



Spring 2022

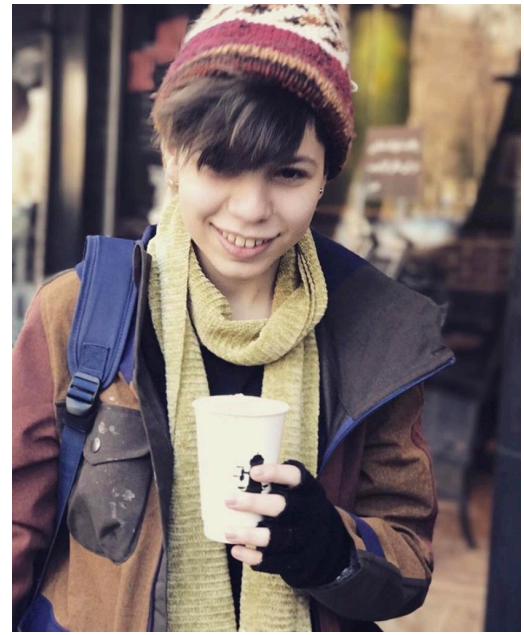
THE PARROT



ISSUE # 161

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

Mariam Moslehi: Art and Computers



The Parrot: Hi Mariam, it's our pleasure to interview you about your amazing talent at art today. How many years have you been studying at ARC?

Mariam: I have been here 3 years.

The Parrot: Are you from here or how many years have you been here?

Mariam: From 2017, about 5 years. I live with my uncle, grandma, and my parents are still in my country. It's complicated. I was born here, then we went back to Iran. 20 years ago, I was here for about 6 months to a year. I lived in Iran. When I was 17 years old, I came back here alone.

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American River College
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Korean Restaurant Review

p. 20

"May your home always be too small to hold all your friends"

Irish Proverb

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5 Challenges Students Face with Online Learning and How to Overcome Them

In the middle of the spring semester of 2020, undergraduate students across the U.S. had to suddenly pack up their belongings and finish their courses away from campus. The COVID-19 pandemic has forced many colleges and students to move to virtual learning, an adjustment for many who are accustomed to in-person classes. Some colleges have announced they will continue offering only online classes education through the fall semester as well. This crisis has transformed many aspects of life, especially higher education. Recent polling from College Reaction in April 2020 showed that

77% of more than 800 college students surveyed said they felt distance learning through the internet is worse or much



Continued on page 11

Student Chirpings

TV Show Review

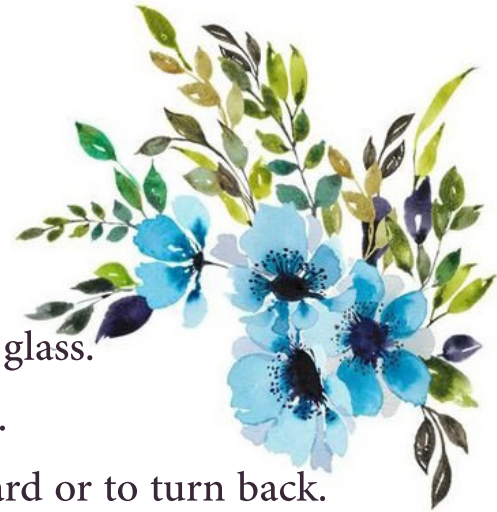
Earlier, when I lived in Ukraine, I really liked the American TV series *Criminal Minds*. I watched this series in Russian and it was called "Thinking Like a Criminal." I only watched it once because I don't like to re-watch movies or TV series. I watched this series until the 13th season, until 2018. Then at the end of 2018, I moved to the USA, and now my work and study here take up all my time, and now I don't have time in the evenings to watch TV shows. But I still plan to watch the remaining two seasons. The director of this series is Jeff Davis. There are many famous actors in this series such as Thomas Gibson, A.J. Cook, Shemar Moore and many others. I like this series because it makes me think, analyze. After watching this series,



you start to look at a lot of things differently. You begin to understand the behavior of many people. Besides, the actors' acting is impressive. I would rate this series 5 out of 5, for the plot, for the acting, and for the quality of the shooting of the film itself.

Nika Khariutina
ESL L310

Coocorico !



The sun is rising !
Time has come to stare at yourself in the glass.
Because now you're at the crossroad.
To choose between good and evil, between to go forward or to turn back.
But remember this.
All the trees in nature are trees.
But you, Brother of mine, Sister of mine,
If you want to be a man,
If you want to fulfill your dream,
If you don't want to be marginalized by your fellows,
If you don't want to be neglected by the society,
You **should** be faithful and honest in your pathway,
You should work hard,
You should trust your imagination,
You should **never** give control of your mind to anybody,
You should believe in something you cannot see,
You should always ask for your Gift,
Because your Gift will make room for you !!!



THANKS

LORI

The author is an ESL student at American River College.

My First Day In the USA vs. Now

Immigration is always a new experience, and there are completely new feelings you have never had before. Especially, it is interesting to compare



feelings on your first day and at the present time in a new country in order to see the result of your efforts. My example in the USA definitely shows a contrast in these feelings. There are several differences on how I felt on my first day in the USA and how I feel now.

First of all, on my first day in the USA I was very frustrated, but now I am much more confident. When I flew to the USA on my first day, I didn't understand English at all. Whereas I didn't even know the English alphabet, now I can communicate with Americans. I can even write and essay in English and read and understand some books. Also, I was frustrated because I couldn't drive a car. Now I work as a delivery person, and I can't imagine my life without a car. Lack of buses and walksides was also frustrating because I didn't know how to get to a store, for example, when I needed to. In contrast, now, I don't even think about it because I have my own car, and I can drive when and wherever I want to. Indeed, unlike my first day in the USA, I am much more confident now, and the things that were frustrating for me then, now, they aren't.

Secondly, on my first day here in the USA, I was very surprised, but now I am more calm. On my first day in the USA I was surprised by the cost of cars. They cost much less money than in my native country. In contrast, I am not surprised by that now. I even think some cars should cost less. Especially, I was surprised because it is legal to smoke cannabis

in California. However, I don't even pay attention to it right now. The same way I don't pay attention to guns that almost everyone can buy in a store, but when I came to the USA on my first day, it was very surprising for me. In brief, the things that were unusual for me aren't surprising for me now.

Thirdly, on my first day in the USA I was fascinated by some things, but now I feel that these things should be this way. For example, I was fascinated by people for their behavior. They always smile and say to me, "excuse me". However, I think now that it is a normal behavior in order to be polite. My first day in the USA was different from present time because I was also fascinated by food. There were a lot of different food. Especially I was fascinated by sea food because I couldn't buy it in my country freely. In contrast to my first day in the USA, now it is a common thing to buy sea food. Sometimes I don't even want to eat it. On my first day in the USA, I was also fascinated by the ocean and palm trees because in the place where I had lived before, there were no palms and no ocean. In contrast to that fascinating feeling, now I just look at these things and don't say "wow", like I did on my first day here. In conclusion, the things that were fascinating for me on my first day in the USA do not fascinate me. They are usual for me now.

For some people it is very important to experience new feelings, and when I came to the USA on my first day, I could feel some new feelings. My life would be boring without those feelings. The feelings that I had on my first day in the USA such as frustration, surprise, and fascination are different from the feelings that I feel right now such as calm and acceptance. The things that made me feel in a different way than I feel now show my adaptation in the USA. In short, these changes show that I've become a part of this great country.

Ekaterina Androsova
ESL W50
Comparasion Essay

The Unexpected USA

Many people fell sad on their first day in the USA because they miss all of their culture and traditions. I felt the same way too on my first day here because everything was new for me and sometimes I felt confused. I started to think about my future and I knew it was going to be hard starting from the bottom, but now I feel more secure and this country has given me much more than I was expecting.

There are some differences and one similarity about how I felt on my first day in the USA to how I feel now: sad, confused, yet similar stability. For many people, it is hard to start a new life here in the United States. The first difference about how I felt the first day in the USA, was that I felt sad because everything was different than in my country, people here speak a different language, and I have to study again to learn more about it. In my country I feel happy and comfortable, but I had to come here with my family to start our new life. The first day I missed my hometown, friends and family members. It was a sad day and I still remember that. The two countries have differences in their language, but I have adapted to the new culture and I respect that.

The second difference on how I felt on my first day in the USA to how I feel now is that I felt confused on my first day here because there are many rules that I have to follow. And in my country people don't care about the rules. For example, when you are driving, the minimum is 55mph, the other car starts honking you or passes fast near you, and when I came here, I had to learn that rule and other ones too. But now I feel more confident because I know many rules that I have to respect. I know that everything goes step by step and I have to understand the differences between two countries, although I don't feel confused anymore.

The third reason is a similarity on how I felt in the USA on my first day and how I feel now. The stability that this country shows me that I'm to have a better future here, and I feel emotionally more stable. The first day I felt as I do now, and it makes me feel happy because my family and I have a good stability in both countries and we're still having that now. I had a job there and I have one in here too and

that gives me the same sensation. Having a good stability starting the first day here was very helpful, and I still have that stability in my life.

In brief, some people are going to feel sad the first day when they come to this country, but eventually they'll feel happy because they can help their families economically. I think everyone has to adapt to this new language because it is very helpful. Also, everyone feels confused when they first get to this country because they have to follow new rules and respect them. The first day is very different for everyone who starts a new life, but now it feels like nothing is impossible to do.

Having stability on the first day in the USA was very comfortable and it is good now, too. Now you know that the first day I was sad and confused, but at the end I feel glad that I have the same stability from that day, too.

Erika Barrera
W50

Comparasion Essay



Comparisons

FAMILY

My Sons

Many people want to have children. Some people have but some people don't. For example, I have three sons. They are almost the same, but the oldest son is different in age than the youngest one. In spite of their similarities they are very different in many ways.

First, speaking is one difference between the oldest son and the youngest one. The oldest son speaks two languages, Ukrainian and English, but the youngest son only speaks Ukrainian. The oldest son started to speak at the age of five years, but the youngest one started to speak at the age of two and a half years. At the age of four years, the youngest son spoke much better than the oldest son did. In short, speaking is one difference between them.

Second, reading is one more difference between the oldest son and the youngest. The oldest son can read two languages, Ukrainian and English, but the youngest son can't read. The oldest son likes to read a lot. However, the youngest doesn't like to read at all. The oldest son started to

read at the age of five years although the youngest son didn't want to read when he was five years old. As you can see, reading is another difference between them.

Third, in spite of their difference,

they have one similarity. They both love to run. They always run together around our house. When my family goes to the park, they always run around the park. They have a lot of fun running on the beach when we go there. In short,

running is one similarity between the oldest and the youngest son.

In conclusion, in spite of having same parents, my sons are so different. The oldest son speaks much better than the youngest one. The oldest son can read in two languages; however, the youngest one can't read. On the other hand, they are so different, but running is one similarity between them. My sons are different, and I love them very much no matter how different they are.



Vasyl Kulchynskui
W50
Comparasion Essay

Two People in My Life



Some people think that mother and wife are alike, but some people see a lot of differences. Of course they have the same things, but also they have differences. My wife and mother are different. They are two different people. They are two important people in my life. So, what differences do they have? There are three differences between my wife and my mother.

The first differences is age. My mother is 44 years old and my wife is 25 years old. My mother has seen a lot in her life. Therefore, she has a lot of experience. My wife is very young and hasn't seen as much as my mother has. Age is a very important thing in our lives because it gives us experience and knowlegde. My mother has more knowledge than my wife because she's older, so the age is one difference between my wife and my mother.

Children is the second difference between my wife and my mother. My wife has only one child, my mother has three children. It's really hard to give birth to three children and take care of them. For example, my wife doesn't know how to take care of three children because she barely has free time taking care of one. The children

are our reason to live and my mother has understood that reason three times. My wife has started to understand how difficult it is. So, children is the second difference between my mother and my wife.

The third difference is life style. My wife likes to go shopping as well as going to parties. My mother doesn't like that at all, she'd rather be at home. She doesn't like noisy places and big crowds. My wife likes to talk to a lot of people because she's friendly and communicative, but my mother doesn't like to talk to people a lot. She likes to talk to her family on the internet. My wife likes to buy a lot of new clothes, but my mother only buys clothes for herself on the holidays. So, they have differences in life style.

In conclusion, the three differences between my mother and my wife are age, children, and life style. They both are very different, but I love them both so much. It's amazing they have these differences because they were born in different times. They are unusual people for me because they're my family. They are two important people in my life forever.

Oleksii Masiuk

W50

Comparasion Essay





Each person chooses for himself what kind of season he prefers and for him, this time of year is always special. Is there anything more beautiful than seeing nature wake up after winter? Snow melts in many cities and the first flowers appear under snowdrops. Spring is the favorite season for many people. We can see how animals and birds wake up, how new life is born on the tree, buds appear, daylight hours become longer, and the sun that was so lacking in winter fills us with its warmth. Isn't that wonderful? Spring is my favorite season of the year because this time has a perfect temperature and weather, nature wakes up after a long sleep, and of course, there are a lot of holidays in the spring.

First, springtime is the period when you can feel the perfect temperature and weather. Although they say that nature does not have bad weather, I prefer not to be very hot and very cold. In spring, there is practically no rain and the sun always shines. Many people with high blood pressure are very sensitive to climate change. For example, I am a person who suffers from migraines and it's very important for me that there is no sudden temperature drop and no change in weather. When I lived in Russia, I had a migraine every week because sometimes you can leave home at 7 a.m., and there will be bad weather and low temperature outside, but when you return home at 5 p.m. the weather will be very good. In sum, nature does not have bad weather, but spring for me is the time when I feel perfect. Next, my favorite time in spring is when nature wakes up. You can see how the first small green leaves appear on the branches and the buds of the first flowers also dissolve. My zodiac is Taurus, and this sign refers to the earth, so I love nature.

In spring, I try to decorate my front yard with flowers, and I even have six fruit trees in my front yards, such as pomegranate, apple tree, plum tree, little orange tree and etc. For instance, this spring I am planning to plant roses in the front yard and an olive tree and almond tree in my backyard. Many

animals go into hibernation in winter, such as bears, and in the spring they wake up in search of food. Therefore, in many cities, you can see bears that have just woken up rummage through garbage containers. All in all, all nature wakes up and this is very amazing and wonderful.

Last of all, the spring seasons is the beginning of the spring holidays. In my country, Russia, one of the most popular spring holidays is Maslenitsa. This is a very funny and noisy holiday during which we see off the winter and meet spring. The USA also has many spring holidays, such as Saint Patrick's Day and Earth Day. And of course, the most important spring holiday for all Christians is Easter. For example, we love to celebrate Easter with our family, and my niece is very fond of looking for eggs. This is a very wonderful holiday. In general, spring is full of holidays, and I really love them. Spring is my favorite season, and at this time of year you can feel how the weather is changing, getting warmer, all nature is waking up and of course, spring is the beginning of everyone's favorite spring holidays. In my opinion, spring is the best time of the year when it is neither cold nor hot, it smells fresh, daylight hours increase, and everything wakes up from a long sleep.

Victoria Buchneva
ESL 47
Opinion Essay

Green Spring



Does anyone like the spring season as I do? Spring is the most beautiful season. It comes with the fresh air, so I like this season more than the other seasons. There are many reasons that I like the spring season.

First, spring brings us fresh air. During this season people breathe really fresh and clean air. It brings different emotions like we start a new life. In this season the weather is perfect, and we can walk under the sun. I like to walk and run in the spring season because the weather is not too cold or hot. Most of the time me and my family travel during this season to some nature place. In addition, I like to go to Lake Tahoe in the spring season. In short, I really feel fresh in the spring season.

Second, nature becomes alive in this season. In my opinion, life gets started in the spring season because all the plants and trees become green and alive in this beautiful season. In this season, nature takes on a beautiful color. All the trees and plants like to wear green dress. My family and I most of the time go to see trees and plants in this awesome season. Watching trees and plants gives us a fresh feeling. Personally, last year in the spring, we went to Nevada and all the

nature was green. In fact, we really enjoyed that spring in Nevada.

Third, we have enough water in the spring season. Water is a very necessary thing in our lives. It is also important for our nature and our lives. The rivers are full of water in the spring season. We feel very comfortable when we can see that all the rivers are full of water in the spring season. In addition, farmers also like the spring season because they have enough water for their farms. Humans and nature have fresh and organic water in the spring season. In short, our nature is really beautiful with full rivers during the spring season.

In conclusion, there are three reasons that I like spring, such as fresh air, green nature, and enough water. In short, life is really awesome in the spring season, and I really like this season.

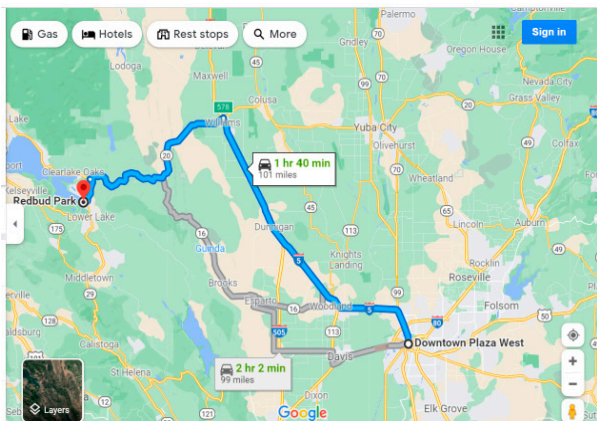
Ahmad Zia Ahmadi
ESL 47
Opinion Essay



Photo of the Month / Explore California



Click on the image to start navigating from your current location



This month, I want to share this photo I took in a place I recently discovered: **Clearlake, California.**

Clearlake is a little city located in Lake County. Its population is only about 15,349 and even though it doesn't have any fancy city infrastructure, it's blessed with extraordinary natural beauty.

Getting there from Sacramento usually takes about one hour and 40 minutes by car or 101 miles from Sacramento, Downtown, and the easiest way to get there is by taking I-5 North and then exiting in Williams, CA on Highway 20 west, driving on Highway 20 for about 38 miles and then taking a left on Highway 53. There are a few rest areas and restaurants along the way

as well as some fast food places like Mc Donald's where you can stop by and get some quick snacks on the go.

Here you can see an illustration of the GPS coordinates from Downtown to Redbud Park, where I took the photo. As you can see in my photograph, this place is amazing for fishing and enjoying a beautiful sunset by the lake (especially when the sky is partly cloudy). The parking is free, and you can stay for as long as you want.

I feel happy to have found such a beautiful hidden paradise that's not too far away from home. I used to live in Florida before and photographing fishing piers has always fascinated me, maybe because all you see in Florida are fishing piers and my roots in photography are over there, so being able to find a place with a fishing pier that looks like the ones in Florida has really meant a lot to me.

Manny



Continued from page 1



worse than in-person classes.

Here are some of the most common challenges students are currently facing with online learning along with specific tips on how to address them.

Distractions Everywhere

Distractions are a reality of online learning, a delivery or a pet running into the home office can be disruptive for everyone involved, if you're in the middle of a virtual classroom session. As a result of these distractions – and possibly having additional responsibilities – time management becomes more challenging. Having a time management system is perhaps the most difficult challenge for students to overcome because it depends entirely on self-motivation. Students need to be serious about their education, learn how to manage time and set their daily schedule, and learn to study despite the constant distractions.

Minnesota State University lists some online student skills requirements. In this example, the university specifically addresses the importance and unique challenges in self-motivating absent the traditional influence of nearby peers doing the same. This can be a considerable challenge for some.

The solution: Try to think about building a schedule – figuring out what you're going to do and then sharing that with the other people in your house.

Also, try to identify a quiet time and place to complete your coursework, if possible – even if that time is late at night. If you get distracted by social media or

browsing the internet, use tools to block out these while you're online learning and other time-wasters when you need to focus on school. Also creating a to-do list for the week or each day with what you need to get done can help you determine the best times of day to tackle each task.

Staying Motivated

Given that students may not be attending class at a set time on a physical campus, finding the motivation to get started on coursework can be difficult.

When you don't see your home as a space of work, it's kind of a struggle to get in that mindset, but designating different places in your house, that are specifically for work can help you get your work done.

The solution: In addition to creating a daily schedule and finding a productive workspace it can also help to simply focus on the ultimate goal. It helps to keep your reason for pursuing your degree at the top of your mind; perhaps you want to provide a better life for your family or pursue your dream career.

Write down your reasons for attending school along with your short-term and long-term goals. Post them where you'll see them, and cross off goals as you achieve them.

Staying in touch with classmates, in addition to reaching out to faculty or academic staff as needed, can also be motivating. The more involved you are with your distance education, the more it's top of mind. Log in daily to see course updates and class discussions. Connect with students and teachers and share questions or perspectives.

Technical Issues

Unfortunately, technical issues are bound to happen in an online-only environment. This may sound obvious, but technical issues and internet connection only add to the online environment's frustration and interrupt new learning sessions. Sometimes your computer will shut down or there are moments when your wifi is spotty, and



Holiday Poem - St. Patrick's Day



May your
CLOVERS
have leaves
of four...

and may
your
LUCK
be evermore.



It's St. Patrick's Day

By Claire Weiner

Tomorrow's St. Patrick's Day Wearing the Green
Irish now, it's more than it seems
Don't forget the corned beef and cabbage to eat.

We're all a little Irish today
Cut out your green not your gray

Swing to the jig
To the Irish that's big

Sport a wee bit Irish now
Give a smile, not a frow(n)

Sport that Irish way
Don't forget it's St. Patty's Day!

May the road rise
up to meet you. May
the wind be always
at your back. May the
sun shine warm upon
your face, and the rains
fall soft on your fields
and, until we meet
again, May God hold
you in the palm
of His hand.

An old Irish Blessing



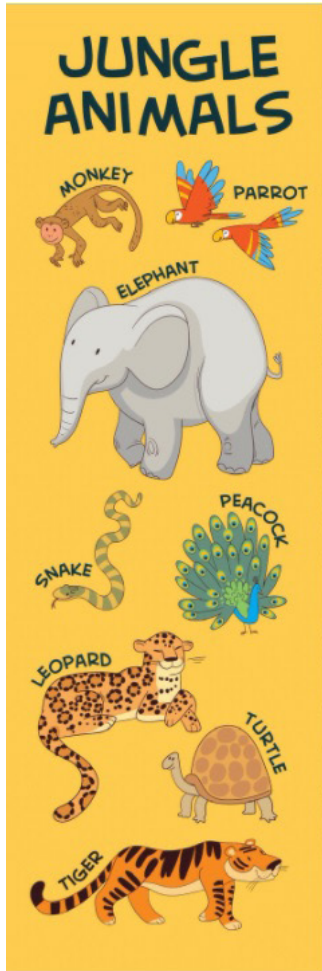
An Irish Blessing

May you always have...
A sunbeam to warm you,
Good luck to charm you,
And a sheltering angel
So nothing can harm you...
Laughter
to cheer you,
Faithful friends
near you,
And whenever
you pray,
Heaven to hear you.



Some More Parrot Fun

Finding Stuff



Rule:

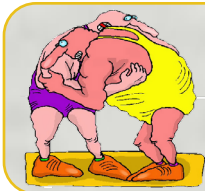
Can you see the jungle animals? Find 10 hidden objects in the picture.



See the answers on page 24

Source: <https://www.puzzleprime.com/casual-puzzles/hidden-object/hidden-objects-animals/#foobox-1/2/A68AE156-B646-4425-9D31-350CE768B0C8.webp>

Parrot Warbling



Grappling with Grammar

Possessive Nouns

Definition: Possessive Nouns show ownership. *Possessive* comes from the same root as *possession*, something you own.

Singular Possessives:

Add 's to singular words to show possessions.

dog's collar (dog + 's)	sister's backpack (sister + 's)	car's engine (car + 's)
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If a singular word ends in s, it is still necessary to add 's

Charles's sneakers (Charles + 's)	Bess's dresses (Bess + 's)	bus's tires (bus + 's)
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Plural Possessives:

If you have added an s to make a word plural (for example, cat = cats), adding 's is not necessary (cats's). In that case, add only the apostrophe to the end of the word (cats + ' = cats').

dogs' collars (dogs + ')	sisters' backpacks (sisters + ')	cars' engines (cars + ')
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Click on the link below to read full article.



Source: <https://www.englishgrammar101.com/module-1/nouns/lesson-8/possessive-nouns>

Idiom--Attic

"To take a rain check"

Meaning: When you can't do something right now, but want to do it later

Example: Sorry, I have to work tomorrow. Can I *take a rain check* on this dinner?



Source: <https://christinarebuffet.com/blog/american-slang/>

Magic E Words

The "Magic E Rule" states when the letter "e" sits at the end of the word, it is usually silent and the "magical" E tells the first vowel or the preceding vowel to say its name or long sound. The magic E vowels are as follows:

a_e, i_e, o_e, and u_e.

Long A: ace, face, brace, pace, race, page, made, rage.

Exceptions: bare, care, dare, glare, hare, mare, share, rare, ware.

Long I: tribe, dice, rice, vice, jibe.

Long O: globe, lobe, rode, strode, code
Exceptions: come, some, dove, glove, love.

Long U: cure, mule, fume, June, tune, rune, puke, tube.

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



Shepherd's Song

by Piotr Sommer

Read these few sentences as if I
were

some stranger, some other

language, which I may still be

(though I speak with your words,
make use

of your words);

which I was, speaking

your language,

standing behind you and listening
wordlessly,

singing

in your tongue

my tune.

Read as if you were to listen,

not to understand.

~ Piotr Sommer. *Continued.* (Middletown, CT: Wesleyan University Press, 2005)

(Poems translated
from the original Polish
by Halina Janod &
others)

Source: <http://library.conlang.org/poetry/>



Rigoberto's Riddles

What do you call
a fake stone in
Ireland?



A sham rock.

Silly Vasily's Chuckle Chamber Never Drove Before

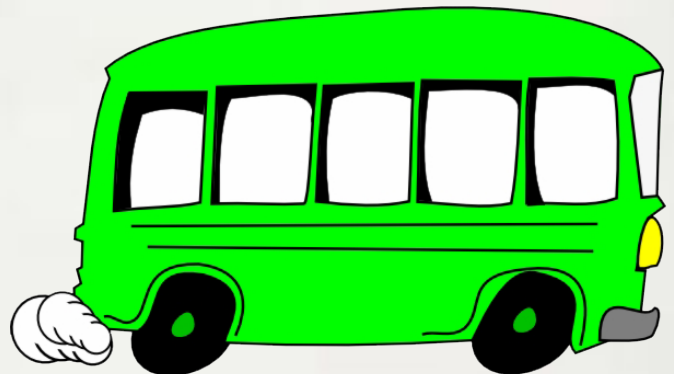
A: What did you do last St. Patrick's
day?

B: I went out and had a drink, and
then I took a bus home.



A: Oh, that was wise. I'm
sure it was safe and
easy to take a bus
home.

A: Not really. It might
not be a big deal for
you, but I had never
driven a bus before!



Reading for Beginners

Going to a Restaurant

Sandra and Paul are at a steak restaurant.
A waiter greets them.

"Do you know what you would like to drink?"
the waiter asks.

"Water and orange juice," Sandra says.

"Thank you. Here are your menus," the waiter
says.

The waiter brings water for Paul and orange
juice for Sandra.

"What would you like to order?" the waiter asks.

"I would like a 12-ounce steak and mashed
potatoes," Paul says.

"The same thing, but with green beans," Sandra
says.

"And two orders of garlic bread," Paul says.

"Great. You should have it in soon," the waiter
says.

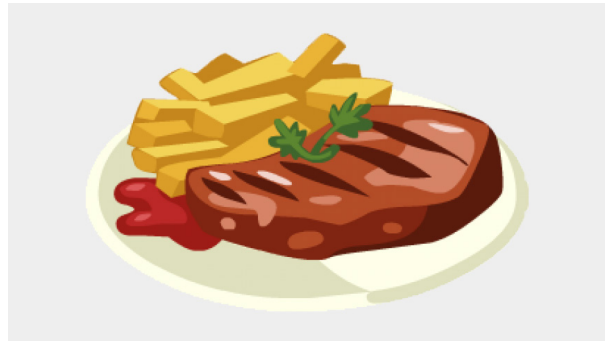
The waiter returns after an hour.

"Sorry for your wait. Here are two orders of
12-ounce steaks with mashed potatoes and
garlic bread," the waiter says.

"I asked for green beans with mine," Sandra says.

"I'm sorry, I'll get those for you," the waiter says.

The waiter quickly returns with Sandra's green
beans.



Source: <https://lingua.com/english/reading/going-to-restaurant/>

Did You Understand the Text?

Please answer the following comprehension questions:

Question 1:

What kind of restaurant did Paul and Sandra go to?

- a. a steak restaurant
- b. a fast food restaurant
- c. an Italian restaurant
- d. a pizza restaurant

Question 2:

What kind of steaks did Paul and Sandra order?

- a. two eight-ounce steaks
- b. two eighteen-ounce steaks
- c. two twelve-ounce steaks

Question 3:

What did Paul and Sandra order to drink?

- a. water for Paul and orange juice for Sandra
- b. soda for Paul and beer for Sandra
- c. beer for Paul and orange juice for Sandra

Question 4:

What was wrong with Sandra's order?

- a. She got mashed potatoes when she wanted green beans.
- b. She got green beans when she wanted corn.
- c. She got coleslaw when she wanted green beans.
- d. She got green beans when she wanted a salad.

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!

Sticky Rice Balls in Ginger Syrup (Che Troi Nuoc)



'Banh Troi Nuoc' (glutinous rice ball) is an indispensable dish of Vietnamese people whenever the Cold Food Festival comes, (the March 3rd of every Lunar Year). It is offered by the Vietnamese people to worship their ancestors, showing their gratitude and the tradition of "When drinking water, think of its source."

Ingredients:

For Dough

2 bags of Glutinous Rice Flour (Bột Nếp)
6-7 cups Water

For Mung Bean Filling

1 bag (16oz) Peeled and Split Mung Bean (about 1 1/2 cups)
1 teaspoon Salt
2 1/2 cups Water
1/2 teaspoon Ground Pepper
1/3 cup Fried Shallot (about 3 shallots)
1 tablespoon Oil from Frying Shallot

For Ginger Syrup

3 cups Sugar
Fresh Ginger, peeled and julienned into small strips, make 5 tablespoons of ginger
10 cups Water

Accompaniments

1/4 cup Roasted Sesame Seeds

Coconut Sauce

1/2 cup Coconut Milk





A pinch of Salt
 1 tablespoon Sugar
 1/2 teaspoon Tapioca Flour or Cornstarch
 1/2 tablespoon Water
 1 pandan leaf, tied together, optional

Directions:

Making Dough: Place a double layer of good paper towels on top of the colander. In a large bowl, place a small rice bowl inside it. Then place the colander on top of the large bowl. Pour glutinous rice flour into a colander.

Add 1 cup of water at a time into the flour. Use a spoon to mix it until the water is mixed well with flour. Cover the colander and let the water drip into the large bowl for about a couple of hours or until flour is not liquidy. Remove the paper towel. Use another paper towel to blot the dough to remove any remaining water on it.

Knead the dough for a few minutes to keep the dough together. Divide the dough into 34 balls.



Leave some dough behind to make mini balls without filling.

Cooking Mung Bean: Soak mung beans overnight so it is quicker to cook them, but this step is optional. Rinse and drain the beans. In a pot, add mung bean and water then bring it to boil. Reduce the heat to low, stir it and cook with lid on for about 15 minutes or until soft. Mash it and cook for another 5 minutes.

Add the remaining ingredients to the pot of mung beans. Mix it well. Divide bean paste into 34 balls equally to the dough balls.

Cooking Ginger Syrup: In a pot, add in the water, sugar and ginger. Boil until sugar is dissolved. Reduce the heat to low.

Assembling Mung Bean Balls Together: Flatten the dough ball and add in the mung bean paste ball. Wrap it up and make a round ball in circular motion with your palms. Repeat for the rest of 36 dough balls. Using the remaining dough ball, make it into mini balls without the filling.

Cooking Glutinous Rice Balls: Bring a pot of water to boil. As you're making each ball, drop it into the boiling pot.

The rice ball is done when it floats. Remove it and drop in the simmering ginger syrup pot. Keep the syrup pot on low heat so that the syrup absorbs into the rice balls as this will make it taste better.

Source: <https://vietspices.blogspot.com/2011/06/che-troi-nuoc-vietnamese-mung-bean.html>



Restaurant Review

HANKOOK TOFU HOUSE - AUTHENTIC KOREAN RESTAURANT



Bibimbap

Tuyet Le

Hankook Tofu House, an authentic Korean restaurant located at 9521 Folsom Blvd, Sacramento, CA 95827 will make you happy with its service and various food choices. It offers a private table for groups of customers by separating tables with a tall wood and white paper screen. You and your friends or family will enjoy the time eating and talking together. The staff will bring you many small side dishes and condiments with unique flavors like napa cabbage kimchi, cucumber kimchi, glass noodle with sesame sauce, fish cake, radish, salty translucent, gelatin cubes, and more. You eat these together with your main food. We went there for lunch and ordered four delicious dishes: *kimchi* (*kimchi*



Spicy Rice Cake (Tteokbokki)

BBQ Ribs



pancake), *tteokbokki* (spicy rice cake), *bibimbap* (rice mixed with vegetables, meat, a fried egg, and chili pepper paste), and *galbi* (BBQ ribs).

With my passion for spicy food, I rate the spicy rice cake (*tteokbokki*) 5 stars because it's so tasty and full of flavor. I also really liked the *bibimbap* (a special kind of fried rice served in a sizzling skillet with a fried egg on top), too. The kimchi pancake and BBQ ribs are good but not my favorite. In general, with a warm welcome and pleasant service, I will rate this restaurant 5 stars and be sure to come back next time.

Manny

Besides having excellent customer service from our waiter, what I loved the most about the restaurant was the *bibimbap* dish. It was not spicy, and the mix of rice and veggies and meat was just so tasty and perfect! Combined with the sides and sauces, you can enjoy a fancy and delicious meal that can keep you full for a few hours like I felt! I couldn't have a meal for hours after enjoying this delicious dish and that's always something good, knowing that you are spending your money on food that's not only fresh and healthy but also delicious and tasty.



Side Dishes

I highly recommend this restaurant if you are looking to try something new or if you want to take your family out to eat on a Sunday afternoon.

My American friend was surprised at how sweet and thin the BBQ ribs were. In fact, one of his favorite dishes in the meal were the grilled onions

under the BBQ ribs. The sweet and savory mixture was fantastic. In addition, he thought the many flavors in the meal were distinctly different from Japanese, Chinese, or Vietnamese food. This was his first time at a Korean restaurant, and he expected the kimchi to be really hot, but it was surprisingly sweet and mild. From the many sides, he loved the cold, shredded pickled radish the most.

Dai Nguyen

This was the first time I had been to the Hankook Tofu House, a Korean restaurant, located on Folsom Boulevard. Although the restaurant is not big, it is very clean and neat. The environment was warm and family-friendly. The food was so delicious. The best plates I enjoyed were bibimbap combination, spicy rice cake, and kimchi pancake which were delivered hot and fresh. The plates were not too salty or too sweet, just right. The plates were served with many side dishes such as kimchi, cucumber salad, radish salad, bean sprouts, etc. It was crunchy, not too sweet, not too salty, not too sour, and not too oily. It was just perfect. If you are a big fan of spicy food, this is the place for you. The price range is from \$13 to \$28 per dish. I think it is well worth it. Even though I didn't love the vermicelli noodles much since they tasted a little bit too sweet to me, I would give it 5 stars because the Korean waiter who may be the owner was very welcoming and kind.



Kimchi Pancake (Kimchijeon)

Interview with Mariam Moslehi

Continued from page 1



The Parrot: Is Art your major at ARC?

Mariam: My major is computer science. I have always liked to do art. Since I was a kid, my mom is an art teacher. I have always had art in my life. My mom teaches me a lot about art. I like computer next to art because it has a connection with it. I love fashion and computers.

The Parrot: Can you tell us a little bit about your handmade art?

Mariam: That is called papier-mâché. All of my art is made of paper, toilet paper. It's really cool. I use acrylic paint on it.

The Parrot: How long does it take for it to dry?



Mariam: It usually takes 2 days. It also depends on the thickness of the paper I made.

The Parrot: When did you start doing it?

Mariam: When I was a kid, my mom always did art in our home. She wants me to continue to do it. I can say I have done it since I was 5 or 6 years old.

The Parrot: How long have you been working in the ESL Lab?

Mariam: Since 2020. I'm also a tutor for math. I'm really good at math. You can come to the Tutoring Center and I can help you with math.

The Parrot: That's amazing. What kind of art do you enjoy the most?





Mariam: I'm working on a project. I'm going to make 12 painting pictures about "Human Existence." I will need to make ideas then put them on the draft. One painting of these will take me around one month to two months to finish. I completed three pictures for the project and I have nine more to go.

The Parrot: Did the handmade art come from your mind or did you learn it from somewhere?

Mariam: It was from my mom. She taught me about it and I also went to some art classes. Most of my art is inspired by Persian artists. Of course, they come from my mind.

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

Mariam: When I'm doing art, it gives me a really good feeling. I actually can share my feeling with

others which are cool. It really changes my feeling. I still can feel everything around me. I don't draw wherever I want. I don't have a specific place for myself. It depends on my mood.

The Parrot: Do you have any favorite artists or works of art that inspire you?

Mariam: My mom, Rumi, and Persian poems.

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

Mariam: Yes, good question. I usually come to the Eco-Friendly market to show people my art and I sold some of them. I also sell my art on my website. My website is called [May May Gifts](http://MayMayGifts.com). I'm not working for selling now. I love to do volunteer artwork for the community in Natomas. I did the painting "Seven Valleys of Love" for them.

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

Mariam: It's great. I love people to see my art and tell me their feelings about it. I read the Parrot and love the art in there.

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

Mariam: Absolutely. I would love to do anything to help it.

The Parrot: Thanks a lot for your time. It's our pleasure to talk to you today.

Interviewer: Tuyet Le

If you want to see more, look here:

Maymaygifts.com



English Practice Hour



English Practice Hour

It will be
online

Please contact Professor Denise Saur
at saurd@arc.losrios.edu for a link to the
Zoom session.



Did you find
them?

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.

Last Day in My Country



"Hi, My name is Ludmila Lelivhina from Moldova, I'm a student from listening 320. Today I want to tell about a sad story of my last time in my county..."

-Ludmila Lelivhina, from Moldova

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

"It is really hard to leave the country where you grow up, play among friends, listen to the story of your grandparents, and smell the breeze of nice environment..."

-Ravdeep Kour, from India

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



"...You know, when I got the greencard I was very happy and I also was very sad. I was happy because I have the chance to live and work in America..."

-Tigran, from Armenia

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



Spring 2022

<https://lrccd.zoom.us/j/97773383036>

Mon -Thu 8am-7pm Fri 8am-12:30pm

New ESL Student Questions

Study English in the LAB

ESL Program @ ARC Info ESL



Assessment Info

Translation

Dari

Russian

Spanish

Ukrainian

Romanian

German

Pashto

French

Hmong

Arabic



Hey HomeBase for Language & People!

We are now open **IN PERSON** (and still online)! If you need a place to study between classes, use a computer, or want to organize a study group, we have space for you! This is your space to use as your home-away-from home.

Location: Pop by **103** and **104 DAVIES HALL** if you need help or a spot to work.

SPRING SEMESTER IN PERSON HOURS:

Mondays, 12pm - 3pm

Tues & Thurs, 9am - 12pm

Wednesdays, 9am - 6pm

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/>

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

Apply for Foundation Scholarships From January 14, 2022 to Friday, March 4th, 2022.



The ARC scholarship program closes on Friday, March 4. Currently there are over 50 scholarships with no applications. To make the process simpler, the recommendation letter requirement was removed this year and the application process is quick and easy.

[Click on the photo to APPLY!](#)

CRC Art Gallery Reception: Real ID Thursday, March 17, 2022 5:00 to 9:00 pm

Eight ceramic artists take on identity in the CRC Art Gallery exhibit "Real ID." This exhibit is part of the National Council on Education for the Ceramic Arts (NCECA) project, "Fertile Ground."

This exhibit runs from February 25 to March 29, 2022. There will be two receptions.

Opening reception: February 25, 2022 from 5:30 to 8:30 pm

NCECA reception: March 17, 2022 from 5:00 to 9:00 pm

Gallery regular hours: Monday to Friday, 12:00 to 4:00 pm

Location: At Cosumnes River College (8401 Center Parkway Sacramento, CA 95823), the Art Gallery is located next to the Visual and Performing Arts Center.

REAL ID
Eight Ceramic Artists Take on Identity

A stylized, colorful parrot illustration with red, blue, green, and yellow feathers, perched on a black silhouette of a branch.

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

