not give me clear direction for it.

The Parrot: Are your classes online or in person on campus?

Atifa: They are all online. Art is all online. The biology class I have to do the lab but it's not on campus.

The Parrot: Do you think it is hard to study art online?

Atifa: For me, this art class is easy because I already knew it; however, I think another art classes would be hard if I study it online because there are some things you need to

have a professor to instruct you. I can't know if I do or draw it right.

The Parrot: When did you start doing art?

Atifa: Before learning how to write. I'm from Afghanistan but I was in Iran. When I was in Iran like 4 years old. I can't remember because I was way too young. I loved to draw. Then, I moved to Afghanistan, I was in kindergarten and during the competition, I got the first prize. I started doing that. I love art. When I was in some classes and the teachers taught so boring, I always drew.



If you don't want to fall asleep, you have to keep yourself busy with some things.

The Parrot: What do you usually use to draw and paint?

Atifa: Pencil. I only need a pencil to draw anything I like. There is a lot of different kinds of pencil. I only need a pencil to do all the shadow.

The Parrot: What kind of art do you usually

draw?

Atifa: I like to draw the face, especially eyes. I can draw anything if I want to; however, my favorite part is face. I love it because it has a lot of details. About the nature, I think it doesn't look so good with pencil. I don't use color pencil so I just love to draw the face.

The Parrot:

Do you have to look at something to draw or paint an image, or do the ideas just come out from your imagination?

Atifa: I usually look at pictures or people to be able to draw things. The face, just face, I can draw without looking at somebody, but I don't know who the person in my picture is. For anything like an animal or nature, I need to look at that to draw.

The Parrot:

Does art give you an "out-of-the-world" place for yourself?

Atifa: When I feel sad, I want to draw. I don't know why, but I just want to draw. I draw out my sadness and feel better after that. I want

more people to understand that they need to feel art when they are doing art. It really gives me a space for myself. People should appreciate the artist because I sometimes spend a lot of time on a picture and my friend just comes over and

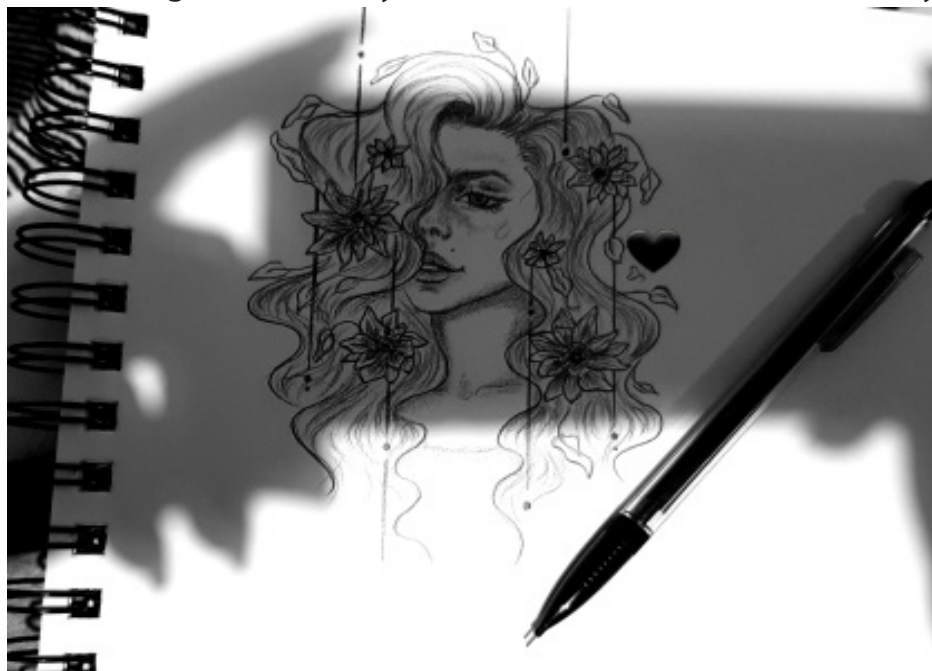


says it looks OK.

The Parrot: Have you sold or do you want to sell your art?

Atifa: Yeah, it's my dream that I could sell my art in the future. I did sell my art when I was

in third grade. That was crazy. I drew famous Indian actors and actresses. I came to the class, and my friends bought it. I was so happy. I charged more to the people in class who weren't not my close friend.





The Parrot: What do you think about sharing your art in The Parrot?

Atifa: Yeah, that would be great. I was looking for some places I could post my drawing. Then I met professor Hoggan. He said my art could be shared in The Parrot.

The Parrot: Then, you should send us more pictures of your art!

Atifa: I don't have many pictures of my drawing because I give them away when anyone compliments on that and would like to have it.

The Parrot: If we have an art club, would you like to join us and meet other artists?

Atifa: Yeah, it would be great. Do we need to be really good at art to be able to join the club?

The Parrot: No, the art club we want to open is a place for the artists to share their work and learn experience from other artists. You don't need to be really good at art to join.

Atifa: I love it.



The Parrot: Thanks for your time and we appreciate your ideas for the art.

Atifa: Thank you.

Interviewer: Tuyet Le



Reading for Beginners

The City Where I Live

My name is Clark, and I will tell you about my city.

I live in an apartment. In my city, there is a post office where people mail letters. On Monday, I go to work. I work at the post office. Everyone shops for food at the grocery store. They also eat at the restaurant. The restaurant serves pizza and ice cream.



My friends and I go to the park. We like to play soccer at the park. On Fridays, we go to the cinema to see a movie. Children don't go to school on the weekend. Each day, people go to the hospital when they are sick. The doctors and nurses take care of them. The police keep everyone safe. I am happy to live in my city.

Source: <https://lingua.com/english/reading/city/>

Did You Understand the Text?

Please answer the following questions of understanding:

Question 1:

Where does Clark work?

- a. in the cinema
- b. in an apartment
- c. in the grocery store
- d. in the post office

Question 2:

Where do people buy food?

- a. in the grocery store
- b. in the cinema
- c. in the hospital
- d. in the park

Question 3:

When does Clark go to the cinema?

- a. On the weekend
- b. Friday
- c. Monday
- d. On each day

Question 4:

Who keeps everyone safe?

- a. The nurses
- b. The doctors
- c. The children
- d. The police

Question 5:

How does Clark feel about his city?

- a. Angry
- b. Happy
- c. Sad
- d. Sick

ESL Department Certificate Application

Congratulations!

You may apply for MULTIPLE certificates.

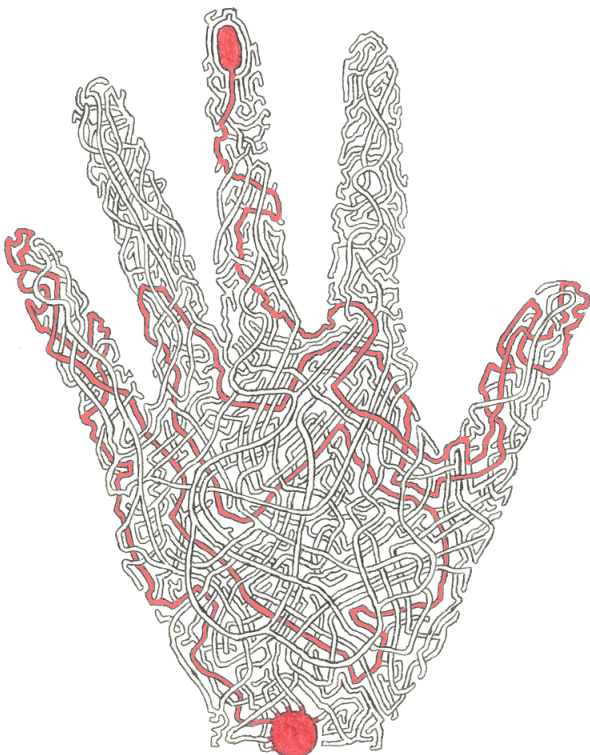
There are 5 certificate sections on this website. Each section is for one certificate.

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.
- All certificates are useful to show your knowledge of English as a second language
 - » Certificate of Proficiency for 40, 50 and 310 levels.
 - » Certificate of Achievement at 320 and 340/350 level
- 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



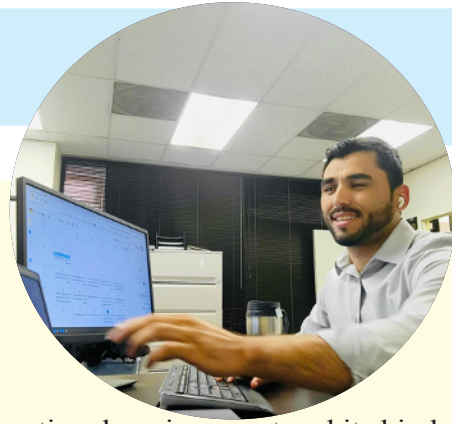
Level	Title	Courses	Units
40 level	Intermediate-low	ESL 47 (6) ESLL 41 (3) ESLG 41 (3) ESLLAB 40 or 41 (1)	13 units
50 level	Intermediate-mid	ESL 55 (6) ESLL 51 (3) ESLG 51 (3) ESLLAB 50 or 51 (1)	13 units
310 level	Intermediate – high	ESL 315 (6) ESLL 310 (3) ESLG 310 (3) ESLLAB 60 or 61 (1)	13 units 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. 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



Did you find the way?

ESL Certificate Benefits

Testimonial



"Let me first express my appreciation for the greatest educational environment and its kind professors, counselors, and all other staff. No one knows how I was feeling at the beginning of my life in the United States with zero level and understanding of English. As a student who has a bachelor's degree and studied for a master's degree in Criminal Science and Law, out of the US, believe me I was feeling down and felt lost because of not being able to communicate.

I have applied for an Intermediate-High Certificate of Proficiency (ESL 315, ESL G310, ESL L310 and ESL LAB). I am taking ESL 325 this semester, so I am working toward an Advanced Certificate of Achievement.

The ARC community has helped me to get a job and be able to go to Cal State Chico and start working on my master's degree, which has been my greatest goal in my life. I can't pay back the people at ARC for what you did for me, but I promise to be one of the best employees forever and to serve the community the way you are doing for those who need a helping hand.

I can't be silent about the International High School (a Highlands community charter and technical school) and its great staff who helped and prepared me to move forward quickly. This community has brought hope into my life. It's been almost a year that I am working as a full-time employee of the IHS.

I will always be grateful for these communities that they have brought brightness into my life. Thank you for making me who I am today."

Burhan Nabizada



English Practice Hour

Thursdays

12:30 - 1:30

In person - ARC campus

**For location, please contact
Prof. Denise Saur, ESL Department**

saurd@arc.losrios.edu

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.

Special Parrot Moments



"Hi, my name is Hyerina. I'm from Korea. My story is about the reason why I started to study English again..."

My job as a dental lab technician where I made teeth was an independent desk job..."

Hyerina Won

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

"Hi, my name is Vladimir. I am from Belarus. My topic is the the book that changed all my life... Do you know this book? This book is New Testament... This story happened when I was about 18 years..."

Vladimir

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



"Hello! My name is Graciela Lopez. I'm from Mexico, and I'm going to tell you the story about the day I became a hero..."

Even though this used to embarrass me at that time, I still remember the day I became a hero: the day I saved someone else's life..."

Graciela Lopez

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



Out of the Cage

CSU Fall 2022 Admissions & Application Webinar 1st Oct – 30th Nov



The CSU filing period is from October 1 to November 30. Receive direct application assistance from a Sac

State representative.

Please contact the SCC Transfer Center at (916) 691-7470 or tranctr@scc.losrios.edu.

RSVP to receive Zoom login instructions.

Resume Workshop Thursday, Nov 4, 2021 12:00 to 1:00 pm



Do you need to build a resume? Or do you want to improve the one you already have? Either way, come to this workshop to learn the basics of resume construction, as well as insider tips that will boost your resume to the next level and get you noticed by employers!

Hosted by: Julie Collier, FLC Work Experience & Internship Coordinator

REGISTER



Music of Mexico Wednesday, Nov 17, 2021 7:30 to 8:30 pm

The American River College Orchestra offers a series of virtual events with an in-depth look into Mexican classical music and how it has influenced great performers across the globe.

JOIN ON ZOOM

SQUAWK!!

QUESTIONS/COMMENTS?

Student Editors: **Tuyet Le and Dai Nguyen**

Faculty Advisors: **Patrick Hoggan and Kate Fukui**

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 at TheParrot@arc.losrios.edu. To see previous issues of *The Parrot*, go to <https://arc.losrios.edu/academics/the-parrot-newsletter>