

# THE PARROT

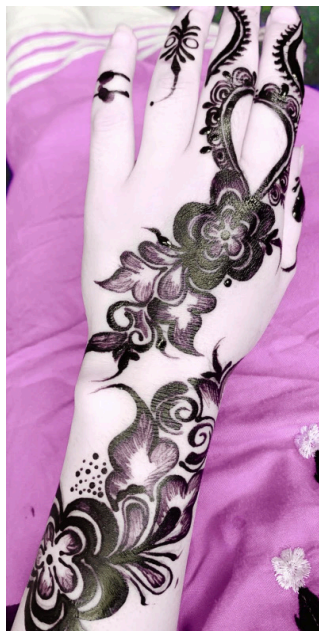
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Your ARC newsletter by and for ESL, multicultural, international students, Californians, and, well, anybody really...

## Hila: A Henna Artist from Afghanistan



**The Parrot:** Hi, Hila. Thanks for agreeing to be interviewed for The Parrot. To start off, would you mind telling us a little about yourself?

**Hila:** About myself! My name is Hila Faizi. I'm from Afghanistan. I came to America 9 months ago. This is my first semester at ARC. I'm 23 years old.

**The Parrot:** You came here only 9 months ago, but you speak English well. Have you learned English in your country?

**Hila:** No, I learned English here.

**The Parrot:** What's your major at ARC?

**Hila:** I want to get some certificates

*Continued on page 29*



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**JEOPARDY!  
Professors  
Tournament**

p. 13

"It will never rain roses: when we want to have more roses, we must plant more roses."

George Eliot

## 10 Most Difficult Words in English

English can be a real pest, and even native speakers find themselves stumbling over some stubbornly tricky words. Sometimes they're difficult to understand, other times they've been misused so often that their original meaning has gotten lost. Pronunciation can also be a problem. As a follow up to our article on confusing words, here are ten of the most difficult words in English.

### 1. Literally

If you know a language purist, watch out. Misuse of this word has been known to raise people's



*Continued on page 19*

INSIDE THIS ISSUE

Strange Food.....	3
Surviving Boring Classes.....	7
Season for Games.....	11
Restaurant Review .....	22
Refugee Children.....	34

## The Underpaid Worker: Are You One of Them?

Dear Readers,

Today I want to talk about a situation that's been happening since the pandemic started back in 2020 and that seems to be affecting a lot of people until this day.

Emilia (my mom), the person you can see in this photo, is the supervisor of the housekeeping department at a hotel in Roseville. She's been in the hospitality industry for more than 25 years, starting as a maid and then promoted as a manager and supervisor for her amazing work and customer service skills. She loves her job, but lately that love has turned into hate... Ever since the pandemic started, a lot of industries have been heavily impacted, including this one and right now they are experiencing a staff shortage, making her go back to her beginnings and clean rooms again, but our bodies change with time and, sadly, as we get older, hard work like that becomes even more challenging and difficult. She's struggling with different kinds of pain in her muscles and more stress since now, besides being the supervisor, she also must cover for her employees. There's one thing she always complains about (or one thing she has learned throughout her work years): Housekeeping is the least valued job that there could possibly be. And I've seen it too! Corporations don't really compensate housekeepers enough for their hard work, and the guests sometimes can be very ungrateful and mean. This situation hasn't only affected her. From housekeeping to management, everyone is suffering from the lack of staff; the few people that are currently working have to cover for positions and tasks they're not supposed to be doing without getting compensated for, since people cannot (for health reasons, they're too scared to expose themselves to getting Covid-19) or don't want to show up for work, making work harder for the current employees (like my mom). This is a situation that affects us all somehow. Has it affected you at your work?



Tell us your story! We would love to read it!

Email us at: [TheParrot@arc.losrios.edu](mailto:TheParrot@arc.losrios.edu)

By **Emmanuel Madrid**

## Student Chirpings

### Strange Food for Foreigners in Russia

Do you like to try unusual food? There is a lot of strange food for foreigners in Russia. Many Russians eat this food every day. There are three strangest dishes for foreigners in Russia.

The first strange dish in my country is *holodets* - jelly of meat. This is a very popular food in Russia. It's usually prepared for Christmas. *Holodets* is usually made from a bone broth. For example, you can make broth by boiling the beef legs, tail, and head, or you can make broth by using the pork ears, head, legs, and tail. The broth is boiled for 6 hours, then filtered and the pieces of meat are taken out. After that, it will cool down and the broth will turn into jelly. *Holodets* is usually eaten with horseradish sauce. It's very good because bones and tendons contain a lot of collagen, gelatin, and vitamin B. As a child, I loved *holodets* from pork, but now I eat it only from beef. To conclude, *holodets* is very popular in Russia and very useful for many people, but most foreigners find it very strange because they think that jelly can only be a sweet dessert.

Second, *okroshka* is a cold soup, also a strange dish in my country. This is a popular cold soup in Russia and it looks like a salad. It contains eggs, boiled potatoes, cucumber, dill, radish, sausage, other meat, and other dried fish. Instead of water, *okroshka* is made with kvass or kefir. Kvass is a traditional Russian fermented beverage commonly made from bread. Kefir is a fermented milk drink. These are traditional drinks used for making *okroshka*. This soup doesn't need to be boiled, just chop ingredients and pour kvass or kefir over them. For example, in my family, we love *okroshka* with dried fish and kvass. We usually eat *okroshka* in

summer. In summary, *okroshka* is a very strange soup for foreigners because they do not understand how we can eat a salad with some kind of fermented drink pour-over, but for Russians, it's a very delicious and popular soup.

The last strange dish is zucchini caviar. This is a very healthy dish as it's low in calories and it's easy to digest. The ingredients are few and easy to prepare. The main ingredient is zucchini, and the secondary ones are carrot, onion, and tomato paste. All these ingredients need to be baked and ground. Zucchini caviar is called "caviar" because of the consistency and orange color that the carrot and tomato paste give it, so it resembles the caviar of a small fish. We can eat zucchini caviar every day. For example, we can spread zucchini caviar on bread, or we can add it to pasta, or we can eat it with just a spoon. I really like zucchini caviar with potatoes. In conclusion, zucchini caviar is very tasty and unusual food and it's very healthy for many people, but foreigners don't like it, perhaps because of its color or consistency, which resembles baby food.

All in all, Russia has a lot of strange food for foreigners. *Holodets*, *okroshka*, and zucchini caviar are considered the strangest. For some, these may be unusual dishes, but for Russians, these are favorite foods.

**Victoria Buchneva**

ESL 47

*Descriptive Essay*



## Traditional Bread in My Country

Do you know in my country, Iran, we have several kinds of bread? Iranians like traditional bread, and they eat bread as a part of every meal. Some breads in some parts of Iran are more popular than other parts. For example, barbary bread is often baked in Tabriz, in northwestern Iran, while lavash bread is often baked in Rasht, in the north of Iran. Although all of them are made from flour plus water, they have different shapes and tastes. There are three types of popular traditional breads in Iran.

First, I will explain lavash bread. This bread is made from white flour. In most parts of Iran, women make lavash at home. It is made in a tandoor oven. They prepare their dough. The dough contains flour, water, yeast, and a little salt. Then they bake the bread. In big cities, we buy lavash bread from bakeries. Lavash's shape is like a wide oval. It is very thin and tender. People like to eat lavash with fried eggs at breakfast and other meals with food. In my opinion, the taste of lavash with cheese and fresh basil is unforgettable.

Second, sangak is a bread that is most popular in big cities. It isn't common to make at home because it is baked on a bed of small stones and it is difficult to make at home. In the diet, sangak is the best bread because it is made from whole wheat flour. Because this flour is high in gluten, the dough is easier to prepare. The dough consists of whole wheat flour, water, yeast, and a little salt and sugar. It is baked on gravel. Sangak's shape is like an isosceles triangle. It is long with a round top. Sometimes for better taste, bakers sprinkle sesame seeds on it. The thickness of the sangak bread isn't

as thin as lavash, but people like it thinner. The smell of sangak is really very good, and I like it.

Third, barbary is a bread that is more for eating at breakfast. Its taste is very good with butter and jam or honey. It is made from confectionery flour. Therefore, eating this bread causes people to gain more weight. Its ingredients are similar to other breads. It is made in an oven. Barbary's shape is a long and narrow oval. Bakers can spread sesame seeds on it. It is thicker than other bread, so people who do heavy physical work eat this bread with their food. I think barbary bread should be served hot to be delicious.

In sum, Iranians eat a variety of bread such as lavash, sangak, and barbary. They have many kinds of bread, but these are traditional breads. In my opinion, the traditional breads are very healthy, and I like them.

**Mitra Sayad**

ESL 47

*Descriptive Essay*



## Strange Food in Laos

Are you interested in trying strange food? Every country has different kinds of unusual foods. In Laos, there are many types of strange foods. Some of them look good and delicious, some do not. There are several foods that I don't like in Laos particularly fried crickets, grilled bee larvae, and grilled buffalo skin.

First, fried crickets do not look good to me. Fried crickets is a popular dish in Laos. Many people raise crickets for sale as a business. Fried crickets is a recipe that has a lot of detail and takes a lot of time to make. For example, preparing the crickets before cooking requires a lot of time. Step one, we have to bend out all of the cricket wings one by one. Next, clean the crickets. Then boil them 2-3 times. Finally, set them aside to drain. Fried crickets have a good smell but are not good look to it. That smell comes from the many herbs that it contains. The fried crickets dish has several different colors, green from the herbs and dark brownish black from the crickets. Many people who like to eat fried crickets, say fried crickets are delicious, savory, and they smell good. They say they crave it whenever they see it, but it is not for me. When I see a dish of fried crickets on the table, it looks like a lot of cockroaches lying on a plate looking at me. Indeed, every time I see the fried crickets dish, I feel sick to my stomach and don't want to eat anything else for the rest of the day.

Second, grilled bee larvae is a delicacy in Laos that I don't want to touch. Bee hives belong to the forest and are hard to find in markets. Grilled bee larvae requires fewer ingredients to cook. For example, the ingredients include a bee hive, banana leaves, and salt. Grilled bee larvae is easy to cook. First, clean the bee hive. Next, put a little salt in it. Then wrap it with banana leaves for several layers. Lastly, grill it. After being grilled, the bee hive will have a yellowish dark brown color. Grilled bee larvae have a good smell, but when you break it

open, you will see a lot of bee eggs and bee larvae. They are small, round, long, and white. It looks like a lot of small white worms. My friends invited me to try the grilled bee larvae many times, and they said it is delicious, oily, and sweet, but I refused. I don't want to try it because it looks like we are going to eat white worms. In short, I never want to touch or try the grilled bee larvae even though I know it's a delicious and rare food that most people like to eat.

Third, I can't stand the bad smell of grilled buffalo skin because the smell is too strong.

Buffalo skin is popular, expensive, and hard to find. It can be a main food or snack. For example, many people like to eat sticky rice with grilled buffalo skin and spicy sauce. Sometimes they eat grilled buffalo skin as a snack when they are drinking. Grilled buffalo skin is easy to make. First, we clean the buffalo skin. Next, we grill it and wait until it turns very dark. Then we take it out and scrape out all black spots. Finally, we pound it all

over, and it is ready to eat. The grilled buffalo skin plate has a yellow to brown tone with square and long pieces. People who like to eat grilled buffalo skin, say it has a savory taste, smells good, and is crunchy. It is the best type of skin, but I disagree. For me, grilled buffalo skin has a very bad smell. When someone is cooking it, even though you are very far away, you still can smell it. In summary, grilled buffalo skin is a very strong smelling food, and every time I smell it, I get a headache.

In conclusion, everyone likes different things, but for me fried crickets, grilled bee larvae, and grilled buffalo skin are very strange foods. Even though these are popular types of foods, I still don't want to try them.

**Phonesouk Simmala**

ESL 47

*Descriptive Essay*



## People Who Gave Us a Chance

People play a key role in our lives. We meet them every day, communicate with them, and build relationships. Some of them appear for a while, and over time we can't remember their names, but there are some people who have had a deep influence on our lives. One person can leave the deepest scars and pain, but another can leave the happiest memories about love, support and acceptance. These people give us a chance to be happy and to have the courage to be who we truly want to be. Charlotte from *Riding Freedom* received this chance from Ebenezer. I received this chance from my mother and my husband.

Charlotte met Ebenezer, the owner of the stables, in Worcester, where she came to hide from Mr. Millshark. She looked like a boy, and Ebenezer was kind and let a poor boy named Charley help him in the stables for food and a place to sleep. However, the key moment came when Ebenezer met Mr. Millshark. The driver

was not silly, so he understood everything about Charlotte. Now he had the power to return her to Mr. Millshark and destroy her life completely or to give her a chance to get her freedom, to be who she really wanted to be, and he chose the second option. However, Ebenezer went further. He clearly realized that he couldn't hide Charlotte. Everyone in the city knew he had a new stable boy and could tell Mr. Millshark about her. Therefore, he decided to get her to Rhode Island as soon as possible. It was a very generous act. He gave Charlotte the possibility to live her own life, to do what she loves and to be happy.

Like Charlotte, I also had a person who gave me a second chance. That person was my mother. When I was seventeen, I completely destroyed my life. I believed a man who betrayed me, lost all my

friends, got bad habits, and was just broken and unbearable. However, my mother took a very wise position. She was a Christian, so she prayed for me all the time. She never criticized me, spent a lot of time with me, and tried to support me the best she could. My mother always told me, "No matter what you've done in the past, it's dead. However, you can always change your future." After a few years, I really have changed, but those words are on my heart forever. I will never forget my mother's ability to love me, even if it was almost impossible.

The second most important person in my life is my husband. When we were just married,

I was like a spoiled little girl. However, he knew about my hard past and was patient. He gave me a chance to feel true love and never asked me about my past. His love, patience, and strong character were the best example of how to behave. Of course, he is not perfect, either, but year by year we changed each other and became better. He always supports

me with my ideas and beginnings, cares about me and our amazing son, and does the best he can to protect us and provide everything our family needs. Now I can say definitely I am who I am because of him.

In conclusion, I can say that we were created for relationships with other people. Some of them can hurt us, but others can heal us and give us a second chance. Charlotte will never forget what Ebenezer has done for her, and I will never forget what my mom and husband have done for me. However, bad people make us stronger, too. As for me, I appreciate them all, but those who gave me a second chance will always be in my heart.

**Olena Hrybkova**

ESL 47

*Comparison Essay*



## Surviving Boring Classes

Imagine having obstacles when going to school is a necessary process to success on what you want to be in the future. A big problem to complete your major is that in your way you will meet some boring professors, and you will attend to some boring classes that will make you fall asleep. Students are trying to focus their attention on learning what they need, but there are various situations that block a successful learning. What happens when students attend a monotonous, repetitive, and dull class? They might get distracted and do other things such as play on their phones, talk with classmates while the teacher is talking, and the worse cases they will choose skip classes or go to Morpheus (God of Dreams) arms. However,

there are three main solutions to the problem of boring classes: professors must present dynamic classes, professors must present support materials, and professors must present nice attitude in front of the class.

The first solution to the problem of boring classes is that professors must present dynamic activities. In high school, I met many professors. One that I remember is the Music professor. Students wanted to learn basic information about music, but this teacher passed the time talking with other students sharing personal experiences. While he was having an interesting speaking (for him) with my classmates, the rest of the class were doing pages and exercises from the book. We always asked to him, "When will we play any music instrument?" What he responds, "Oh! You have a flute, you can learn how to play it reading the book." The next example concerned to an Art professor in high school. Her name was Sara and she was called "La bonita." She asked us to buy a



drawing notebook. The only thing we did was draw silly and stupid things every class, but there was no interesting information or exciting debates. To contrast, in university I found my favorite professors of all my life. Angelo's class was wonderful. He made students laugh and learn at the same time. He prepared many activities implying critical thinking process by images and shapes. He said, "The most important shape is the triangle because three is a magic number." The way he talked and the knowledge he had could make everyone interested in his class.

The second solution to the problem of boring classes is that professors must present support materials. I remember a woman who was

my teacher when I was in primary school. The students were just children, and she didn't come up with games or funny activities for kids. In consequence, the little students, me included, didn't enjoy going to school. Children were crying telling

their moms they want to back home because the teacher was annoying. In high school, there was an English professor, and the only thing he asked us to do was memorize the verbs in present tense and past tense. Every class, students were asleep or in the worse cases students skipped classes. The test was the easiest in the school. The teacher asked each student ten verbs and we had to respond the correct past tense. Easy things can be boring and tedious. To contrast, in high school also, I met a teacher whose name was Mary, and she came up with different activities to do. We made interviews with tourists coming from other countries. Mary asked us to sing English songs and memorize the lyrics. Many exercises and many activities in class. In fact, Mary's class wasn't boring.

The last solution to the problem of boring classes is that professors must present nice attitude in front of the class. The attitude is an important element when teaching someone an ability or knowledge. Teaching with empathy and enthusiasm is the best tool to get students' attention. One example of boring professors is when I met a teacher in secondary school who was a very boring person. Beatrice was an old person and her attitude to the students wasn't correct at all. She got mad if someone contradicted her points or rules. In fact, students got bored of her class. Some professors are careless about interacting with their students. I knew a professor who just made his class present the information writing in the board, but he didn't want students to talk or to ask when he was speaking. However, the students preferred to be quiet and copy every word from the board, if not, he always got angry. On the other hand, when I was in university, my professor Alejandro's class was my favorite one. I could notice his knowledge for the way he speaks. It was not just a simple class. Students could explode a critical thinking in fact of his speech and we were involved

in debates listening to everyone's opinions and sharing creative ideas. In my opinion, this case is the contrary to a boring class.

To summarize, a boring class might get you tired and disappointed. Boring people teaching in front of the classroom will make you fall sleep. In consequence, you would not develop your skills and knowledge getting disinterest in the subject because the teacher can't get the students attention making them sleep. Students will be distracted by anything, by use of phones, by talking with classmates or falling asleep during class, if they can't get enough interest in what the teacher is saying. In my opinion, there are no boring classes; some professors are the ones who make a boring class. However, there are several solutions to solve the problem of teachers making boring classes.

**Laura Lopez Loza**

ESL W50

*Problem - Solution Essay*

## Multicooker

The multicooker is a great invention of mankind. I like to cook with this machine because I don't have time to spend in my kitchen. I can make many different dishes in it like soup, porridge, jam, and even cheesecake. Moreover, I can make two dishes at the same time with it. Also, I can leave the multicooker on, and go somewhere because I know that the meal in this machine will not burn. Therefore, using this machine, I can save my time for more important things. When I get home, my family and I can enjoy delicious, fragrant, and hot food. Since I got a multicooker, I don't have any problem with cooking, so I am happy to have it.



It is a really useful invention for people who don't have time to cook. This machine can be useful also for men because there is an instruction with recipes for those who can't cook. There are two more advantages of a multicooker: you do not need lots of dishes for cooking because everything cooks in the multicooker. You may not even have gas, but with this invention, you will not stay hungry. Therefore, if you don't have a multicooker in your kitchen yet, I strongly recommend buying it because it is a wonderful invention that makes people's lives easier.

**Maryna Doroshenko**

ESL 47

*Descriptive Paragraph*



## Evaluation of the Article about Influence of Nurses' Uniform

Since the time of Florence Nightingale, when the nursing uniform has been recognized as a symbol of kindness and service to patients, it has changed more or less and has been discussed. In the article "Exploring how nursing uniforms influence self image and professional identity," written by Kate Shaw and Stephen Timmons, they examined the role of nursing uniforms in determining the professional identity and self image through a study of nursing students at the University of Nottingham in England. As they have mentioned, "this study aimed to investigate the impact of nurses' uniforms on their performance, confidence, view of self, feelings of pride and overall professional identity" (Shaw, Timmons 3). The authors of this article were largely successful in achieving their goals because they selected the target group correctly, adopted the appropriate research method, and were successful in analyzing the findings.

First of all, one of the most important things for conducting scientific research is choosing the right target group, which they acted well in this case. In their research, there were various age and gender groups with different education degrees, and more nursing students who were modern. They described, "The study used an opportunistic sample of 14 per registration students on diploma, BSc or (pre registration) Master's courses at a university in England. Participants were of varying ages, years of

training, branch of nursing and included both men and women" (Shaw, Timmons 4). Although it would have been better for them to consider more than 14 participants in their research, this would be an effective step in starting a scientific endeavor.

Second, their research method had appropriate scientific principles. They first obtained permission from the dean of the university and consent of the students, informing them that they could leave the investigation at any time. They taught students all the different stages of research, including how to fill out questionnaires, and that they have complete freedom in answering questions. Green and Thorogood (2004) state, "interviews are flexible and allow interviewees to follow their train of thought while the researcher maintains an element of control" (Shaw, Timmons 4). They provided participants with simple, predetermined questionnaires to answer in 30 to 45 minutes, which could be evaluated and not interpreted. Although the number of universities



and students studied in this study were not large, this study as a handful of examples can be very important and seriously considered as a basic step to future research.

The next step, which is perhaps the most important, is the accurate scientific analysis of the data. They digitally recorded the responses and carefully transcribed and evaluated them word by word. Green and Thorogood (2004) expressed, "the

findings were formally analysed using thematic content analysis. The data was organized into codes and then these were categorized into common themes" (Shaw, Timmons 4). They reviewed the data and concluded that although a small number of participants complained or were dissatisfied with their coverage status, the vast majority believed that the role of nursing uniform in promoting a professional identity and positive self-image was important. As they described, "some discussed the perception that in the past nurses took a lot more pride and care in their appearance and had a stronger identity" (Shaw, Timmons 5), while on the other hand, they found that "however, they may be more accepting and open to modernizing identity"(Shaw, Timmons 6). According to their research they also found that "participants acknowledged that feeling like a professional was important to self-image and uniform played a large part in this" (Shaw,Timmons 6). By analyzing the data, this study came to the logical conclusion that the role of nursing uniforms in identifying them is complex and controversial, and it is very important and vital from the point of view of all participants that it directly affects the way they provide their services, and should be considered.

In brief, this study examined the role of nurses' uniform in increasing self-confidence, professional identity, and self-image of nurses and confirmed the results of all of them. They adopted a good scientific research method and interviewed various nursing students, and then analyzed the information obtained in a practical and scientific way, and came up with useful findings, although they themselves believe that more efforts should be made in this field.

#### Work Cited

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**Alireza Naderidarehshooroi**

ESLW 340

*Analysis Essay*

## My Personality

My name is Abeer Saleh, and I'm a right-handed person. And can you believe that there are more than 500 million left-handed people in the world? I personally like being right-handed, and my whole family is right-handed. I would describe myself as a fun and positive person. I also like to cook because my family loves my food. My favorite subject at school is Math. And I don't have any problems being a right-handed person. That's all about my personality.

**Abeer Saleh**

ESL 47

*Descriptive Paragraph*



## 'Tis the Season ... for Games

### Scrabble Day

On October 12, 2021 students in Professor Marguerite Dean's ESL R20 class put their vocabulary and spelling skills to the test by learning to play the game Scrabble. They had a good time. Scrabble is an internationally popular board game that challenges participants to use seven letters on their tray to create new words by linking them to words already on the board. The result looks like a crossword puzzle.



## A Game I Like

I really love board games. My favorite game is Monopoly. This game is popular all over the world. This game is a little hard to understand, but once you understand the rules, you enjoy it. Monopoly is a board game about business and economics. In the game, players roll two dice to move around the playing field. They buy and sell property. They build houses and hotels. To win the game, you collect rent from the other players. I often play this game together with my friends. Sometimes we play through the night until the morning. I think this game helps you get to know friends better because it shows desire and ambition. However, this game can also be a good test of friendship because everyone wants to win!

**Liliya Vasilenko**  
ESL R20



## My Favorite Game



My favorite game is cricket. My friends and I play on the playground near our school. I am the captain of my cricket team. Our team has played many matches. We have also won many matches! Two teams play a cricket match. Eleven players are on a team. There is a toss. The captain of each team is the leader. I like batting and bowling. I like fielding, too. The game of cricket gives me good exercise. It keeps me fit and alert. I watch great matches. I learn from the great cricket players. I want to become a famous cricketer, like Sachin Tendulkar.

**Zahra Safari**  
ESL R20

# JEOPARDY!

## Professors

### TOURNAMENT

#### Who is Ed Hashima? ARC Professor on *Jeopardy!*



**ED  
HASHIMA**

History Professor At American River  
College In Sacramento, California

ARC Professor of History, Dr. Ed Hashima will make history on December 9, 2021, by participating in the first-ever *Jeopardy!* Professors Tournament. Professor Hashima will be on the Thursday, December 9 episode. Make sure to watch and cheer Ed on! Learn more about the tournament at [the Jeopardy website](#).

In December, host Mayim Bialik will put instructors from 15 colleges and universities through the answer-and-question paces.

Airing on consecutive weeknights beginning Monday, December 6, the champion prof will be determined on Friday, December 17.

"It was an unbelievable thrill to see so many brilliant professors from all kinds of schools and backgrounds come together on the *Jeopardy!* stage," Bialik said in a statement. "There was a sense of kinship and academic camaraderie among the group, along with a healthy dose of competitiveness. That energy made this inaugural Professors Tournament incredibly special."

The 15 professors will compete for a \$100,000 grand prize and a spot in the upcoming Tournament of Champions.

## Got Grammar? Test Yourself!

Grammatical errors! Grammar can be confusing in any language and this is especially true of the English language. However, by taking the time to look over common grammatical errors, you will be able to avoid making them in your written and spoken language. In this section, we are going to look at various grammatical errors giving you the opportunity to ensure that you are able to omit these from your English and sound much more like a native speaker. Test yourself. Only look at the left side while you cover the right side. See if you can think of a way to correct the mistake before you look at the answer!

	
I have <b>a good news</b> for you.	I have <b>good news</b> for you.
There is no <b>place</b> in the hall.	There is no <b>room</b> in the hall.
It was <b>tough decision</b> to make.	It was <b>a tough decision</b> to make.
A little spark kindles <b>great fire</b> .	A little spark kindles <b>a great fire</b> .
It's not good to go to <b>the bed</b> late.	It's not good to go to <b>bed</b> late.
We came on the <b>4:30 o'clock bus</b> .	We came on the <b>4:30 bus</b> .
Worry kills more <b>the men</b> than work.	Worry kills more <b>men</b> than work.
You cannot set <b>a foot</b> in this house.	You cannot set <b>foot</b> in this house.
He left with his <b>belonging luggage</b> .	He left with his <b>luggage</b> .
He sent <b>a word</b> that he would come.	He sent <b>word</b> that he would come.
We learn not at <b>the school</b> , but in life.	We learn not at <b>school</b> , but in life.
I have read <b>the Shakespeare's King Lear</b> .	I have read <b>Shakespeare's King Lear</b> .
I know him <b>good</b> .	I know him <b>well</b> .
Don't <b>go in</b> the sun.	Don't <b>go out in</b> the sun.
<b>On what</b> you are here?	<b>What</b> are you here <b>for</b> ?
Tell me <b>why did you do that</b> ?	Tell me <b>why you did that</b> ?
I want a <b>little</b> quantity of milk.	I want a <b>small</b> quantity of milk.
<b>I, you and he</b> will do it together.	<b>You, he and I</b> will do it together.
I am in favor <b>to stop</b> work now.	I am in favor <b>of stopping</b> work now.
She <b>did</b> a request for some water.	She <b>made</b> a request for some water.
The girl wants to <b>get herself married</b> .	The girl wants to <b>get married</b> .

This option is preferable <b>than</b> any other.	This option is preferable <b>to</b> any other.
Give <b>literally</b> a translation of the passage.	Give a <b>literal</b> translation of the passage.
<b>My sister's all the books</b> have been stolen.	<b>All my sister's books</b> have been stolen.
<b>How</b> does he <b>like</b> ?	<b>What</b> does he <b>look like</b> ?
It is a <b>high pay</b> job.	It is a <b>high-paying</b> job.
I'll go out after <b>the dinner</b> .	I'll go out after <b>dinner</b> .
<b>How are you</b> this week?	<b>How have you been</b> this week?
Which <b>kind of that car</b> ?	Which <b>type of car is that</b> ?
You like ice cream, <b>isn't it</b> ?	You like ice cream, <b>don't you</b> ?
<b>How much</b> is the temperature?	<b>What</b> is the temperature?
Why don't stay <b>more time here</b> ?	Why don't you stay <b>a little longer</b> ?
Lilian is living <b>far away with</b> China.	Lilian is living <b>far away from</b> China.
I can't get over <b>how you look well</b> .	I can't get over <b>how well you look</b> .
We make <b>the bread</b> with the flour.	We make <b>bread</b> with flour.
There's an <b>exceptional</b> to every rule.	There's an <b>exception</b> to every rule.
Don't <b>feel anger with</b> me!!! I'm just kidding.	Don't <b>be mad at</b> me!!! I'm just kidding.

Source: <https://7esl.com/grammar-mistakes/>

Would You Like  
to Know More?



Source: <https://www.youtube.com/watch?v=soNIqPcSDVo>

## Photo of the Month



For the photo of the month, I want to share with you, dear Parrot readers, this photograph I took at one of the most beautiful places in California: Yosemite National Park!

This was a beautiful day. It was cold and foggy, and I spent all day taking photos around the park, trying to capture the beauty and feel of the place. It was winter, so I wanted to get as much snow as I could in my photos, but sadly it hadn't snowed much earlier that week and the snow left was just melting but, right at sunset, I got to this beautiful spot in the park called, "Yosemite Valley View Point." To get there is easy: you enter the park, and the road is a one-way road that takes you around the park in a big circle. Right by the end of the circle right before exiting the park, you can see the signs for this spot and there's also a parking lot

where you can park your car and the river is right there, so you don't even have to hike or walk too far to get to see the full scenery. As soon as I got out of the car, I teared up a little. The view was fantastic, and I felt I was in one of those National Geographic documentaries. Everything was perfect! The fog in the distance and the snow on the rocks as well as the sunlight on the big mountains. Definitely a beautiful moment for me as a photographer, and I was very thankful to be there, just at the right time and the right place! And since it's December, here's my winter-mood Yosemite photo for you all! Happy holidays and happy new year!! ^\_^

With Love,  
**Manny**

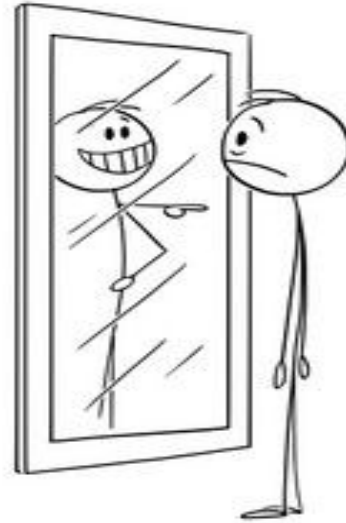


# What Learning a Foreign Language Has Taught Me

## by Kate Fukui - Chapter 7

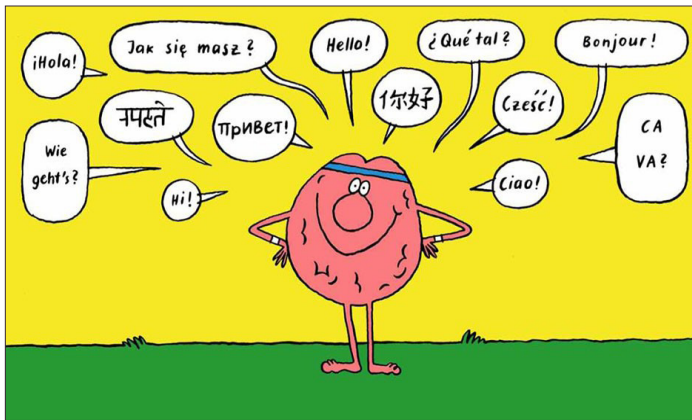
### Alternate Personalities

Have you ever found yourself acting a little different than your **usual** self? Maybe you're at a **formal** event and trying to be on your **best behavior**. Or perhaps you are talking with your **crush** and you want to impress them. Or, it could just be that you are speaking a different language. It may sound strange, but many times people **unconsciously alter** their behavior when speaking different languages. For example, when my friend Lana speaks Russian, she claims that she is much more **straightforward** than when she speaks English. My husband, a native of Japan, claims that when speaking Japanese, he thinks much more about what is proper and correct to say, whereas in English he speaks about what he thinks and feels. Another friend of mine, Wil, states that when switching from English to Cantonese, he claims some things just aren't **conveyed** in the same way. For many of these bilingual or multilingual people, they have been affected by the different ways in which they can **express** themselves.



Something that is important to note here is that a language does not stand on its own. It is deeply rooted in the culture in which it is used. Perhaps this is why I feel as if my personality is **shifting** when I speak Japanese. When I speak Japanese, I am more polite, quieter, and **agreeable** than when I speak English. One reason might be because there are many more ways to express politeness in Japanese than in English. Japanese culture also favors non-verbal communication, so what is unsaid is just as powerful (if not more so) than the words spoken. It is also much easier to agree with others because of a little word known as "ne" which **indicates** that you agree (known grammatically as a **confirmational**). The closest **equivalent** in English is the Canadian "eh?" placed at the end of sentences, like in the expression "Nice weather we're having, eh?" In any case, I must give credit to both the language and the culture for the shift I feel.

These feelings about speaking Japanese led me to **pester** my bilingual friends with questions about how they feel when speaking English. Both my Japanese husband and my Chinese friend Wil claimed that English was a more **freeing** language for them. They mentioned that they felt they could express more emotions and were free to speak



their minds. However, my friend Lana mentioned that she felt as if she needed to be more **politically correct**, and couldn't say what she really thought. For example in Russian, she could tell her friend, "that dress makes you look fat," but in English she would have to say "that dress doesn't **flatter** your figure." It was quite the opposite experience depending on which language each person spoke natively, but **fascinating** nonetheless!

#### **Words used in this Chapter:**

- **usual** (adj): something done most of the time/ normal or regular
- **formal** (adj): requiring serious and proper clothes and manners
- **to be on your best behavior** (phrase): to act in a way that is polite and shows good manners
- **crush** (n): a person for whom one has strong feelings for; someone a person likes or loves
- **unconsciously** (adv): to do without thinking
- **alter** (v): to change
- **straightforward** (adj): clear, honest, and open
- **convey** (v): to make something known to someone else; communicate
- **express** (v): to talk or write about
- **shift** (v): to move or cause something to change
- **agreeable** (adj): willing to do or allow something
- **indicates** (v): to show (something)
- **confirmational** (n): a part of speech used to confirm information
- **equivalent** (n): having the same value, meaning, etc.
- **pester** (v): to annoy or bother (someone)
- **freeing** (adj): to feel free or not bound by limitations

- **politically correct** (adj): agreeing with the idea that people should be careful to not use language in a way that might offend or insult someone.
- **flatter** (v): to show or describe (something) in a way that is favorable/ good and pleasing.
- **fascinating** (adj): very interesting

Dear Parrot Readers,

If English is not your native language, do you feel you act a little different than your usual self when you speak English? If English is your native language, do you feel you act a little different than your usual self when you speak another language? Share your experience with The Parrot!

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



*Continued from page 1*

blood pressure. 'Literally' means, "in a literal sense", or "what I'm saying is not imagined, but truly happened as I'm saying it." Therefore, popular uses like "I literally died laughing," or "He was so embarrassed his cheeks literally burned up," are not correct.

Interestingly, because of the sheer reach of its incorrect use, the Oxford English Dictionary has included an informal use for 'literally' allowing it as a tool to give emphasis, like in the above examples. Just don't tell the Grammar Police!

## 2. Ironic

Here is a word that has confused almost all English speakers – native or otherwise. (No, really – we could write a whole course on using irony correctly!) While irony is often understood to mean a coincidence or strange turn of events, that in itself doesn't cover its full meaning. (In fact, as Alanis Morissette's famous song, Ironic – with around 10 poor examples of irony – shows us, coincidences and unfortunate events aren't enough.)

While the concept of irony is extremely multi-layered, at its most simple it's a way to use words to express the opposite of their literal meaning. However, unlike sarcasm (which also does this), irony is not intended to hurt. But wait! There's also dramatic irony, situational irony, historical irony and others. Oh man!

So what should you do in the face of such confusion? One option is to...let it go. Truthfully, irony is not an essential ingredient to a regular day and no one will think badly of you if you don't use the word at all!

## 3. Irregardless (instead of regardless)

You might have heard people use 'irregardless' when they mean to say 'regardless'. 'Regardless' means "without regard" or "despite something" ("He maxed out his credit card regardless of the consequences,") and is perfectly acceptable.

But despite what you might think, 'irregardless' isn't a synonym! Because of its double negative (the prefix *ir-* means "not" and suffix *-less* means "without") it means "not without regard", which is actually the opposite of what its users

intend. What a headache!

So remember: While 'irregardless' appears in dictionaries, it's listed as a nonstandard word. This means that although it technically exists, it shouldn't be thrown about by people who'd like to learn and use English well.

## 4. Whom

Who knew such a little word could be so confusing! In English, we use 'who' to refer to a sentence's subject and 'whom' to its object. But how can you tell which one you need? Try answering your own question with 'him' or 'he'. If 'him' could be the answer, 'whom' is your word. (Handy trick: both words end in *m*.)

For example: "Who/whom are you going to Brazil with?" Would you answer "With him," or "With he"? You'd choose him – so whom is correct!



## 5. Colonel

This is a pronunciation bungle for many students! When you look at this word (meaning a rank of officer in the army), you might think it's pronounced *co-lo-nel*. And who could blame you? It's not so simple, however, as it's pronounced *kernel* (like a corn kernel!). But how did 'colonel' end up being spelled like that?

Well, it's an old tale of word-borrowing across history. 'Colonel' came from the French, who had originally borrowed it from Italian, after which they changed a letter (*coronel*). Then, English pinched the word for itself, before finally both the

French and the English switched back to its original borrowed spelling (and the English to a whole new pronunciation). \*Whew!\*

### 6. Nonplussed

Feeling a bit nonplussed after our brief trip through linguistic history? It's certainly possible. We've arrived at our sixth difficult word, another where a sneaky prefix is the culprit. Because the prefix non- means "not", some people misuse 'nonplussed' as 'unfazed' or 'uninterested'. In reality, 'nonplussed' means "bewildered" or "at a loss of what to think". Unfortunately, the word is so often used in both ways that, at least in written English, it's often difficult to understand which meaning the writer intended.

### 7. Disinterested

Imagine you're in court. What kind of judge would you like on your case? A disinterested or uninterested judge? I hope you chose the former! While an uninterested judge would be yawning and flicking through their phone, a disinterested judge would be far more likely to hear all sides of your case and rule objectively. Remember: Someone who is disinterested is not biased and doesn't take sides,



**HEAR  
NOTHING**



**SEE  
NOTHING**



**SAY  
NOTHING**

whereas an uninterested person is not interested in something in the first place.

### 8. Enormity

This one's a biggie! It seems simple enough. 'Enormity' is so close to 'enormous' that they must be synonyms. Right? Wrong! 'Enormity' means 'extreme evil' of the toe-curling, medieval history or ruthless dictator kind. Therefore, the exceptionally commonly used expression "the

enormity of the situation..." is incorrect. (Unless, in fact, you're actually talking about an act of evil. Which we hope you aren't!)

### 9. Lieutenant

Another military term to confuse us! This one is an example of different pronunciations "across the pond" or between the US and UK. In British English, the word is pronounced leftenant, whereas in the United States, you'll hear loo-tenant. While both locations have kept the same spelling – you know, just to make it interesting! – the US pronunciation is heard increasingly often in other English-speaking countries.

### 10. Unabashed

What's that prefix doing on an unfamiliar word like "abash"? Well, while "abash" does exist (it means to embarrass or perplex), it hasn't been widely used for centuries. The negative version, unabashed, on the other hand, is used today and means "not embarrassed." So next time you're practicing your English, speak with unabashed enthusiasm!



Source: <https://www.ef.com/wwen/blog/language/10-most-difficult-words-in-english/>

## Some More Parrot Fun

### Möbius Maze

**Rule:**

Can you pass through this maze, inspired by the Möbius strip?  
Go for it!



See the answers on page 31

Source: <https://www.puzzleprime.com/category/casual-puzzles/maze/>

## Restaurant Review

### EL SABOR DE MI TIERRA COLOMBIAN & MEXICAN FOOD



#### El Sabor De Mi Tierra Colombian &

**Mexican Food** restaurant is the one for The Parrot issue 159. We had a chance to visit and enjoy the authentic food from Columbia. Its decoration is simple but unique and clean. They put Columbia's flag on the cashier's stand and with some wall art on the wall. With a warm greeting, a lady came to show us our seat. We enjoyed some food including empanadas, bandeja paisa, arroz con pollo, and unique Colombian soda. Arroz con pollo has so much flavor in the rice with chicken. Bandeja paisa has a beautiful taste in the bean sauce, crunchy belly pork, and fried plantain. The empanana is full of flavorful beef or chicken stuffed in the crunchy crust. If you don't like sweet soda, you should try Colombian soda because the flavor is just right. My favorite plate was arroz con pollo (chicken and rice). Personally, I would rate this restaurant 5 stars.

**Tuyet Le**

#### Dai Nguyen

We had the pleasure of visiting **El Sabor De Mi Tierra Colombian & Mexican Food** on W. Capitol Ave. and Walnut St. It serves both Mexican and Columbian food, but we only had Columbian food. The restaurant is very clean and neat, the waitress was very nice and courteous, and the food was prepared very fast.

The meat inside the empanadas is either beef or chicken, we ordered both. An empanadas is



*Empanadas with salsa*

a deep-fried dough covering chicken or beef inside. The dough shell is crunchy but not too hard. It is deep-fried yet not oily. Both chicken and beef are shredded, and the flavoring is just perfect on every front. Its dipping sauce of choice is salsa.

The bandeja paisa is a plate of beans and rice with a thick chunk of bacon, avocado, egg (sunny side up), ground beef, and deep-fried bananas as a topping. Though this plate cost 20 dollars, the portion size is very large. The arroz con pollo is a plate of fried rice with shredded chicken that is a little wet, not like the fried rice you get at Asian restaurants. It comes with French fries, avocado, sliced tomatoes, and deep-fried breaded bananas.



*Arroz con pollo*

Strangely enough, the deep-fried banana was not too sweet, just right.

All in all, everything tasted just right, not too sweet, not too salty, not too oily, just perfect. Even though the price is a little pricey, I think it is well worth it. I would give it 5 stars.

### **Emmanuel Madrid**

If there's one thing I love more than the food, it is the customer service! They always greet you with a warm smile and always make sure you are satisfied and feel comfortable while you are there. The manager (the lady who took our order) was very friendly and sweet making the experience a little more memorable and happier. My favorite dish was the "arroz con pollo" (chicken and rice) very popular in Colombia, especially on holidays like Easter or



*Colombian soda*

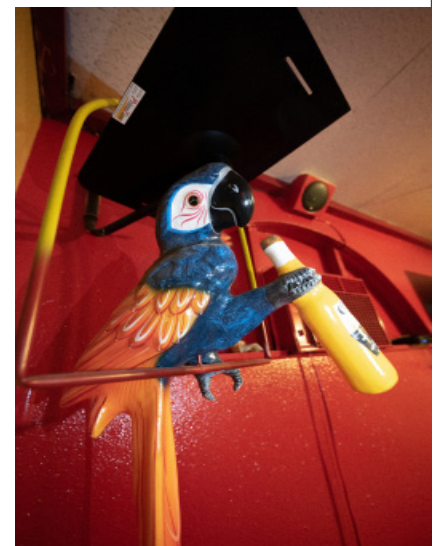


*Bandeja paisa*

Christmas. The mix of chicken and veggies and the chicken with seasoning makes you want to eat more after every bite!

Another popular dish back in Colombia is the delicious bandeja paisa (paisa plate) (white rice with meat and plantains and pork and arepa and beans) a very complete and diverse dish that's enough to make you feel full for a whole day! I'm personally happy this restaurant exists since there's not a lot of Colombian foods or products around Sacramento. So, if you are feeling like eating healthy and fresh, I definitely recommend "El Sabor de Mi Tierra Colombian & Mexican Food," ( yes, they also have some delicious Mexican dishes, like tacos and enchiladas!) delicious food and excellent customer service. 10 out of 10!

*Here is the address of the restaurant:  
2248 W Capitol Ave, West Sacramento, CA 95691*



*El loro colombiano*

## 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!*

### Apricot Pistachio Pavlova



Inspired by the lightness of the famous ballerina, Anna Pavlova, Pavlova is a meringue dessert with a crispy, crunchy shell that is soft and moist on the inside. Topped with a refreshing whipped cream and sweet apricots, this recipe makes the perfect dessert for a dinner alfresco on a warm summer night. There's not really anything too fancy about elegant dessert as you probably have already all the ingredients to make the meringue base.

#### INGREDIENTS

##### For the meringue:

- 4 egg whites, at room temperature
- 1 pinch of salt
- 1 1/2 cups icing sugar
- 2 tablespoons cornstarch
- 2 teaspoons white vinegar

##### For the filling:

- 4/5 cup (20cl) heavy cream
- 1/4 cup (30g) icing sugar
- Apricots
- 1 handful of fresh blanched pistachios, coarsely chopped

#### Directions

##### The meringue

1. Preheat your oven to 300°F (150°C). Line a baking sheet with parchment paper and set aside.
2. In a large bowl, beat egg whites with salt until glossy peaks form. With the mixer still running, add sugar in three additions, beating until meringue is stiff and glossy. Add the vinegar and cornstarch, fold gently for a smooth and shiny meringue.
3. Scoop the meringue over the baking sheet, forming small nests about 4 inches in diameter, well spaced from each others. To make sure your pavlovas are regular in size, draw a guide on the parchment paper and turn the sheet upside down.
4. Transfer the baking sheet to oven and immediately reduce the temperature to 250°F (120°C) and bake for 1 hour. Turn off the oven and let meringues cool completely in oven.

##### The whipped cream

1. Refrigerate the cream for at least 1h. Put a stainless steel bowl and the whisks of your mixer in the freezer. Pour the cold cream into the bowl and beat until stiff. Whipped cream is ready when it make "peaks" that hold when you lift the mixer. Sprinkle sugar, spoon by spoon, beat on medium speed. Keep the cream in the refrigerator until you assemble the dessert.
2. Place 2 tablespoons of whipped cream over each pavlova. Top with quartered apricots and sprinkle with pistachios. Serve immediately.

Source: <https://www.eatwell101.com/apricots-pavlova-recipe>



## Pavlova: Love at First Bite

### **Victoria Buchneva**

I really like pavlova. I make pavlova for a holiday or weekend, and for me, it is a very sweet dessert. I have one secret: I always use warm white eggs because they are very easy to whisk. I really like to eat pavlova with raspberries. I have no traditions associated with pavlova, but I have a special memory of when I met my husband on the first date, we ate pavlova.

### **Jiaying Gong**

This is the first time I know about this kind of food. After I searched on TikTok, I really want to try to eat a pavlova. It is beautiful and healthy. It looks like a cake, but it obviously tastes crisp. If I try to make this food, I will put some strawberries and mangoes on top. Thank you for letting me know about this food!



## Apology

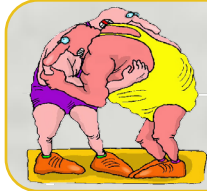
Dear Readers,

In Issue 158 of The Parrot, the name of the author of "International Food--Snail Caviar" on page 9 was spelled incorrectly. Please note that the author was Olena Barysh. We apologize for the misspelling.

The Editors



# Parrot Warbling



## Grappling with Grammar

### Titles

1. Capitalize family relationship titles when they are used with names or in place of names. Do not capitalize them if they do not replace the name.

**Example:** Aunt Denise, Uncle Jerry, Grandfather Joe.

**Hint: If you can put the person's name in place of the title, you should capitalize it. If you can't replace the title with the name, don't capitalize it.**

**Example:**

Mom told you to ask Dad since she was busy.  
~~M~~om ~~N~~ora told you to ask ~~D~~ad ~~L~~eo since she was busy. (That works, so they should be capitalized.)

2. Capitalize titles of heads of state, royalty, and nobility when they are used with names, in place of names, or as appositives. Members of the nobility are often called by their titles. Therefore, the title becomes an alternate name and is capitalized. Titles of nobility are also capitalized when they are the names of titles of state or nobility.

**Example:**

Queen Elizabeth, King Juan Carlos of Spain

**Hint: According to some style manuals, the titles President or Prime Minister are capitalized to show special respect if they refer to the current holder of that office.**



**Source:** <https://www.englishgrammar101.com/module-11/capitalization/lesson-2/titles>

## Idiom--Attic HOLD YOUR HORSES

**Meaning:** This is an idiom meaning "wait, slow down". The saying is typically used when someone is rushing into something.

**Ex:** *Hold your horses, we have not won yet, so don't start celebrating.*

**Source:** [https://en.wikipedia.org/wiki/Hold\\_your\\_horses](https://en.wikipedia.org/wiki/Hold_your_horses)



## Y as a Vowel

It is more common to find the letter "y" as a vowel than as a consonant. Typically, the letter "y" is a consonant when it is at the beginning of a word, e.g., yes, you, yard and young. If the letter "y" is located in the middle or end of the word, it is often treated as a vowel. As always, there are exceptions when y sound like a glide instead of a vowel, e.g. lawyer, canyon, and beyond.

### Y as a Vowel – Long E:

When the letter y is found at the end of a word, it sometimes makes the long e.

**Example:**

any, early, many, ready  
 baby, easy, mommy, really



### Y as a Vowel – Long I:

When the letter y is found at the end of a word, it can also make the long i sound. When the letter "y" is found at the end of a one syllable word, it typically makes a long /i/ sound.

**Example:**

apply, defy, ply, why, cry, try, shy, buy

**Source:** <https://www.sightwordsgame.com/spelling/y-as-a-vowel/>

## "What is a Poem?"

by Ruth Stone

Such slight changes in air pressure,  
tongue and palate,  
and the differences in teeth.

Transparent words.

Why do I want to say ochre,  
or what is green-yellow?

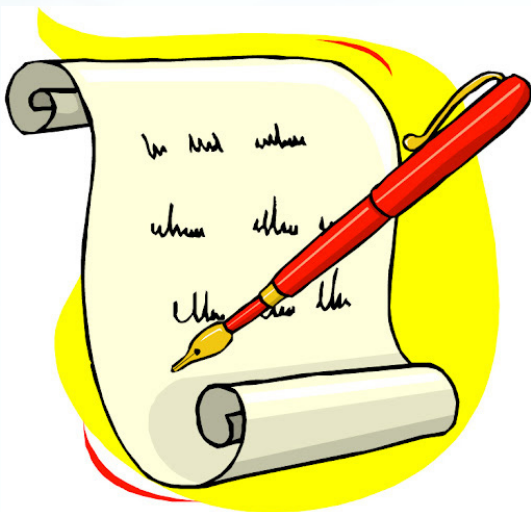
The sisters of those leaves on the  
ground

still lisp on the branches.

Why do I want to imitate them?

Having come this far  
with a handful of alphabet,  
I am forced,  
with these few blocks,  
to invent the universe.

~ **Ruth Stone.** *In the Dark.* (Port Townsend, WA: Copper Canyon Press, 2004)



## Rigoberto's Riddles

### What is the saddest fruit?



Blueberries

## Silly Vasily's Chuckle Chamber

### Until that feeling passes!

A chicken comes home after work. She asks the pig when the pig is sleeping on a bed: Why don't you clean your house?



Pig: I felt like I should have cleaned the house.

Chicken: Then, why don't you clean it?

Pig: I wanted to do it. So, I laid down and had a nap until that feeling passed!



## Reading for Beginners

### Chicago

Keith recently came back from a trip to Chicago, Illinois. This midwestern metropolis is found along the shore of Lake Michigan. During his visit, Keith spent a lot of time exploring the city to visit important landmarks and monuments.

Keith loves baseball, and he made sure to take a visit to Wrigley Field. Not only did he take a tour of this spectacular stadium, but he also got to watch a Chicago Cubs game. In the stadium, Keith and the other fans cheered for the Cubs. Keith was happy that the Cubs won with a score of 5-4.

Chicago has many historic places to visit. Keith found the Chicago Water Tower impressive as it is one of the few remaining landmarks to have survived the Great Chicago Fire of 1871. Keith also



took a walk through Jackson Park, a great outdoor space that hosted the World's Fair of 1892. The park is great for a leisurely stroll, and it still features some

of the original architecture and replicas of monuments that were featured in the World's Fair.

During the last part of his visit, Keith managed to climb the stairs inside of the Willis Tower, a 110-story skyscraper. Despite the challenge of climbing the many flights of stairs, Keith felt that reaching the top was worth the effort. From the rooftop, Keith received

a gorgeous view of the city's skyline with Lake Michigan in the background.

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

### Did You Understand the Text?

Please answer the following comprehension questions:

#### Question 1:

Why was Keith impressed by the Chicago Water Tower?

- It is the only remaining monument of the World's Fair.
- It is the tallest building in the city.
- It is one of few landmarks that survived a historical fire.
- It supplies water to the entire population.

#### Question 2:

Where is Chicago in the United States?

- The west coast
- The east coast
- The midwest
- The south

#### Question 3:

What sport do the Chicago Cubs play in Wrigley Field?

- Rugby
- Baseball
- Football
- Soccer

#### Question 4:

How did Keith arrive to the rooftop of the Willis Tower?

- He took an outdoor elevator.
- He walked up the interior stairs.
- He climbed the building's exterior.
- He used an indoor elevator.

## Interview with Atifa Hosseini

*Continued from page 1*



like a 2-year certificate in tomography ultrasound. For now, I want to get the certificate, after that, I will decide to get a degree or not.

**The Parrot:** I understand that you are a henna artist. Can you tell our readers what henna art is and how you do it?

**Hila:** Henna art is when we put a henna design on a hand. You can see the example in my pictures. I draw the henna. We have some special material we put in a plastic bottle, then I design the henna on the hand.

**The Parrot:** How long does it take to do henna on just one hand?

**Hila:** It depends on the design. The big design is about 1 hour, 2 hours, or even 3 hours for both hands.

**The Parrot:** That's fast! Where does henna art come from?

**Hila:** India, Pakistan, and some Arabic countries.

**The Parrot:** In your country, people love to do henna, or is it the traditional over there?

**Hila:** Yeah, people love henna and it is also our tradition on the Eid or New Year for women or girls to put henna on their hands. We also draw henna at the wedding.

**The Parrot:** How did you learn to do this unique kind of art?

**Hila:** I learned by myself. When I was a child around 14 years old, I bought some pictures of henna. Then, I designed the picture on my hand and I learned from that.

**The Parrot:** Do you draw henna just for your family or do people hire you to do henna for them?

**Hila:** I draw henna for free, for my friends, and my family.

**The Parrot:** Do you do any other kinds of art?

**Hila:** I can cook and draw flowers, houses, mountains, etc.

**The Parrot:** What are some of the art pieces or places that you really love?

**Hila:** I really like the beach and green nature places.

**The Parrot:** If we have an Art Club at ARC, would you like to join us and meet other artists?

**Hila:** I would love to but not at the moment because I'm new here and I'm really busy with my studies. I will think about it later.

**The Parrot:** Thanks for sharing your experience with The Parrot today.

**Hila:** You're welcome and thank you.

*Interviewer: Tuyet Le*



## What is Henna?

Henna (*Lawsonia inermis*) is a plant-based dye created from the henna tree, also known as Egyptian privet, and mignonette tree. The leaves of the henna plant contain a natural coloring pigment that is used for temporary body art, coloring hair, dye skin, fingernails as well as fabrics such as leather, wool, and silk.

Henna has been used in Ancient Egypt as well as other tropical regions including North America, South Asia, the Arabian Peninsula, and some parts of Africa. Nowadays, the plant is more spread in the hot climates of Australia, Pakistan, and India.

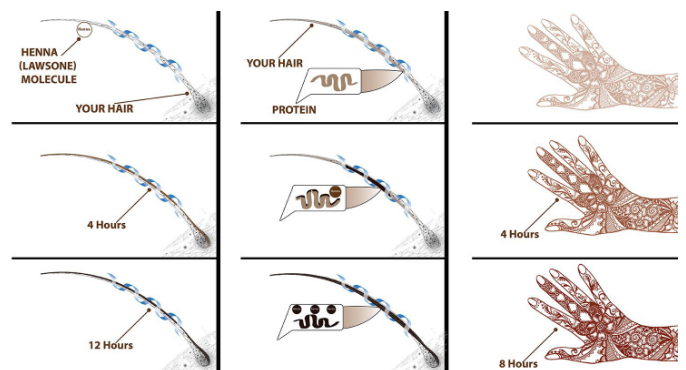
Henna is widely used on special occasions like weddings, holidays, and birthday parties in India, Pakistan, Africa, and the Middle East. The most popular tradition is the Mehndi Night where the bride, her family, and friends celebrate together by using different mehndi (henna) designs. The night is filled with other celebrations and performance that is considered to bring the families closer.

Normally, the bridal tattoo pattern takes hours and is one of the most unique in their family. Tradition in India and Africa holds that as long as the henna stain is visible on the bride's hands, she will not do any housework!



Another major celebration is the Eid holiday, celebrated by Muslims around the world. At the end of the Month Ramadhan, Muslim women decorate their hands with henna tattoo designs and celebrate the 3-day holiday of Eid-ul-Fitr with their friends and family. The occasion is celebrated by a big brunch followed by a family get-together and gift distribution.

Henna only stains the skin in a variation of brownish or reddish as per the quality of the powder or your DIY mixture method. At full strength, the stain of the paste lasts for around 4 days to two weeks.



Source: <https://www.thehennaguys.com/pages/what-is-henna>

## English Practice Hour



## 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](mailto:saurd@arc.losrios.edu)



Did you find  
the way?



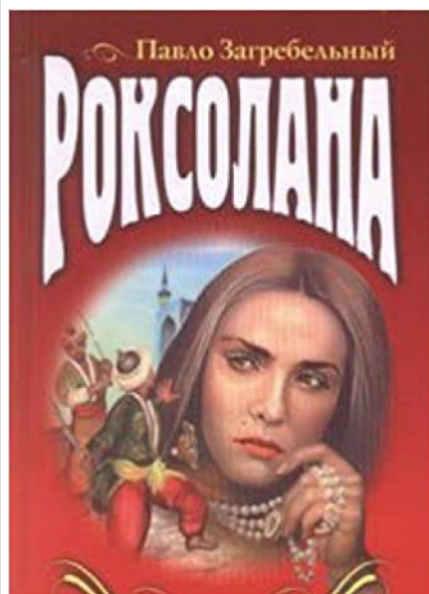
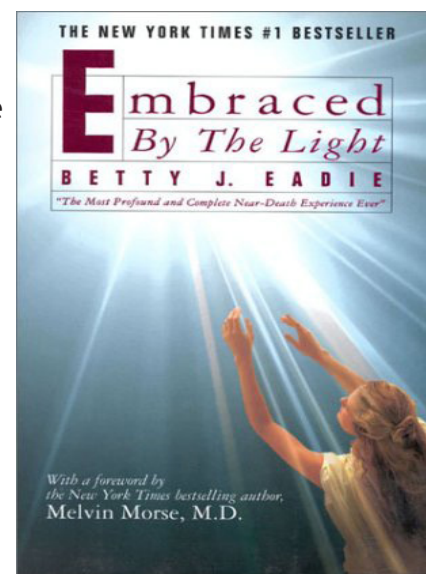
## Books Enjoyed by ESL Students A Survey from ESL L310 Students

### What's one of your favorite books?

#### Iman Abrishamchi

***Embraced by the Light*** by Betty Jean Eadie, actually that book really impressed me. It was about a real experience after an incident where the author had brain death. After she survives, she writes this book. On a scale, I give 4 out of 5 for this book.

In this era it's so important when we have extra time, not to waste our time. We should read a book, even on the bus, train or whatever.



#### Liudmyla Zagura

Historic novel ***Roksolana*** by Pavlo Zagrebelskyi (Ukrainian author).

I read this book a long time ago, but it left a mark in my heart. At different times I look at what I read differently. The action of the novel develops in the 16th century. The main character is a Ukrainian girl which was taken prisoner and sold into slavery, but was able to reach the highest position in the Ottoman Empire. The author has conducted many historical studies, so the book is historically true. I would give this book 4.5 stars. (It was hard to read excerpts from letters and memoirs).

#### Jonathan Feng

***Murder on the Orient Express*** by Agatha Christie

It talked about a series of murder cases on a train. I extremely recommend everyone read this book! The plot will not let you down, and you can go deep with the book, layer upon layer the answer is the most important reason. I recommend it to you all! It's a 5 out of 5! As a reason: it's fun. I like the plot.





## 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.

# My Childhood



"Hello everybody! My name is Vitalli. I want to tell you about my typical day from my childhood... My childhood was more interesting than childhood of modern children..."

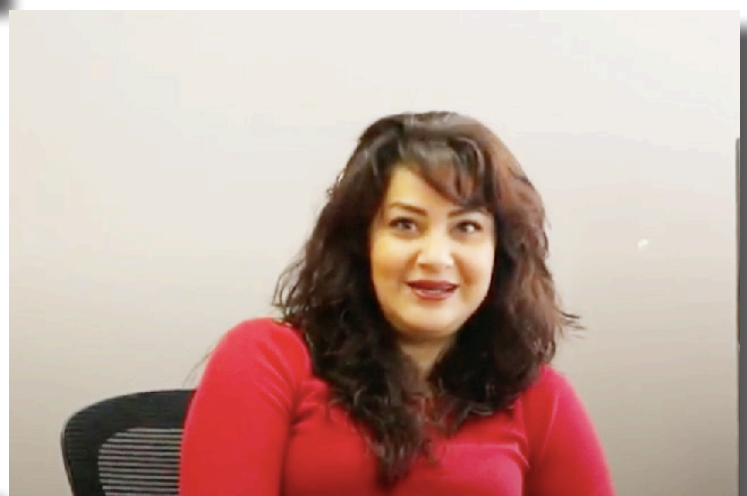
***Vitalli Huleichuk***

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

"Hello, my name is Leila. I'm from Iran... I remember I was 5 years old. I was very excited to read books but I couldn't..."

***Leila Totoueinia***

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



"Hi, my name is Wafaa Baban. I'm from Iraq. I'd like to speak about my childhood. I had unusual childhood. I remember when I was young, my family and relatives loved me because I was first grandchild..."

***Wafaa Baban***

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



## Help for Refugee Children

Starting Point is a nonprofit organization dedicated to supporting newly-arrived refugee children in the greater Sacramento area. The organization strives to give them a warm welcome by providing basic necessities and programs as they begin their new lives in the U.S. They do things like meet refugee families with children at the airport, give them welcome baskets, provide basic ESL and computer lessons, and they have even started a very popular soccer team for the kids. Visit the website and click on [REQUEST HELP](#).



<https://www.startingpointworld.com/>

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### Want to Help?

Starting Point is directed by Vickee Moy, a professor of English as a Second Language professor in Sacramento. She launched Starting Point in June 2017 after being deeply touched by her refugee students' stories about their lives in their native countries and about their new lives in the U.S. Starting Point is one way she hopes to honor and remember their incredible stories and beautiful lessons about perseverance, strength, hope, and humanity.

As a child of immigrants, Vickee feels a connection with new arrivals and is passionate about helping them begin successful lives in their new country. Along with her husband and three sons, she is excited to reach out to this growing community of newcomers.

There are several ways that you can help Starting Point to help children. You can put together a welcome basket, assemble a backpack with supplies, help buy shoes, assist with lessons and program development for SPARK (Summer Program for Arts, Recreation and Knowledge), or even coach and support a soccer team!

Donations to starting point are tax deductible. Please visit the [Starting Point Volunteer Page](#) for more information.



## Out of the Cage

### Careers in Early Childhood Education: Refugee Career Pathways

Friday, Dec. 10, 2021

10:00 to 11:30 am



Come learn about the Early Childhood Education (ECE) Career Pathway and how refugees can improve income and achieve career goals. Topics covered include:

- Introduction to Opening Doors and its activities
- Overview of the Entrepreneurship Career Pathway
- Opening Doors + Child Action collaboration to help open childcare centers

Contact: [refugees@losrios.edu](mailto:refugees@losrios.edu)

Website: [Refugee Career Pathways](#)

[JOIN ON ZOOM](#)

### Cash for College Workshop

Wednesday, Dec. 15, 2021

5:30 to 7:30 pm



Have questions about the Free Application for Federal Student Aid (FAFSA) or California Dream Act Application (CADAA)? Attend a California Student Aid Commission (CSAC) statewide Cash for College webinar! All students, families, and guardians are welcome. Bring your questions!

Please have the [documents](#) available during the webinar.

[REGISTER IN ADVANCE](#)

**SQUAWK!!**

QUESTIONS/COMMENTS?

Student Editors: **Tuyet Le, Dai Nguyen, and Emmanuel Madrid**

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