

Your ARC newsletter by and for ESL, multi-cultural, international students, Californians, and, well, anybody really...



The Parrot



ARC President Dixon

Parrot: Welcome President Dixon, how are you today?

President Dixon: I am doing amazing. I'm so excited that it's summer, and we are preparing for the next academic year, on the heels of a lot of graduations and celebrations, so I'm doing good. Thanks for asking! How are you all?

Parrot: We are doing great! So, we have a few questions for you, 11 to be exact. So, starting off with the first question: Most kids don't say, "I want to be a college president when I grow up." When did this career become a desire for you? And what has this new chapter of your life been like for you?

President Dixon: I think I realized I

Continued on page 22

Inside This Issue

- 2... Self-Driving Cars
- 4... Refugee Camp
- 6... Your Hobby
- 8... Dream
- 12. Beginner Reading
- 14... Parrot Fun
- 20. Ice Cream Recipe
- 21... Hernamus Whale
- 28... ESL Center
- 28... ELLIS Club
- 30... Student Squawk
- 31... Starting Point

11 Vegetables You Grow That You Didn't Know You Could Eat - By Linda Ly

Before you toss those leaves aside out of habit, see if they make the list here. You'll learn how to go zero waste in the kitchen with little effort, and discover a whole new range of tastes and textures in the process.

"Nose to tail" doesn't have to apply exclusively to meat!

1. Leek Tops

It doesn't help that every recipe you find tells you to discard the dark



Continued on page 15

Would you like to contribute to The Parrot?
P.13

Student Chirpings

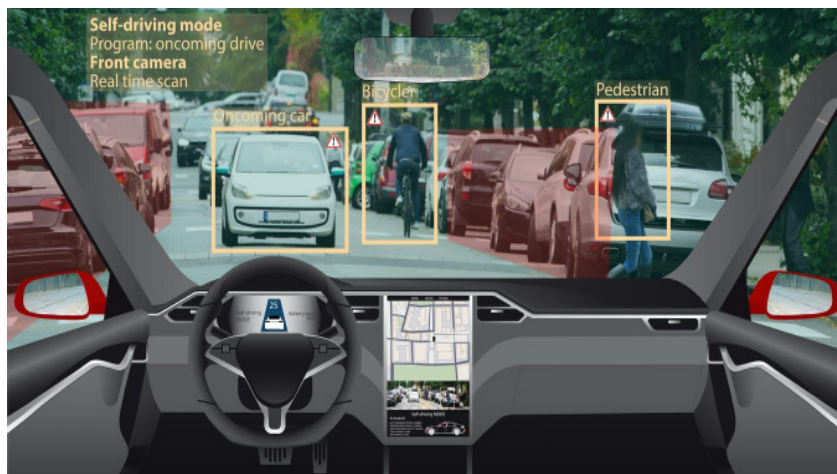
Self-Driving Cars

In the twentieth century, perhaps few people thought that cars would someday think about us and could drive people to work, school, the airport, etc. Today, it has become true, hand-free cars are making human life easier, and people can read newspapers or text friends while driving with no tension. Driverless cars are equipped with high technology devices such as GPS, sensitive sensors, and 360-degree cameras that make them very fancy and smart. Self-driving cars are beginning to transform our entire transportation system. Therefore, people should support autonomous vehicles as the future of transportation because they could reduce traffic congestion, protect human safety, as well as reduce air pollution and promote public health.

First, to lessen the traffic congestion in metropolitan areas, driverless cars play a crucial role. One of the biggest problems in urban areas is that people get stuck in traffic and spend a lot of time there. For this reason, a lot of gas is wasted, and people arrive late for interviews, doctor appointments, work, and school. In the article, "Moving Forward: Self-Driving Vehicles in China, Europe, Japan, Korea, and the United States" D.M. West reports, "In the United States, for example, drivers spend an average of forty hours stuck in traffic, at an annual cost of \$121 billion" (143). Unlike regular cars, driverless vehicles alleviate traffic jams. Unnecessary lane changes on the highway and hundreds of vehicles entering from one freeway to the highway are the biggest reasons that cause traffic, but hands-free cars do not do non-obligatory lane switches and avoid entering the highway when there is high traffic. In fact, "Car-mounted sensors will be able to operate in conjunction with an Intelligent Traffic System to optimize intersection traffic flow" (U.S. DOT quoted in West 143). Therefore, I think one of the obvious solutions to break down the traffic flow is driverless

cars.

Second, high-tech vehicles provide a safe environment for their passengers and minimize road crashes. A lot of people, whether they have cars or not, use ride-share transportation for their business and private matters, and marginalized people are part of this group. They don't feel safe when strange drivers pick them up at night or during bad weather because the media has published a lot of bad news about the field of ridesharing. According to Hana Creger et al., "In 2016, nine U.S. metropolitan areas experienced a 20 percent increase over the prior year in hate crimes and harass-



ment related to race, gender, religion, and sexual orientation" (38-39). Furthermore, a lot of accidents occur on highways because of sleepy or drunk drivers, and people may end up dead or injured. A study indicates that about 40,000 people die from car crashes in the U.S. due to human fault, and

about 2.5 million injuries each year (Eliot). Thanks to our scientists and engineers, self-driving cars take the edge off these concerns, and nobody has to be worried about their safety when requesting a ride-share. At the same time, they significantly minimize auto accidents as Azim Sharif, an assistant professor of psychology and social behavior at the University of California, said when he reported, "Self-drive cars could save tens of thousands of lives each year..." (Spangler 158). From this evidence, I can say that autonomous cars are the best choice to diminish fear and car accidents in the world.

Third, autonomous vehicles lower air contamination and have positive health impacts. Since self-driving cars are electric and brake smoothly, they don't cause pollution. In contrast, regular automobiles generate a lot of carbon dioxide into the atmosphere. Making traffic jams less, producing zero smog, and braking smoothly

Self-Driving Cars

are very major advantages of high-tech vehicles that could reduce air contamination as a report calculated autonomous vehicles that are electric and shared can decrease poor quality air by about 90% (Creger et al. 42). As mentioned before, regular cars release bad quality air into the atmosphere which can be toxic. If people are exposed to too much pollution, it will be a high risk that will make them ill. "For example, in California, approximately 90 percent of people living in the poorest, most polluted areas are people of color. . ." Creger et al. said, "...this disproportionate exposure leads to higher rates of asthma, cancer, and other pollution-related illnesses" (42). Driverless cars will help to reduce pollution and impact health positively according to the above information.

On the other hand, some people argue that driverless cars make people dependent. They claim, if individuals use self-driving cars, they are more likely to forget how to drive a car. "The bulk of society would no longer know how to drive, either forgetting how to drive. . ." (Eliot). Although some people worry about relying too much on self-driving cars, the concern is likely pointless. Indeed, humans are deeply dependent on technology. For instance, electricity is a kind of technology, and the question is whether humans are able to live without power. We are still dependent on regular cars, have we forgotten exercise or walking? Moreover,



manufacturers produce both types, autonomous and semi-autonomous vehicles, for commercial deployment. The semi-driverless cars have been arising due to the fact that they can be self-driving, or drivers can be controlled "...with the prediction that in a few years, tens of thousands of semi-autonomous vehicles may be on the road" (Spangler 157). Ultimately, hands-free cars are

reliable and flexible technology, so people shouldn't occupy their minds with small things.

In conclusion, there is no doubt that self-driving cars will revolutionize future transportation by saving our time, giving us more security, and reducing contamination and diseases. The benefits are not limited to the above information. Disabled people, old individuals, and children under the age of 16 have no need to worry about their transportation because cars are thinking about humans. I am not arguing that a robot can drive better than a human, but a robot may make fewer mistakes than a human.

Wahidullah Sarem
ESL 325
Persuasive Essay

Works Cited

- Creger, Hana et al. "Autonomous Vehicle Heaven or Hell? Creating a Transportation Revolution That Benefits All". Greenlining.Org. January 2019. https://greenlining.org/wpcontent/uploads/2019/01/R4_Autonomous-VehiclesReportSingle_2019_2.pdf
- Eliot, Lance. "Here's Why Some Are Vehemently And Diametrically Opposed To Self-Driving Cars". Forbes.com. April 5, 2021. <https://www.forbes.com/sites/lanceeliot/2021/04/05/heres-why-some-are-vehemently-and-diametrically-oppose-to-self-driving-cars/?sh=746cf2845699>
- Spangler, T. "Morality, Ethics of a Self-Driving Car: Who Decides Who Lives, Dies?". *Leap 4: New Edition Reading and Writing*. Edited by Julia Williams, New Edition, Pearson ELT, 2019, pp. 157-161.
- West, D.M. "Moving Forward: Self-Driving Vehicles in China, Europe, Japan, Korea, and the United States". *Leap 4: New Edition Reading and Writing*. Edited by Julia Williams, New Edition, Pearson ELT, 2019, pp. 141-147.



Refugee Camp

In the year 2014, the war in Syria was the reason for my family leaving Syria and becoming a refugee in the Jordan camp. Eight years ago, I said goodbye to my parents and my country and left with my husband and son. We went to Jordan to start a life far from fear. The refugee trip was the most difficult experience of my life.

First, we left Syria by truck for 12 hours, then we followed the road walking for five hours until we reached the Jordan border. We waited at the border for several days for the Jordanian government to allow us to enter. My husband, son, and I were waiting at the border with a lot of people. It was cold. That place was scary, and when you look in all directions, you only see sand and some thorns. When it got dark, we heard the wolves. My husband lit a fire from the wood he had collected. My son, who was four years old, fell asleep on my lap after a long cry. I didn't feel the beauty of the stars that night. I couldn't sleep at night. I was just looking around for fear of a snake approaching. Our minds stopped thinking. Finally, I was so sad, and the waiting days were so long.



When, after waiting for four days, the Jordanian government allowed us to enter Jordan, we were taken to the camp in open trucks. My son and I were in a truck with a lot of women and children. My husband was in another truck. We couldn't open our eyes because of the desert sand. I was holding my son tightly. I was praying that



everything would be fine. We were standing in the truck, and it was dangerous. In that truck, I lost my smartphone, which was a gift from my father. The truck was crowded, and the road was long. Finally, I couldn't see anything, but I could feel everything around me.

After seven hours, we arrived at the camp. We sat in a camper van with a lot of people. The camper van became our home. There were about twenty women and kids in the camper van. I didn't hear anything in that camper van except the crying of the children. The place was not clean. The food was not delicious. My son had a fever, and I didn't get the medicine for him quickly. I didn't feel comfortable. I was silently screaming. Finally, my husband and I decided not to stay in the camp any longer. We left the camp after two days and we went to Amman, the capital of Jordan. We rented a house and wanted to look for work. We were looking for a beautiful life and that was our right.

In conclusion, the refugee trip was one of the most difficult experiences in my life. I feel sad when I remember that there are children in refugee camps. I learned patience through this experience. I learned to thank God in good times and in bad times. The refugee camp is in a small place in this world, but there are the greatest feelings of sadness, hunger, cold, and sorrow.

Rim Altawil
ESL 47
Narrative Essay

Dangerous Experience

When a dangerous accident occurs in our life, that place and time will never be forgotten. A dangerous experience or a dangerous accident urges us to be very careful in the future and not to try this again. October 8, 2020 was a dangerous experience and a dangerous day for me.

First of all, I was asleep when I heard a strange sound in the window. I was drowsy and hadn't fully woken up. I opened my eyes with difficulty to find what that sound was. I woke up and saw that a medium-sized black and brown

snake was clinging to the top of the window. I was alone in my room, one and a half meters away from the window, and no one was in the room except me. It was about 8 or 9 o'clock in the morning, and it was quite clear,



so I could easily see what was in the window. In short, this scene and this situation were really surprising me.

Next, I shouted for someone to help me. When I realized that it was 100% a snake, I screamed and got up in a hurry and was very shocked. I moved downstairs. I didn't know what to do because this was the first time I had encountered such a situation. The snake was trying to get into the room and that was when I had to do something. I hurried downstairs to ask someone for help. I was really feeling really scared. I noticed that my brother and my husband were coming toward me in a hurry and fear, and I was walking towards them. In conclusion, I was really scared in this scene, and I thought it was time for me to die.

At that moment, my brother and my husband came and tried to solve this problem. They were also very shocked and did not know

what to do, and I thought this snake might bite us all. My brother ran and brought a big bottle and a shovel. Then my husband put the shovel firmly on the snake's head and my brother put the bottle in front of the snake's head. Finally, they gently removed the shovel from the snake's head and the snake went inside the bottle and placed a stone on top of the bottle so that it would not come out. There were many strange noises coming from inside the bottle. The snake was very angry. Indeed, I was very grateful to

my brother and my husband for helping me.

In conclusion, the situation that happened on October 8, 2020 was the most dangerous experience of my life. And after that day I slept in another room for two weeks because I could no longer sleep comfortably there. In my

opinion, the snake is the most dangerous living thing.

Madina Ehrar

ESL 47

Narrative Essay





What Is Your Hobby?

Why do people want to have a hobby? Do you think having a hobby is good in life? Of course, everyone wants to have a hobby because they want to spend their time well and keep themselves happy and relaxed. Everyone has different hobbies to enjoy. My favorite hobby is cooking for several important reasons.

The first reason is that I like to cook food for my family and my friends. On the weekend, or whenever I am free, I cook food for my family. I can enjoy it a lot when I cook, and my mother also helps me. My favorite food that I like to cook for my family are:



Kabuli Palaw



Bolani



Ashak



Sometimes we go to the park with my uncle's family and cook *bolani* together in the park. We always buy yogurt and eat it with *bolani*. When we have guests, my mother and I cook together, and we make delicious food. In addition, I like to invite my friends to our home and make delicious food for them. For instance, last Monday was my birthday. I invited all my friends home and made a lot of different types of food such as *kabab*, *kabuli palaw*, and chicken, and I also made cookies and birthday cake. All the food was very delicious. In sum, I enjoy cooking for my family and friends, and I like to cook very special food for them.

The second reason is that I like to cook different types of food. I always watch cooking videos on YouTube and try to cook different types of food. I want to cook different Afghani food for my family. In addition, I like to cook Turkish food because it is very delicious, and sometimes I cook it on the weekend. Furthermore, I also like to make different desserts such as cake, cookies, *baklava*, and *shir berenj*. I always bake cake and cookies at home such as banana cake, chocolate cake, salty cookie, chocolate cookie, and *gosh-e fil*, so we rarely buy cake and cookies from shops. In fact, I made cake and cookies on Eid last week, and I also made cheese at home. My favorite dessert is *shir berenj*, and I always make it for myself. *Shir berenj* is a sweet and delicious Afghani dessert, and it is served hot and cold with tea. We make *shir berenj* from rice

What Is Your Hobby?

pudding, milk, sugar, and water. Sometimes when my uncle's family comes to our house, we make *shir berenj* or cheese for them. In short, I love cooking different types of food from different cultures for everyone and enjoy learning new recipes.

Shir Berenj



Gosh-e Fil



The last important reason is that I want to cook healthy food for my family. I can cook healthy food at home from different vegetables such as spinach, pumpkin, okra, and green beans. My mother has high blood pressure, and she shouldn't eat oily and salty food. Therefore, I can cook the best and most healthy food for my mother without oil and salt. In addition, I can make food in the oven because fried food is not good for our health. I always cook chicken and fish in the oven without oil, so it is not fried. It is very delicious and healthy for all of us. Also, I always make soup from different types of vegetables. My favorite vegetables are carrot, eggplant, potato, lettuce, and okra. For example, I always make vegetable soup from onion, corn, carrot, pea, turnip, coriander, and potato, or sometimes I make chicken soup. In summary, I always want to cook healthy food for myself and my family.

In conclusion, I like to cook for my family and friends, cook different types of food, and cook healthy food, so cooking is my favorite hobby. I always want to cook delicious food and be a good cook.



Bibi Kawsar Hamidi
ESL 47
Opinion Essay



Dreams

"When you dream, dream big, big as the ocean blue" (Ryan Shupe). This is how we dream in childhood. Let the sky be green, have a birthday every month, or let your parents not go to work. Children's dreams do not always make sense, but they dream very beautifully. As we get older, our dreams change and that is normal. But sometimes older people stop dreaming and this is sad. After all, a dream is what drives us to achieve our goals and desires. People need to dream in order to live fully.

When I was a little girl, I really loved to dream. Every summer, my parents sent me to my grandmother, and from her, I learned to dream and be happy with everything I have. When I walked in the rural hills, I loved to lie in the grass and look at the clouds, imagining that they were living animals, and I dreamed of everything in the world. Then, as a child, I dreamed of two things. My first dream was to have my birthday every month. Probably funny, but then I liked it. The second dream was to grow up quickly and become an adult. It seemed to me that life without school and homework is wonderful. Of course, I couldn't do anything to make these dreams come true because everything has its own time. It was a wonderful childhood, a dreamy time and it's a pity that I can't go back there.

Now I am a grown-up, and I have my own family. And of course, my dreams have changed, but in my life, there is still homework and now I am glad about it. Two and a half years ago, my husband and I moved to America from Ukraine. In this regard, I really dream of learning English. It is impossible to feel free when you cannot talk to people or solve your problems. Now, I am studying in a college and learning the language. I watch films in English

and try to speak English wherever I go. My second dream is to visit Antelope Canyon in Arizona. I find this place extraordinary, beautiful, and mysterious. I did never see anything like this in real life before. When I lived in Ukraine, I found a photo of this canyon on the Internet, so my dream seemed out of reach. But now I am in America and my dream is very close.

Living my real life, I enjoy everything that I have, but of course, I dream about the future. I believe and dream that in the future I will have my own house and I will not need to worry about rental housing. I imagine a small, cozy house with large windows and red doors. But most importantly, there is a large back garden where I can gather my family in the evening for a barbecue. My own home will give me the feeling that in a new country I am at home, and I have a place to return to.



For this dream, my family and I need to study and work a lot, but I believe in it. The second dream is to fly in a hot air balloon. It's like walking through the air, and when I see it, it is breathtaking. When the air balloon takes off, the world only wakes up and the fog is still over the ground, and I find it very beautiful. I hope that in the future I will overcome my fear and still decide on it.

Dreams are what drive us. Even if it seems impossible, I think that everything is possible.

In conclusion, I want to say that the realization of small dreams gives rise to the enthusiasm in us to dream and achieve big ones. "You're never too old to set another goal or dream a new dream" (Les Brown).

Liliia Baibak
ESL 47
Opinion Essay

Strong and Smart Elephant

In Asia, elephants are respected animals. These animals are big, smart, powerful, and calm. People admire and like them. You can buy many souvenirs in the form of an elephant because people believe that they can bring luck and prosperity. Elephants are the most majestic animals of our time and I admire their size, strength, and intelligence.

The first reason is that elephants are the largest land animals on Earth and are interesting in many ways. The body of an elephant is so big and can weigh up to 15,000 pounds. The body of elephants is very massive, the head is relatively large, and the legs are powerful and thick. The ears

are also large but the eyes on the contrary are very small. These giants use their trunks, ears, and legs, as a means of communication. An elephant's eyesight is not very good, but its hearing is excellent. For example, he can hear and make infrasound. In elephants, large power-

ful tusks play an important role. They help to protect themselves from predators, help to get food and loosen the soil. Elephants' tusks grow throughout their lives and can be used to determine their age. Among elephants, as among people, there are right-handers and left-handers. By which side the tusk is more worn, you can determine whether the animal is right-handed or left-handed. In ancient times, people believed that an elephant held up the earth. When I first saw an elephant at the zoo, I was excited. He stood majestic and huge like a rock, but I turned into a small girl. In brief, elephants are giants among animals of our nature.

The next reason is that elephants are very strong and hardy. They are the personification of strength and power. Have you ever seen an elephant pick up a log? An elephant can lift a log easily. Their colossal strength allows them to lift enormous

weights and perform the most difficult work for a person. People often use elephants' strength for logging, loading, and unloading cargo down to the ground, and uprooting stumps. In our time, despite powerful modern technology, elephants are the most mobile transport in the jungle. An elephant works like a big crane or truck where it is difficult to work with machines. People often put elephants in chains, and the animals work like slaves; therefore, we must protect these big strong animals. In short, elephants are strong animals but unprotected.

The last reason is that elephants can smile and cry. These amazing animals are much like



people. Their life-time like humans is about seventy years. Elephants are socially smart animals. These creatures can feel sadness and happiness. They like music and drawing and recognize themselves in the mirror. People hold their babies by hand, but a

baby elephant holds its mother's trunk. Elephants have different emotions. Animals can be good, or they can be evil. Elephants are capable of feelings, communication, and empathy. For example, when an elephant dies, the whole elephant's family mourns for several days. In addition, elephants are very loyal, reliable, and loving friends. I would like a friend like an elephant: strong, reliable, and loving. People must learn from these majestic animals' good qualities of character. In brief, elephants have similar feelings to humans.

In conclusion, elephants are very wonderful animals. I want to see the elephants as beautiful, strong, free animals and be friends with them protecting them.

Iuliia Sokolova
ESL 47
Opinion Essay

Sweet Love of Sweets

According to modern nutritionists of The First Online School of Diabetes in Ukraine and Ukrainian Pharmaceutical Corporation "Arterium", one hundred years ago, in 1920, people ate an average of 17 kg of sugar per year, and today this figure has risen to 37 kg per year. Of course, this happened because sugar became cheaper and more affordable. But is that the only reason? Why do people all over the world love sweets so much? We love sweets so much that we even call love "sweet love." Our love of sweets can be explained by the fact that sugar is a quick source of energy, stimulates mental activity, and lifts a good mood.

The first reason for our love of sweets is that glucose, which is contained in sugar, is a fast source of energy for the body. Each morning we wake up refreshed and full of energy, but during the day we lose this supply of energy. When we lose this resource of vital energy, we eat food that helps us replenish resources. I do not know about you, but I, for example, want to eat sweets in the evening. And no matter how much nutritionists insist that you should eat sweets in the morning, I do not have such a desire in the morning. In the evening, when the working day ends, I'm tempted to eat something sweet. And this temptation is stronger than I. We want to eat something sweet to restore our strength because glucose gives a quick recovery of vitality. Glucose helps us to recover energy quickly, so we hurry to eat something sweet.

Another reason we eat sweets is that glucose improves and stimulates our mental activity. Glucose is the main nutrition for the brain. You've probably noticed that, for example, after an exam, test, or quiz, we want to eat something sweet. Why is this happening? This is because our brain needs glucose to recover energy. Our "heavy brains," which we use to make important decisions and self-control, cannot function effectively without glucose. In today's world, with such a busy pace of life, we are much more likely to face the need to make important decisions. According to research by International Data



Corporation (IDC), an analytical firm specializing in information technology market research, a hundred years ago most people had read only fifty books in their lifetime. Now every day a per-

son receives information that would fit in one hundred and seventy-four newspapers daily. Our brain needs a lot of energy to process such a large amount of information. The more information we receive, the more energy we need, and the more glucose we consume. So, we like to eat sweets because we need them for a productive thinking process.

Finally, the last but most pleasant reason for our love of sweets is the instant emotional uplift that we get by eating sweets. What gives us such feelings of joy and happiness? It is dopamine, a hormone of happiness. Scientists have come to the interesting conclusion that not only the consumption of sweets causes the formation of the hormone dopamine. Even the thought that we will now eat sweets can cause dopamine. A signal enters the brain, and the hormone of happiness is formed. Another interesting fact is that if we dream of our favorite sweets, but we don't eat them for various reasons, dopamine levels fall, and we have a desire to eat twice as many sweets to compensate for this loss. This information was shocking to me. Maybe this is the answer to the question why we overuse sweets. Still, no matter what, my good advice to you is if you are in a bad mood, eat sweets. So few things in life make us happy in this age of prosperity. If sweets make you happy, do not deny yourself such pleasure. Probably that is why we celebrate all the pleasant events in life with sweet food. Sweets are associated with the holidays. Even the inhabitants of ancient Babylon prepared desserts of dates, figs, honey, and nuts for special events in the twentieth century BC. You do not believe it? This is written even in Wikipedia. Apparently, they also felt the magical effect of dopamine. So, in pursuit of happiness and joy, we eat sweets.

The life of modern man is not easy. Faced with such a large flow of information every day, under constant pressure to make important decisions, and living at such a crazy pace of life, we spend a lot of vitality and mental energy today. So, for many reasons, whether we want to restore energy and vitality, help our brain to think and make difficult decisions, or just in the banal pursuit of happiness and joy, we eat sweets, sweetening our lives. In an effort to make our lives easier and happier, we strive to make them sweeter. Like forty centuries ago in ancient Babylon, modern man loves sweets.

Oleksandra Zachynska
ESL 315
Opinion Essay

Being a Nurse

Being a nurse is not as easy as it looks. In fact, it's hard to be a nurse. A nursing job has many responsibilities and roles, but it is the best career for those who want to help others. Nurses not only save lives, but they give kindness to the ones who need it the most. I have several reasons why I want to be a nurse.

First, I want to become a nurse because I always wanted to help people as much as I could in any way. Helping others is one of the things that makes me happy and feels great. Even though it's hard to be a nurse, nothing is impossible if we believe in ourselves. One of the most important things to be a good nurse is to have good communication with the patient because a patient needs kindness and needs someone to really take care of them. When we give kindness to someone who needs it, they will never forget us and will always remember. In addition, being a nurse is not only working in a hospital but there is also working in homes and outside too. For example, if someone gets sick or something happens to a person, a nurse can see that person and know the problem. Being a nurse is the most helpful job that anyone can have.

Next, all hospitals need more nurses. For example, many people got sick because of the coronavirus. They didn't have enough nurses and doctors, so the patients waited so long. For example, one day my sister got very sick. We went to the emergency room, and we waited till night because the doctors were busy and there weren't any nurses to see my sister. Therefore, every hospital needs nurses, and if there are not enough nurses, patients will suffer. Also, when there is an emergency, a patient needs a nurse to take care of them until the doctor gets time. Most patients like to talk with nurses, maybe

it makes them comfortable. Patients will always appreciate the nurses because they took care of them. People all around the world know how hard it is to be a nurse, so people always thank them and always appreciate them.

Last of all, doctors need nurses the most to assist them. Sometimes doctors have too many patients to see, so the doctors leave some patients to nurses to take care of them. Doctors need more nurses during operations to assist and doctors cannot do it without nurses. Doctors need nurses because doctors need to communicate with them about the patient's situation. Also, doctors tell the nurses what they need to do with patients. In short, nurses not only help patients, but they also help doctors and make their job easier. Also, when someone becomes a nurse, their family will always be proud. Becoming a nurse is not easy, so not only their family will be proud but also other people will be too.

To conclude, it makes me happy, the world needs more nurses, and doctors need nurses are the three reasons that I want to become a nurse. In my opinion, nursing is a helpful job and if someone believes that they can do it and has confidence, they would be a good nurse. Becoming a nurse is not easy, so it requires more education and hard study. I will feel happy and successful when I become a nurse.



Humaira Osmani
ESL 47
Opinion Essay

Beginner Reading Practice

My Family at Home

My family lives in a small house. It's simple but pretty. It has a large garden. I like to work in the garden, but my sister hates to work in the garden. She prefers to read. She reads in the morning, in the afternoon and at night.

I give all of the vegetables to mom and dad. They like to cook in our small kitchen. I eat any vegetable, but my sister eats only a few.

My family always eats breakfast and dinner together. We talk. We laugh. Then my sister washes the dishes.

At night dad likes to listen to music. Mom works on the computer. I watch television. And my sister reads.

Soon we go to bed. My parents go to bed late, but my sister and I go to bed early. I'm ready to go to sleep, but my sister wants to keep reading.



Source: <https://lingua.com/english/reading/my-family/>

Did You Understand the Text?

Please answer the following comprehension questions:

Question 1:

Which is another way to describe the family's house?

- a. Cramped but cozy
- b. Narrow but suitable
- c. Little but attractive
- d. Old but cheery

Question 2:

The family has how many members?

- a. Two
- b. Three
- c. Four
- d. Five

Question 3:

Who doesn't enjoy working in the garden?

- a. Grandmother
- b. Cousin
- c. Father
- d. Sister

Question 4:

When does the sister like to read?

- a. At night
- b. In the afternoon
- c. In the morning
- d. All of the above

Question 5:

When do the family members not eat together?

- a. At dinner
- b. At lunch
- c. At breakfast
- d. All of the above





**Would you like to
contribute to *The Parrot*?**

If you want to share your work, art, opinion, or anything with *The Parrot*, please send email to us at TheParrot@arc.losrios.edu. We are happy to hear from you and will try to respond ASAP. *The Parrot* welcomes all ESL student matters!

Some More Parrot Fun

Finding Differences



FIND 12 DIFFERENCES



Rule:

Find 12 differences in two pictures.

See the answers on page 27
Click [here](#) to see more fun stuff.



Continued from page 1

green ends and use only the “white and light green” parts of leeks (*Allium ampeloprasum*).

And it doesn’t help that when you first look at them, leek tops are usually kinda dirty and full of grit. (Hey, they can’t help how they’re grown. Have you ever seen a freshly dug carrot that looked appetizing?) But turns out, the dark green end (or top, depending on how you look at it) is just as flavorful as the white end.

With homegrown leeks that are freshly harvested, leek tops are far from the tough and beaten-up leaves most people associate with store-bought leeks. Even if you buy them from the store, all you have to do is cut off the wrinkly bits that have been manhandled, and you’ll be rewarded with succulent, tender leaves.

Cook leek tops as you would onions: tossed in oil over a medium flame until they’re soft and fragrant.

2. Carrot Tops



Contrary to popular belief, carrot tops are not toxic. Unpalatable to some tastebuds, maybe, but certainly not poisonous.

Often discarded for having a disagreeable texture, the greens from carrots (*Daucus carota* subsp. *sativus*) are best used as an accent or in a

condiment, like carrot top salsa.

They have a strong, earthy flavor (not unlike carrots themselves) and can sometimes be substituted for parsley when you want to enhance a savory or umami flavor.

Strip the tender carrot leaves off the tougher stems and finely chop them into soups and salads, or scatter them over pasta and rice. They’re especially good in minestrone or any rustic vegetable soup as a garnish.

3. Broccoli Leaves

When we see broccoli (*Brassica oleracea*) in the store, we usually see a head wrapped in a few



wilted leaves, which we immediately remove before cooking.

But true broccoli leaves — the billowy rosette of greens that surrounds the bud as it’s growing — are a vegetable in their own right. Yes, you can eat broccoli leaves!

Cook them as you would a sturdy green like kale or collards. Their mild flavor makes them ideal for sautés, stir-fries, braises, and soups where they won’t overwhelm the rest of the dish.

The leaves that grow on other members of the mustard family, such as cabbage, cauliflower, kohlrabi, and Brussels sprouts (also known as



brassicas or cole crops), are also edible. Think of them as a bonus harvest while you wait for the heads and sprouts to mature.

4. Radish Tops

As one of my favorite salad greens, radish tops are often overlooked in favor of the crisp, peppery roots (*Raphanus sativus*).

But I happen to like putting the tops and tails of vegetables back together in my recipes, and the radish plant is a shining example of this (raw or cooked—it's delicious both ways).

You can eat the leaves of spring and summer radishes as well as winter radishes (like daikon, watermelon radish, or Black Spanish radish).



The benefit of winter radishes is you can harvest a few leaves from each plant throughout the season until the crop matures. If you forget to pull some of these plants and let them go to flower, the seeds happen to make an excellent snack as pickled radish pods.

5. Sweet Potato Leaves

Not to be confused with potatoes (the two plants are not related), sweet potatoes (*Ipomoea batatas*) are in the same family as morning glories, which is most apparent when you see both plants flowering.

The leaves of the sweet potato plant are mild in flavor and abundant in summer. They can be harvested all season long while you wait for the tubers to mature.

In climates where sweet potatoes survive year-round (it's a perennial crop in zones 9 to 11), you

can grow them just for the steady supply of greens.

The tender stems and leaves are both edible. They're silky like spinach and wilt beautifully when cooked. Heat brings out their sweetness, so toss them into a soup, sauté, or stir-fry, by themselves or with other vegetables.

6. Squash Shoots



Summer squash and winter squash (from the five cultivated species *Cucurbita pepo*, *C. moschata*, *C. maxima*, *C. argyrosperma*, and *C. ficifolia*) are the plants that keep on giving.

Most people know you can fry zucchini blossoms and roast pumpkin seeds, but did you also know that you can eat squash leaves? The vines have an earthy sweet flavor akin to the fruit they bear.

This means the entire plant is edible at every stage of growth, from sprout to fruit. (You're not composting those thinnings, right? They're delicious!) Though you can use the leaves from any species, Southeast Asian cooking traditionally features the leaves of opo squash, which is native to their cuisines.

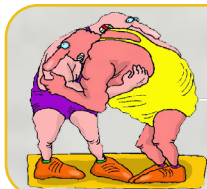
To harvest, snip off the last few inches of the squash vine where you see new growth. This cluster of stems and leaves is called a squash shoot, and it's the most tender part of the vine. Remove the tendrils (which tend to be tough and stringy) and cook the rest.

You can try them in recipes where you'd normally use chard and other similarly textured leafy greens.

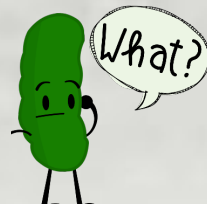
Read about the other 5 vegetables that you grow but didn't know you could eat at:

[11 Vegetables You Grow](#)

Parrot Warbling



Grappling with Grammar



Take a Joke?

The past, the present, and the future walk into a bar. It was tense!

Simple Present:

Negative Form

Uses: The formula for making a simple present verb negative is *do/does + not + [root form of verb]*. You can also use the contraction *don't* or *doesn't* instead of *do not* or *does not*.

Example: *Pauline does not want to share the pie. She doesn't think there is enough to go around. Her friends do not agree. I don't want pie anyway / My friends don't want to go to the movies with me / Carlos doesn't go to school on Fridays / I don't know the answer to that question.*

To make the verb to be negative, the formula is *[to be] + not*.

Example: *I am not a pie lover, but Pauline sure is / You aren't ready for such delicious pie / My friends aren't excited about the new movie, but I am! / Carlos isn't happy about missing school on Fridays / I am not sure about the last question.*

Source: <https://www.grammarly.com/blog/simple-present/>

Idiom--Attic

"Bite the Bullet"

Meaning: To accept that something inevitable is about to happen, usually something negative.

Example: *She bites the bullet and does the huge pile of laundry.*



Source: <https://7esl.com/american-idioms/#:~:text=List%20of%20Common%20American%20Idioms%20Under%20the.give%20up%20with%20things%20get%20difficult.%20More%20item->

H Sound

H sound (IPA symbol: h) can be found in English words such as *he, her, hello, here, behind, and who*. It is an unvoiced consonant sound. What does that mean? Read on for an explanation.

H is a consonant sound. A consonant is any letter in the alphabet that is not a vowel (vowels = a, e, i, o, u). The H sound is a voiceless or unvoiced sound. This means that your vocal chords do not vibrate when you make this sound. Instead, you use a puff of air to produce the sound. The H sound is the same in British and American English.

The H sound makes little sound. It is a very quiet sound. It is made by passing air through your mouth. A common error of English students is to overproduce this sound.

To make the sound, lightly constrict your throat and breath out through your mouth. When done correctly, your vocal chords will not vibrate. The shape of your lips will depend on the spelling of the word.

The H sound is usually spelled with only the letter H: *how, behind, he*.

Sometimes, the H sound is spelled with the letters WH: *who, whom, whole*.

In English, the H sound will never be at the very end of a word. The H sound only appears at the beginning of syllables.

H sound at the beginning of the word:

he, how, her, home, help, her, hear, holiday, happy, hug, hurry, his, heavy, hello.

H sound at the middle of the word:

behind, Ohio, doghouse, birdhouse, downhill, reheat, beehive, behave, inhale, uphill

Source: <https://www.really-learn-english.com/english-pronunciation-lesson-23-h-sound.html#:~:text=H%20is%20a%20consonant%20sound.%20A%20>

Shadow

By Cathryn Hankla

Language shadows your face
Like a charming hat
Like shoes over hot pavement

Language precedes and follows
Your movements, creeping
Over every landscape

Harboring the sun
You jingle it like keys
In your pocket, choosing

One word that will fit
The lock of his ear
The lock of his mouth

Words travel like water
And tumble like rocks
The words you say

The words you cannot



Cathryn Hankla. *Last Exposures: A Sequence of Poems*. (Baton Rouge, LA: Louisiana State University Press, 2004)

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

Rigoberto's Riddles

What do you get
when you
drop a
pumpkin?
Squash



Silly Vasily's Chuckle Chamber

Moon and Back

A: I love you to the moon and back.

B: The distance of the moon to earth is 384,400 km.

If we ride a spacecraft, we need an maintaining speed of 39.897km/hr. $Speed = distance / time$ $384,400 = 39,897 / time$

$Time = 9.634809635$ hours $\times 2 = 19.26961927$ hours. Mathematically speaking,

you will only love me for 19 hours!



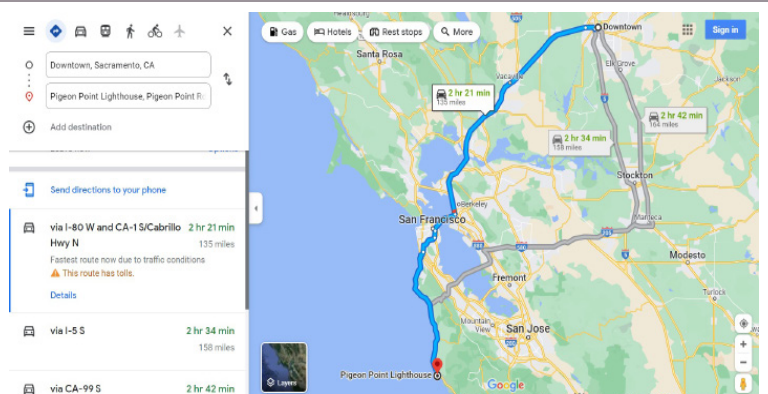
Explore California



Pigeon Point Lighthouse is a historical lighthouse located in Pescadero, California and it's about 50 miles south of San Francisco on a cliff off highway 1. It is part of a string of tourist attractions along the northern California coastline. Standing at 115 feet, it is tied with Point Arena Light for the title of the tallest lighthouse on the West Coast of the United States. After the crushing tides in this region claimed multiple victims, in 1871 the Pigeon Point lighthouse was built to assist ships with navigating.

It is a perfect place to bring your kids and friends for a beautiful day by the ocean and the most beautiful spot I've seen so far for great sunsets and beautiful clear night skies.

To get there from Sacramento is easy: Take I-80 west towards San Francisco and follow directions to get to the famous and beautiful Highway 1, which will take you straight to this beautiful lighthouse (**Click on the GPS screenshot to get directions from**



your home!). The trip is about 2 hours and 30 minutes depending on traffic. Back in 2020 when COVID hit, I remember it took me only 1 hour and 40 minutes to get there. Can you believe it? Anyways, make sure to always drive safely and respect the the speed limits.

Lastly, do not forget to bring a jacket with you since it's always chilly and windy over there! Hope you guys get to go there sometime and have fun!

With love, **Manny**

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!

Arabic/Turkish Booza Recipe (Stretchy Ice Cream)

This ice cream stretches and bounces like no other and is a great alternative to regular ice cream. To learn more about how it is served <https://www.youtube.com/watch?v=lgr-xwkQDM>

Ingredients:

For about 500ml or 17 fl oz of ice cream:

- 1L (4 Cups) Whole milk (if using UHT milk, substitute 1 cup of milk with 1 cup of cream)
- 200g Sugar (1 Cup)
- 1 Tablespoon *salep/sahleb* powder
- 3-4 Pieces of *mastic*



Directions:

- Crush mastic to a fine powder using a mortar and pestle.
- Combine mastic, sugar, and *salep/sahleb* powder in a bowl.
- Place a heavy-bottomed pot on medium heat and add your milk, allow to heat until gently steaming.
- Once the milk is steaming but not boiling, add the sugar and spices to the pot.
- Stir immediately to combine, then continue to stir for 30-40 minutes.
- Once the mixture resembles condensed milk and has thickened, remove it from the heat.
- Pour the mixture out into a large bowl that will fit in your freezer.
- Whisk the mixture in the bowl for 3-5 minutes before placing it in the freezer for 30-40 minutes.
- Remove from the freezer and whisk the mixture once more for 3-5 minutes, making sure to scrape down the sides. Using your whisk, stretch the mixture upwards.
- Repeat this freezing and whisking process 4-6 times until the mixture has thickened and is stretchy.
- Serve into a bowl or ice cream cones, and top with some chopped pistachios.



For more details click on: <https://www.youtube.com/watch?v=QqB9TAoCGOY&t=2s>

Also, you can give it a try at Sham Sweets:
1327 Fulton Ave, Sacramento, CA 95825

Around the World

THE HERMANUS WHALE FESTIVAL 2022



If you like watching sea creatures, it would be great to participate in a fascinating event like Hermanus Whale Festival. This event will be held from September 30 to October 22 in 2022 at Hermanus, a seaside town in South African.

It's the only Eco-Marine festival in the world that you wouldn't want to miss. Around this time, you can go there to visit and watch the natural phenomenon of whale migration.

There are many other activities. Along with watching the whales, visitors can use a boat or kayak to see them closely. Music,



food, drink, and a wide range of eco & marine-related environmental exhibitions will be offered at the festival.

Many visitors from around the world love to enjoy the beautiful weather near the beach with the fresh air from the ocean. Children can enjoy nature and learn about endangered species.

We love to know more about your country's holiday/festival. If you want to share or suggest an event to us, please send email to TheParrot@arc.losrios.edu. Source: For more detail [click here](#).



Continued from page 1 Interview

wanted to be a college president right before I applied to be a college president, so my career has really been about doing the work. Coming from communities of color that's what we do, we just do the work, and that leads you to different places based on relationships and how well you do at that work and the impact you're having. So, it came to a point where we were in a really difficult time heading into the pandemic. I've served in various leadership roles and I know that this college adored the president they previously had here, and it was a really tough time to lose a president, so I came and applied because I wanted to be helpful, I wanted to support the people in this community that I care about, and support the students and the community members that expect us to keep providing service and education, so that's what brought me here.

Parrot: That's amazing. So our next question is tied up with the previous one. When you were a kid, what did you want to be when you grew up?

President Dixon: Oh, I wanted to be so many things! When I was younger, I wanted to sing, music kind of speaks to me, so I wanted to be a singer and thought that was all the rage. I'm not that great though, so I'm not a singer. I also wanted to be a lawyer at one point, mainly to fight injustices in the community that I've seen. I wanted to be a judge because I realized that lawyers can make the argument but the judges are the ones who make the decision, but then I became an adult and really started

thinking about my life. I didn't really define what I wanted to be with a title. I defined really what I wanted to do, and that's serving people, serving people that don't understand our system, serving people that are new to our system and navigating them, serving people that are struggling and being oppressed and marginalized, and sharing some of the experiences I had growing up and my family had. So, that's what I wanted to do: be of service.

Parrot: Very inspiring. And just to let you know, you have that lawyer and judge's presence. You are a very open person and that makes us feel very good! You radiate power!

President Dixon:

Oh, thank you! That's the intent, be able to show up and be your own self no matter who you are with, and I like to create spaces where people can do that.

Parrot: Did you attend any community college, where? And what did you study? How did that experience influence you?

President

Dixon: My history with community colleges goes back quite some time. I call myself "The three times graduate at community colleges. When I was a young girl, my mom went to community college for a career technical education program. She went for a certificate, and I was on side with my mom at college at the childcare center. So, I started my career with a community college at that childcare center while my mom was getting an education, and just watching her navigate her experience. I then grew up and went into the public school system and lived life a little bit, and then I returned to the community college. Portland Community College is where I at-



tended. I also got my high school diploma there, so I didn't get my high school diploma in the traditional way as in which students get it in the states. I got into independent study classes where you basically take a test and that's the equivalency to a diploma, so they call it a General Education Diploma or GED. Then I went out to the world and worked for a little bit, but then ended up coming back to education. When the industry crashed, I lost my job, so I went back to Portland Community College to get my associate degree to transfer. I ultimately transferred to Portland State University and my focus of studies was Communications. So, I love community college, it's in me.

Parrot: What is your educational background? What was one of the biggest challenges you had to overcome to reach your goal?

President Dixon: My educational trajectory is I went from a community college to a state university, which is the equivalent of a student of ARC going to Sac State, same process, same transfer structure, so that's my educational trajectory. I was in the public school system, but it was really violent, with a lot of gangs, and lots of drugs and so that's why I went to college to get my high school diploma. I just didn't feel safe. I also wasn't very focused. I probably was connected to school until about the 6th grade and I didn't really plug back in until I went and got my GED, but what happened after going into the workforce and then going back to school to get my degree

was that I found out I was a very good student. I never knew that about myself before. I had faculty that believed in me and really helped identify my talents, and once I figured out that I was a really good student and there were actually people that helped me figure that out about myself, I wanted to be that person, so I went over to the university to



work on my communications degree. I began to serve as a teacher assistant, I began doing mentoring and tutoring with my colleagues and classmates, and then ultimately got my communications degree at Portland State University and went to their graduate program for education because a faculty member said that I should. I was shocked when I got accepted into the program, but very happy to be in. I studied Higher Education, so post-secondary education, with an eye always on returning to a community college to be of service in some form or fashion.

Parrot: Great! What experiences have you had that help you relate to the students who are learning English as a second language?

President Dixon: My whole educational experience from when I was about 18 years old until now has been at the community college, and at all community colleges, particularly ARC, a large student population are from the ESL population. Even in my community, many of the people I was in community with were people from other countries trying to make their way, trying to establish themselves and

their families in the States, so I think I share a similar lived experience around struggle with systems, around feeling like you have the talent and the skills to be successful in the United States and trying to understand my connection to my family vs my connection to my professional career. So many of the things I was grappling with were actually the same things my peers that came from other countries were grappling with, only their journey was a little tougher. So, being in classes I did some tutoring for ESL students, and I worked at international study offices for that reason. I'm not somebody who's well-traveled, so one of the ways that I got to travel the world was by connecting with my peers and learning about their homeland, their families, their cultures, and experiences, so intercultural communication was an area that I studied under the Communication umbrella and so those are the experiences and of course, in my professional world, serving all communities, in particular communities of color which happens to be ESL learners.

Parrot: Where do your ancestors come from? What are your roots?

President Dixon: My ancestors come from Africa, specifically from Gabon, not typically where most individuals who were brought from Africa were from, so the trajectory of my family is a little bit different than the norm of individuals in the States. From there my family was taken to various different regions of the world, but particularly settled in the south, so New Orleans in Louisiana is where my family on my dad's side was, and then Oregon was where my mom's side of the family was. My grandmother was an immigrant from Australia who married my grandfather who was from the States. So

these kinds of two worlds that were very different collided in Southern Oregon, where my father met my mother and from there, here I am.

Parrot: Do you have influences in your life from refugees or immigrants?

President Dixon: Yes, many. So, right now an influencer in my life is our current dean over at Natomas center. Devoun Stewart comes to us from Africa. He has a very rich family story around his family's struggle to come to the States and establish themselves. He is an individual that has a doctor's degree, he has gone to prestigious institutions, his Ph.D. is in science, so he's a chemist. He's just an inspiring story, so he's somebody who keeps me focused on what's important and always the possibilities. He's an inspiration to me. I also have an aunt, she's from Australia and has roots with the Aborigines from



that particular area, so I get to learn a lot about that experience that I think is so rich in culture, and then I think, you know, we are immersed into equity work, and we are immersed in serving students from

different communities, so I stay connected to continue to understand what are the experiences of individuals from their community, not just related to education but in general, what are the challenges they're having in this region? What can we do as an educational institution to partner with that center to close some of those gaps? So I'm exposed very actively.

Really a part of the journey of individuals that are just arriving here under very different circumstances, some visas, some refugees from war, and really being able to help understand how to support their families, whether being trafficking issues that they're challenged by, etc. So, I have some rich ties to communities that are immigrating here

under various circumstances and are transitioning to the States.

Parrot: What is something you would like to improve at ARC?

President Dixon: In the time here at ARC that I've had to be able to engage with students and community partners that serve our students, I think one of the critical experiences is how do you navigate getting into the institution, so applying, where are the financial resources available for me? If I'm here on a visa, how do I work? Where do I find that work at? Where's my community of people that have a similar experience to mine until I'm able to get here and kind of get assimilated into some of the academic cultures and identify what feels comfortable for me? And how can I navigate this space? So, for me, it's about students understanding who ARC is, what we can bring to them, but also what can they bring to us. So, the onboarding experience is important, it sets the tone, and it allows us to gather a lot of information about what

students need to be successful from their lived experiences, and I think a lot of times in education we see a student and they're from a certain population and we just assume that every student is experiencing the same things that they are, and that's not true. Every student has a different experience, so as a black woman, every black woman isn't going to have the same struggles that I had, so I think we must get to a point, even though we are really large, on to how to create an individualized experience to understand students' unique needs and then being able to plug it into the vast services and support that we have at the college. That part is important to me, but then I think there's the element of once the student's here, how do I stay connected?



How does my voice get represented? How do I see myself around this college campus whether it is in my faculty and my peers, in the artwork, or in the hallways? So, for me, those things are important as well to make sure that we are meeting those needs. For example, the foods that we serve to the students, how do I come and get to eat the food that's my cuisine instead of Subway sandwiches all day? So those kinds of thoughtful considerations are the things that make students feel like they have some sense of belonging here, but more importantly, they have something they can contribute here, that their culture is valuable here and that creates a really good experience for students. In conclusion, those are some of the things I would work on, as well

as regulations, policies, and how students that don't have access to financial aid can be able to get support, sources for students to be able to get textbooks and technology, so all of those things are important for a student to be able to not only get on their journey but also complete it

with pride and move on to the next phase of their lives whatever that may be for them.

Parrot: What is the biggest goal you want to accomplish as the president of ARC?

President Dixon: One of the things about educational institutions, is you typically have a mission and vision and values. Your mission is what you're trying to accomplish, your vision is where you hope to arrive, and the values are the things that guide me in doing this work to get to those places. The biggest thing I want to do at ARC is be all those things that we say that we are. It's important to me to walk with integrity and hold my head up when I say that we are about equity and inclusion, and about ensuring students we are engaged on educa-

tional justice, and social justice is important for us. I want to be able to see that in the work that we do. I want to see that in the policies that we have, I want to see that in the programs that we offer, and I want to see that in our professors and students. I want to be who we say we are, in every aspect of who we say we are, and some of it can be aspirational, but I think we always must keep working towards meeting that aspiration, so that's what I would hope for ARC. At a much more practical level, I want to ensure that the community that we serve that believes their education is the pathway to a different life, which I believe, has the ability to not only access it but be successful and find gainful employment and be able to change their economic status, and that's our mission, so it's really living our mission that this college is responsible for the economic engine in this particular region, and it's about how do you take on the job that you desire and dream about doing, the reason that you are here studying. That's important to me.

Parrot: What words of encouragement would you like to share with the ESL students?

President Dixon: That we are listening, that we care, that we are going to respond. I want our students to understand that we are creating processes where their voices can be shared, we are having conversations about the experiences that are already being shared with us and how we can minimize some of the negative aspects of that, and that we want to see you flourish, and we want to see you in your own authentic journey. We don't want you to be where we have defined for you but where you define for yourself. I would encourage students to utilize their voices and hold your institution accountable because, at the end of the day, you are paying for education. You are a consumer, so if you buy something from a clothing store and it has a hole in it, you're going to take that back. Education shouldn't be any different. Students have rights here at this institution. We need to make sure that they're clear on those rights and help them show the ways they can exercise those rights as a consumer of education. I also welcome you here to bring your journey, and your cultural norms so we can be this wonderful flourishing place of beauty.

Parrot: How may ARC better prepare ESL students

who wish to pursue a career on campus?

President Dixon: Be more involved in the community. Instead of students finding us, how do we go out and share what it is that we have to offer to students and communities in the spaces in which they are? How do we as ARC show up at a resettlement agency and tell a group of individuals that may be transitioning here, like Ukrainians for example who are coming in great masses from the war, and invite them in, and create that welcoming space that offers support? I think those are some of the things that we can do a lot better than we do now, and more importantly, help them understand in those moments what's available to them. I really would want students to know what options are available to them. There are a lot of options we have to offer.

Parrot: Thank you so much for giving us the space and the time for this interview dear President Dixon, and thank you for being so reachable and open.

Interviewers: Manny and Snow.

President Dixon sharing a selfie with our Parrot staff: Manny and Snow



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.



FIND 12 DIFFERENCES



Did you find
them?



"The ESL Center will be online for the first two weeks of class. Aug. 22-Sep 2. Watch for updates about future changes!"



Fall 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



ARC ELLIS Club

G'day, ARC Community. Just a brief update on what ELLIS Club has been up to.

It was a busy summer for us. From mid-May through August, our members helped over 30 new students. This included welcoming students to the college and assisting them with applications and enrollment. Many newcomers often need help in their first language, and our members provide that help in **Arabic, Dari/Farsi, Russian, Spanish, Ukrainian and several other languages.**

In collaboration with the Center for Leadership and Development, our student leaders also helped facilitate a college tour in July. The tour was for a group of young Afghan women referred to ELLIS by World Relief. The tour went well, and one of our members, Manizha, did a fantastic job of interpreting parts of the tour in Dari. You're a rockstar, Manizha! And a tip of the hat to Ethan, our resident Sage and tour guide. He did a great job of keeping us in the shade on a 100+ degree day.

Through Refugee Career Pathways, our ELLIS peer mentors have been invited to **an in-person training on how to assist incoming refugee students.** A special thanks to Olga Prizhbalov for making this opportunity available.

Well, that's all folks! If you or someone you know needs ELLIS help or would like to get involved with the club, simply fill out our online [referral form](#).

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.



"One of the Most Dangeours Days in My Life"

"...It happened in one of the Russian islands in arctic region, my colleagues and I worked there for 13 months as meteorologists"

-Ivan Polyakov, from Russia

Click on Ivan's photo and hear his amazing story.

"Hello everyone, my name is Kseniia Krivolapova. I am a student at the ARC, and today im going to talk about my first day in the USA..."

-Kseniia Krivolapova, from Russia

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



"My First Day in the U.S."



"Epic Life Experiences: Big Foot"

"...Many of you probably will not believe me, and for many of you this story will seem like unreal, but it's very real "

-Oksana Nebozhuk, from Ukraine

Click on Oksana's photo to hear about her amazing experience!

Students Squawk

Parrot Voices: Viewer Response

I enjoyed watching the video of *Alisher from Uzbekistan* talk about ["Differences between the U.S. and My Country"](#) because it was easy to understand every word. The speaker has a good accent and he speaks very fluent English. I enjoyed listening to this video, but it made me sad because I remembered the same problems in my country. This video is very close to me because I used to live in a country in the former Soviet Union. A very good and true video.

May is from Iraq, and she spoke very fluently, with a correct and confident pronunciation. I understood everything that was said in the video about ["How I Changed Since I Came to the U.S."](#) Absolutely everything was clear for me. I liked this video, even if it's about the war. We all know what's going on in the world right now, but when someone tells their own story, we can better understand what's really going on. Also, when I came to the U.S., the first thing I noticed was the smiles, the happy, kind and polite people. I'm excited to live in the U.S. and I enjoyed listening to this video.

It was easy for me to understand *Yuriy Kolesnik, who is from Ukraine* in his video, ["Best Day in My Life."](#) He has cor-

rect pronunciation. He had some mistakes in his speech, but he immediately corrected himself. His story was very romantic and emotional. I believe that not every man is ready to share his emotions and feelings. When I read the subject, I expected it to be a woman in the video. In my opinion, men are less romantic than women, but I made a pleasant discovery for myself. Some men have a more subtle sense than women, but not everyone recognizes this. In some places he thought, and his gaze was directed elsewhere than to the room, but I think it was because of his emotions. Very nice video.

Reviewer:

Lidia Cebotari is from Moldova, where first studied Physics and Chemistry, but then graduated with a degree in Law. Now she is a student at American River College and is majoring in Nursing in addition to taking courses in English as a Second Language.

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/>

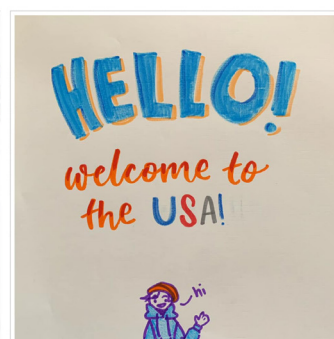
Want to Help?

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.

Some update about Starting point:

Since last August, you have helped Starting Point welcome 1,246 Afghan children and parents to Sacramento.



Upon their arrival, you generously provided food for their pantries, new clothing for the upcoming season, essentials for their apartments, and more. We thank you for being such a driving force in the community these past 12 months.

As more families come, we invite you to be a part of their new beginning. Volunteer with us, be a part of a project, or send a financial gift to give a warm welcome. To learn more: https://www.startingpointworld.com/get_involved Follow us on [#facebook](#)

What is HomeBase?

The HomeBase pathway community is a dedicated and friendly space where students pursuing a related major/program have personal access to the HomeBase Success Team. The HomeBase Language and People pathway community is a one-stop support center for ARC students in programs under the Department of Behavioral Social Science, English, and Humanities. Let's learn more about Language and People HomeBase!

Q: What can HomeBase offer to students?

A: HomeBase can help schedule counseling appointments, answer questions about support services such as: financial aid, Beaver Cares, internships, and provide space or facilities (computer or printer) for study. You also can just come in and hang-out to pass the time during class transition.

Q: What are majors under Language and People HomeBase?

A: Anthropology, Art History, ASL-English Interpreting, Communication, Deaf Culture and ASL, Early Children Education, Education/Teaching, English, English as Second Language, Ethnic Studies, History, Humanities, International Studies, Journalism, Philosophy, Political Science, Psychology, Social Justice Studies, Social Science, Sociology, and World Languages.

Q: We can see that English as a Second Language (ESL) is under HomeBase Language and People. How can Language and People HomeBase be useful for ESL students?

A: Language and People HomeBase can be useful for ESL students not only for all the support services described above, but also by providing a community to practice their English. At HomeBase, ESL students can create or participate in a study group for homework or exams, and meet their professors who have office

hours at the HomeBase. Also, the HomeBase success team has some students with an ESL background that can share their experiences as ESL students.

Q: HomeBase has a success team, what is a success team?

A: Your Success Team includes assigned counselors, coaches, clerks, faculty and peer mentors.

Q: Who is available to help?

A: Your HomeBase Coach is your first point of contact. They share strategies for college success and coach you all the way to your goal! Coaches, clerks, and peer mentors can answer questions and help you register for classes.

Q: Where to find Language

and People HomeBase?

A: We are available in-person at Davies Hall in rooms #103 and #104, Monday – Thursday, 9 am – 3 pm; Friday we are available remotely. You can reach us too through the email AskHB-Humanities@arc.losrios.edu and telephone #(916) 484-8584. Are you on Instagram? Please follow us [@archb_lp](https://www.instagram.com/archb_lp) to ask quick questions and stay updated on the latest HomeBase activity.



Out of the Cage

SACRAMENTO WORKS

JOB CENTER INFO SESSION
Presented by Maquoo Anderson

Sacramento Works and its job training centers provide resources and services to employers, businesses and job seekers in Sacramento County. Join us to learn more about resources and services Sacramento Works provide.



Thursday, 08 September at 12:00 pm

tinyurl.com/sac-works



RESUME 101

SEPTEMBER 13 | 12:00 P.M.

A resume is one of the main tools we use during our job search, so it is important to keep it updated and looking sharp.

Join us to learn how you can make your resume stand out and land you that interview!

tinyurl.com/sept-resume

Handshake is a job and internship board for Los Rios students to find exciting opportunities, register for hiring events, and connect with employers! During this workshop we will show you how to navigate Handshake and make the most of this awesome platform!

September 27, 2022

12pm

[Register Here](#)

QUESTIONS/COMMENTS?

Student Editors: **Tuyet Le, Emmanuel Madrid, and Asma Alqdah**
Faculty Advisor: **Patrick Hoggan**

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>

