



Spring 2022

THE PARROT



ISSUE # 162

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

Passion for Plants: Damaris Ispache



Parrot: Hello Damaris, thank you so much for having us today.

Damaris: Thank you guys so much for the interview.

Parrot: Can you tell us a little bit about you and how are you linked to ARC?

Damaris: I'm from a little town in Monterey Bay County called Greenfield. It's very small. I graduated high school and I went straight to San Jose State to study Communications, but after three semesters I realized, I didn't want to do that--I wanted to do something with Agriculture and plants

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**WORD
COLLAGE**

p. 30

*"At the moment,
don't buy my books,
help the people of
Ukraine instead."*

*Abhijit Naskar, best-selling
author and neuroscientist*

An Interview about Special Immigrant Visas: Advice and Awareness

How did you and your family arrive in Sacramento?

Manizha: So, I used to live in Maryland for 2 ½ years. Because of the weather change, we decided to come here because we have a big family and there is a big community, an Afghan community here. Because of my kids, I decided to come here for them to just grow up in our culture, for them to know and



practice our language better. So, when I came here, I heard

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Student Chirpings

I Miss Ukraine

Editor's Note: This essay was written in Fall 2021.

Everyone has a country in which they were born. This country is called the homeland. My homeland is Ukraine, a picturesque corner of the region where I spent my childhood and youth. Where I took my first steps, said my first word, went to my first school and did my first achievements. All of these come to mind with fond memories. These memories will always bring me back to the country of my birth. That is why I miss my country: friends and relatives, memories that inspire warmth, and weather.

The first reason I miss my country is my friends and family. I have a large family of aunts, uncles, sisters, and brothers. I miss them. Especially my grandparents, who have supported and helped me since childhood. My grandmother cooked deliciously, and I often stayed for a few days because my grandfather told funny stories that I wanted to listen to. I also miss my friends very much. We studied with them and went through the first failures and the first victories. We had fun although there were difficulties, we still remained friends. I believe that having a good loving family and loyal friends is a treasure, and I miss them so much.

The second reason is fond memories. When I was a child, I rarely thought about

problems or troubles. I had carefree childhood in which there was eternal, true friendship, letters written by hand. Also, I spent my childhood without the internet when we walked on the street all day. And we were happy, having fun and interesting times in the company of friends, brothers, and sisters. Warm memories often relate to childhood. Only in childhood can you just live and enjoy the simplest things. When I think about Ukraine, my homeland, such memories bring warmth and joy.

memories bring warmth and joy.

The third reason that I miss Ukraine is the weather. Ukraine has balanced weather. There are three

months of spring, three months of summer, three months of autumn, and three months of winter. When I went to the lake to swim, I liked that I could play snowballs in three to four months. And as a child it brought joy. Another advantage of the weather in childhood was spring, summer, and winter vacation. Moreover, the easy transition from heat to cold was comfortable for health. This weather is loved by both adults and children. I miss the transition of the season.

I miss my country very much. Although I am thankful for the country in which I live.

Iryna R.

ESL 47

Opinion Essay



A Home Is Where Your Heart Lives: Ukraine

Editor's Note: This essay was written in Fall 2021.

Life is a big and long journey. I like to travel and discover new countries. I have visited more than twenty countries. My home country is Ukraine. Now I live with my family in America, I miss so much my home country. There are several reasons that I miss my country.

First, I miss my family and friends.

All my native people stayed in Ukraine, my mum, dad, sister, and all my friends. It is re-



ally hard not to be able to see my family every day. Nothing can replace communication with your own native people. Also, I miss my friends. One old friend is better than a hundred new ones. Therefore, the most I miss are

my family and friends.

Second, I miss my job. In Ukraine, I had a women's clothing store. I liked my job very much. I like to communicate with people. I like helping other people to create their own style. I loved my friendly team. That's why I really miss this every day. It's really good to have a favorite job. I miss my job.

Third, I miss Ukraine and Ukrainians. Some things we can't describe in words. We can only feel. There are a lot of beautiful countries in the world, but Ukraine is the best country for me. It's an incredible and amazing feeling when the plane lands and you step on your native land. Also, I miss Ukrainians and my native language, my native nature, my hometown.

In conclusion, in my opinion, life is a journey through yourself. A home is where your heart lives. It is really cool to try something new but eventually return home.

Yuliia Tsybulska
ESL 47
Opinion Essay



Movie Review

The Matrix



My favorite movie is *The Matrix*. Especially the first part. I like the very unusualness of the plot, its main idea. The main idea is that the world around us is very similar to a computer program. I'm not a big film critic and I don't notice how actors play. I like the script and the staging. I have a very rich imagination and this movie captivated me completely. I watched it many times to

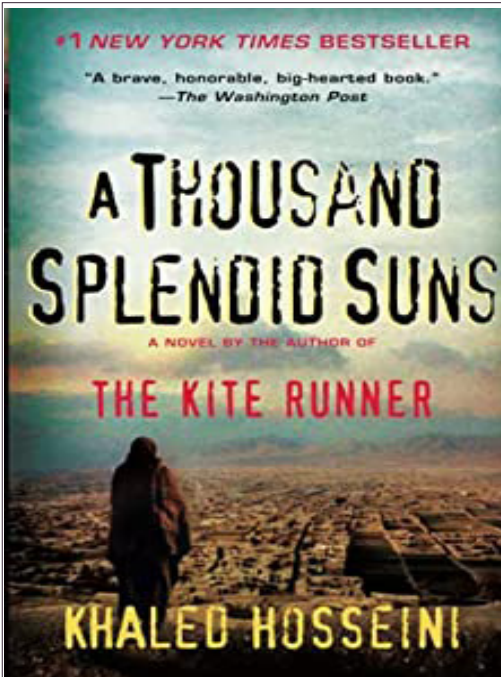
get into the details of the plot. I like how Wachowskis thinks and thinks. This is genius. I don't like violent scenes, but I like the idea of the plot. Five stars for story and direction. The actors were also very good. You all know them. Keanu Reeves, Laurence Fishburne, Carrie-Anne Moss, Hugo Weaving played great.



Tatiana Levchenko

ESL L310

Book Reviews



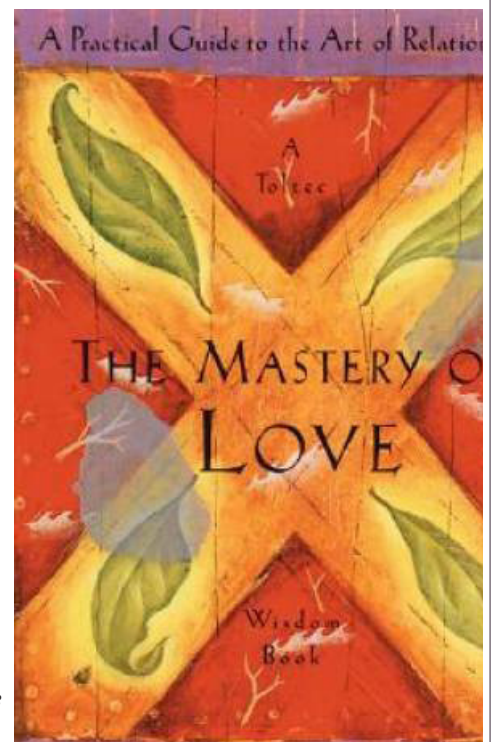
I want to talk about the novel *A Thousand Splendid Suns* by Afghan writer Khaled Hosseini. Last year I read this book. The author talks about the tragic fate of two Afghan women who were the wives of one man.

Several months have passed, and I cannot forget these two women because it is hard to read about them. Life brought these women closer. Now they are not rivals, but close people who support each other. They wanted to be just happy, but only one of them waited for her happiness. Another died without trial or investigation.

I want to re-read this novel, but I think it is challenging. I would rate this book five stars.

Nina Polyakova
ESL L310

I really like to read books. The content of the last book I read was very useful, and while reading it, I was very relaxed. The book itself is a peace-bringer for the mind and the soul. I think the title *The Mastery Of Love* illustrates how deep are Don Miguel Ruiz's thoughts. This is a must-have type of book for a person with a busy lifestyle. I read this book recently during the winter holidays. While being on a plane for a 6-hour flight, this book delighted me so much that when I returned home to Sacramento, I bought Don Miguel Ruiz's entire collection of books. I like how the author describes the feeling of love for children, for the husband, and for God. I haven't read the other books yet, but their titles are just as captivating. On a scale of 5, I'll score this book the highest. *Mastery of Love* deserves to be among my most beloved books.



Lidia Cebotari

ESL L310

TV Review

Dynasty

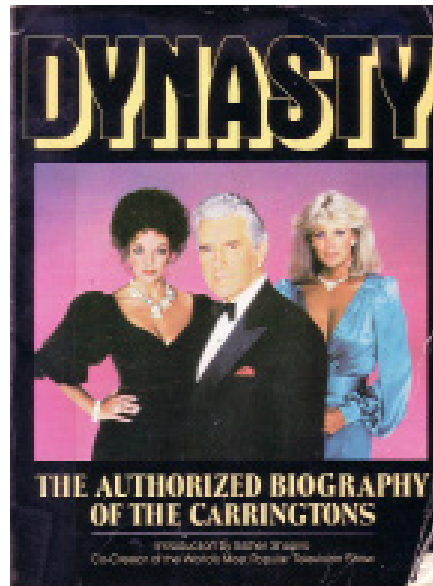
I want to tell you about my favorite TV series of my youth. In the early 1990s, the Soviet Union collapsed and the economic situation in Ukraine was very difficult. And so, against the background of all these problems, gray everyday life, and a limited number of old Soviet films, thanks to the producer Aaron Spelling, we find ourselves in another world. This is the world of the series "Dynasty", which has a bright natural location, towering skyscrapers, huge luxury homes, designer clothes, and luxury cars.

Created by Richard and Esther Shapiro, the film became popular thanks to the good acting of Joan Collins, John Forsythe, Linda Evans, Heather Locklear.

This fall, I got to the filming location of the series, to the house of my dreams. This is Filoli Historic House & Garden. I was so excited, and then I wanted to watch the series again to feel and experience the same emotions as 25 years ago. Life is beautiful, life has many surprises, we still have so much unknown. Sometimes there are difficulties, but the strong person does

not give up! True feelings such as love, friendship, and fidelity -- are eternal. These are the main emotions and ideas that I felt while watching the movie for the first time.

So, after visiting the filming location, I wanted to plunge back into those emotions and feelings, and I watched this series again.



I was amazed by the topics that were raised there; they were sharp for that time. This series has 9 seasons and 220 episodes, and I'm finishing the 8 seasons. When I do my housework, this film sets the background for me.

Maybe now this film is a bit old-fashioned, naïve, and boring for me, and the plot is a bit stretched, but for me, this film is valuable as a promise of a better life for a twenty-year-old girl full of hope and ambition on the ruins of the collapsed USSR. So, for this girl, it was 5 stars.

Oleksandra Zachynska

ESL L310

THE PARROT

~Place dedicated to students with energy to spread widely her unbelievable talents of their know-how,

~Attentively, they do it giving a rainbow that capture and alerts the mind,

~Relaxing as properly their soul in front of the open-door of hope, and makes them stronger than it's never ever been so far,

~Refreshing their mindsets, and then enhancing,

~Overflowing readers' mind and makes them smile, improving their knowledge progressively,

*~Through the right way of social values. If so, wonderful is **THE PARROT**, everybody should contribute as he could because united, we stand, divided we fall.*



*My pleasure!
LORI*

The author is an ESL student at American River College.

Traditional Ukrainian Food

Have you ever tasted delicious, traditional Ukrainian foods? The Ukrainian people never forget their traditions. Ukrainian kitchen is delicious and varied. There are three great foods that Ukrainians have been preparing for holidays for a long time, and not only for the holidays but also in the daily diet.

The first dish that I will share with you is called borscht. The tradition of cooking this dish was born in Kievan Rus in the 14th century and has survived to this time. This is the most popular kind of soup in Ukraine. It has a rich, sweet, and sour taste, with the red color that beets give it. In ancient times, borscht was cooked in a cast-iron cauldron on a stove or fire. You need about two hours to cook this dish. To prepare borscht, you need good inspiration and some products such as meat, beetroot, cabbage, carrots, onions, herbs, and spices to your taste. The meat for making the broth in which the borscht is cooked can be of such types as chicken, pork, and beef. Borscht is served hot with sour cream and fresh garlic. Summing up, I want to tell you a very important thing, such borscht as in Ukraine is not prepared anywhere else.

The second dish is Ukrainian *vareniki*. Everyone knows and loves them, from young to old. This is a boiled product made from unleavened dough with different fillings. They are divided into two categories, sweet and salty. *Vareniki* can be produced in large quantities and stored in the freezer. This is a kind of semi-finished product. There are many options for fillings for *vareniki* such as potatoes with mushrooms, cabbage, potatoes with liver, cottage cheese, cherries, and many others.



FOOD Blogger



As a child, my mother often cooked *Vareniki* with strawberries and blueberries. These are still some of my favorites. In Ukraine, *vareniki* can be seen on the menu of most restaurants and cafés, where they are served hot with butter and sour cream. In short, I will say that this is not only a traditional dish, but a popular folk song has also even been written in honor of it. It is an inspiration for music and songwriters.

The third dish is pancakes. This is a favorite dessert of many Ukrainians. Pancakes were once included in the list of ritual dishes of pre-Christian spring celebrations. Nowadays, there are several recipes for making pancakes. In Ukraine, they are prepared from water, salt, and flour, and the fillings can be made as you like unless, of course, you want to eat them with your favorite sauce or honey, and then you don't need the filling. Fillings can be both salty and sweet. The cooking time for one pancake is no more than one minute after the dough is poured into a frying pan very thinly and fried on both sides. Pre-made pancakes are filled with filling and formed into envelopes or rolls. When the dish is served in one portion, several pancakes come out. This dessert brings me fond memories of my childhood. In general, this dessert is not complicated but very tasty and delicious.



Basically, the Ukrainian people are famous for their delicious food. Times are changing, people are trying to improve everything, but Ukrainian traditions remain unchanged. It's like a relay race that is passed down from generation to generation. I really like the traditions of my country and our national food.

Olena Barysh
ESL 47
Opinion Essay

Reasons for Choosing Certain Foods

Have you noticed how different people choose very different products in the store? Why do some people carry a cart full of chips and soda while others choose only vegetables and fruits? This suggests that people are guided by different reasons and are driven by different motives when they choose food. When choosing certain products, people are guided either by concern for their health, the taste of food, or the cost of products.

Many people care about their health the most, so they choose only those products that will be useful. Some of them already have poor health, so they must seriously monitor what they eat so as not to worsen their health. Someone, looking at the people around and knowing about various diseases, decides that it is worth limiting oneself even from something tasty and pleasant because they understand that good health is more important. They want to live longer and be more efficient. For these reasons, such people choose only healthy food, because they care about their health first.

There is another category of people for whom the most important thing is to feel the pleasant taste of food. Such people are used to getting pleasure and appreciating it the most. It is difficult for them to limit themselves from receiving pleasure, so they are ready to sacrifice their health for the sake of pleasure. Based on this, they prefer tasty food, even if it is harmful. A few years ago, a relative of mine died after a long illness. Doctors warned him for a long time that he needed to give up some

food, but he could not and became seriously ill. Unfortunately, such people are guided only by the desire for pleasure, so they often prefer junk food.

For some people, the prices of products are important, and they make their choice based on the small amount of money they have. Maybe this problem is not so clearly visible here in America, but for example in my country food is very expensive and many people spend more than half of their budget

on it. Therefore, when they come to the store, they think first about having enough money for the most necessary things. Often, they have to buy the cheapest products, and they are usually not of the



highest quality. Unfortunately, there are people who, when choosing food, have to be guided by the little amount of money that they have.

People value different things, so some people care more about their health, while others need it to be tasty. Still, others choose only what they have enough money for. I think there are other reasons why people choose this or that food, but in my opinion, these are the most common. I would like people to be more able to take care of their health and avoid junk food, and that the economic situation allows all people to eat quality and varied food.

Danylo Muzychenko
ESL 315
Cause-Effect Essay

First Person

I think that I have three good character traits. I am reliable, punctual, and logical in my actions. My reliability is that I can be trusted with any secret. When someone shares a secret with me, I never tell that secret to anyone else. My punctuality is expressed in the fact that I like to do everything on time, and I also try to never be late. I am logical in my actions because I think first, and then I act. For example, I am logical in my purchases because before I buy anything I ask myself if I really need it. I like these three qualities, so I always try to show them in life.

Liia Radieva

ESL 47

Every person in the world has their different own characters, and when I studied myself, I found I'm a punctual, creative, and kind person. In every work in my life, time is important for me, and I'm a punctual person. Time is the way of success for me, and I always do all my work in my life on time. I'm a creative person because I make new types of food for my family. I'm a creative person in cooking, and I work hard in all my cooking. I'm kind to everyone. I always help poor people by giving them some money and food with kindness. I'm also kind to children, and I try to make them happy with some toys. I also like kind people. These specific things make me a punctual, creative, and kind person.

Humaira Sarbaz

ESL 47



Every person in the world has their different own characters, and when I studied myself, I found I'm a punctual, creative, and kind person. In every work in my life, time is important for me, and I'm a punctual person. Time is the way of success for me, and I always do all my work in my life on time. I'm a creative person because I make new types of food for my family. I'm a creative person in cooking, and I work hard in all my cooking. I'm kind to everyone. I always help poor people by giving them some money and food with kindness. I'm also kind to children, and I try to make them happy with some toys. I also like kind people. These specific things make me a punctual, creative, and kind person.

Annie Estudante

ESL 47

Life as a Beacon Tutor

beacon: someone or something (such as a country or lighthouse) that guides or gives hope to others

tutor: a teacher who works with one student or a small group of students

To give not just to possess, and to teach not just to learn: these are values that many of us still struggle to develop these days. Giving increases the happiness of many people and communities. For this reason, the American River College community is giving us, students, the opportunities to contribute to the education process and to facilitate learning for others in many programs. One of the critical and most efficient programs is the Beacon Tutor program.

In the Beacon program, students can become tutors for other students in weekly scheduled group sessions outside the class time to assist them in pursuing their study programs. ARC recruits a lot of students, and this semester I was one of them, to join this program.

To become a Beacon Tutor, first, I talked to my professor about my interest in joining. Secondly, when I had gotten approval from the professor, I enrolled in LRC 310, which is a one-unit course that is required to train the Beacon tutor to develop the skills needed for the program. Third, I completed the hiring packet and sent it via email to the hiring clerk.

In the LRC 310 course, I was trained to run tutoring sessions like a classroom



teacher. I am expected to prepare lesson plans and learning activities taking into consideration the different learning styles and study skills of the students in the session. Such preparation benefited me in many ways. It helped me keep reviewing what I have learned and strengthened my educational-related skills.

Becoming a Beacon Tutor is a great opportunity for me to connect with other students who share an academic interest in learning English. For instance, one student said that he was happy to attend

the tutoring session where it provided a good opportunity to practice more English speaking and to exchange learning experiences. Additionally, I really value the moments when my tutees open up to me and talk about the difficulties that they face in doing their homework and in completing their assignments to the level expected of them.

Furthermore, the planning for tutoring sessions demands decent knowledge on how students learn and acquire knowledge as they learn differently and have various study skills. This is not just about Q&A; it is about involving students in the learning activities. For example, in ESL 47, I give the students a list of related sentences to rearrange them in a meaningful paragraph as a practice of building paragraphs based on recognizing the components of the paragraph, which are topic sentence, supporting sentences, and concluding sentence.

Since Beacon tutoring is my first English-speaking job, I am grateful for how it helps me to self-reflect and to learn more myself by helping others. As a previous computer instructor in Jordan, I used to plan sessions based on technical skills that require students to perform on the computer without taking into consideration different learning styles and study skills as Beacon tutoring is asking tutors to do in their lesson plans. Thus, one of my challenges now is to attract

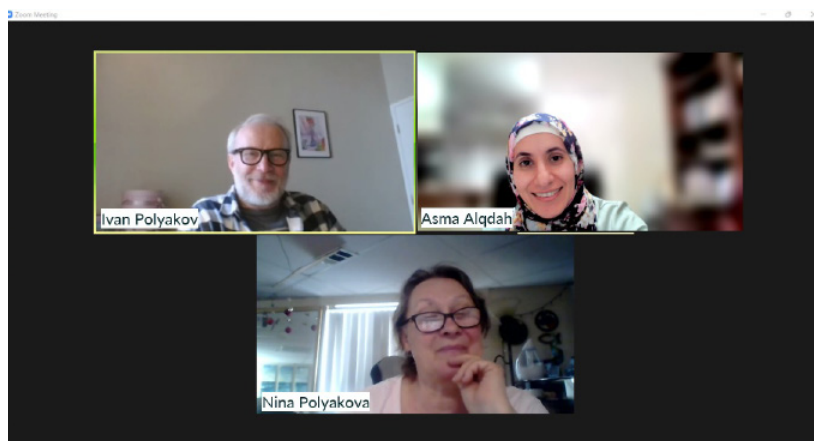
my students' interest and attention throughout the session by facilitating learning activities that demand self-learning and group activities. Such preparations require a longer time for planning and research.

Even though I am challenged by the amount of preparation and time it takes for each session to be interesting and successful, I

like the fact that I am being helpful, and I feel like a contributing member of the ARC educational community. I have to admit that I have personally become a better student.

Beacon Tutor: Asma Alqdah

For more details about the Beacon program including how to become a Beacon Tutor, please [click here](#)



Continued from page 1

about ARC college from friends. That is why I decided to enroll at ARC-- to focus on my education.

How long have you been in Sacramento?

Manizha: About six months.

Okay. So, after six months, what do you think about Sacramento?

Manizha: I really love it because here, I have a lot of friends and family. I am not alone anymore, and my kids have made a lot of friends in school. Also, the weather is perfect, so the kids can go and play outside and have fun almost every day! Our kids were the biggest reason that we decided to make a big move.

Okay, so when you got to Sacramento, you had friends and people in the Afghan community who told you about ARC, right?

Manizha: Yes. That's right.

But why did you decide to start taking classes?

Manizha: Well, back in Afghanistan I was an English teacher for basic classes. But when I moved to the US, language was still a barrier for me. For example, I had a lot of issues with pronunciation, and I had to attend some English classes on and off because my kids were young and I had to take care of them. So, on and off, I decided to practice and learn English more. But after that, I decided

that I wanted to go for the medical field, and that is why I decided to enroll at ARC and study to become a nurse.

So, you chose ARC specifically so that you could get a job in the medical field?

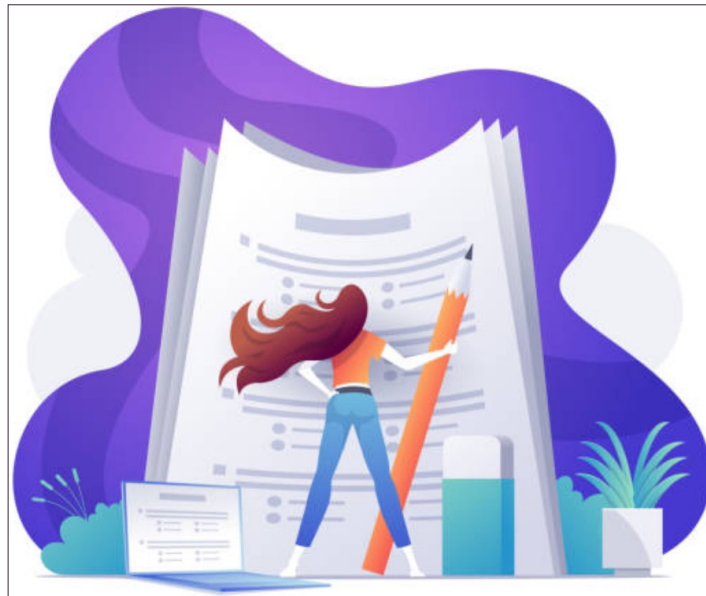
Manizha: Yes! It is my nature to care about people in need, so I decided, "Okay, let's go for the medical field. This is the way I can help people the most." Especially people in my community, there are a lot of people around who do not speak English, especially women from Afghanistan. Most of the time,

they have a hard time going to the doctor or getting medical care. So, right now, I am taking Medical Assistant classes because this is an important step to becoming a nurse. My number one goal is to become a registered RN.

That is wonderful. So, you are new in Sacramento, your

friends tell you about ARC, and you are motivated to start working toward your goal of becoming a nurse. What happened when you tried to enroll and start taking classes?

Manizha: To be honest, I was very excited to go to college. I was thinking, "Okay. Both of my children are in school, and now I have enough time to work on my goals!" But... it was really, really difficult for me to get started at ARC. First of all, the application was very complicated, but I got some help from a friend so that I could complete it.



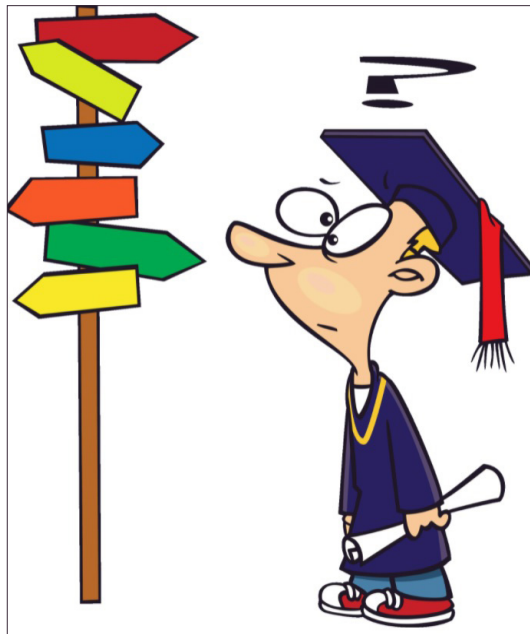
Then, after I submitted the application, I tried to call and e-mail people at ARC to make sure that I would be able to enroll in classes. I sent e-mails and left voicemails, and classes were about to start, so I was just waiting, but nobody got back to me. There was a time when I waited on hold for hours and hours to try to find someone to say, "Here we go. Yes. You completed the application, you finished your assessment, and here are the classes you should take."

That sounds frustrating. Then what happened?

Manizha: Well, finally, I was able to talk to someone and found out that I should take a class called ESL 315. Professor Erik Haarala was teaching this class, so I called him and left him a voicemail. Luckily, he was very, very helpful. He got back to me on a Sunday and said that he was going to help me get enrolled in his class. But after that, there was another problem.

What was the problem?

Manizha: Well, I kept e-mailing everyone to say, "Hey, I am an SIV student, which means I hold a Special Immigrant Visa. I came through SQ2. I do not have to wait for one year in order to enroll in classes at ARC." But everybody was like, "Nope. Because you are new in California, you have to wait for one year before you start." So, I went to the campus three times, and I was able to talk to three different people in the Admissions



Office, but all three of them told me the same thing: "Nope. You have to wait." But I was so frustrated because I knew that the SIV visa allowed me to start taking classes right away.

Okay. So, how did this problem get solved?

Manizha: Well, Professor Haarala gave me the contact information for Kristin Farlow in Student Services. She told me

that she could contact the Admissions Office personally and let them know that I was eligible to enroll because of my SIV status.

After Kristin Farlow helped you with the Admissions Office, did you have to send any new or different documents or information? Or did they already have everything they needed from you and not know about the law?

Manizha: Unfortunately, they did not know the law. They were not familiar with it. And I did not need to send any new documents or information because they already had everything they needed.

And what kind of documents did you submit to prove that you were able to take classes right away?

Manizha: They asked me for a picture of the visa that I used when I first entered the US. So, I sent that to them, and they said, "Uh oh, this visa is expired." And I said, "Of course, it is because now I have a

green card!" So, right away there was some miscommunication. Then they said, "Okay. If you have a green card, you need to submit this different form in eServices." Then, after I sent in that other document, that was when they told me that I was not eligible to enroll, and, to be honest, I was a little bit frustrated. But I told myself to be patient.

How did you do that? How did you stay patient?

Manizha: The reason I was so patient was that I knew that I was 100% right, and I was allowed to start at ARC. But then I thought, "Okay, so, if this is so difficult for me-- and I do know English, I can e-mail, I can call them-- but if it is this frustrating for me, then what about those Afghans who are new students and know nothing about college?" Especially right now, everyone is online-- it is very complicated and difficult for them to enroll.

What do you want staff or anyone at ARC to know about students like you from the Afghan community?

Manizha: First of all, I really respect the help and support of the people at ARC. I know that they are working very hard, and things are difficult because everyone is online. So, I really appreciate everything they are doing to help my community, and we have a very large Afghan community here in Sacramento. So, with respect, I ask that different offices on campus let all of their workers know about these laws about

visa status and residency. This is a very important issue because we have so many Afghans who are new in Sacramento, and many more will come during 2022, so there will probably be many people who have SIV status. This means that these students do not have to wait before they start taking classes at ARC. I mean, there is a rule called SIV SQ2, which I came through the SIV visa, and this is the rule in California. So, if the people who work at ARC know about these rules and laws, they can help Afghan students even more.

Wonderful. How can staff and faculty help support Afghan students at ARC? What helps people when they are working with immigrants and English language learners?

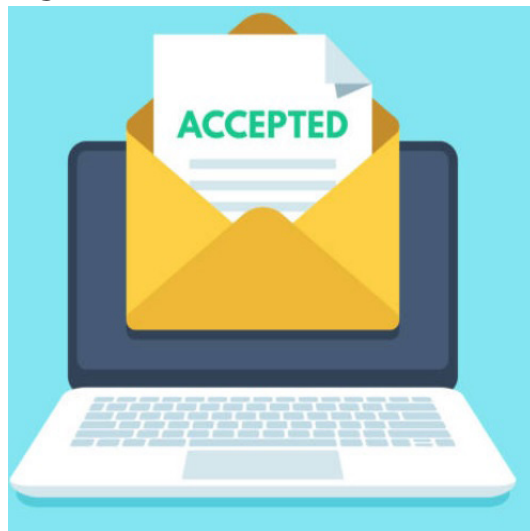
Manizha: Honestly, I think that it is patience. So many newcomers have no information, so we need to be very patient with them.

We need to explain things slowly and go step-by-step to make sure that these new students truly understand how to start working on their goals at ARC.

Interviewer: Jeff Moran

If you are an SIV holder and need the form to request exemption from paying non-resident tuition, you need to use form ABA343. Click the link for the form.

ABA343 form: <https://arc.losrios.edu/shared/doc/admissions-records/forms/ab-343-request-form.pdf>



Holiday Poem - Easter

WHAT AN EASTER BUNNY?

BY KELLY ROPE

"You may think that this sounds funny,
But why do we get eggs from the Easter bunny?

Shouldn't there be an Easter Chicken

With her scrawny legs a-kickin'

As she rushes around in a whirl

Leaving eggs for each boy and girl?"



The grass is green and you are blue,
so why oh why can't I find you?
One plastic egg left to find.
I must keep looking, no candy gets left
behind!

— Michele Meleen



Easter is a
new beginning...
Easter brings joy!
Easter is the coming
of springtime...
Easter brings smiles!
Easter is to thank the Lord
for all the blessings
in your life!
Happy Easter!



Some More Parrot Fun

Finding Stuff

FARM ANIMALS



FIND 10 HIDDEN ANIMALS



Rule:

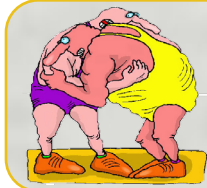
Can you see the farm animals? Find 10 hidden animals in the picture.



See the answers on page 31

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

Compound Nouns

Definition: A compound noun is a noun made up of two or more words. Each word makes up part of the meaning of the noun.

Compound nouns can be written three ways:

<u>A Single Word</u>	<u>Two Word</u>	<u>Hyphenated</u>
haircut	rain forest	self-esteem
toothpaste	ice cream	brother-in-law
sunflower	heart attack	close-up
rainbow	movie stars	life-size

Two-word *proper* nouns can also be classified as compound nouns. Remember that proper nouns are the names of specific people, places, and things.

Examples of Proper Nouns:

Angkor Wat	Tower Bridge	Eiffel Tower
Nelson Mandela	Pacific Ocean	West Coast

When a compound noun is a single word, make it plural by adding *s* to the end. If the compound noun is hyphenated or composed of two separate words, remember to add *s* only to the word that is plural.

Examples Of Plural Compound Nouns:

one mother-in-law = two mothers-in-law
(There are two mothers, not two laws.)
one director general = two directors general
(There are two directors, not two generals.)

Source: <https://www.englishgrammar101.com/module-1/nouns/lesson-6/compound-nouns>

Idiom--Attic

"to ride shotgun"

Meaning: When you sit in the passenger seat. This expression comes from the old American West.

Example: Yesterday I was riding shotgun with my best friend to Josh's party



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

The Letter Z

The letter Z makes the sound heard in the words *zero* and *lazy*. This consonant sound ranks in the rare category along with its counterparts: *qu*, *x* and *y*. The letter Z can also sound like the letter S.

Examples:

bazer, dozen, dozer, hazel, pretzel, Venezuela

In addition, here's a list of the use of the letter Z that indicates the location of the /z/ sound – beginning (initial), middle (medial) or ending (final).

Initial Sound	Middle Sound	Final Sound
zap	lazy	breeze
zero	magazine	buzz
zeal	puzzle	fizz
zeppelin	citizen	freeze
zigzag	crazy	fuzz
zillion	dozen	jazz

Source: <https://www.sightwordsgame.com/alphabet/letter-z/>

Ramadan Moon

All the people are coming and going
 Getting ready, to-ing and fro-ing
 There's a buzz in the world tonight
 People are so excited
 Daddy's coming home soon
 Hoping to see the moon
 Hoping to catch a sight
 Everyone's so happy

Moon, moon... come out soon!
 We're off to see the Ramadan moon
 Clouds shift fog lift!
 city put out your light
 We want to see
 The Ramadan moon... tonight!!

Now Ramadan has started
 And the moon has just been sighted
 tomorrow we all fast
 Every Muslim must
 Now 'Esha time is here
 And it's time to leave for prayer
 The imam is in the mosque
 The Qur'an is in his heart

Written by Yusuf Islam, previously known as Cat Stevens, to explain the concept of Ramadan to children. To listen to the whole song version [click here](#).

Rigoberto's Riddles

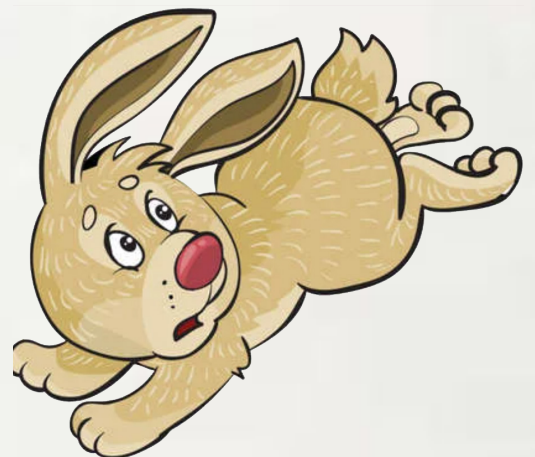
There's only one place
 where Christmas comes
 before Easter. Where is
 it?

The dictionary.



Silly Vasily's Chuckle Chamber Ruined Easter!

One Easter, a father was teaching his son to drive when out of nowhere a rabbit jumped on the road. Slamming on the breaks, the son said, "I nearly ruined Easter! I almost ran over the Easter Bunny." His father replied, "It's okay son—you missed it by a hare."



Reading for Beginners

San Francisco

In June, Diane visited her friends who live in San Francisco, California. This was Diane's first time in the city, and she enjoyed her opportunities to walk around and explore.

On the first day of her trip, Diane visited the Golden Gate Bridge. This red suspension bridge measures 1.7 miles in length. Diane and her friends did not walk across the bridge. However, they viewed it from the Golden Gate National Recreation Area, which offers hiking trails, picnicking areas, and presents spectacular views of the bridge and city. Diane and her friends made sure to take a group photograph here, featuring the bridge in the background.

The next day, Diane and her friends visited Alcatraz Island. This island is located 1.25 miles offshore in the San Francisco Bay. It used to serve as a lighthouse, military fort, and prison. Diane and her friends took a small tour boat across the bay to reach the island. Their visit included a guided tour through the old military base and prison. They also took a walk around the island to appreciate some of the native wildlife in addition to the views of the city.

Diane and her friends spent the final day of her visit in San Francisco's downtown area. Diane's favorite part of

her entire trip was taking a trolley to transport her up and down the hilly streets of San Francisco. Diane did a lot of shopping downtown on her last day. She and her friends celebrated the end of her visit by having dinner at one of San Francisco's best restaurants.



Source: <https://lingua.com/english/reading/san-francisco/>

Did You Understand the Text?

Please answer the following comprehension questions:

Question 1:

What was the purpose of Diane's visit to San Francisco, California?

- She was visiting friends who lived there.
- She wanted to tour the city.
- She was visiting for a job interview.
- She wanted to see its famous bridge.

Question 2:

How did Diane and her friends travel to Alcatraz Island?

- By trolley.
- By car.
- By boat.

Question 3:

Visitors can do all of the following at the Golden Gate National Recreation Area except for:

- Ride the trolleys.
- Take photographs.
- Hike the trails.

Question 4:

What was Diane's favorite part about her trip to San Francisco?

- Her final dinner with her friends.
- Her visit to the Golden Gate Bridge.
- Her trolley rides in the downtown area.
- Her tour of Alcatraz Island.

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!

Colombian Chicken and Rice



Rice with chicken is one of the most popular dishes in Colombia and South America, but every country has their own variation. This is one of them. Enjoy!

Ingredients

Stock:

- 4 whole chicken breasts, bone in and skin removed
- 2 scallion
- 1 white onion
- 4 garlic cloves
- 1 tablespoon ground cumin
- 1 tablespoon sazón Goya with azafran
- 2 bay leaf
- Salt and Pepper
- 4 tablespoons olive oil
- 0.5 cup chopped onion
- 2 garlic cloves minced
- 0.5 cup chopped red bell pepper
- 0.5 cup chopped green pepper
- 2 cups long-grain white rice

After Stock:

- 2 tablespoons tomato paste
- 2 chicken bouillon tablets
- 5 cups chicken stock
- 0.5 cup chopped fresh cilantro
- 1 cup frozen peas
- 1 cup frozen diced carrots
- 1 cup frozen diced green beans

Instructions

1. Place the chicken breast, 5 cups water and the remaining ingredients for the stock in a medium pot. Bring to a boil, cover and reduce the heat to medium low. Cook for 20 to 25 minutes. Turn the heat off and let the chicken rest in the pot for about 15 minutes covered. Let it cool, shred and set aside. Strain stock and measure 2 ½ cups and set aside.
2. In a medium pot, heat the olive oil over medium-high heat. Add the onions, green peppers, garlic and red bell pepper. Cook until the onions are translucent, about 4 to 5 minutes.
3. Add the rice, tomato paste, chicken bouillon and sazón Goya. Stir until the rice is well coated about 3 minutes. Add the chicken stock and bring to a boil. Then reduce the heat to low. Cover and simmer for about 15 minutes. Add the peas, carrots and green beans and cook for an additional 7 minutes, add the shredded chicken and cilantro, mix well with a fork, cover and cook for 5 minutes more.
4. Serve and Enjoy!



Tips For The Tax Season



Tip No. 2

Have a “strategy” to pursue the enhancement of the U.S. economy that will help you “reduce” your tax liability e.g., contribute to a “traditional” Individual Retirement Account (I.R.A.) that adds money to your “savings” plan and helps reduce your tax liability, and if you’re an entrepreneur, consider opening a Sub S Corp that offers “enhancement” to the U.S. economy and is tax “exempt.”

With the tax season being just around the corner, we've asked tax professional Leonel Padilla to share three tips with us on how to prepare to file our taxes with some useful advice. As Mr. Padilla says, taxes are very important in this country because they are the “primary source of income” of FEDERAL and STATE governments that pay for goods and services to benefit the US population e.g., roads and highways, public schools, parks, fire/police departments, and others.

Tip No. 3



Because of the complexity inherent in the tax law e.g., the TAX CUTS AND JOBS ACT, it is “highly” advisable to seek the expertise of a tax professional who is knowledgeable of accounting principles and procedures, along with a full understanding of the FEDERAL and STATE tax laws.

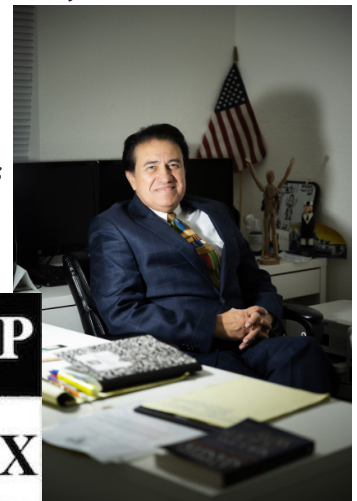
There you have it folks. We hope these useful tips help you get ready for this crazy tax season!!

Click on Mr. Leonel Padilla's photo to find out more about his business.

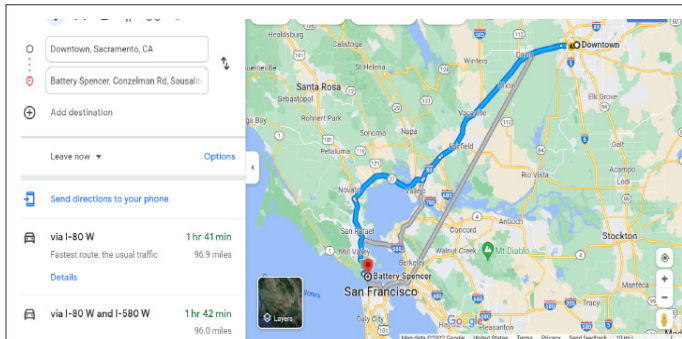


Tip No. 1

Have a yearly tax plan to be in “compliance” with FEDERAL and STATE tax laws e.g., prepare to file your tax returns on the filing due dates for business and personal taxes OR request a “timely” extension paying your estimated taxes due. Therefore, demonstrating to the Internal Revenue Service (I.R.S.) and the Franchise Tax Board (F.T.B.), in California, for example, that you have the “intent” to pay your fare share of FEDERAL and STATE taxes.



Explore California



Click on the image to start navigating from your current location.

This month, I want to share these two photos I took in a place that's visited by many all year long: Battery Spencer, in San Francisco, CA.

Battery Spencer is probably the best spot with the best view of the so famous Golden Gate Bridge as well as the skyline of the city. To get there from Sacramento, you simply take I-80 West and then you take the exit on Highway 37 which then will take you to Highway 101. Merge on 101 west and follow directions to Battery Spencer. The parking is usually free and it's best to go on weekdays rather than weekends, since on weekends is usually busy with tourists and people from all over the world who often want their picture taken with the majestic bridge in the background. This spot also counts with free restrooms and some

benches where you can sit and enjoy the view on a sunny afternoon with your family and friends.

To me this place is one of the most beautiful important places in California. It allows you to enjoy the city and when Karl The Fog rolls in, it becomes a magical experience making you feel you are in a live photograph or in one of those sci-fi movies where you are living on another planet.

It is important you check the weather before you head there though, because sometimes it gets windy and since the place is uphill on a mountain, it



can get difficult and even dangerous on a windy day. But other than that, I hope you can make it there one day. It's definitely worth the drive!

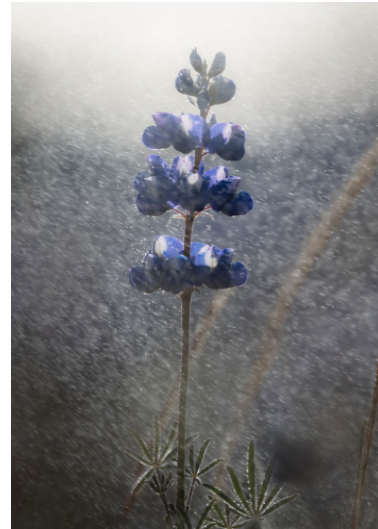
Manny

Bird's Eye

Lesson #1: It's All About Angles

Hi dear readers, I'm Manny, and today I'm going to be teaching you a concept that might not be studied a lot, but it makes the greatest difference when it comes to taking photos and that is "angle".

Angle is that point of view from which you see a subject, making the same subject look totally different depending on the angle of view you're looking at it from. I'd like to think that everything has an infinite number of angles from where you can look, and this is very important, especially in photography, because it can help you create an impact on the viewers and can also help make your image stand out from the rest. For example, as you can see below, there's a photo I took of this beautiful flower from a "normal" angle (an angle most of the people would use to capture it)



Here's another example of how you can benefit from trying new angles: A photo of the Old Sac Ferris wheel, but if you lay down and put the camera on the ground (and also find a puddle or create one by just pouring some water on the ground or using your phone screen) the angle of view changes dramatically making your composition change dramatically as well.



But, if you lay down on the ground and capture the flower from a low angle so you match its height, then the composition changes drastically, not only making the flower even more beautiful but also giving it a sense of importance. That is the angle I used for the picture on the top right.



So, there you have it, a helpful tip that'll make your photos look more professional and fun!



Around the World

RAMADAN



It's time for Ramadan in 2022. A holiday for Muslims when they will be fasting for a whole month to come closer to God. Ramadan will begin on April 2nd this year.



This traditional holiday is the holiest holiday to Muslims because they celebrate the revelation of the Qu'ran and guidance for the people. This is the time for Muslims to strengthen their self-discipline and spiritual health. Ramadan is also considered as a time

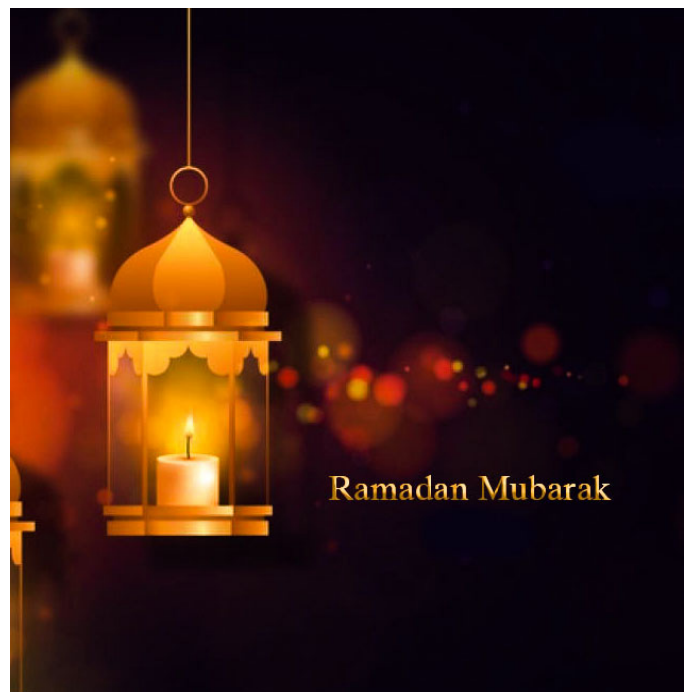
to show compassion for the poor people who have no food or drink.

During the month of Ramada, Muslims don't eat or drink during daylight hours. Smoking or physical relationship will also be forbidden during fasting. However, Muslims can eat before the sun rises and after sunsets to provide the energy for fasting all day long.

During this time, Muslims commonly go to the masjid (mosque) and spend several hours praying and studying the Qu'ran. This is an important activity for Muslims to come closer to God.

It's meaningful to have a holiday where a large community gathers together to spend time worshiping together.

Source: <https://www.officeholidays.com/holidays/ramadan>



Ramadan Mubarak

Restaurant Review

CHICHA PERUVIAN KITCHEN



Chicha Peruvian Kitchen & Cafe is located in Rosville. Head Chef Giancarlo was born and raised in Lima, Peru. Marleny, the Pastry Chef, was born in Huanuco and raised in Lima. Their Peruvian cuisine combines touches of Spanish, Italian, French, Arab, Chinese, Japanese, African and other flavors

Tuyet Le

I like this Peruvian restaurant - Chicha. Everything is so tasty and unique. All the sauces are so delicious and delicate. I really like the Cilantro Lime Rice as it tastes so different from the food I ate before. The salmon on top of the rice was well-seasoned. I also like the combination of rice with beef. It's so delicious with the sauce. Fried Yuca



is tasty when you dip them in the yellow sauce.

The Cilantro Lime Rice with salmon is my favorite. The combination of rice with beef and vegetable is



second, then other side dishes.

Their decoration is really nice. It looks like 4-star restaurant. The service is good with nice and friendly staff. I will give it 5 stars for everything.

Manny

I had the chance to visit this amazing restaurant and try authentic Peruvian food, all cooked and prepared by professional chef and owner Giancarlo.

Everything was delicious, from the appetizers to the main dishes, and the variety of drinks they have there will surely make you want to come back for more!

My favorite dish was definitely the Lomo Saltado a la Antigua (beef tender loin stir-fried with onions, tomatoes, and soy sauce, served with garlic rice, French fries and fried egg).

The place is also great, Giancarlo and his wife decorated it with photos from Peru as well as some plants on the table and on the roof, giving you that relaxing vibe with dimmed lights and neutral colors. I would give this place a 10 out of 10 for its food, decoration, and of course, their customer service.



Continued from page 1 Interview...

because that's just always been a part of me. I grew up around agriculture. I joined some agriculture-based clubs and after becoming an officer there, I ended up just really loving it. And after leaving it I moved to Sacramento because I had a conditional acceptance to UC DAVIS, and I was planning to go in Spring 2020 but the pandemic hit and I didn't want to pay the high prices for it, so I ended up enrolling in ARC because they have one of the best Horticulture departments and even though I didn't get to experience it fully since I was a little lost on how classes worked and I couldn't get to campus much, I truly enjoy the time I had there. And now, hopefully, I am going to graduate next semester, and then I'll be going to CSUMB (Cal State Monterey Bay) to study Soil Science.

Parrot: That's awesome! Congratulations and good for you.

Damaris: Thank you so much!

Parrot: Are you an employee at ARC right now?

Damaris: Yes! I am, I work for the ESL Department right now.

Parrot: Oh okay. Can you tell us a little more about your plant care business? How did it start? How was the idea born and what motivated you to come up with this business?

Damaris: The name Plant Rehab came from a casual conversation I had with a former co-worker on Snapchat. We started to talk about plants, and he was showing me photos of a plant and he said, "this plant looks bad" and I was like, "Yeah, wouldn't it be



so cool to create a business where people would pay you to bring in a sad plant and you would make it better?" and he said: "Oh, yeah, and maybe we can call it Plant Rehab!" And that's how the idea and the name were born. I used Instagram to create my business account, and first I just wanted to teach people because what better way to start a business than by helping the community right? So, people would DM me asking me about their plants and how to take care of them And I'd just guide them through it. Now that I'm here in Vegas, I've sold a couple of terrarium plants to a real estate agent who would use them in the houses he sells, and for Christmas, I got a couple of commissions. The idea came from making a gift for my mother-in-law. So now, whenever I go to the store, and I see a plant in really bad condition, I just buy it and take care of it until it's healthy again. Does that answer your question?

Parrot Yes, it does! Our next question is, how does your business work? Do you go to people's houses or do people bring in their plants? How does it work?

Damaris: When it comes to the rehab part everything is virtual. People would just DM me with questions and stuff so it's all mainly online. I don't know if I'd like to keep it that way since I'll be moving out of Vegas soon and I have work and school, so I don't





have much time to dedicate to that business. But I have business cards and I've done pop-up shows where I go to downtown and I put up a table.

Parrot: Any goals moving forward with your business?

Damaris: I still don't know because I also want to be a soil scientist. I think that would be a better way for me to help when it comes to taking care of our soil, especially in California. But, if I had the chance, I'd like it to be where I have a shop and people would just bring in their plants, and then I'll take care of them and help them out until they're healthy and ready to go home to their owners. There's a famous plant consultant on Instagram. She goes to people's houses and helps them with their plants and stuff. That would be amazing to do, but I still don't know if I would want to do that for a living.

Parrot: Do you always have success when it comes to someone with their plants?

Damaris: Well, so far so good! I have a friend who always messages me about her plants, and I usually tell her how to feed it and stuff, and the plant is growing, it's alive! But the thing about plants is that it depends on circumstances because you can have the plant in the same area forever, but the humidity changes or becomes winter or there's less sun and it's just not going to work, so it's no guarantee. But I always make sure I ask questions that help me deter-

mine what's the best for the plant.

Parrot: You mentioned earlier you go to stores and get the plants in bad condition and restore them. Do you usually sell those, or do you keep them for yourself?

Damaris: I just keep them! I have a lot of plants! I have been limiting myself though. I don't have enough space.

Parrot: Can you tell us a little bit about your ethnic background?

Damaris: Sure. My mom is from Jalisco, Mexico. I grew up going there for vacations. We would usually go to my grandpa's ranch. He would have all kinds of trees and plants and animals, once again, the plants were always around me. My grandpa also has a ranch here in Salinas, California, where he would grow fruit there, so I remember watching him every day watering his plants. And then my dad is from Guatemala. I spent the most time around his family because I am the oldest. My mom came here when she was 19 and later, she married my dad who she met at church and they had 5 kids including me. They're not together anymore, so I got to live both experiences: growing up with my two parents and then just being with a single mom. It is very different, and it can be very impactful.

Parrot: How did you know you had a call for Horti-



culture?

Damaris: My mom gave me a little plant in college, and I grew it and I gave little pieces to my friends so my friends started to call me “The plant girl”, but my love for greenery goes back to when I used to go to Mexico to my grandpa’s ranch.

Parrot: Any tips on how to take care of our plants?

Damaris: First tip (only apply to some plants): The thinner the leaf, the more water it needs. But also, if the leaves are thin but the trunk is thick, it needs less water. The second tip: let your plants dry out. Your plants will tell you when they need water. They’ll get a little droopy, so you’ll be able to tell when it’s the best time to water it.

Parrot: What are some plants you’d recommend to someone who wants to add plants into their home, inside and outside?

Damaris: Pothos are the easiest plants you’ll ever find. They’ll be through everything. Also, the Chinese Money tree, they’re very tough and you only need to water them when they’re really dry. Aloe vera plants are also good to have inside the house. As for the outside, it pretty much depends on the weather, but for the Sacramento area, the pineapple guavas are good as well as the cactuses since their drought-tolerance is high. Palo verde plants are also drought-tolerant and beautiful!

Parrot: What’s your advice for someone who wants to do horticulture?

Damaris: Patience. That’s the key to succeed in anything life, but especially when it comes to taking care of a plant.

Parrot: What’s the hardest thing to learn about horticulture?

Damaris: The amount of information can be a lot sometimes, especially when it comes to the biology of it. But if you’re driven and have a passion for it, learning will be easy for you.



Click on Damaris' photo to follow her on Instagram and to check out Plant Rehab!

English Practice Hour

TALK TIME



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.

Differences Between U.S.A. and My Country



"Hi, my name is Abu Abeeda, and I am from Pakistan and I am an ESL student, and I'm going to describe the difference between the United States and Pakistan"

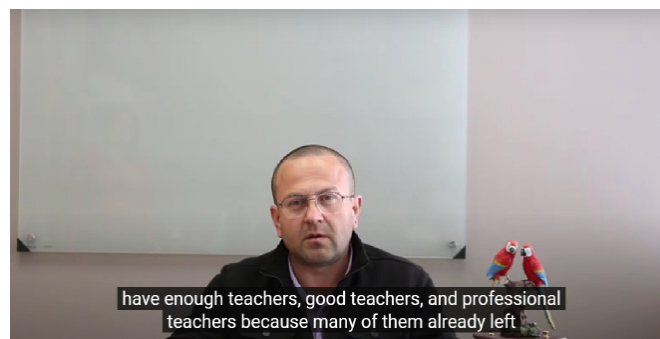
-Abu Abeeda, from Pakistan.

Click on *Abu's* photo and hear his thoughts.

"...There are two seasons in my country: dry and wet season, except in northern Vietnam which has 4 seasons (during winter, it might dip down to 5 or 6 degrees Celsius) but normally throughout the year it's very warm there"

-Dai Nguyen, from Vietnam.

Click on *Dai's* photo to find out what she had to say.



"I have to use three series of aspects that differ life in Uzbekistan and life in the United States. These three elements will be the educational system, the health system, and the economic..."

**-Alisher Normukhamedov
from Uzbekistan.**

Click on *Alisher's* photo to hear his insights.



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](#).



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.

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

Want to Help?

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.

ANTHROPOLOGY
ART HISTORY
ASL-English Interpreting
Deaf Culture and American Sign Language Studies
ECE

Education/Teaching
ENGLISH **ESL**
Foreign Language
HISTORY
HUMANITIES
International Studies
JOURNALISM

PHILOSOPHY
Political Science
PSYCHOLOGY
Social Justice Studies
Social Science
SOCIOLOGY
COMMUNICATION

DISCOVER
LANGUAGE AND PEOPLE
HOMEBASE

LEARN MORE

We are at Davies Hall, Room 103 and 104

MONDAY: 12-3PM
TUESDAY & THURSDAY: 9AM-12PM
WEDNESDAY: 9AM-6PM
ASKHB-HUMANITIES@ARC.LOSRIOS.EDU

(916) 484-8584
<https://tinyurl.com/arcphb>
archb_lp

Need Help? Services and Resources

Housing Resources:

We offer referrals to [Community Resources](#) to locate additional shelter and low-income housing options, rental assistance programs and more!

[HOUSING INSECURE STUDENT REFERRAL \(Page for ARC Students\)](#)

Roommate Board

Coming Soon! We are in the process of developing a roommate posting board for Los Rios students. For more information, please email arcbeavercares@arc.losrios.edu

On-Campus Food Pantry:

We offer a wide variety of non-perishable food items for our students. Resources are first come, first serve and can be accessed on-campus during our business hours. All students are welcome!

Drive- Thru Monthly Food Distribution:

All students are welcome.

Each month, we offer a drive-thru food distribution offering boxed non-perishable food items as well as free produce items. Sign-up to participate

[FOOD DISTRIBUTION SIGN UP FORM](#)

Grocery Gift Cards:

For our students who are remote or long-distance, we offer digital grocery gift cards.

If you are in need of this resource, please to apply.

[BEAVER CARES APPLICATION FOR E-GIFT CARD](#)

CalFresh Application Assistance:

We have a team of [CalFresh](#) Ambassadors to assist with CalFresh applications. CalFresh is the new SNAP or former food stamp program.

To apply or for income guidelines, [please visit this site.](#)

If you would like more information, please email us at: ARCCalfreshoutreach@arc.losrios.edu

Diaper and Baby Needs Pantry:

We now offer a full diaper, wipes and baby food pantry for our students who are on-campus" Students are able to access these services monthly.

[Baby Beavers Diaper Pantry Request](#)

Book Vouchers:

For our low-income students with extenuating financial circumstances, we offer textbook vouchers. To apply for this program and learn more information,

[Spring 2022 Textbook Voucher Application Form](#)

Nutritional Education Series:

Want to learn how to maximize your grocery budget?

In collaboration with CalWorks and our Culinary Department, we offer a fun and informative nutritional education course via Canvas complete with a live cooking demonstration each month.

Participants learn how to make simple dishes, on a budget, kitchen tips and tricks and basic nutrition information.

Students who complete the assignments each month receive free cookware and other kitchen tools.

Apply for this series.

ARC & SCC - [Nutritional Education Series Spring 2022 Sign-up](#)

Money Matters:

Money Matters is designed to help students develop a healthy financial lifestyle by learning and applying some of the key foundational concepts of financial literacy and well-being.

We desire to help you meet current and future financial obligations, feel secure in your financial future and make choices that let you enjoy life.

We are providing this program because we know that financial wellness is a basic need that can improve all aspects of your life. When your financial life is in order, many of the other aspects simply fall into place.

["Money Matters" Financial Wellness Series](#)

Clothing and Household items:

NEW! We are partnering with Sacramento Family Services to offer streamlined access to their Sacramento warehouse of FREE clothing, shoes, accessories (including professional clothing), children's clothing, games, baby needs, household supplies and much more.

[Sacramento Food Bank & Clothing Program Resources Request Form](#)

Out of the Cage

Produce Distribution

Tuesday, April 5th and 19th

11:00-1:00pm

[Sign up](#)



Beacon Program Tutor

The Beacon program provides academic assistance via regularly scheduled, out-of-class, peer-facilitated group study sessions. Beacon tutors are key people in the program; ARC faculty recruit the tutors. The tutors have demonstrated competence in the course(s) they tutor and are trained to facilitate learning.

The Beacon sessions are comprised of students of varying academic abilities. Beacon is not viewed as remedial. Students who attend Beacon sessions discover appropriate application of learning strategies, like note taking, graphic organization, questioning techniques, vocabulary acquisition, problem solving and test preparation among others.

Want to be a tutor?

Click the link to learn more about it:

<https://arc.losrios.edu/student-resources/campus-tutoring-programs/beacon-program>



SQUAWK!!

QUESTIONS/COMMENTS?

Student Editors: **Tuyet Le, Emmanuel Madrid, and Asma Alqdah**

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>

