

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



# The Parrot



## The Awesome Project Grant for ARC Art Students



**The Parrot:** Professor Brandy Worsfold, can you tell us a little bit about yourself and your relation to ARC?

**Professor Worsfold:** I am an art professor, I teach photography at American River College, and I've been teaching here since 2006. Most of my childhood was spent in some parts of Asia, more specifically in Thailand. After graduating from high school in Thailand, I came back to the United States, but coming here was challenging since I had never driven a car. I had not gone to school for a very long time. I didn't know any of the culture. I hadn't even watched TV, since, back in the day, television wasn't something common in Thai-

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## Five Fascinating Facts about Parrotfish

### The Great Barrier Reef Foundation



Parrotfish are among the most distinct of the more than 1,500 species of fish that call our irreplaceable Reef home. They're collectively named for their bright, parrot-like colors and bird-like beak, yet no one species of parrotfish looks like another.

The bumphead bears a protruding hump on its face,

*Continued on page 15*

Would you like to contribute to *The Parrot*?

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## Student Chirpings

### *Advantages and Disadvantages of Having Many Children in My Family*

Would you like to have a big family? Nowadays, people more and more often prefer to have a small family because they think that a big family is big trouble. If you also think that a big family is just trouble, you are wrong. I have five children, and it has many more advantages than disadvantages.

The first advantage of having many children is that I am constantly busy. I don't have time to be bored because I always have to do something. For example, I need to drop off my children at school, and then I need to pick them up. I need to wash clothing for my family, and I do it not less than three times every day. I often need to go to the grocery store to buy food. Also, I need to spend time with my children, so I have no time at all to be bored.

Another advantage of having a big family is helping each other. For instance, when my seven-year-old son is doing his homework, my daughters are helping him with it. Also, if I need help with cooking, my children will never refuse to help. They can peel vegetables, and under my guidance, cook soup or make a salad. In addition, they are always ready to help with home chores, and often they offer a helping hand to me. Therefore, many children equal lots of help.

However, there are some disadvantages of having many children. The first problem is money. If you have a big family, you need a big house, which costs a lot of money. Also, if you want to go on vacation, you need to spend a lot of money on flights and hotels. Moreover, the head of the family has to earn enough money to provide for his family. The next problem is no time for yourself. Sometimes, parents want to relax in silence without children, but it is not possible if you don't have grandparents nearby.

Therefore, a mother like me can only dream about rest without children. The last problem is many home chores. For example, in my family, there are many chores as in other families, but the amount of this work is a lot more than in small families. Moreover, when children play, it is useless to clean up. It's comparable to snow-fall; it is useless to remove snow when the snow keeps falling. So, with many children in my family, there are not only advantages.

In conclusion, all parents have a choice of having a big or a small family, and they have to be ready for not only advantages, but also disadvantages such as not having enough money or time for yourself, or having a lot of home chores all time. However, I am happy to have all my children because they love me and need me, and they are the meaning of my life. If you are thinking about having a big family, you will never regret it.



**Maryna Dotoshen**  
**ESL 47**  
**Opinion Essay**

## Always Be Happy

Everyone deserves to be happy. It is the most beautiful feeling you should try and feel. Being happy sounds difficult, but feeling happy is easy. In my opinion, you can feel happiness in the simplest things you do or you have. So, there are three simplest things people should do to be happy.

First, people should buy new things to be happy. It is not supposed to be expensive. You can buy flowers and put them in your home. Buy new clothes for your children on Thanksgiving or Christmas, and that will make you happy.

You can buy someone you love chocolate, and that will make both of you happy. It is not all about buying expensive stuff to be happy. You can buy simple things and put your love and happiness into them, which will make them more valuable.

Second, people should keep their homes clean to be happy. Always keep your living room organized and clean. Clean yourself and keep yourself and your family safe from germs. Clean your kitchen to make sure that you are making healthy food. Clean means health. In my opinion, happiness means a clean home with burning candles on a rainy day. So, it is another simple thing you can do to make yourself happy.

Third, people should listen to music to be happy. Bodies need food and water to be

alive, but souls need music. Listening to your favorite music feeds your soul and makes you happy. Music brings memories back, listening to old happy music will make you see the scene in your mind again and smile. The happiest way to study is by listening to music; it makes you learn and be happy at the same time. In my opinion, listening to music is the simplest way to be happy.

To sum up, happiness is something to feel not to touch. You can be happy with the things you already have. You have to be

happy because everyone deserves to be happy. So, buying new things, keeping your home clean and organized, and listening to music are the simplest things you should do to be happy.



**Ayat Alani**  
**ESL W 40**  
**Opinion Essay**



## Keeping Pets Is a Good Idea



In general, having a pet at home is advantageous; a pet is a true friend in need. However, adopting a pet requires specific attention, specific home conditions, and caring for your own needs. Pets have a positive effect on human physical and mental health. Pets will cause morality and

increase happiness. Keeping pets, along with the worries and hardship that come with it, strengthens the mood, increases vitality, and improves life expectancy. There are many benefits to keeping pets.

Keeping pets is a good idea because it helps people to reduce stress. Some people believe that keeping pets helps treat medical patients, and it also helps people who are disabled. For people who are always stressed, a pet can be a good companion. When people play with pets, this becomes the cause to be happy. Spending time with pets makes you feel good due to the secretion of happiness hormones. Pets are good for all depressed people.

In addition, keeping pets is a good idea for people who are alone, especially for elderly people. A pet can be friendly with them. Usually elders are alone, and they need pets because they are so kind and help them. Elderly people may have moved from home to a nursing home, may be far away from family and friends, or may have lost a loved one, so it is understandable that many elders feel lonely from time to time. However, pets with unconditional love can be a great help to elders in the fight against loneliness.

Finally, keeping pets is a good idea to give you and your children a sense of responsibility. Caring for a pet at home has some responsibilities. When we take a pet, we have to pay attention to his or her food and health. When we take care of the pets, our children will copy our behavior and learn how to respect and help pets. Pets are smart, and they see our behavior then do the same to us.

In conclusion, pets are innocent and smart, and they are our friends. Therefore, we have to pay attention to our behavior with them. Keeping pets is a good idea for all people, especially for people who are depressed and elderly, because pets can become friends with them. When we keep pets, we have to take all the responsibilities.

**Saghar Obaidi**  
**ESL 55**  
**Argument Essay**

## A Frightening Day in My Life: Where Is My Sister?

Sometimes some things happen that we never expected nor wanted, but they happen, and no one can stop them from happening. Everybody wants to be fine and to be safe, but for some people, it's impossible because they are in a dangerous place, and they don't even know what they are really living for. But the ones that never experience it will never know how hard it is not to be in a safe place and not to believe in being alive tomorrow. On October 5, 2016, I had a frightening and dangerous day that changed my life forever.

First of all, it was October 5, 2016; on that day we were all sitting, and everything was fine. My eight-year-old sister was outside, and everybody else was at home except her. At 11:00 a.m., we heard a very strong explosion. Our mirrors fell down, the house was shaking, and everything at home fell down. We were crying for my sister because she was outside. My dad and my mom were trying to go after her, but my grandmother didn't let them go. She said, "We don't know; maybe they planned another explosion, too". Then, we

were just sitting and crying. Then, after 30 minutes my sister came home. She was crying badly and breathing fast. After 10 minutes, she was fine and we asked her, "where were you?" She answered, "I was in a market when I heard a sound by which my ears stopped working, and then an old man hid me behind something." She said that while she was coming out of that market, she walked a little bit toward our house, and then she saw dead bodies, and that scared her the most.

Next, we heard the crying voices of many innocent people who lost their families. It was the hardest thing hearing such a voice. It feels very sad to see people hurting. We were all crying because we also experienced how hard it would be to lose a family member. People lost their shops who had spent years making a shop in Afghanistan, where the government doesn't care about the ones who don't have jobs or food to eat. There were also people who couldn't find their dead loved ones. After about an hour, one of our family members found a part of someone's body in our house. That scared everyone the most because we never had such an experience. We all were thinking about what to do with it, so we decided to go to where the explosion happened. We decided to leave it there where their family could find it. In the explosion place there was blood everywhere. My family was saying that we had to move somewhere else because here it was dangerous, where there were many people and also many shops. They were scared of that explosion. But in our country, everywhere was dangerous. There was not a place where we felt safe. They were wondering what we should do if it happened again.

Last of all, I was just shocked by that explosion because we never expected it. We knew that our country was not safe, and anything could happen, but we never expected it near our house. We always thought that our country's enemy's problem was with our government. We were wrong. Their problem was just killing innocent people. They did

that, many people died, many people were injured, many people lost their families, many people lost their shops, and many people lost their houses. In this situation, you can't imagine how hard it is to be strong. After that frightening and dangerous day, we were always at home because we were scared, so we didn't go out for a while. My cousins, my sisters, and I stopped going to school. Our family didn't let us go because they wanted us to be safe. After that experience, I couldn't sleep at night for a while. Nothing felt right, my dad was always thinking about our future and our lives, and that was making him so sad because he couldn't

do anything for us. Those days no one was thinking about the future and studying. All were just thinking about how to live till tomorrow.

To conclude, it was the worst frightening experience I ever had, and it affected my life a lot. I spent many nights sleepless,

and I always had that fear with me. I wasn't worried about myself; all I was worried about was my family. I wanted them to be fine. In my opinion, people should be so grateful that they are in a safe place with their family and friends, as I am so grateful that I am in a safe place with my family, and all I think about now is my future. Everybody wants to be in their country with their people as I wanted so much, but in my country, there wasn't any hope and now we have lost our country maybe forever.

**Humaira Osmani**

**ESL 47**

**Narrative Essay**





## What Is Your Hobby?

What is your hobby? Why do you like it? Hobbies are good for people because they keep them busy, and they don't waste time in their life. Hobbies are useful for life. Hobbies are great for several reasons. My favorite hobbies are cooking, sewing, and walking.

First, I like cooking because I want to feed tasty food to my children. My children love my cooking. Cooking is a physical and mental exercise for me. For instance, I use my body to cut vegetables and meat. I use my mind for what ingredients I choose to make tasty food. After that, my cooking is very healthy because I don't use too much oil or too much dairy. Furthermore, I prefer to cook green vegetables and healthy vegetables. In addition, I cook meat but only chicken breast because there is not too much fat in the breast meat. My son likes it when I cook shrimp fried rice. With my cooking, I and my children are very healthy. That is the reason one of my hobbies is cooking.

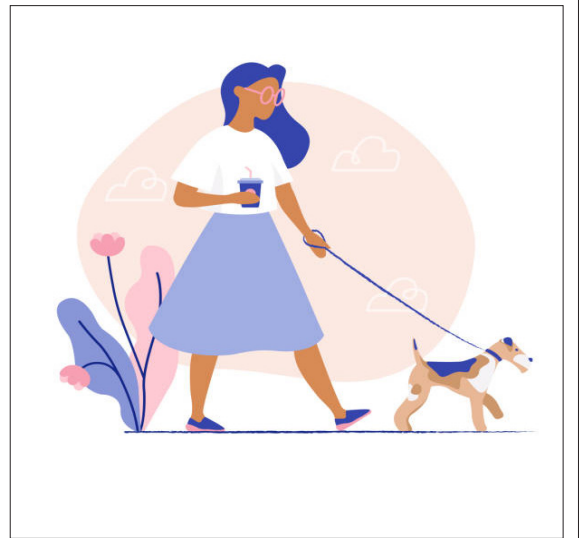
Second, I love to sew clothes for myself and for my children. Sewing is very important in life because sewing is very expensive in the United States. Whenever I have free time, I want to sew my clothes. I like to sew Indian blouses, nightgowns, churidars (long pants), and lehenga (long skirts). Indeed, in the United States, Indian clothes are not easy to buy. If we want to buy Indian clothes only from Indian business people, then the clothes are very expensive. This is because they buy clothes from India at Indian prices and sell them at American prices. In addition, I can buy cloth from American stores like Walmart or Joann's, and I make the designs and then sew the clothes. My children like to wear clothes that I sewed. I like to see them wear the clothes I made. In summary, sewing is my second hobby.



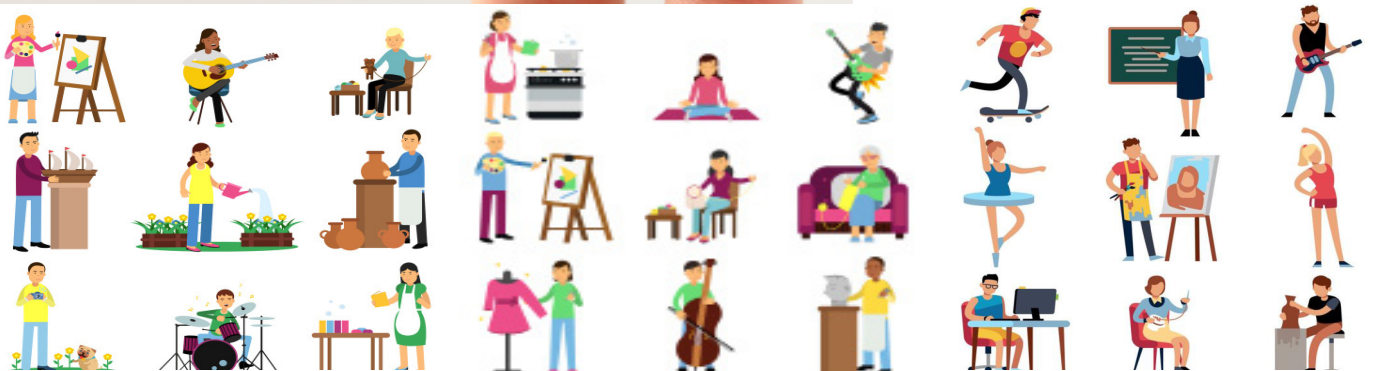
## What Is Your Hobby?

Finally, I like to walk every day because it keeps me healthy and active. First of all, I like it because I burn calories and don't gain weight. Next, when I walk outside, I can see a lot of people. In addition, I like to see many kinds of plants, flowers, and greenery. Furthermore, I like to enjoy nature because so many thoughts come to my mind. In fact, walking is most important to me. I didn't use to walk every day, and I got sick many times. I went to a doctor to check up on my sickness. The doctor advised me to walk every day. Since I started walking, I haven't gotten sick because my immune system has become better. In summary, my hobby of walking is good for me.

In conclusion, my three great hobbies are cooking, sewing, and walking. These hobbies are my favorite and are amazing for me



**Umadevi Gujje**  
**ESL47**  
**Opinion Essay**



## Power of Life

When I talked with an 80-year-old man, I said, "I want to make a good big company, but I don't know if I can." "Why not? Other people can, and you can, too," the old man said. This was my grandfather. These words gave me good direction in my thinking. I felt great power after that discussion. I understood that if I have a dream, if I want something, I will have more power in life. Dreaming is a very important part of my life.

When I was in Russia, I had a dream about a lot of things. One very important dream was about moving to the U.S. Moving was important because Russia has many problems. I want a better life for my family. I started to read all information about other countries and especially about the U.S. I was not sure that the U.S. is better, but more information talks in favor of the U.S. For seven years, I studied information about different countries. Then I decided we needed to complete an application for the Green Card lottery, and we did it. Today we have the Green Cards, and my dream has been achieved.

A tree that is alive grows all the time. Today I decided to go to the next goal. I see in the new country new possibilities for me and my family. I want to study English, and I have worked at different jobs. I know if I have good English, I can get a good job. In addition, my children are very smart, so if I help them with education, they will build a good future for

themselves. Therefore, I study English every day, and my children do their homework, and they do extra exercises to pursue these dreams.

I have several interesting ideas for the future. First, I want to use my experience in the trucking business to realize my dream. I was a truck driver, but now I need to take the

next step. I will be a manager in a truck company. This dream is possible, and this work is very important for me because it will give me new experiences and I will spend more time with my family than working as a truck driver. I think if I reach this goal, I will feel more power for the next dream. My second dream is to buy a lot

of land and plant trees there. There will be only trees and they will grow for nature. This goal is really possible. My opinion is, if you do something and you do it well, then you will reach your goal. I think this dream is very important to me and the planet on which we live. This is my respect for the world and for my God. When I achieve a goal, my idea becomes an example for many people and for my descendants.

When I have a dream, I have power for life. My opinion is that if you have a dream, do your best to achieve it. If you do something, then do your best.

**Aleksandr Gusinskii**  
**ESL 47**  
**Narrative Essay**





## Horseracing

Horseracing is a popular worldwide sport. Have you ever been to any kind of horse race? You can experience the thrill of a lifetime. But what happens behind closed doors? Do the horses get the same treatment they do in front of a crowd? Or is it much worse? All types of horseracing should be shut down because of the horse's health, it increases your chance of debt, and often the horses are drugged.

The first reason horseracing is a bad idea is that it harms horses' health. Horses should be treated with care and respect. Therefore, horses should not be used for human pleasure. However, horses that are not capable of participating in the races are taken to slaughterhouses where they are shot or forced to live a life of cruelty. Horses, like humans, may experience fear, stress, exhaustion, pain, and other emotions. Finally, we shouldn't abuse our position of responsibility and cause harm to horses.

The second reason is that horseracing can lead to debt. Although horseracing can provide a good source of income, it can also make people lose money. I know some people who put their family savings, houses, and cars towards betting on a horse and lost everything they invested. However, horseracing doesn't only lead to debt. It also causes a lot of problems, one of them being that you are constantly



looking for a way to pay off your debt. In addition, debt can lead to gambling, which could lead to more debt. For this reason, if you plan on betting at horse races, make sure it doesn't lead to debt.

The third reason is that horses are often drugged before a horse race. As a result, the horse's injuries get worse, but due to the drugs, the horse doesn't feel pain. Some of my friends who are involved in horseracing say some of the drugs that are given to the horses are il-

legal and include snake venom and alcohol. Although these drugs are supposed to make them faster and healthier, they are killing them faster and causing them more pain. For this reason, the government should make stricter rules for horse racing or make a law to stop

horses from being drugged.

In conclusion, horseracing is a bad idea for several reasons. Those reasons include the health of horses, debt, and horses getting drugged. I hope this gives you insight into what horseracing really is.

**Shabnam Ahmadi**  
**ESL 55**  
**Argument Essay**

## A Good Student

Being a good student brings honor to you and to your family. You can find many good students who work their hardest to achieve their goals. It is very challenging to be good at everything. What are the qualities of a good student? Three qualities that make a good student are building relationships, working hard, and being on time.

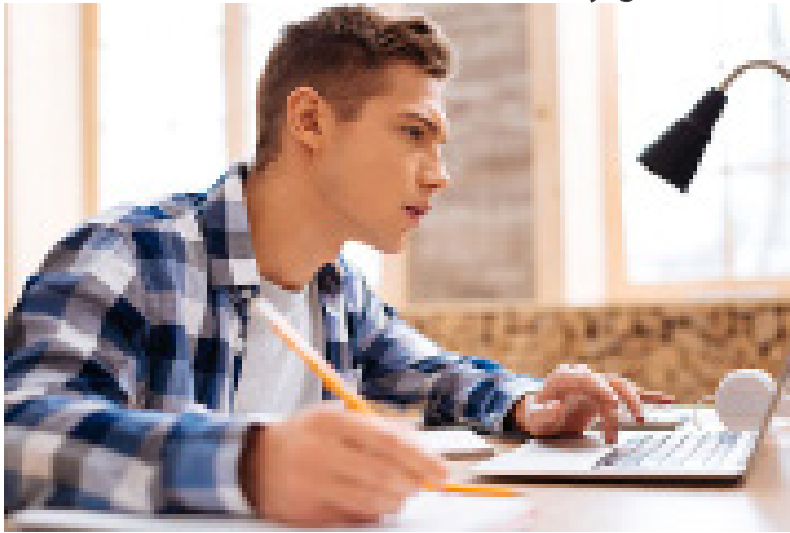
The first way to be a good student is by building relationships. I know it is difficult for some students to communicate with each other, but making friends in our life is the most important thing to do. You need to be friendly and kind to find a good friend for yourself. Building relationships is not all about finding friends, so you need to communicate and be respectful. For example, one of my friends is very good at finding friends, and she is very generous to all her friends. Her name is Sara. She always finds a new friend whenever she goes. She helps people wherever they need help. She is always by me whenever I need her help. Everyone needs a friend in their life who is generous and open-handed.

The second quality of a good student is being a hard worker. It is very hard to stay focused for some students. A hard-working student studies for everything: quizzes, tests, and exams. A student who is hard-working can solve problems faster and easier. It is better for them, too. They can be relied on to help you with your problems. They are full of good ideas, and they can think fast. A hard-working student can be

a good leader for a group project. For instance, Sara, my friend, is a very hard-working student. She is good at everything since she studies hard. She can help me sometimes with my math problems. For this reason, it is important for students to be hard-working. If a student is hard-working, it is more likely to make their own life easier.

Lastly, good students should be on time with everything.

They say people who are on time can manage and track their time easily. Students who are on time have a better life and future. They can turn in their homework on time and never get late assignments. Sometimes they come across a good opportunity in their



life. A good student never comes late to class and is never tardy. For example, my sister is a student, and she manages her time very well, so she is always on time for everything. She never has had tardy or late assignments in class. Being on time is the most important thing in people's lives. For people who are on time for everything, it is easy to have compatible lives.

A good student should have many characteristics like being a good relationship builder, being hardworking, and being on time. If there are a lot of reasons to be a good student, if we try hard, we can be good students without any reasons.

**Farwa Amini**  
**ESL 47**  
**Opinion Essay**



# Beginner Reading Practice

## Preparing Food

Jack was hungry. He walked to the kitchen. He got out some eggs. He took out some oil. He placed a skillet on the stove. Next, he turned on the heat. He poured the oil into the skillet. He cracked the eggs into a bowl. He stirred the eggs. Then, he poured them into the hot skillet. He waited while the eggs cooked. They cooked for two minutes. He heard them cooking. They popped in the oil.

Next, Jack put the eggs on a plate. He placed the plate on the dining room table. Jack loved looking at his eggs. They looked pretty on the white plate. He sat down in the large wooden chair. He thought about the day ahead. He ate the eggs with a spoon. They were good.

He washed the plate with dishwashing soap. Then, he washed the pan. He got a sponge damp. Finally, he wiped down the table. Next, Jack watched TV.



*Cooking eggs in a skillet*

Source: <https://lingua.com/english/reading/preparing-food/>

## Did You Understand the Text?

Please answer the following comprehension questions:

### Question 1:

What food was cooked?

- a. Pork
- b. Eggs
- c. Rice
- d. Fish

### Question 2:

Where did Jack eat the eggs?

- a. In front of the TV
- b. In his room
- c. In the kitchen
- d. At the dining room table

### Question 3:

How long did the eggs cook?

- a. 5 minutes
- b. 2 minutes
- c. 10 minutes
- d. 3 minutes

### Question 4:

What was the chair made of?

- a. Wood
- b. Stone
- c. Metal
- d. We do not know

### Question 5:

Jack cooked in a skillet. What is another word for skillet?

- a. Slow cooker
- b. Pan
- c. Microwave
- d. Oven

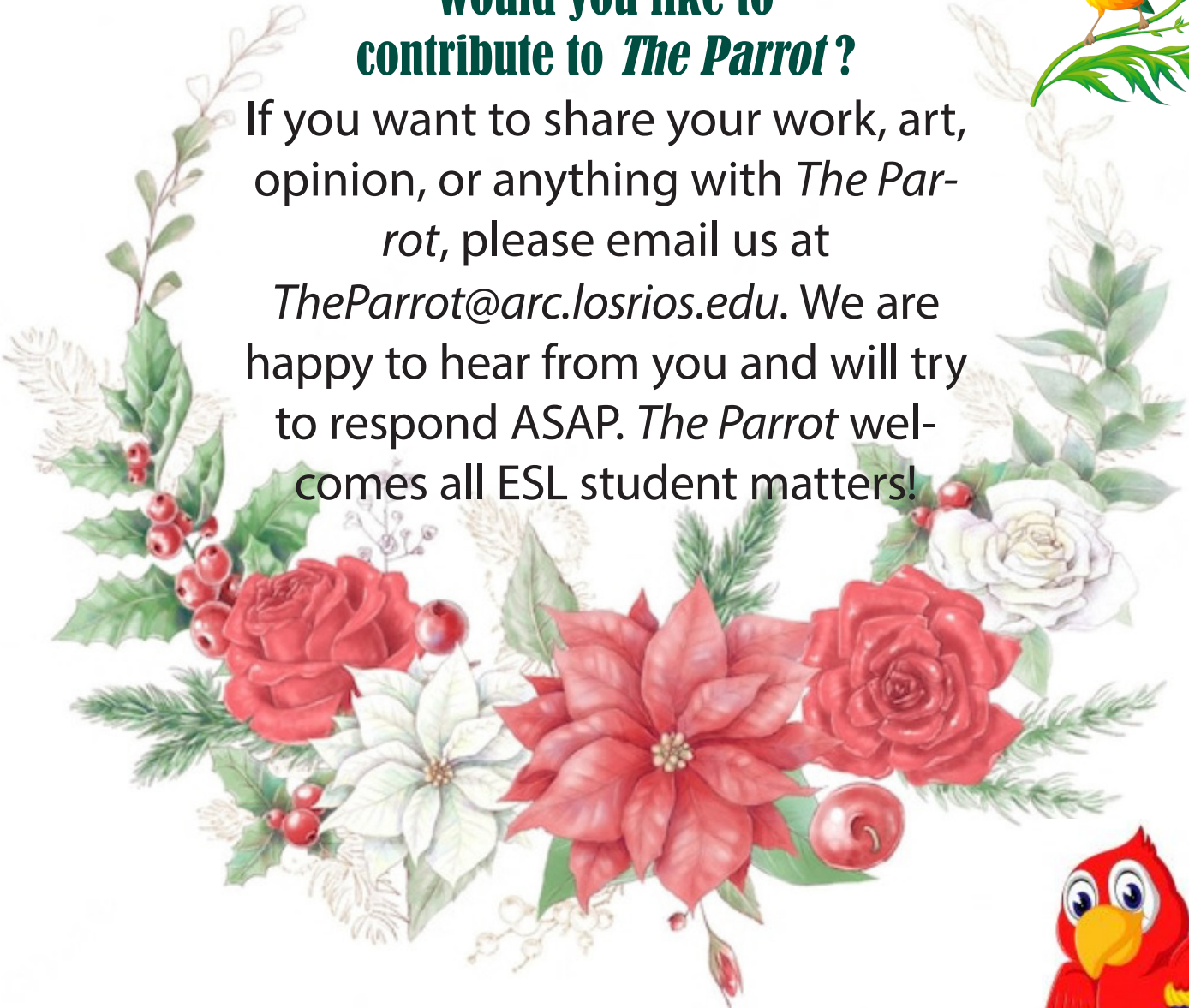


Answers: 1. b 2. d 3. b 4. a 5. b



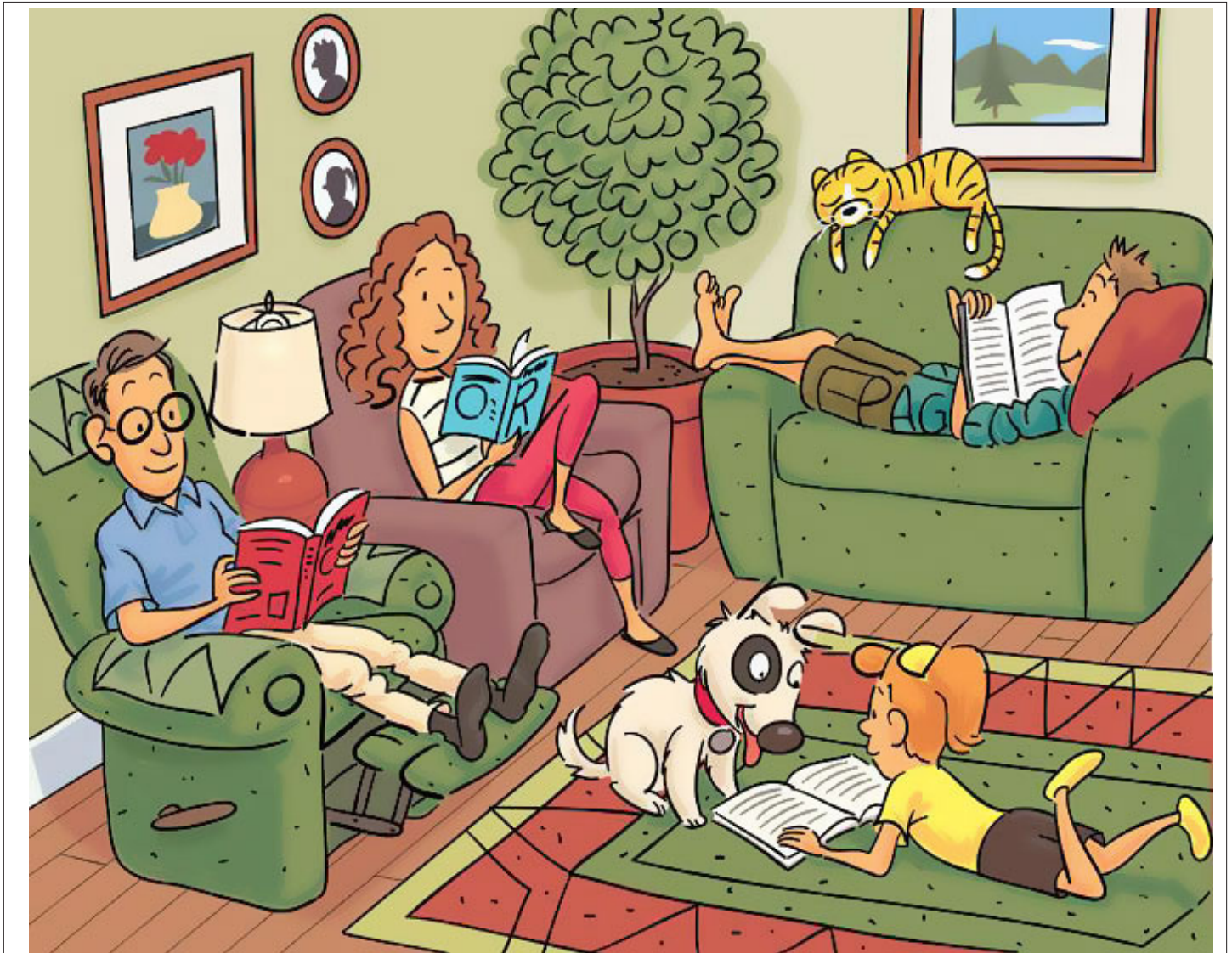
## Would you like to contribute to *The Parrot*?

If you want to share your work, art, opinion, or anything with *The Parrot*, please email us at [TheParrot@arc.losrios.edu](mailto: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 Hidden Words



#### Challenge:

Find 6 hidden words.

See the answers on page 30.  
Click [here](#) to see more fun stuff.

*Continued from page 1*

the stoplight has an amber “traffic light” dot on its tail, while the scribbleface sports iridescent oranges, greens, and purples.

Parrotfish are close relatives of the wrasse, with more than 30 types living on the Great Barrier Reef, often forming large mixed schools with other species. While divers might struggle to spot a tiny cleaner wrasse, they’re unlikely to miss their bigger, brighter cousins. Some species of parrotfish can reach up to 1.2m in length.

Parrotfish play a complex role in our important coral reef ecosystems. Their diet consists mainly of algae, which grows inside coral polyps. In order to reach the algae, parrotfish rip small chunks of coral from the Reef and use the teeth in their throat to grind it up.

This led to a widespread belief that Parrotfish are damaging for coral reefs, but recent studies suggest they may play a role in helping bleached coral recover by eating the algae that prevents new coral growth.

Here are five more fascinating facts about these unique creatures:

### 1. Parrotfish build sleeping bags made of mucus



Before they go to sleep each night, some species of parrotfish build a transparent cocoon made of mucus secreted from special glands in their gills. It not only keeps them safe from biting “bed bugs” like parasitic isopods that attach while the fish sleep, but may also mask their smell from night-time predators like moray eels and sharks.

### 2. Parrotfish are prolific eaters – and excreters

Using their powerful beaks, parrotfish can



munch on coral at an astonishing rate of 20 bites per minute. And what goes in must come out. If you swim behind a feeding parrotfish, you might spot a plume of fine sand coming out the back end – the digested remnants of a coral’s stony skeleton. Scientists think parrotfish faeces contribute to much of the coral sand found on our reefs and even help to form reef islands. It’s estimated a single parrotfish could produce up to 90 kilograms of sand each year.

### 3. Parrotfish teeth are harder than many metals

Diving on the Great Barrier Reef provides not only a kaleidoscope of sights and colours, but sounds too. Listen out underwater and you might just hear the distinctive crunch of some types of parrotfish as they chew on coral. It’s thought they’re after the algae that grow on corals, and research suggests they’re also eating the bacteria and microbes that live inside coral. Either way, it takes tough teeth to take on a stony calcium-carbonate diet. Their incredible teeth are fused as





one to their jawbone. The crystalline structure of their teeth is so sturdy, it would beat gold, copper and silver in a fracture test.

#### 4. Parrotfish are gender fluid color changers

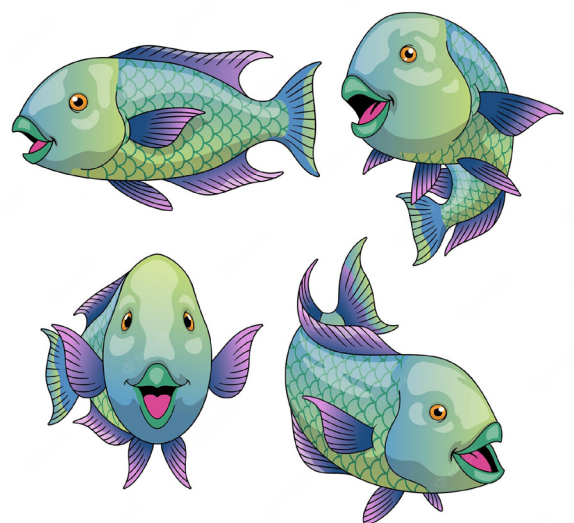
Parrotfish change their sex throughout their lives, alternating from female to male as they grow. One big brightly coloured male will defend a harem of smaller, duller females and supply all the sperm needed to fertilise their eggs. But as they grow bigger, females will often change sex and then challenge other males to lead the group. It's a process known as "protogynous hermaphroditism," and each time they do it, their color changes drastically too.



#### 5. Parrotfish woo with dancing under the full moon

By the light of a full moon, hundreds of bumphead parrotfish aggregate en-masse in a process known as "lek mating". Males will bash their head together to defend their territories and then put on shows as females parade by. Together, they will spawn their eggs and sperm into the water and fertilisation can take place.

Source: <https://www.barrierreef.org/news/blog/five-fascinating-facts-about-parrotfish>





## Parrot Warbling - Word Families

**WORD**

**family**

A word family is a group of words that may share a common root word with different prefixes and suffixes in morphology. They're used for teaching spelling. Word families help readers understand new words without looking up the words in a dictionary.

Have you ever noticed that some words seem to possess similar letters and sounds? Well, what if I tell you there is actually a reason for such things to exist in the English language? Word families are groups of words that fit into a certain set of letter patterns with the same root words.

This means that these groups of words have a common feature, pattern, or meaning. Whenever you see a word like "bale" or "sale", you're actually noticing a word family in action!



They're often linked together through meaning, grammar, or morphology (roots, prefixes, and suffixes).

### EXAMPLES:

#### **The Help Family**

*HELPER*      *HELPFUL*      *HELPED*  
*HELPLESS*      *UNHELPFUL*      *HELPING*

#### **The Write Family**

*WRITER*      *WRITTEN*      *WRITING*  
*WRITES*      *REWRITES*

#### **The Tri Family**

*TRIANGLE*      *TRICYCLE*      *TRIPOD*

## *Neighbors in October*

By DAVID BAKER

*All afternoon his tractor pulls a flat wagon*

*with bales to the barn, then back to the waiting*

*chopped field. It trails a feather of smoke.*

*Down the block we bend with the season:*

*shoes to polish for a big game, storm windows to batten or patch.*

*And how like a field is the whole sky now*

*that the maples have shed their leaves, too.*

*It makes us believers—stationed in groups,*

*leaning on rakes, looking into space.*

*We rub blisters*

*over billows of leaf smoke. Or stand*

*alone,*

*bagging gold for the cold days to*

*come.*

Source: [Neighbors in October](#)

## Rigoberto's Riddles

1. A man returned his cup of tea because there was a fly in it. However, he became furious when he was given the same cup of tea back. How did he know it was the same cup of tea?



Because he had added sugar - if it was a new cup of tea, it wouldn't have any sugar in.

2. On a cold winter day, there was a man standing in front of someone's house. He didn't move until the spring, and the owner didn't mind. Eventually, the man left. Who was he?

A snowman

3. A truck driver is going down a one-way street in the wrong direction. A police car drives past him but doesn't stop him. Why?

Because he isn't driving down the street - he's walking.



## Explore California



### ***Williams, CA***

These past two months I've been trying to find local places not too far away from Sacramento to stargaze and get some nice shots of the Milky Way, and that's how I came across Williams.

Williams is a city in Colusa County, located about 50 miles north of Sacramento via I-5 north. It's not a big city, but it has a lot of beautiful little spots, like the hills you see in the picture above, where you can just bring a chair and sit for hours in silence as you enjoy the beautiful night sky. As you explore the place, you will find some vineyards as well as very

beautiful farms with cows and horses. Definitely a great place to drive around on a Sunday afternoon with dark enough skies to appreciate the Milky Way during the summer.

This shot was made taking 20 single photos of the milkyway and the trees at the same settings and stacking them together in a software called Sequator to bring out more depth from the sky.

***With love,***

***Manny***

## Bird's Eye - The Kingsley Merit Award

In the spring of 2022, American River College student Emmanuel Madrid, who comes to Sacramento from Colombia via Miami, was recognized for his outstanding photographic artwork by being awarded "*The Kingsley Merit Award*" as part of a prestigious art competition hosted by The Kingsley Art Club at the Crocker Art Museum. Every year they challenge students from all colleges in the area to submit their artwork, whether sculpture, painting, or photography. *The Parrot* invited Manny to share more details about this great honor.

### **How did you find out about the award?**

One of my teachers, Professor Brandy Worsfold from the ARC Department of Fine and Applied Arts, shared the link to the scholarships that were related to art on Canvas, and I saw this award competition and decided to submit my work (even though I saw the competition and got a little intimidated since they were paintings and they were beautiful ones!).

### **What did you have to do to apply?**

Applying was very easy: Just I stated was majoring in an art degree or certificate on the link provided in Canvas, filled out a form and submitted my photos on the Google Drive provided on the link. I submitted 9 photographs.

### **What is the story behind the photo that won?**

The photo is called "A Garden Of Stars," and I took it back in 2020, in the midst of the pandemic, right outside of Woodland near I-5 North. I asked a good friend of mine to go with me to this sunflower field location at night to see what photos I could get. The goal was to get the Milky Way and the sunflowers together in the frame. My grandma had recently passed away, so I wasn't feeling the best, so going out that night really made me feel a little happy and away from the pain, at least for the few hours I was out there in that field taking the photo. This photo is a stacked and blended photo (techniques that require a lot of knowledge and practice to achieve successfully), so having this photo win a contest really meant a lot to me since I felt all of that effort and practice was really paying off.

### **When did you find out that you won the award?**

I submitted my work for the competition last February, and I got an email from my professor as well as the Crocker Art Museum team around two months after that.

### **What did you receive as part of this honor?**

I received a check from the Kingsley Art Club, as well as the privilege of having my photo displayed at the museum.

### **You were presented the award at a gala event.**

### **What was that like?**

It felt very fancy and I even had to make a speech, which I wasn't ready for at all. I think I did good, but I still can't remember what I said. LOL.

### **What does receiving this award mean to you?**

It means a lot to me. It means that I've been reward-





ed for my passion. It means that there's people out there that will love my art and will appreciate it as well. It means that art is something that can still bring us together, and it means that I've got to keep taking photos. I never know where my work will end up!

**Who are artists that inspire you?**

My two current art professors, Professor Worsfold and Professor Jodie Hooker, are two artists I have a deep respect and admiration for. My co-worker Snow, who works with me on *The Parrot ESL Newsletter*, inspires me, too. Her paintings are gorgeous and unique. My sisters are also inspirations to me: one of them is gifted with a beautiful voice and ear for music, and the other one is so great at crafting.

**What is your dream/hope/goal as an artist?**

To leave a mark, to inspire others, and to have my work mean something special to people. I've always wanted to transmit hope and peace in my photos. I eventually want to be able to travel

around the world and photograph, not only the beauty and wonders of our world but capture history and culture as well. I want to document the diversity of humankind. I would love to work with National Geographic and become an ambassador of my favorite camera brand.

**What is some really good advice that someone has given you to help you improve and develop as an artist?**

Someone once told me that no matter what, you've got to keep shooting, even if you don't get the shot you want to achieve or you don't like how your shots are coming out. Just keep on shooting. Practice makes perfect.

Thanks for the interview, Manny. We wish you continued success and hope to see a lot more of your photos in the future!

[Click here](#) to find out more about the Crocker Art Museum.



## 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!*

### Lazy Cake (No-Bake Chocolate Biscuit Cake)

#### Ingredients:

28 oz (800g) digestive biscuits, tea biscuits

1 cup (100g) nuts (walnuts, hazelnuts), toasted, slightly chopped

#### Chocolate Syrup

1 cup (200g) sugar

1/2 cup (60g) unsweetened cocoa powder

1 cup (240 ml) water

2/3 cup (150g) butter

1 tsp vanilla extract

#### Chocolate Ganache

1/2 cup (120 g) whipping cream (35% fat)

4 oz (120g) bittersweet chocolate, chopped



#### Directions:

1. Break the biscuits (cookies) into small pieces in a large bowl.
2. Heat a non-stick pan over medium-high heat and toast walnuts or hazelnuts for about 5 minutes, stirring frequently to toast evenly. Add toasted nuts over the biscuits.
3. Prepare the chocolate syrup. In a medium saucepan add sugar and cocoa powder. Stir to combine and gradually add water, while stirring to combine well. Add the butter and place over medium heat. Bring to boil for about 7-8 minutes stirring constantly. Remove from heat and add vanilla extract. Set aside to cool slightly for about 10-15 minutes.
4. Pour the syrup over the biscuits and nuts and combine well using a large spatula or spoon.
5. Transfer the mixture into a 9-inch (23 cm) non-stick round cake ware or use a 9-inch (23 cm) springform pan, bottom-lined with parchment paper.
6. Press well using the back of the spoon or an offset spatula.
7. Cover and refrigerate for about 30 minutes to 1 hour before preparing the chocolate ganache.
8. Prepare Chocolate Ganache. Place cream into a small saucepan and heat until it just begins to boil.
9. Pour hot cream over the chopped chocolate and let it sit for 1 minute. Stir until smooth.
10. Pour ganache over the chocolate biscuit cake and refrigerate to set for about 3-4 hours or overnight before serving.
11. Decorate with toasted nuts if desired, cut into slices, and serve.

Want to see how this cake is made? Watch it at: <https://www.youtube.com/watch?v=xNI8gPEvQgk>

## Parrot Palette

### MONA OLFATI - PERSIAN ARTIST



**The Parrot:** Are you from this area? What language do you speak?

**Mona:** I'm from Iran and I speak Persian. I live in Elk Grove now. It's a little far for me to come to ARC, but I love art and ARC has my major – Art New Media Design.

**The Parrot:** How did you get started in art?

**Mona:** I have loved art since I was a kid. When I completed my art education in Iran, I could say I was successful. I came to the United States and worked in the Apple company for many years; however, I wasn't satisfied. So, I decided to come back to learn more about it at ARC.

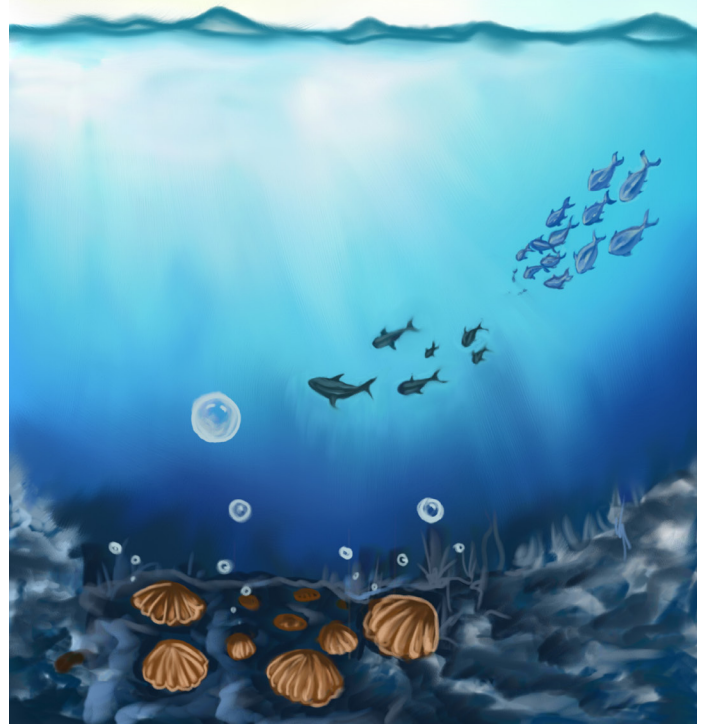
**The Parrot:** How many paintings do you think you have made?

**Mona:** Oh, good question! I can't count all the work I did; however, I believe I painted over a thousand pictures.

**The Parrot:** You have made a few paintings of Paris. Have you been to Paris? If so, can

*O Thou kind Lord!  
These lovely children are the handiwork of the fingers of Thy might and the wondrous signs of Thy greatness:  
O God! Protect these children,  
graciously assist them to be educated and enable them to render service to the world of humanity.  
O God! These children are pearls, cause them to be nurtured within the shell of Thy loving-kindness.  
Thou art the Bountiful, the All-Loving*

*'Abdu'l-Bahá*





you share some of the highlights of your tip and what it meant for you as an artist?

**Mona:** Yes, I did. In 2019, it was my sister's 40th birthday. She took all sisters and friends to Paris, taking a couple weeks of vacation. I painted the Eiffel Tower in Paris from that trip. It was an awesome trip; we visited many beautiful places. My sister is working in art, too. We love it a lot and I have never given up in anything in art that I started. I have to finish what I start. This is very important for me. I didn't care if it is a bad idea or bad choice to draw that. I think it's the excitement at the end about how it is going to turn out that is the motivation for me to finish it. I don't let my work stop in the middle. One time, I spent 48 hours and was stuck on my chair to finish a painting. When you go deeper in the art, step by step, you can see it's a wide world. You will have to go deeper and deeper or you will be drowned at the middle.

**The Parrot:** I heard that you received the Awesome Art Grant. Can you explain what that is

and how you were selected to receive it?

**Mona:** When pandemic hit, it helped me finish my classes faster. In 2020, it was a contest for painting about the pandemic. I drew my sons and got the reward. For the Awesome project in 2022 I'm working on the Bahá'í prayer book. Bahá'í is my religion. We came to the United States because we couldn't practice our religion in Iran. If they know you change your religion from Islam, they will put you in danger. We were lucky to come to the United States. Our Bahá'í children class had to be held underground because you can't let them know you have a class. We only had a printed book without any pictures. When I started this project, I was thinking I must have a prayer book for this class with the beautiful pictures. I want them to see the beauty.

**The Parrot:** You shared five of your digital paintings in the 2021 ARC Student Art Exhibition. Was that your first time in an exhibition?

**Mona:** I participated in many art exhibitions. It wasn't my first exhibition.







**The Parrot:** Can you give our readers a brief explanation about digital painting? How is it different from other kinds of art, like oil or acrylic painting?

**Mona:** They are all awesome. I love the traditional way of art. Digital painting is an app in the computer you use to draw your picture and put your creativity in there. It makes your project complete in a faster way. If you do something wrong, you can go back and edit it. Digital painting helps me finish the art faster; however, it also gives me a lot of time to change my mind. It's pretty good, but I'd rather do the traditional work because it gives me more meditational time.

**The Parrot:** Which careers can you have with this kind of art?

**Mona:** I'm not sure. I think you can illustrate the pictures for books or magazines.

**The Parrot:** Why did you name the kid playing with the toy "Sweet World?" Is there any special meaning for that painting?

**Mona:** Oh, you can see I painted my boy who was

playing with his toy plane. I can see he was in his own world deeply with his toy, not even caring about what was going on around him. This is a beautiful moment and I took a picture of him. This is really a sweet world. I wish we would all be stuck in that age. I remember now why I put that name in, because it brought back a memory.

**The Parrot:** As an artist, what are some of your goals and hopes for the future?

**Mona:** Hopefully, the most powerful language is art between people. I hope artists make the world become a better place. War and all the problems are gone. Everyone from any race would understand each other through art. I wish art would be the common language that people could use to communicate and give them peace of mind.

**The Parrot:** Are there any places you especially want to visit as an artist? Where? Why?

**Mona:** Yes, I used to live in Turkey, for two years. It's the neighbor of Iran, so I used to go there many times. I have a lot of pictures I painted about



Turkey, but I either sold them or lost them. It is a beautiful country with beautiful seas and scenery. I didn't have enough material to draw at that time. I drew with color chalks.

**The Parrot:** Thank you so much for spending time with us today. We wish you all the best.

**Mona:** Thank you. It was nice to share the art with everyone.

*Interviewer: Tuyet Le*



*Continued from page 1 Interview*

land. So, for me coming to the United States was a lot like people who immigrated here for the first time, but the difference was that everyone expected me to know everything; people looked at me and assumed that I knew everything. What was especially challenging for me, though, was that I didn't have any family support. I remember, two days after my birthday, my parents just dropped me off at college and just said: good luck! And then they left. I was all alone without any financial support, unfortunately; so, without any real job experience, I had to support myself with three jobs on campus while going to school full time. I had no fun in college. It was all work.

**The Parrot:** What were the circumstances that brought you to Thailand?

**Professor Worsfold:** So, my family and I were called Expats (a person or group of people who live outside their native country). My father's career was to design power plants in developing nations, like Thailand and Bangladesh, so those were the places we would go to live while he created power plants. I lived with the local people, so I was disconnected with American culture.

**The Parrot:** What's the Awesome Project Grant about?

**Professor Worsfold:** The idea is that if a student has an idea for an art project (when I say 'art,' I mean any of the arts—it could be music, painting, fashion—any of the arts that are defined in the applied arts), a creative project that they're passionate about and they want to create, any project idea already in their head that they want to create and they just need some money to be able to create—that's what this is for. So they have to already have an idea and they have to have some kind of way of expressing it. They'll have to be able to explain what the idea is

and what they'll be using the money on, and they'll have to be able to give some example of their own work, on what the project might look like. To submit their work they have to fill out a Google form application and submit on a Google drive link examples of their work. The prize money varies on how much money I can get from all the teachers who are contributing to this grant. For this month the price will be \$250.

**The Parrot:** What inspired you to create The Awesome Project Grant?



**Professor Worsfold:** I always helped pay for things with scholarships and grants, which is why for me it is important to have scholarships (and I worked in the scholarship committee), but I also know as an artist that a lot of scholarships are for specific purposes, and grants are for purposes. Scholarships are to help you fund your education; grants are to help you fund an art project. I remember thinking when I was in college I was so grateful to have the art scholarships I did have because if not, I might have starved. So it was really important, but I remember wishing I had money

for some of the ideas that I had in college. I didn't have money to create some of these projects that I wanted to. If I had just some money, I could create some amazing art, but I didn't have it. Any money I had, I had to spend it on homework, or on food. So that's where *The Awesome Project* comes from, to give the students a chance to do not only homework stuff, but to create projects that they're passionate about that aren't just homework.

**The Parrot:** How often will this grant take place. Is it once per month or semester?

**Professor Worsfold:** It depends on funding. The hope is that I would have three each semester.

**The Parrot:** Who can participate and what are the requirements?

**Professor Worsfold:** We ARE looking for the most

awesome project idea each time, but we can only judge by the applications, so we must look at what people write and what they submit as art examples. My advice for anyone applying is to make sure they have a really well-developed idea they have already imagined completely in their mind. They should know how and what they want to create and have really good samples that show the quality of their artwork.

Also, they should use the application to describe what it is they want to create, AND why we should support it. Why is it awesome? Will it support their career as an artist, will it be an important step in their artistic growth, will it be a project other people can see and experience, will it be a voice for their community—what makes it awesome?

I think that advice will be helpful, and you can also let people know that if they do not win, they can apply again! Sometimes we have multiple good project ideas but can only select one winner, so don't be discouraged. The requirements are: The participant needs to be an ARC student, they need to be a RETURNING FINE AND APPLIED ARTS DEGREE OR CERTIFICATE-SEEKING student, so that means you can't just be taking a class; you actually need to be either getting a certificate or a degree in fine and applied arts. And, like I mentioned, you have to have a project idea. For example, a student in the culinary arts can't submit their application because they just want to buy a knife. That's not an idea, but if they submit their application saying that they need supplies because they want to make chocolate Easter eggs and hide them across the campus so that people can find,



that's an awesome idea for a project!

**The Parrot:** What are you looking for in a winner?

**Professor Worsfold:** That they have an awesome idea. What makes an awesome idea depends on the jury. We have a panel of judges, including me, who will be choosing the winner, but what we are looking for is the most awesome idea.

**The Parrot:** Where can students participate?

**Professor Worsfold:** Just look for the Awesome Project Grant announcement on the [ARC Art Homebase website](#).

You should be able to find your homebase on your Canvas (only applied if you are a current fine-art degree-seeking student). Open the link to fill out the form and follow the steps to submit your work on the Google folder. Make sure you fill out the form and make sure you put on your correct phone number, since if you win, I'll be calling that phone number. I tried to make the form as easy

as possible since I remember back in the day when I was a student, it was very hard to fill out that type of form.

**The Parrot:** Lastly, any words of encouragement for our ESL students who are pursuing a career in art?

**Professor Worsfold:** Creativity transcends words, creativity is its own communication, so just keep doing what you are doing.

**The Parrot:** Thank you so much for taking the time to do this interview, Professor.

*Interviewer: Manny*

## Restaurant Review

### MIDTOWN SUSHI



ing on the side of the restaurant. If you don't mind driving in downtown Sacramento, it is a good place to go.

A friend of mine told me about this sushi restaurant, so I wanted to check it out. All food is freshly made by the chef at the counter, he said.

"My experience there has always been good, the cooks are usually friendly, and you can always see how they make your food. The server is a little bit slow, but other than that, it is a great place to enjoy good sushi, especially if you go after 6 p.m.! My special dish was the "Rainbow rolls", which are typically made of raw tuna, salmon, and imitation crab with cucumber,

avacado, and vegetables. The tuna, salmon, and avocado are layered on the top of the roll to give it a 'rainbow' appearance."

**-Manny**

It's not so hard to find the Midtown Sushi restaurant at a corner in downtown Sacramento at 2801 P St, Sacramento, CA 95816. Midtown Sushi is a Japanese restaurant that's been around for over 9 years. Their mainstay is raw fish, but they also have a good variety of non-meat options for those who are vegan or prefer not to eat raw meat.

It is decorated mainly with red color and some art on the wall. You can find park-



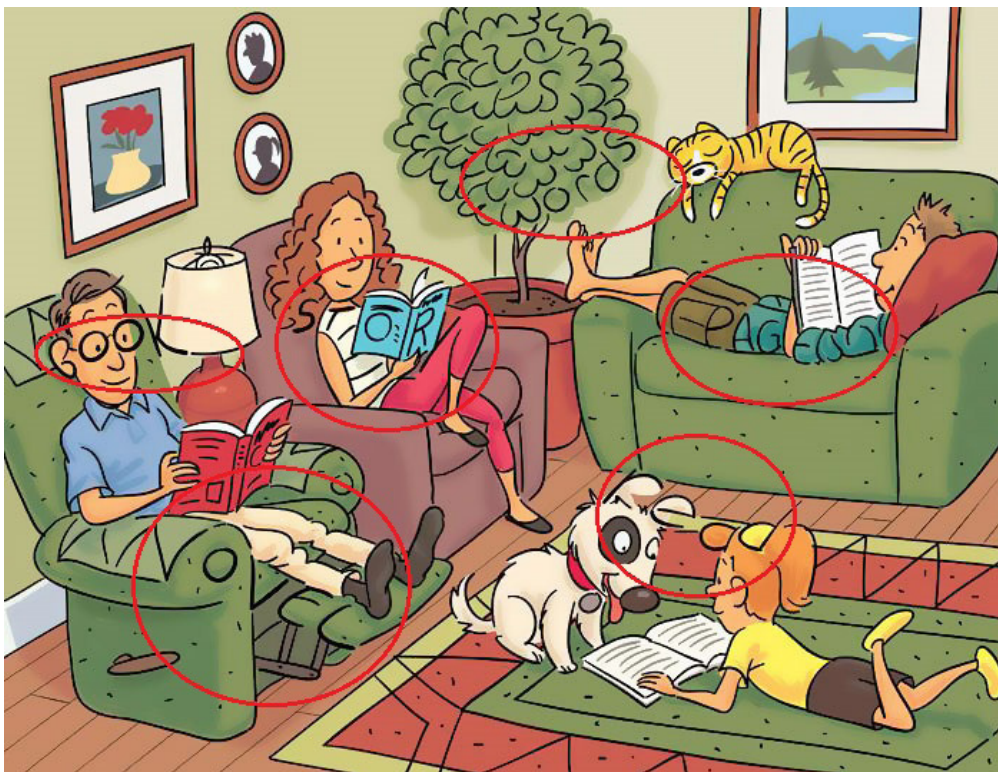
## English Practice Hour



**English Practice Hour**

It will be online.

Please contact Professor Denise Saur at [saurd@arc.losrios.edu](mailto:saurd@arc.losrios.edu) for a link to the Zoom session.





**"The ESL Center is currently fully online, but watch for an update. The ESL Center will start some on-ground hours in mid-October!"**



**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***



Dari

Translation

Russian

Spanish

Ukrainian

Romanian

German

Pashto

French

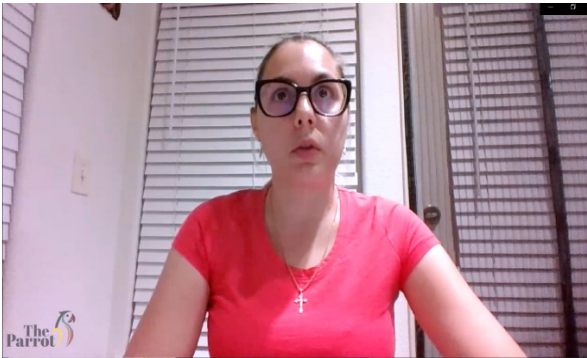
Hmong

Arabic



## Parrot Student Voices

Here our students tell a story from their past. Their stories may be about happy days, or sad events, but the stories are always told in their own words.



**"My First Day in the U.S."**

*"...Before I came to California, my thoughts about America was that there are a lot of beautiful buildings made of glass everywhere, as well as green trees and a lot of flowers...Just like I had seen in the American movies"*

**-Ludmila Zmeu, from Moldova**

Click on *Ludmila's* photo and hear her experience.

*"...I began to feel confident behind the wheel, and when the day came for me to do the driving test, I passed the test successfully..."*

**-Mariia Levkiv, from Ukraine**

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

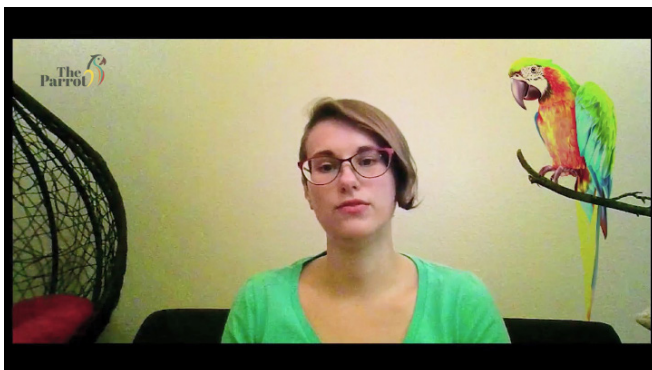


**"Happiest Day of My Life"**

*"...I had never flown on a plane before and it seemed exciting to me, but my daughter was scared when she was stepping on the plane "*

**-Nika Khariutina, from Ukraine**

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



**"The Worst Day of My Life"**



## Students Squawk

### Parrot Voices: Viewer Response

I enjoyed watching the video of **Alisher from Uzbekistan** talking 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 **Yuri Kolesnik, who is from Ukraine**, in his video, ["Best Day in My Life."](#) He has

correct 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 was thinking, and his gaze was directed elsewhere, but I think it was because of his emotions. Very nice video.

**Reviewer:**

*Lidia Cebotari* is from Moldova, where she 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, and 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 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 Updates about Starting Point:

We're gearing up for our Warm Welcome clothing event and are in need of new coats, sweatshirts, and long-sleeved tops in sizes 2T to 14 to prepare our newcomers for their first winter here.

Message us to learn more about how you can give a warm welcome to children resettling in the area. 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](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](#), and internships, and provide space or facilities (computer or printer) for study. You also can just come in and hang-out to pass the time between classes.

### 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 a 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 email ([AskHB-Humanities@arc.losrios.edu](mailto:AskHB-Humanities@arc.losrios.edu)) and telephone (916-484-8584). Are you on Instagram? Please follow us [@archb\\_lp](#) to ask quick questions and stay updated on the latest HomeBase activity.



## Out of the Cage



### The Uncertainty Principle Exhibition at the Kaneko Gallery

Monday, October 10, 2022

11:00 am to 3:30 pm

ARC's Kaneko Gallery presents a new exhibition, "The Uncertainty Principle", by artist Omar Thor Arason, September 19 to October 14. Omar is an ARC alumni who took some of his first art classes at ARC. He is now a graduate of Stanford and teaches part time at both Stanford and Sacramento State.

*This is an in-person event.*

**Location:** ARC Main Campus Kaneko Gallery

Hand  
Made



### 1st Annual Craft Show & Sale

Art-Jewelry-Christmas & More

Antelope Springs Church  
4555 PFE Rd,  
Roseville, CA 95747

OCTOBER 22, 2022  
9:00AM - 2:00PM

FOR MORE INFORMATION:  
BETTY PATTON 906-761-5111  
MISTY FOSTER 916-879-4541



### Craft Show & Sale

Saturday, October 22, 2022

9:00 am to 2:00 pm

If you are a fan of handmade products and art, come and check this out.

**Location:** Antelope Springs Church  
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## QUESTIONS/COMMENTS?

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