

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



The Parrot



Shahpoor Ali Benawa- The Voice of Starting Point

The Parrot: It's our pleasure to have you here with us today. We heard that you are "the voice" of Starting Point – a Sacramento-based organization that helps refugee children. Can you tell us how you found out about Starting Point and how you met Professor Vickee Moy, the founder?

Ali: I was her student in the ESL class. She was one of my favorite professors. She asked me many questions about Afghan culture and my family's story. I shared my story with her and I gave my opinion about how we can help refugees or newcomers. It was through her hard work that she found out how to help. I was so excited for the first project that she told me, "We have this project and we are going to distribute



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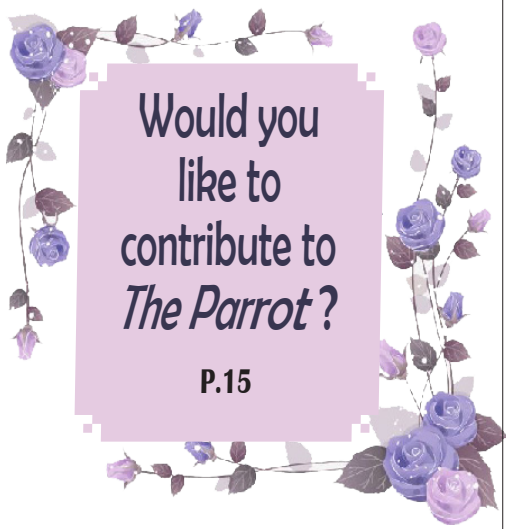


On a busy winter evening at the University of Illinois veterinary school, professors operated on a dog while students watched on a monitor. In the wildlife medical center, a tree frog recovered from surgery while his neighbor, a box turtle with a cold, drew nourishment from a tiny feeding tube taped to his shell. And in the anatomy lab, a fuzzy

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Would you like to contribute to *The Parrot*?

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The Susan Pezone Memorial ESL Scholarship

The Susan Pezone Memorial ESL Scholarship

The ESL Department at American River College has established a **\$500** scholarship to honor the memory of Professor Susan Pezone, a dear ESL colleague, who passed away in Fall 2022. **Professor Pezone** was a wonderful teacher, colleague, and writer, who is sorely missed.

Requirements:

This scholarship will be awarded to three ARC ESL students who have the same **love of learning and writing** that Professor Pezone showed in her teaching and in her own writing, with preference going to students who have already completed a **minimum of 30 units in ESL at ARC**.

Timeline:

The application time period for the Fall 2022 scholarship will be from 10/31/22 to 11/18/22, and the winners of the scholarships will be announced in mid-December 2022.***Please complete the form below to apply for the Susan Pezone Memorial ESL Scholarship:

https://docs.google.com/forms/d/1R4akywbXn_64exLPuWiiN-Adeks-sPEXH-pet-uwQivA/



Student Chirpings

Dream Jobs

My first job is to become a doctor because I like to help people. A good thing about this job is, I can give medications, take blood pressure, and find out how to help sick people. Some challenges with this job are long hours of work, stressful moments, and the risk of getting sick. I would like to have this job because many people are sick in the world. I want to help people take care of their health.

My second job is to be a photographer. I'm interested in beautiful nature scenes and walking through the woods to find a good picture. I take pictures of people, plants, the ocean, food, places, animals, and many other things. One challenge about being a photographer is that this job isn't available all the time. Although this job is very interesting to me. I would like to have this job. I would really love to travel to new places, meet new people, and take pictures.

My third job is to be a cook. This is very good for me and my family. I like to cook seafood and bake cakes. My favorite cake is chocolate. Some challenges are spending lots of time cooking, hard work, and getting the correct proportion of ingredients. I want to gather friends and family on special occasions and eat good food together. I really enjoy cooking in my kitchen.

These jobs: doctor, photographer, and cook are very interesting to me. Lastly, to achieve my dream job as a doctor, I need to take steps toward it.

Inna Pshehorlinsky

ESL 37

Opinion Essay

The career of an airplane pilot is a very interesting job because they have the best view of the world, travel around the world, and work with different people. The principal challenge is the money because it's an expensive career or major. I love this job. My dream is to fly airplanes.

Engineering is another interesting job because engineers can make different things. They are experts in their area. I like this job, but I think I need to study for a lot of years, and for me, this is the challenge, a lot of years of study.

A Formula 1 driver is a very interesting job because they drive the best machines, with the best aerodynamics and high power. They drive more than 250 mph. They travel around the world in the best comfort and luxury. The principal challenge is money. They need millions of dollars or a big company that is happy to pay for the team. This is my dream as a young kid of 15-17 years old, but I don't have the money.

Lorenzo Limon

ESL 37

A Good Grandmother

What are the characteristics of a good grandparent? Good grandmothers are responsible, wise, kind, and loving. For a good grandmother, the family is number one in their life. In my family, my grandmother Devi was a special grandmother for several reasons. Devi was an amazingly good grandmother because she was strong, wise, and loving.

First, Devi was a good grandmother because she was so strong. First of all, she had a strong body. She was strong in the field because the field is very hot during summer. In the winter it is very cold and in the rainy season, it is very horrible, but she never complained. Furthermore, she weaved clothes for her family, and she earned money for the family by weaving. Most importantly, she did not take help from others. Beyond that, she was mentally strong. When her husband died, she was a very young age, but she stood up for her children with a strong mind. She was in her 20s, but she never gave up on her children and her family responsibilities. In addition, she supported relatives financially. In summary, Devi was a very strong and responsible person.

Second, Devi was a wise grandmother in many ways. She was an ayurvedic doctor, which is a special type of ancient Hindu medicine. Furthermore, when people got sick in her village, she treated people with ayurvedic medicines. A lot of people survived due to her treatment. The people she helped appreciated her because in her village they didn't have medical facilities. For this reason, she taught her children how to treat people using Ayurveda. Later, one of her

sons was an Ayurvedic for his life. In fact, my grandmother took care of her grandchildren with different kinds of diseases. Lastly, she took care of herself until she died. Devi was a wise grandmother.

Third, Devi was a loving person in several ways. She loved her family. She loved her relatives. She loved her grandchildren.



When I was nine years old, I got sick with chickenpox. At the same time, my sister also got chickenpox so my mom couldn't take care of me. As a result, my grandmother took care of me. As an Ayurvedic doctor, she was able to use different herbs to heal me. Some of these herbs included neem leaves, turmeric, and peanut oil. She also took care of me by feeding me healthy foods such as steamed vegetables and buttermilk with white rice. Due to her care, I was able to fully recover in two weeks without a single scratch on my body or face. In total, my grandmother had twenty-two grandchildren. After the birth of each grandchild, my grandmother was there to help take care of the baby for 3 months. She loved each one

of her grandchildren equally and was there to help all of them, both physically and mentally. In addition, she was very kind to people. She helped her sister's family too. Finally, she was a loving and caring personality.

In conclusion, all these qualities of Devi showed her love, wisdom, and strength. In my opinion, my grandmother was inspirational, admirable, and intelligent.

Umadevi Gujje
ESL47
Opinion Essay

Travel Advantages

Do you think traveling is an opportunity to relax or not? Most people like to travel. How about you? I love to travel. Traveling is always exciting and interesting. I think that traveling has several advantages.

First, through travel, I can see all the beauties of the earth. There are beauties in the deserts, in the mountains, and in the oceans. You will find out how diverse the world is. We can see many sights with our own eyes. Also, we

can visit famous places. For example, I would like to visit the famous Grand Canyon in Arizona, as well as Niagara Falls in New York. Travel brings a storm of emotions. You begin to admire how everything is beautifully created by God. Last year, I visited one of

the most beautiful parks in America, Yosemite National Park. I saw huge granite rocks, picturesque valleys, clear rivers, and waterfalls. It was very impressive. In short, travel helps us to see all the beauties of the Earth.

Second, traveling provides an interesting experience. You can learn about the life of people in other countries and their culture. When you travel, you meet new people. You can try different dishes. You can also travel in different ways. For example, if you choose a distant country, then the plane becomes a means of transportation. If your goal is to see many countries in a short time, you will prefer to travel by bus or car. I traveled with my family by car to Europe four years ago. We were able to see three coun-

tries in a week. This trip didn't cost us much. To conclude, traveling is an interesting experience to discover new places, and see a different way of life.

Lastly, traveling is an opportunity to relax. Even a short trip can give us strength. A change of scenery helps us feel happier. For instance, in the winter we rented a house on Lake Tahoe. We had a great time there. In addition, traveling can distract us from the hustle and bustle of home.



Thanks to traveling, we get positive emotions that inspire us. After each trip, you return home full of energy. During the trip, you will take a lot of photos and videos that you will remember for a long time.

For example, photos of famous places, hiking in the mountains, beautiful evening sunsets, and camping by the river. In general, traveling is necessary to relax and gain new strength.

In conclusion, the beauty of the earth, interesting experiences, and the opportunity to relax are some of the advantages of traveling. I believe that traveling is one of the most interesting activities for a person. Traveling is so exciting that I will never miss this opportunity.

Anna Kalendzhian
Esl 47
Opinion Essay

A Dangerous Earthquake

Kabul, Afghanistan is very beautiful in the summer! I have a lot of nice memories in my native city Kabul, Afghanistan. Summer is an exceptionally beautiful season in the city of Kabul. Unfortunately, I had a very bad day there one summer. That day was a really frightening experience.

First, it was a very nice Friday morning in 2019 in the city of Kabul. It was a hot summer day. My family was in the yard. My mother and

I prepared some delicious food for breakfast such as eggs with tomato, milk, and some cookies for my family. That morning my mother was cooking some special Afghani bread. It was so delicious and yummy. After my family ate breakfast, my mother

and I cleaned our house. It was a very nice day. I felt very happy and lucky. We were in the yard, and we were drinking tea with family. The weather was nice, blue sky, green trees and so many kinds of flowers. Quite simply, it was an extremely great morning with my family.

Later, it was a very hot afternoon on that summer day. It was between 1:00 and 1:30 p.m. My family was in the living room. They were watching an Afghani movie on the TV. Suddenly, the earth began to shake. After that, an earthquake started slowly for a few seconds and next it became very fast and dangerous. I felt everything was going to break. I heard some sounds of things breaking. For example, I heard my picture frame break, and a flow-



erpot broke. I tried to hug my father because it was very dangerous. Our neighbors went outside their houses. The kids were so scared. For instance, my little sister was crying so hard. She was just crying and shouting, "Help! I'm so scared!" It was a very hot and scary afternoon.

Finally, the dangerous earthquake was finished after 10 minutes. In our house, many things were broken such as family pictures, a flowerpot, some dishes in the kitchen, and the

clock. My family said an earthquake prayer. We drank cold water because it's good for anxiety. My father called our family and friends to tell them about this scary earthquake. Our friends and family were so scared. They said

that it was a very fast and scary earthquake. In the night, we watched the news where they reported that the earthquake was so fast and scary in different provinces in Afghanistan. Some tall buildings fell down in the city of Herat. Clearly, the earthquake was very strong.

In conclusion, the earthquake experience was so frightening and dangerous. I feel very bad when I think about how very powerful this earthquake was. I will never forget this day.

Maryam Naseri
ESL 47
Narrative essay



What Is Your Hobby?



Do you have a hobby that you like? I have a wonderful hobby that makes me feel happy, and it was so fun. I love this hobby because I lived in Alexandria, Egypt, and there was a wide beach in front of my house's street. Therefore, my favorite hobby is fishing.

I can go fishing in the summer and sometimes in the winter. Summer is the best time for fishing. You can go to the beach every day to spend a nice time with friends playing tennis or volleyball or fishing. According to the weather and waves, I decide the way to fish by rod from the beach or by diving to fish underwater with a harpoon. When the weather is somewhat windy and the waves are a little high, I usually use a fishing rod from the beach. I begin by choosing a good place over the rock where I can stand or sit on a small chair. The place depends on the depth of water and the current in the area. Next, I throw some old bread or shrimp out into the water to make the fish come around this area. After that, I prepare wire of a suitable thickness and then choose the size of the hook. I must tie several hooks each one individual at different levels, and then at the end of the wire, I tie a suitable weight of lead to make the wire go down underwater. Next, I use fresh bait for each hook and then throw it into the water. You must be patient to catch a fish. Sometimes it takes a few minutes, and sometimes you wait a long time and do not catch any fish.



Fishing is one of the marine sports which requires much patience. In the past, people used a bamboo rod for fishing. Now there are many kinds of fishing rods made from fiberglass and some others made from elastic carbon. Many companies make different kinds of fishing threads, some from nylon and others from fibers. Now, the hook is made from stainless steel. Otherwise, the fishing machine, attached to the rod, is made from carbon, and it comes



What Is Your Hobby?

with different speeds and techniques. When you sit in front of the sea, sun, and fresh air, you feel great emotions, and that gives you a feeling of relaxation and that is a wonderful feeling to me.

Otherwise, some days the weather becomes so quiet, with no wind, no waves, and clear water. Those are great days for people who like to fish underwater because it is easy to dive and search for fish underwater. So, I take this chance of the quiet weather for fishing underwater. First, I must choose a good partner to dive with. It is very important for our safety that we can protect and take care of each other in case of muscle tension or if it feels hard to breathe. I use a diving suit to protect my body from the changes in temperature and pressure underwater. It is important to choose the right area for fishing underwater, and I have experience knowing how these areas have holes and caves filled with fish or octopuses. The important skill is how to use the harpoon to shoot the fish in a good place to catch it. Fishing underwater is a wonderful hobby for me. I can do it in the summer especially when the weather is very quiet, and the water is clear.

In conclusion, it is very good to have a hobby in your life. It gives you experience, and you know how to spend a nice time. Fishing is a great hobby that gives you peace, nice emotions and beautiful views of underwater life. It is amazing.



Nabil Kirolos
ESL 47
Opinion Essay



Animals Have No Place in the Circus

When my son was ten years old, a circus was going to come to our city. Vladivostok is a big city and has a large circus building, but it does not have its own animal troupe. The whole city was filled with bright advertising that a circus of animals was coming to our city, with trained tigers and lions, "dressed up elephants" on their hind legs, bears, and monkeys; the organizers offered a fabulous show, and we bought tickets. However, the circus building was old and needed some repair and cleaning. The city administration invited volunteers, and my son and I willingly agreed. My son really liked working in the circus. He found new friends, and while the building was empty, they climbed everywhere, inspecting it in all places like ordinary children of his age. Some



of the adults often looked after them while they were playing, including me, and then I saw with my own eyes the tiny cages in which these poor animals lived. We were shocked. Although there were no animals in them, we saw traces of their suffering. At that time, I realized that animals have no place in the circus.

First, the organizers will never tell you what cramped, cold, sunless rooms the animals live in when the performances take place. This is an animal prison. They have no family, no surrounding greenery, and no freedom to move, at least, like in a zoo. Trainers feed them only after performances, which may end late in the evening.

Secondly, the animals are forced to work. The trainers compel them to. You can often see the trainer holding a whip in his hands. He hits animals with it if they do not want to perform

tricks. We saw how during the performance a bear refused to climb the stairs and how the trainer beat him. It was terrible! In addition, they are forced to do what is unnatural for ordinary animals. For example, a tiger was forced to jump over a burning hoop. It was clear that the tiger did not want to jump, but he was forced. Another example is when an elephant was forced to climb a big ball and roll it. If you have to try to do this at least once, you will understand how hard it is. Besides, animals will never jump over the paper screen of the ring from one curbstone to another in the wild. They never do that. And we saw how the animals growled at the trainer and resisted.

Third, trainers completely suppressed the instincts of animals and their habits. For a colorful performance, they are often dressed up and made to dance. On the other hand, a large crowd, extraneous smells and sounds, flashes of cameras and phones, and the crying of children greatly affect the mental health of animals. Many TV show stars find it difficult to perform in such conditions, not to mention the wild animals that love silence and solitude.

In conclusion, there is no doubt that animals have no place in the circus. From that time on, we decided never to go to an animal show again. In my opinion, when people buy tickets to such shows, they pay for these animals to suffer further. Every animal deserves better than performing in a circus for the entertainment of people.

Tatiana Levchenko
ESL 55
Argument Essay

Starting a New Life

So many people from different countries make the decision to move to another place and begin their life from zero every day. The first reason is people always want to live better. Unfortunately, so many countries do not have a satisfactory standard of living. In my country, Ukraine, a lot of my friends work day and night for minimum income, even if they have high education. Nobody can accept it, and many of my friends are moving to other countries or other cities for a better life. The second reason is that somebody moves to live with their relatives. Everyone wants to be near his or her family. I understood it when I left my family in Ukraine. Although I talk with my mom via Viber or FaceTime almost every day, I still want to see her face-to-face and hug her. The third reason is that somebody wants to follow his or her dream in a country that has many more opportunities than their native country. This is the reason for me because I can do my favorite kind of business in the United States. I develop myself and my selling page on eBay every day, and I get the results of my labor and efforts. In conclusion, starting a new life in a different place is so hard, but no one moves from their native country without concrete reasons for it.

Alisa Zolotukhina
ESL 47

My Laptop



In my opinion, the laptop is one of the great inventions. I use my laptop every day, and this has advantages and disadvantages. The laptop is important in my life primarily because it helps me a lot in my studies. It's very convenient to make various presentations and projects on it. Now all my classes are online, so I use my laptop every day. And also, thanks to it, I can meet my professors and classmates on Zoom. In addition to my studies, I also use it in my daily life to read books, edit photos, watch videos, and chat with friends on social networks. Before going to bed, I like to watch movies on my computer. My computer is very small and handy because it's very good to take on a trip. Besides the fact that it has many advantages, it also has disadvantages. I spend a lot of time in front of the computer; therefore, my eyes started to hurt. Moreover, we also began to communicate less live because we constantly communicate online. But despite all this, I'm very glad that I got this device.

Nadiia Ovsichuk
ESL 47

Living Away from My Hometown

The United States of America is a wonderful country for most people, but for me, I still remember my hometown in Vietnam. I was born and raised in Vietnam. It's been two years since I came to America, but there isn't a day that I don't miss Vietnam. There are three things that I miss most about Vietnam while living in the USA.

First, I miss the food in Vietnam. I grew up eating Vietnamese food, so to me, Vietnamese food is the best in the world. I miss buying freshly made *banh mi* on every street in Vietnam. I miss eating hot bowls of pho at a roadside shop. I miss drinking cups of coffee at beautiful and classy cafes. I miss eating fresh fruit grown in my hometown. I miss eating



fresh seafood when they were freshly caught. In the US they also sell all of them, but nowhere is it as good as in my hometown.

Second, I miss my relationships in Vietnam. After living in the US for a while, I realized that my relationships with old friends and colleagues had faded a lot. The reason is partly that I have missed many of the important events in Vietnam such as getting married and having children. Also, our interests, concepts and thoughts are so different now. Lately, I've



realized that I'm constantly building new relationships. Vietnamese friendships are gradually fading. I miss going out with them.

Lastly, what I miss most is my family. Living away from home was probably the biggest trade-off when I chose to live abroad. Whenever I have a difficult time, I wish I could go back to my mother's side and eat the rice she cooked. Sometimes I am very worried about my loved ones at home. My grandparents are 90 years old this year. I am far away. What if my loved one is sick? Technology and social media make it possible for people like me to stay in touch with family on a daily basis. But I still miss them. Not being able to celebrate with my family makes me very sad.

In conclusion, I miss the food, my friends, and my family the most when I live in America. I know we all miss our family while living abroad. I hope your family and I have good luck.

Minh Nguyen
ESL 47
Opinion Essay

Health Is Wealth

How do you try to stay healthy?

I always try to eat healthy foods (fresh vegetables, fruits, white meat, cereal, and dried fruits), drink a lot of water, and do exercise. And I try to take life easy and always think about positive events in my life and try to be a forgiving person. I would like to live to be 100 years, and I want to see my grandchildren and tell them the stories of my life.

–Anisa Sarwary

In our family, we eat a lot of vegetables, about 5 ounces with each main meal. We spend our weekend in nature and breathe clean and fresh air and go hiking. Also, we love to spend time with our parents and friends. Often we have movie parties in our home. We watch old or new movies, have light dinners, and play board games. The parties like this provide a good mood for a long time.

–Maria Naumenko

I think that to have a long and healthy life you need to create good habits and make a routine. That's why I try to eat a healthy diet, which means we have a balanced diet. We eat a lot of vegetables and fruits and drink plenty of water. I exercise in the evenings with my daughter. We go to bed early and get up early in the morning. Sometimes I like to read a book and take a cup of coffee to feel relaxed. Me, my husband, and my daughter try to be together to share happy moments. Once a year we get a physical examination from a doctor.

–Yasmin Piña Onchi

I care a lot about my health. I eat a lot of vegetables and fruit. Exercise is important. I play soccer every weekend for one hour at sunset time. I'm trying to do more high-level exercises. I sleep for six or seven hours at night, trying to get enough sleep to have a healthy body. I spend a lot of my time with family and friends. When I am worried about anything, I just share my worries with my parents and friends. I think positively about everything. I never see the negative in things. It makes me very happy. When I have stress, I go to a quiet place for an hour. I hate smoking, and I never smoke at all. If you want a healthy and perfect life just exercise, eat vegetables and fruits, and don't smoke.

–Mohammad Wasiq Karimy

In my opinion, health is the most valuable thing in our lives. For being healthy everyone has their way. I usually drink 2-3 liters of water every day. I usually have fruits and vegetables once or twice a day. I completely avoid fast food and soda drinks. I prefer to have a positive attitude. I sometimes go for a walk and do exercise, but I'll try to do it more.

–Sadaf Roshan

Beginner Reading Practice

My Wonderful Family

I live in a house near the mountains. I have two brothers and one sister, and I was born last. My father teaches mathematics, and my mother is a nurse at a big hospital. My brothers are very smart and work hard in school. My sister is a nervous girl, but she is very kind. My grandmother also lives with us. She came from Italy when I was two years old. She has grown old, but she is still very strong. She cooks the best food!

My family is very important to me. We do lots of things together. My brothers and I like to go on long walks in the mountains. My sister likes to cook with my grandmother. On the weekends we all play board games together. We laugh and always have a good time. I love my family very much.



Do you want to listen to this story? Find the audio at the website below:

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

Did You Understand the Text?

Please answer the following comprehension questions:

Question 1:

My mother is a _____.

- a. writer b. doctor
c. nurse d. waitress

Question 2:

My house is near the _____.

- a. monastery b. Italy
c. mountains d. city

Question 3:

How old was I when my grandmother came?

- a. Just born b. Ten years old
c. Two years old d. Three years old

Question 4:

On the weekends, we _____.

- a. play board games together b. cook pasta
c. clean the house d. go to a movie

Question 5:

My sister is kind but also _____.

- a. strong b. quiet
c. nervous d. mean





**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. We would be 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

pile of gray and white bunny cadavers, having done their service to science, were gently loaded into black plastic bags.

All in all, it was a typical evening. But down the hall from the anatomy lab, two professors were conducting an unusual experiment: a world religions class.

Jonathan Ebel, a historian who leads the university's religion department, and Dr. Yvette Johnson-Walker, a veterinary epidemiologist, led the class. Intrigued by the possibility of creating a course that would blend their two fields, they



developed a new syllabus last summer. With some support from the university's diversity and inclusion office and curriculum guidance from IFYC, Ebel and Dr. Johnson-Walker debuted Veterinary Medicine 694: Religious Perspectives on Caring for Animals. As far as Dr. Johnson-Walker knows, the class is the only one like it at a veterinary school.

"One of the things I really like about this issue is it cuts across whether you're working with companion animals or food animals or even in public health," Dr. Johnson-Walker said.

What does religion have to do with veterinary medicine? Quite a lot, it turns out.

Students learned about how different cultures and religions think about death and euthanasia, burial practices, animal ownership, technology and medical intervention, and ethics around slaughtering and eating animals.

Students studied "ethics from a Jain perspective or a Buddhist perspective of euthanizing a pet," for example, Ebel said. "Surprising to all of us, one of the students brought up the emotional and spiritual (impact) on veterinarians themselves of the routinized euthanasia." They discussed what veterinarians might do to help each other bear those emotional burdens.

"It's gone better than we ever imagined. Some of that are these sorts of hidden connections and resonances that you don't know are there until you start teaching," Ebel said.

"It definitely opened up my eyes," said Mariah Miller, a third-year veterinary student who hopes to move to the Chicago area after she graduates and work in a practice that cares for cats, dogs and other small animals. "Every time I go to class, it feels like therapy session. We're all talking about such deep things, and I kind of love it."

Students looked at a case study about the use of microchips to trace horses in the Amish community, a controversial topic in a religious community with strong concerns about the use and impacts of technology. Students heard from guest speakers of different traditions, gave presentations on the role animals play in different cultures, and learned about the "human-animal-environment triad," Dr. Johnson-Walker said. "The idea is that everything you do impacts all three."

In India, for example, the Zoroastrian community relies on vultures and other carrion birds to consume decomposing bodies. The same vultures also consumed decomposing cows, which are considered sacred by India's Hindus. But when an

anti-inflammatory drug for cattle proved to be poisonous to vultures, the bird population began dying off, interrupting the Zoroastrian custom.

“You’d never think that giving pain relief to your elderly cow would somehow impact the burial rituals of some other religion,” Dr. Johnson-Walker said.

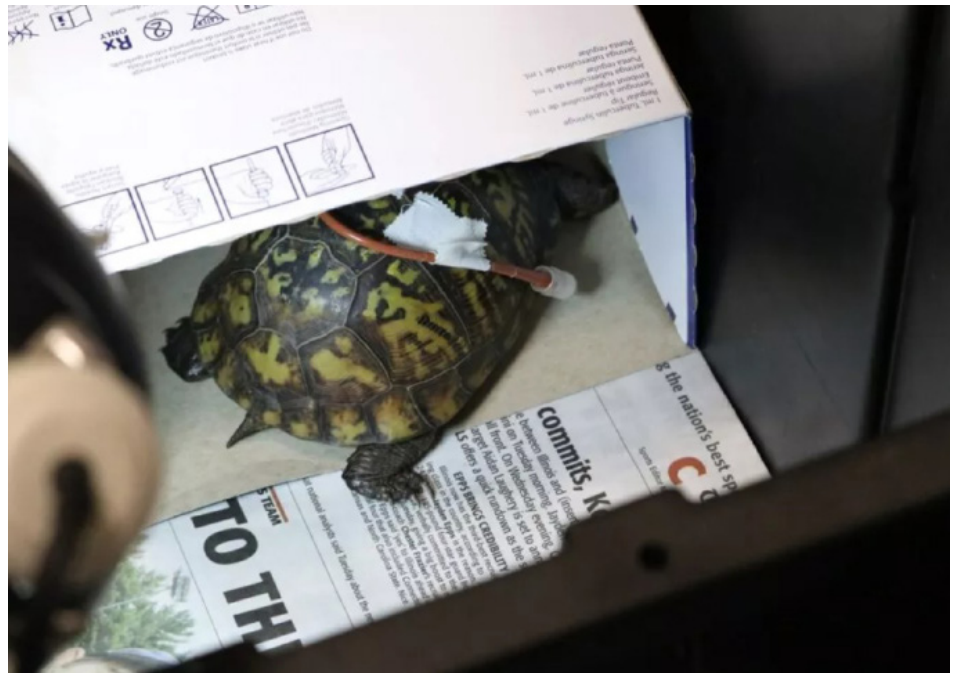
Students discussed cultural views of animal ownership: dogs on some Native American reservations are seen as belonging to the land, not as individually owned pets, for example--something veterinarians have had to navigate when called upon to provide care.

“There was a lot of conversation around ethical decision making. What is harm? And is it our responsibility alleviate harm and avoid causing harm?” said Ross Wantland, who as Director of Curriculum Development and Education in the university’s inclusion office, helped coordinate the class. “And human animal and nonhuman animals. Especially as we started out thinking about Hinduism and Jainism and some Eastern traditions, are we the ones who are supposed to be in charge of these animals? Do we own them?”

For Dr. Johnson-Walker, an alumna of University of Illinois, the class was an important step toward making the program more inclusive. She has worked with the American Association of Veterinary Medical Colleges on efforts to diversify the pool of candidates applying to veterinary schools, as well as build cultural awareness in their graduates. Veterinary medicine is the least diverse of all the medical fields, she notes. The Illinois school opened in 1954 with 24 students, all World War II veterans, and all men. In the photos of graduating classes that line the hallways, women have gained ground, but the majority of the faces are white.

Dr. Johnson-Walker notes that the 4-year Illinois graduate program is demanding and expensive – close to \$50,000 annually, including room and board, for in-state applicants — and experience with a veterinarian has traditionally been a prerequisite at many schools.

“There is, I think, a fair amount of pressure for some folks that if you’re smart enough to be a



veterinarian, you could also be a physician and earn more money,” Dr. Johnson-Walker said. The COVID-19 pandemic may be changing that: applications to Illinois’ program surged 88% this year as demand for veterinarians increased around the country.

“Everybody got a pandemic puppy and now they’re sick or misbehaving,” Dr. Johnson-Walker said. “Practitioners have been sort of slammed.”

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Interested in learning more about different religions and world views? ARC offers HUM 355: Introduction to World Religions taught by Professor William M. Zangeneh-Lester. Check it out: <https://www.interfaithamerica.org/a-top-veterinary-school-tries-something-new-a-class-in-world-religions/>

Words of a Feather - Fun Facts about English!



The English language is as fascinating as it is popular and obviously has its own history and quirks. Instead of only focusing on grammar and other theoretical aspects, don't forget to enjoy its more entertaining side. To help you with this task, we have compiled a list of some fun and interesting facts about the English language. Continue reading to learn them and get ready to impress your friends with your newly gained knowledge or win your next trivia game with these English facts!

1. The phrase *"long time no see"* is believed to be a literal translation of a Native American or Chinese phrase as it is not grammatically correct.
2. *"Go!"* is the shortest grammatically correct sentence in English.
3. The original name for butterfly was *flutterby*.
4. The two most common words in English are *"I"* and *"you."*
5. 11% of the entire English language is just the letter E.

6. The English language is said to be one of the happiest languages in the world – oh, and the word *"happy"* is used 3 times more often than the word *"sad"*!

7. The most common adjective used in English is *"good"*.

8. The most commonly used noun is *"time"*.

9. The word *"set"* has the highest number of definitions.

10. *Month, orange, silver, and purple* do not rhyme with any other word.

11. Words that are used to fill in time when speaking, such as *"like"* or *"basically"*, are called crutch words (and should best be avoided!).

12. 90% of English text consists of just 1000 words.

13. The word *"Goodbye"* originally comes from an Old English phrase meaning *"God be with you"*.

14. The oldest English word that is still in use is *"town"*.

Source: <https://blog.lingoda.com/en/fun-facts-english-language/#:~:text=Let%E2%80%99s%20get%20to%20the%20fun%20facts%20about%20English,original%20name%20for%20butterfly%20was%20flutterby.%20More%20items>



Grasshopper

By Mary Ruefle

Have you ever tried
to catch a grasshopper?
It is practically impossible
but those who make
a close study of life
believe that under the surface
is a pillar of motionless time

Now is the time
to add a grasshopper
to your viatica*

to abandon endless
exposure, and embrace
unnoticed life

Now *pounce*

Remember, he weighs
less than an ounce

and under him
is a pillar of
motionless time—

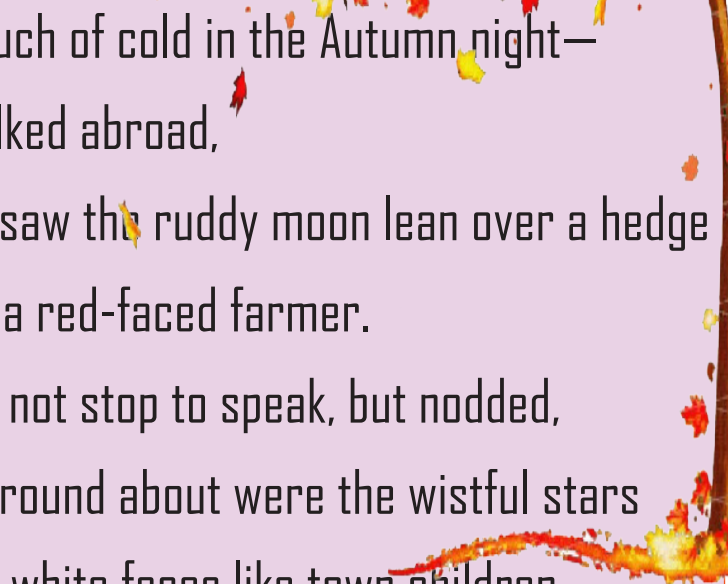
* Note: *viatica*: plural of *viaticum*. Explore its multiple meanings at: <https://www.dictionary.com/browse/viaticum>

Source: [Grasshopper](#)



Autumn

By T. E. HULME

A stylized illustration of a tree with a brown trunk and branches, covered in vibrant autumn leaves in shades of red, orange, and yellow. Some leaves are falling, creating a sense of movement. The background is a light purple gradient.

A touch of cold in the Autumn night—
I walked abroad,
And saw the ruddy moon lean over a hedge
Like a red-faced farmer.
I did not stop to speak, but nodded,
And round about were the wistful stars
With white faces like town children.

Source: [Autumn](#)

Explore California



Battery Yates

For this month's issue, I bring to you a new location I recently found with a great view of the Golden Gate Bridge, one of the most important structures in California (and the country): Battery Yates.

Battery Yates is a historical landmark located in Marin County, with great scenic views of the Bridge and the city. Parking is free and it's usually not crowded (especially if you go on a weekday). A perfect place to just relax and enjoy

the view, like my sister is doing in this picture. To get there, just [click here](#) to start navigating or see how far it is from your current location.

I took this photo with my Nikon z9 and the 24-70mm lens mounted on a tripod. This is a panorama photo, which means a series of photos stitched together to get a wider and greater view of the scene.

By Manny

Bird's Eye--Light Painting



Light Painting Photography is used to describe an image created by 'drawing' or 'painting' with a moving light and capturing it on camera, usually with a long exposure. Follow these simple steps to create your own light painting photographs.

STEP 1: Camera Settings and Framing the Shot.

Shooting in bulb or manual mode, a good place to start to create your first light painting is with the following settings: (B) Bulb or (M) Manual Mode.

Shutter Speed: 30 Seconds F-Stop: 8 ISO: 100.

Position your tripod and get your light source ready where it can be found easily. Frame the shot that you want to create. This is best to do with the lights on; if you are in a dark environment, turn on your light source to project light onto the scene so you can frame the shot.

STEP 2: Focus and Lock It Down

Next, you need to focus the image. If you are in a place where you can turn lights on and off, then TURN THE LIGHTS ON FOR THIS PART.

Zoom in as far as you can to the part of the frame you want in focus. If the lights are on, you can use your autofocus. Once you have the focus set, switch your lens over to manual focus and leave it there. Now zoom back out and re-frame your shot.

STEP 3: Lights Out

Turn all lights off. Open the shutter of the camera to begin your long exposure, illuminate your Light Painting Brushes, and begin to paint.

STEP 4: Mind Blown

Go to the back of your camera and have your mind blown at the beauty you just created!

I created these two photos you see here using a green and red flashlight. Go see what you can create!



Citizenship Process



In this article, I will be sharing with you some helpful tips to better prepare you for the process of becoming a U.S. citizen on the basis of my own personal experience.

1. Be organized with your paperwork!

When the time comes to fill out your N-400, make sure you have copies of all of your important documents, such as Green Card, social security, diplomas, and even your birth certificate from your native country; you'll be submitting copies of those documents as proof and evidence.

2. Be patient! It might take a while.

After filling out your form, get ready for the wait! It might take a few months before you hear back from them. Since the process is done online, be sure to check in for updates on your case at <https://my.uscis.gov/> with the username and password you previously created when you were filling out the N-400 form.

3. Start studying for the test!

As you might know at this point, for you to become a U.S. citizen, you have

to do an oral and written English test. The test is made to see your English skills and your knowledge of U.S. history, but don't worry; you don't need to be the most skilled in the language to pass this test. All you need to do is to practice the quiz repeatedly until you learn it by heart. There are 100 civic questions you must learn, but they will only ask you 10 of them (6 if you answer the first 6 correctly). There are also 40 questions you have to learn for the written test, but they're only going to make you write one.

Here are the links to two videos I found very useful during my process. I used to listen to them all the time, on my way to work or while I worked out. Listen to them at least twice a day, and I promise you'll feel more than ready for the interview!

For the 100 civic questions: <https://www.youtube.com/watch?v=7DxKsNYfLGo>

For the written test: <https://www.youtube.com/watch?v=oJYN6FdbZak>



Citizenship Process



4. Get ready for the big day!

Once you know the date for your interview, make sure you plan your day ahead. Choosing the right outfit. Formal and elegant usually makes a stronger impression, and it can be seen as a sign that you truly care about this process, as you should. When the day comes, make sure you leave your home early so you make it on time. I'd suggest that you arrive 10 minutes prior to your appointment time. Be confident and take a deep breath. I know how overwhelming it can be, but you've got this! When you are called, make sure you let the agent talk and wait for them to finish. If for some reason there's something that they said that you didn't understand, kindly ask, "Can you repeat that for me please?" The agents understand that you might be nervous, so they'll be more than happy to repeat whatever it is you didn't understand.

5. Congratulations! You are a U.S. citizen now!

After you are done with the interview and the oath ceremony, it's time to get your passport so you can travel outside the country! When you get your naturalization documents, you'll receive a paper with all the locations that are currently processing U.S. passports. If you go to the one by the post office in Citrus Heights, they will offer to take your photo for the passport and give you different shipment options in case you want to get it faster.

And this is all I've got for you today. I hope this article is helpful to you. If you know someone who's in the process of getting their citizenship, share this with them. It might help!

By Manny

If you are looking to start your citizenship process, check out the official USCIS for the N-400 naturalization form: <https://www.uscis.gov/n-400>



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!

Moroccan Couscous with Seven Vegetables

Ingredients:

Couscous Ingredients:

- 500 grams dry couscous (not instant)
- 2 tablespoons vegetable oil
- 2 tablespoons butter (or Moroccan smen)
- ½ teaspoon salt
- Water

Meat Ingredients:

- 500 grams lamb or beef, cut into large pieces
- 1 tomato, grated and skin discarded
- 1 onion, chopped
- ¼ cup olive oil
- 1 teaspoon salt, to taste
- ½ teaspoon pepper, to taste
- 1 teaspoon ground ginger
- ½ teaspoon turmeric
- A large pinch saffron threads
- A bouquet of fresh parsley and cilantro, tied together
- 2 cups dry chickpeas, soaked overnight

Vegetables:

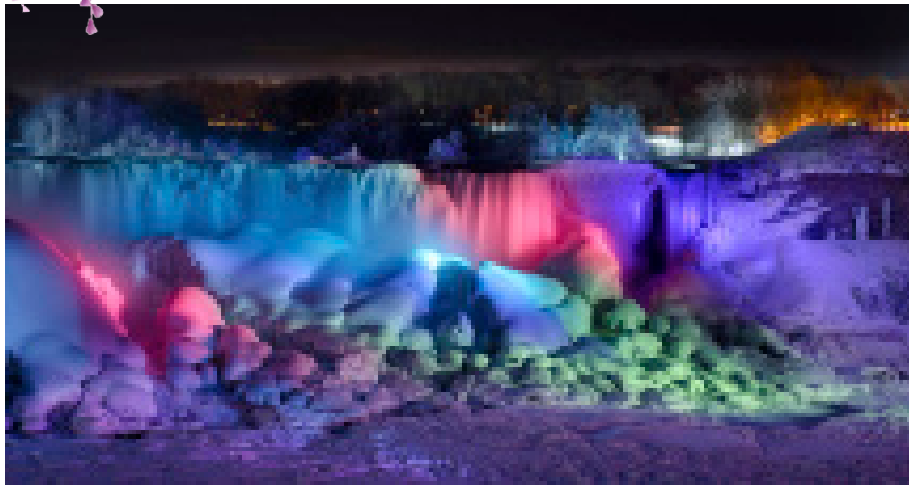
- 3 carrots
- 2 sweet potatoes
- 2-3 turnips
- 2 zucchini
- 1/2 of a small cabbage
- 1-2 small sections of pumpkin
- 1 red chili pepper
- You can also use fresh fava beans, potatoes, or other vegetables of your choice.



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

Around the World

NIAGARA FALLS- CANADA



life exhibits. Especially, the colorful waterfall at Niagara Falls brings the unique light scenery and fantasy look to tourists.

This family-friendly festival is suitable for kids, family, and everyone who loves the color of light. Besides outdoor activities, tourists can participate in other tourism centers for indoor activities. It's a good time to warm up with a cup of hot chocolate and food. Either walk or use a car to explore the 8-kilometer route. It will be a wonderful experience for you

and your family.

Source: [Niagara Falls](#)



There are many light festivals around the world; however, Niagara Falls in Canada celebrates this festival as a Christmas light festival. Let's find out how it is celebrated!

This festival is known as Winter Festival of Lights, which is the largest free outdoor light festival, is celebrated annually and begins on November 12th of this year and goes to February 20th, 2023.

Every night during the festival, the spectacular displays with millions of lights will be displayed along the Niagara Parkway, from Queen Victoria Park through Dufferin Islands and across Niagara Falls. Tourists can experience the beauty of light garniture in the larger-than-



Restaurant Review

ARIA-AFGHAN RESTAURANT

Aria-Afghan Restaurant has been serving some of the best Afghan and Middle Eastern cuisine in the Sacramento area for many years. The menu selection is abundant, and can satisfy the most discriminating taste.

I would give this place a 10 out of 10. Not only was the food exquisite and fresh, but the service was great! The people who work there receive you with a huge smile on their faces, making you feel welcome. We ordered the food and waited for 20 minutes for them to bring it out because the dishes are all freshly made.

My favorite dish was the dumplings called *mantoo*. They have ground beef, onions, and spices inside with garlic yogurt and split peas on top. They feel soft in the mouth, and they taste sour and sweet at the same time. I ate 5 in a row!

The chicken that came in the Triple Combination Kabob was also very good with perfect combination of seasoning. It is served with grilled chicken, beef, and lamb together with basmati rice and salad.

Go and check it out at 5601 Watt Ave #2, North Highlands, CA 95660.

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



Continued from page 1 Interview

school backpacks and blankets." I was excited, "woo, we get some things to help people." We brought the idea, but she has started the organization. From that day, we have been helping many people. We received help from a bike company; we distributed a lot of bikes for newcomers. They really need it because when they come here, they don't have licenses or a car, or anyone to take them to the grocery store to buy things. Those bikes really help them, so they can go by themselves and buy groceries, and they can use that bike for a lot of things.

The Parrot: How can newcomers know where to get help when they just come to United States since some of them don't know English?

Ali: You are right. First of all, most families are connected by some other organization like [World Relief Sacramento](#) Organization, but it still can't help that much. They try to find some other resources. In Afghan culture, if

I know some things, I can tell the other ones. Most of the cases are helped by family and community connections. If they know my information, they are welcome to call me. I will ask some basic questions about their family member and their need at that moment, then I can send the information to Professor Vickee. She will prepare the basket and deliver it, or I deliver it.

The Parrot: Did you graduate?

Ali: No, I didn't. I only took a couple of classes in ESL, and I finished my general requirement to get a degree but I couldn't finish it. My goal is really high, but I can't get to it because I have a family to take

care of. I have three kids, and I need to support my family here and family in Afghanistan. Honestly, I don't have that much time. I love to continue, but I don't have a lot of time.

The Parrot: Why does Professor Vickee say that you are the voice of Starting Point?

Ali: I'm trying to be helpful to the organization. I'm kind of the main connection for Afghani families and refugees. First, they will contact me and I refer them to Starting Point. I help them fill out the phone. Sometimes, I tell professor Vickee about my job. She told me that was why I was the voice of starting point.

The Parrot: What is the most memorable experience you have had with Starting Point?

Ali: The most important thing is when I go to meet some families. I see the smile on their faces, especially the kids. I love that and take pictures of them. I always try my best to help them and make them happy. That's what is important for me when I see smiles on their face.

The Parrot: What is your hope for The

Starting Point?

Ali: I always mention that with professor Vickee and her husband, "Let's make it wider." I know we helped many people around the Sacramento area. I want to make it bigger like we have an office for it not just a nonprofit organization. From what I learned and my experience, those families and communities need more help, not just what we are doing. I know that we are filling gaps for those organizations, but it's useful to fill the gaps from other organizations. I'm not blaming other organizations, because they are super busy with a lot of families; but they need some other organizations to help them, too.



So, I told Professor Vickee, "Let's think wide, make an office, and make this organization bigger. Once we can make this organization bigger, we can help more than what we have done."

The Parrot: That's so true and we're really inspired by your kind heart. How long have you been here and what do you miss most in your country?

Ali: Since November 2015. Almost 6 years 3 months. Honestly, I miss my country and I miss my mom, my family, my dad was passed away a long time ago. I miss my mom a lot, and I wish she could be here with me sooner.

The Parrot: How did you feel when you just came to the U.S?

Ali: Honestly, I worked with Americans so it wasn't any different; however, when I first came to the United States, I faced many problems. It was hard for me to find a job. Before that it was hard to find an apartment. It was so different here to ask people where to find an apartment not like in Afghanistan. If you asked people in Afghanistan, they would tell you where to find it; however, there is so much difference as every complex has its own property management. I had never thought they had things like that. I used to walk on the road and asked everybody whom I came by about any available apartments for rent. Some people answered me, somebody just said no in an aggressive manner, "No, I don't know." I was so shocked why they said that. When I found an apartment, I figured out I was wrong. I shouldn't have asked people on the road like that because they don't know. It was still very hard for me to find an apartment and a job. I'm glad that I found an apartment by myself and didn't wait



a long time for asking help from other organizations.

The Parrot: You are doing a great and meaningful service now by helping as helping connect people and communities. We are so happy to know about it. What is your advice for ESL students?

Ali: I think it's not a bit of advice but my experience. First, they should make friends with classmates and communicate in class and outside the classroom.

Second thing, at least once a week, they should make group chats or group meetings with their classmates. That really helps them.

The Parrot: Thanks a lot for your time, and we are really happy for what you have been through to how you are at the moment. We wish you the best in the future.

Ali: Thank you and I'm available for you guys with anything I can do.

Interviewer: 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, or for the location of the in-person Talk Time.

The weekly practice hour is 10:30-11:30 a.m. on Wednesday. Meet in-person on Saturday, Nov. 5, 11 a.m. to 2 p.m.



ELLIS Advice: "Why didn't anyone tell me?"



ARC ELLIS Club

As a sophomore in college, I am applying to universities this fall. As you can imagine, it is a stressful process. A common question that pops up in my mind is, "why didn't anyone tell me about this before?" or "why didn't I start sooner?" Talking to my

friends about this, I know I am not the only one.

I want to give you all the tips I wish I knew when starting out college.

***Counselor:** Talk to a counselor as SOON as you can. I know this seems like a basic tip, but it can be way more helpful than you imagine. They will save you a lot of money and time. They will give you information about great resources that will help you. It is really useful to have someone help you stay on track.

***Useful Recourse:** Check assist.com to make sure you are on track to take all the prerequisite courses for your major for each university to which you plan to apply. Keep in mind that each university can have different requirements. Most universities strongly encourage or require the prerequisite courses to be done by the fall or spring before you attend their university. This is REALLY important. You do not want to get set back an ENTIRE year because you do not have a couple of your courses fulfilled.

***If you are applying to one of the universities in the UC (University of California), CSU (California State University), or any other specific universities,** check on your ARC course page to see if it's transferrable to where you want to go. If you are still unsure, talk to your counselor about it. You DO NOT want to WASTE your time on classes that you end up not receiving credit for.

***TAG requirements:** Check if the universities you want to apply to have a TAG program. TAG is an abbreviation for the "transfer admission guarantee" program. This is guaranteed admission to a university as long you get all their requirements done. You need to know about this ahead of time so you can plan ahead. Be sure to visit the TAG website to learn more.

***Clubs:** Join or start clubs. It will help you learn more about the subjects and hobbies you are interested in. This is where you can really use your creativity and passion. It will also look great on college applications

and your resume. Speaking of clubs, I will insert a little self-promotion about a club that I am passionate about here. The English Language Learner and Immigrant Support (ELLIS) club at ARC was created to helping students struggling with English and the college system. We have student mentors that speak Spanish, Farsi, Dari, Russian and more. We can help any student fill out the FAFSA form, enroll in classes and get any other support they might need. Language barriers should not limit anyone's success!

***Summer Internships:** Apply for summer internships. They are a great way to get knowledge and hands-on experience about the subjects you are studying. You can get paid and see amazing places, and again, internships look great on your resume.

***Workshops:** Check the college calendar for financial aid and scholarship workshops, and different universities that have representatives either virtually or on campus and give presentations about their university. It is a great way to learn if a university fits your needs, and you can ask any questions you have.

***Resources from universities:** Email the counselor of the university you want to apply to directly to get them to look over your application and answer your questions. Some universities even have a direct contact person that works with your college. You can find this information on your college website. There is a set representative designated to your college for a lot of universities, so if you contact them directly, you will be able to get the most accurate information about each university you might be interested in.

***Jobs on Campus:** Get jobs on campus! You learn great skills and collaborate with amazing people that can help you throughout your journey. They look good on college applications and resumes. They typically have more flexible hours because they understand you are a student and have other responsibilities.

I hope these tips help. The last and final little note is that you should try to really take advantage of all the opportunities given and really take your time in college to figure out what you love doing. This is the time to do it since you are provided the resources and do not have to pay a ton of money for it. Enjoy your time as well, and try to make lasting connections. The time you have here passes by faster than you can even imagine.

Nika Radgoudarz



"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

Translation

Dari	Russian
Spanish	Ukrainian
Romanian	German
Pashto	French
Hmong	Arabic




Did you find them?



The ESL Center

NOW OPEN IN PERSON!

Monday and Wednesday:

10 AM to 5 PM

Tuesday:

10 AM to 4 PM

Online Services are also available:

Monday to Thursday:

8 AM to 7:15 PM

Friday:

8 AM to 12:30 PM

Information

Phone: (916) 484-8919

Email: eslcenter@arc.losrios.edu



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 Experience as an ESL Student"

"...I found a lot of Russian and Ukrainian people who told me not to worry about not knowing English because America is an immigrant country"

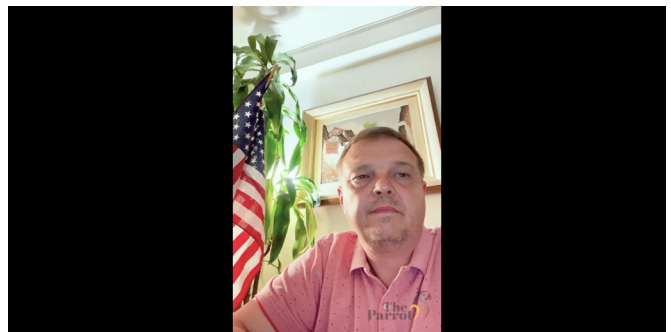
-Liubov Popova, from Russia

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

"...When I first came to America, I was most impressed by nature. So many trees, palm trees, and so many flowers..."

-Lurii Zachynskyi, from Ukraine

Click on Lurii's photo to find out what he had to say.



"My First Day in the U.S."

"...The thing I miss the most in my country are my Ukrainian friends, European architecture, and the Ukrainian culture..."

**-Oleksandra Zachynska,
from Ukraine**

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



"The Thing I Miss the Most in my Country"

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 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 Updates about Starting Point:

A huge shoutout to this fantastic crew of enthusiastic volunteers! They poured their hearts into making our weekend event extra special and welcoming for our newest little neighbors. We thank our volunteers for their helping hands and incredible support of our mission. We couldn't have done it without them.

To learn more: https://www.startingpointworld.com/get_involved

Follow us on [#facebook](#)



Jacky Lopez and Special Talent



Jacky Lopez is an ARC student with a somewhat unique hobby: ventriloquism. A ventriloquist “throws” their voice, so it appears that their voice is coming from some other place, usually a puppet or animal. Jacky’s performing partner is a cute puppet named Happy.

Jacky was kind enough to take some time recently and answer some questions for The Parrot ESL Newsletter.

Please tell us a little bit about yourself.

I have a disability called DiGeorge syndrome. I'm 25 years old, and I was born with a heart condition.

I am from Richmond, California. I have lived in Sacramento since I was 10 years old. I'm attending American River College to improve my skills and build a better me and also to live my dream.

When did you become interested in ventriloquism?

When I was growing up, my mom would buy me DVDs of the Muppets, and she also bought me puppets. Since then I got into ventriloquism. I started practicing for about a year.

Ventriloquism is a unique talent. Did you try other talents before choosing this one?

I used to have another talent. I played the violin for a while and then the guitar, but I quit the lessons because it wasn't easy for me.

How has the process of learning ventriloquism been for you? Was it hard for you to learn ventriloquism?

I watched Darci Lynne, and I got inspired by her talent. That's how I began my journey. Learning to become a ventriloquist wasn't easy at first, but I never gave up on learning. The exercises and the homework was to learn to say the months and numbers with the ventriloquist technique. A ventriloquist woman named Yoli recommended me to a teacher. He was named Felix. He taught me how to become who I wanted to be all this time. The ventriloquism lessons took place online in Zoom. It was every Monday, Wednesday, Thursday and Friday.

It seems like it is a big decision to choose a puppet. How did you choose your puppet?

My first puppet was a turtle. It's not easy to choose a puppet. Then I got some great advice, and after that, I chose a platypus. My puppet was my birthday gift from my mom, and I named my puppet Happy.

What does your Happy (your puppet) mean to you?

Happy means a lot to me because he is a happy pup-

pet and funny. He is a little shy, but he likes to come with me everywhere. When I go to college and an adult program, he participates in class. Sometimes I use different puppets and use different voices for them. I wear a clown outfit for my show named "The Happy and Jacky Show." I usually wear the same outfit every performance, but I do change the clothing every once in a while.

Are there any people you want to thank for supporting you on your journey?

I would like to thank all of my family and friends for supporting me. My mom is my hero because she looks after me and takes care of me. She helps me with my life. I love my mom. She does her best all the time.

Thank you so much, Jacky and Happy! We appreciate your enthusiasm and your giving us the chance to get to know you.



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 hangout 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.



A Language Lover's Commentary on Frost's "The Road Not Taken" - Professor David Evans



Robert Frost's extremely well-known poem "The Road Not Taken," published in 1915, is revisited by many at this time of year, autumn bringing to mind the poem's tree-lined, "yellow wood" setting, on roads covered with fallen yellow leaves. The poem's sturdy presence in American literature might be said to reflect one of its narrator's statements in the final stanza, that he will be telling this story "ages and ages hence."

On a literal level, it is a story of a person who, traveling along a road, comes to a place where the road diverges and he must choose which of two roads he will travel by. He chooses the road that people seem to have traveled by less. On a figurative level, it is about someone who must choose to go in one direction in life or in another, and chooses a life path that is not a common choice for people in general.

Many people find the poem to celebrate taking unconventional paths in life. Indeed, one of the bestselling self-help books of all time, *The Road Less Traveled* (1978), by M. Scott Peck, takes its title from Frost's poem. (Interestingly, Peck dropped Frost's

preposition—in the poem, Frost speaks not of a road traveled, but of a road traveled by.) That having been said, a close reading of the poem shows that it has a decidedly humorous side.

It would appear that Frost is poking fun at his poem's own narrator. Consider the opening sentence. With its two independent clauses and seven dependent clauses, the sentence spans twelve whole lines, drooping, as it were, from one stanza to the next, shying away from and qualifying every statement it makes, including even the statement that the road that he chose was the less-travelled-by road.

Metrically, too, the poem is not sure-footed. While its basic metrical pattern is iambic tetrameter—that is, four stressed syllables per line, each line consisting for four iambs (units of an unstressed syllable followed by a stressed syllable)—spread among these iambs are anapests, that is, metrical units consisting of two unstressed syllables followed by a stressed syllable. Below is my scansion of the poem, or representation of its metrical features:

The Road Not Taken

BY ROBERT FROST

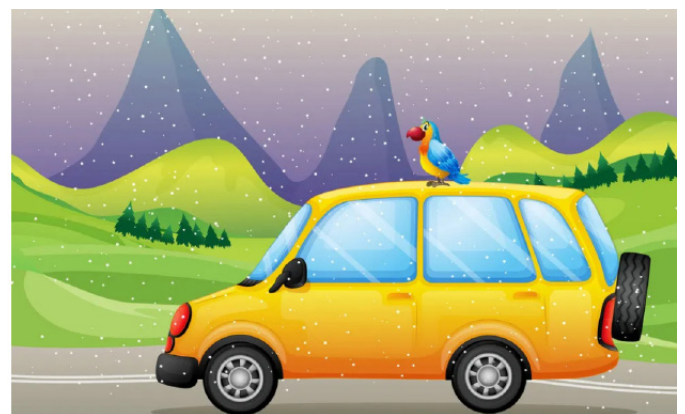
Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Source: <https://www.poetryfoundation.org/poems/44272/the-road-not-taken>



- 1 two ROADS | di VERGED | **in a YE** | llow WOOD,
2 and SO | **rry i COULD** | not TRA | vel BOTH
3 and BE | one TRA | **ve ler, LONG** | i STOOD
4 and LOOKED | down ONE | as FAR | **as I COULD**
5 to WHERE | it BENT | **in the UN** | der GROWTH;
- 6 then TOOK | the OTH | **er, as JUST** | as FAIR,
7 and HA | **ving per HAPS** | the BETT | er CLAIM,
*8 be CAUSE | **it was GRA** | **ssy and WAN** | ted WEAR;
✓9 though AS | for THAT | the PASS | ing THERE
10 had WORN | them REAL | **ly a BOUT** | the SAME,
- 11 and BOTH | that MOR | ning EQ | **ual ly LAY**
✓12 in LEAVES | no STEP | had TROD | den BLACK.
*13 **oh, i KEPT** | the FIRST | **for a NO** | ther DAY!
14 yet KNO | **wing how WAY** | leads ON | to WAY,
*15 i DOUB | **ted if I** | should EV | **er come BACK.**
- 16 I shall | be TELL | ing THIS | **with a SIGH**
✓17 some WHERE | A ges | and A | ges HENCE:
18 two ROADS | di VERGED | **in a WOOD,** | and I—
✓19 i TOOK | the ONE | less TRA | veled BY,
20 and THAT | **has made ALL** | the DIFF | er ENCE.

Bold lettering is for the anapests. Asterisked lines have two anapests; lines with check marks have none. Notice how the anapests seem to veer from one direction to the other—rather like the narrator. Notice, too, that in the first stanza, there is only one anapest in each line, but in the second, there is a line with two, and in the third, two lines with two. In the final stanza, lines of conventional iambic tetrameter are used instead of lines with two anapests.

Now, look at the final line. In order to rhyme with *hence*, *difference* must be pronounced as having three syllables. Most English speakers elide the second syllable of *difference*, pronouncing it *diff'rence*, with the stress falling on the first syllable, not the second. For the stress to fall on *-ence*, the middle syllable must be pronounced. Amusingly, this makes the final word sound hesitant, as if the speaker doubted the wisdom of his choice!

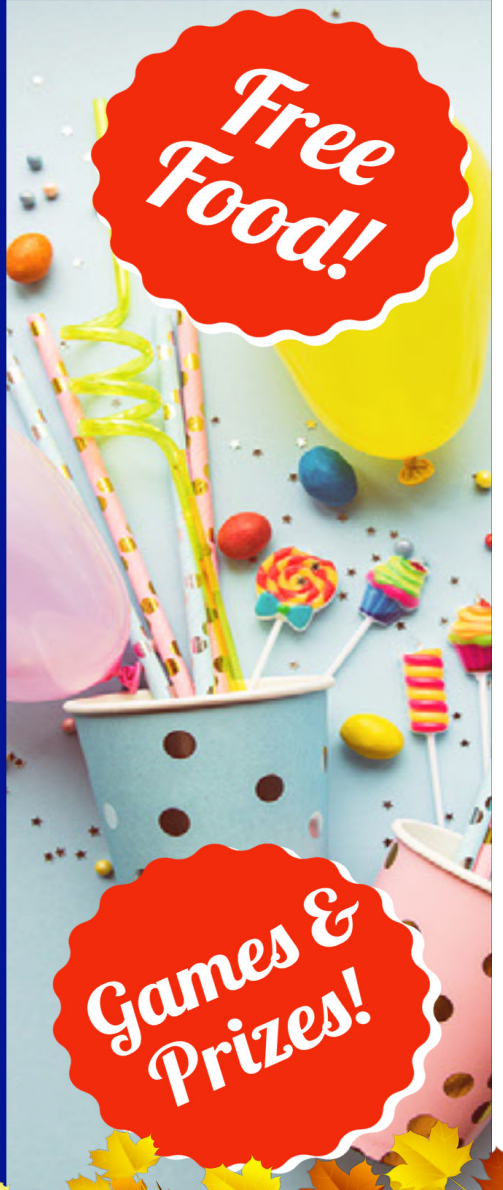


ESL Center Grand Re-Opening Party

Wednesday Nov. 2
10:00 AM to 3:00 PM



*Welcome
from
Dean Nicole
Porter
@ 12:30 PM!*



Out of the Cage

BEAVER CARES

BASIC NEEDS MONTHLY



Beaver Food Pantry

The on-campus food pantry:

Open to all currently enrolled ARC students to visit once a week to receive free groceries to support their nutritional well-being.

How does it work?

1. Visit the Beaver Cares Center.
2. Provide staff at the window with your 7-digit student ID number.
3. Go into the pantry and select the items you need for the week.
4. Come back next week and do it all over!

Location: ARC Main Campus

Contact: Valerie Adger

(916) 484-8821

adgerv@arc.losrios.edu

Learn more at: <https://arc.losrios.edu/beaver-food-pantry>



QUESTIONS/COMMENTS?

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Faculty Advisors: **Patrick Hoggan and David Evans**

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>

