

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



# The Parrot



## Nicole Porter - Dean of Humanities



Hi Dean Nicole Porter, thanks for accepting our interview. We are glad to have you here at ARC. It has been a while since you started your journey at ARC. Would you like to tell us your feelings at the moment about your position here at ARC?

**Dean Porter:** I was excited and eager to learn and serve ARC as I came from a community college district in the Bay area. The first 90 days, I got to know the Humanities Division. Prior to even starting, I have to say I received many emails from ARC colleagues welcoming me which made me feel honored to be part of ARC. I walked around the campus meeting new people especially visiting classes to say hello

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## Yalda Night (Shab-e-Yalda)

- By Sayed Edres Sadiqi, Parrot Staff Writer

### Yalda Night (Shab-e-Yalda)

شب یلدا

याल्दा की रात

د یلدا شبه

یلدا کیچه سی

Yalda Night is the longest night in the Persian calendar, and the Persian speaking people around the globe such as people from Afghanistan, Iran, Tajikistan, and people from some parts of Uzbekistan who speak Persian celebrate this night

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Would you like to contribute to *The Parrot*?

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## Student Chirpings

### Poems by Our Students

**"Oh Chain!" by Dilfuza Saynazarova**

**Oh chain, dear chain,  
I love you so much.  
You are doing great  
To keep beating my heart.**

**Oh chain, dear chain,  
You feel my pain,  
My love to you  
And silenced cry.**

**Oh chain, dear chain,  
You bounded to my heart.  
My heart is bleeding  
Because of your hug.  
You`re hugging so hard,  
So tight, so light,  
I can`t breathe deeply,  
You hurting so much.**

**Oh chain, dear chain,  
Don`t leave me,  
Stay here!**

**I need you more than anything **HERE**.**

**Oh chain, dear chain.  
Here in the new world,  
I`m missing my home,  
My parents, my brothers,  
Anyone that I love.**

**Oh chain, dear chain,  
You ended in my heart,  
Because I left another end  
At my parent`s house.**

**"Toxic Love" by Zuhra Noori**

***Hey In-N-Out, I am super hungry  
An animal fries please, for my tum-  
my.***

***I am in need of some food,  
A cheeseburger perhaps, to put me in  
a good mood.***

***All my friends are telling me you are  
unhealthy,  
But they can`t understand you are  
fatty, juicy, and yummy.***

***You are my most precious prize  
My toxic love, double-double with  
extra cheese, and fries.***



## Poems by Our Students

### ***"Ode to a Skateboard" by Shahd Barakat***

Oh my skateboard, without you no joy is brought to my life.  
Without you I no longer vow to live.  
Oh my skateboard, though my body is coated with stitches.  
Though my body is glazed with the hue shades of bruises.  
Without you I no longer feel complete.  
Riding you feels elite.  
Oh my skateboard, you became part of me.  
That is just how I feel.  
Mentally you make me heal.  
When I ride you, I end up tossed on the hard concrete.  
Suddenly all I see is pitch black.  
But as soon as I get up, I get just right back on track.  
Sticks and stones may break my bones but no pain is compared to yours.  
Nothing hurts like the pain you bring on.  
I think to myself saying, one more broken bone then I'm truly done.  
Who am I kidding? Pain won't prevent me from riding you dusk till dawn.  
I fall and I fall, but I must carry on.  
No pain is compared to the one you cause.  
I ride you between lots of cars.  
Life's sorrows caused me to do tricks and flips in the air.  
How can I forget you, how do I dare?  
My bruises have the color of black velvet roses.  
You're the one to blame.  
Without you there is no aim.





## Amazing Things You Do

First, when you don't have enough money, going camping is a good idea to have fun outdoor activities and cheap fun. If you don't know where you can go, you should find a location. Fishing is fun things that you can do. When the weather is good, you should go swimming. Don't forgot you should choose a place near a lake or river. At night, the weather gets cold. Wear suitable clothes. You should make a campfire. Clean the campsite when you go back home.

Next, having a party can help you to have indoor fun with your family and friends.



When you see your family and friends at party, you can do happy things together. You should spend happy times together. You should eat food if you and your guests are hungry and tired. After eating, you should have a dance program. If you have neighbors, you should ask permission from them. Don't dance if your neighbors are sick. You should speak about good memories and funny memories together.

Finally, if you want exciting fun while you are missing your country, you should travel to your country. You can create



good memories. You should save money for traveling. Don't stay in hotels. You should rent a home. When you travel, you should visit old friends. You should visit favorites places. You should visit places you have never seen before. Go to restaurants. You should eat food that you don't find in the U.S. Visit museums because you should understand about the history, culture, art, and nature of your county.

**Annani Mhoos**

**ESL 37**

**Opinion Essay**





## My Favorite Places to Eat

Do you have a special place for dinner? Some people prefer quiet or loud places. Other people prefer their favorite place because of the food. Everyone has a memorable place to have dinner. For me, there are three particularly good places to have and enjoy dinner.

First, Buffalo Wild Wings in Citrus Heights, is a good place for dinner. This place always has people and sometimes we must wait for a table. It is a casual and loud place, but I feel comfortable, and I spend relaxing time there. The menu for this restaurant is varied, but I just go for wings. My favorite flavors are mango habanero, Caribbean jerk, jammin' jalapeño and spicy garlic. I love flat wings. When I go to this place, my fiancé Erick and I usually order twenty traditional wings and fries with tater tots and beer. Also, this restaurant has a large variety of beers. I visit this place often. In sum, Buffalo Wild Wings has the best wings and flavor for me, and I have a fun time at this place.

Second, Culichi Town in Arden is an exceptional place to have a different and fun dinner.



It is a modern Mexican restaurant in the style Sinaloa. I really like this restaurant because it has live Mexican music such as *banda* and mariachi, I love this music. For other part, the food at this place is delicious, and the cocktails and drinks are fantastic. It's an expensive place, and the week-ends night are a lot of people there. When I go to this restaurant, it is on a special occasion. The last time I went to it was on my birthday and it was so fun. My friends and I danced, sang, we ate, and we had a very good time. In short, Culichi Town is a different place to have a wonderful time and

dinner, and also the music is spectacular.

Last of all, Violeta's house is a special place to have dinner for me. Violeta is my best friend, and she lives with her parents in Florin. Often, we cook and prepare drinks for dinner together. After we have dinner, we play table games with her family. Sometimes we sing karaoke and dance, and it is so fun. Violeta's father loves to sing, so all time he wants to sing. I really like her place be-



cause is extremely comfortable for me. We spend time together once a week. When it is a holiday on December, and I can't go to Mexico with my family, I know I have a place in her house. In brief, I love to have dinner at Violeta's house because it is more private and the perfect place with the best people to have a memorable time.

In conclusion, Buffalo Wild Wings, Culichi Town, and Violeta's house are magnificent places for me to have fun and enjoy dinner. There is nothing better than sharing the best moments with your closest people and enjoying a delicious dinner in your favorite places.

**Annette Patino**  
**ESL 47**  
**Opinion Essay**

## Be Careful with Money

What desire do you have when you enter your favorite store during a seasonal sale? That's right, prepare your credit card and buy everything you want. When my friend first visited The Home Depot, he said, "There's not a single thing in this store that I wouldn't want to buy." If you can't control yourself, you may spend more money than planned. There are several effects of spending too much money, but the most important of these are temporary happiness, inability to achieve goals, and debt.

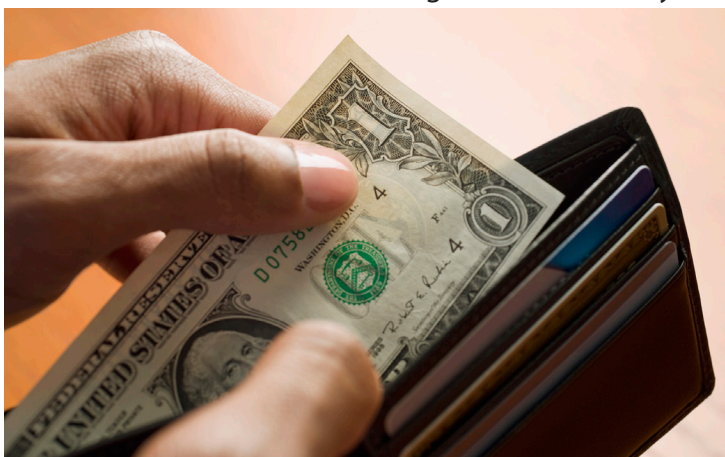
The first effect of spending too much money is temporary happiness. Many people think that happiness is measured by money, and the more money you spend, the happier you become. We often see famous and rich people in newspapers, magazines, and on TV. They spend a lot of money and look very happy. People try to imitate them and spend a lot of money to become like them, and it really works. As a result, people feel that they are as rich and successful as those people from magazines and TV. After a while, this feeling passes, and the person understands that happiness does not depend on how much money you can spend. You can get the happiness of spending too much money, but for a short period of time.

Another effect of spending too much money is the inability to achieve goals. Everyone sets goals in life, and often money is needed to achieve these goals. Someone saves money to continue their studies, someone for a down payment on a house, and someone to buy a new car. These people spend their money economically and achieve their goals. Other people also set goals but spend too much money without worrying about saving it; therefore, they live their lives without reaching their goals. For example, two of my colleagues went on different paths in life. They

received the same salary, but one spent his salary on his studies at the university and the other on vacation and entertainment. As a result, the first colleague has graduated and got a well-paid job, bought a house, and can afford to travel around the world, while the second colleague can only afford to rent an apartment and vacation once a year. Consequently, you may spend too much money, but think about your goals in life.

However, the most important effect of spending too much money is debt. People always want the best, like the best house, the best car, the best phone, and the best clothes. There is nothing wrong with that if you manage your finances well. Otherwise, you start spending money faster than you earn it. As a result, you get into debt. For example, my friend took out a bank loan many years ago and bought a new house, car, and boat. He wanted to get everything at once but did not calculate his possibilities. He continued to spend too much money on vacations and entertainment. Consequently, in one moment he lost everything: his house, car, and boat. All debt arises from the fact that a person spends too much money, more than he can afford.

Consequently, as you can see, if you spend too much money you can be happy, but for a short time. Next, all life goals will be unavailable to you if you keep spending more than you earn. Moreover, the worst thing is that on your shoulders there will be a burden called debt. Money is needed to spend it, but in order to spend money effectively, it takes effort. As a result, if you learn how to control your expenses, you will become a successful and wealthy person.



**Volodymyr Ivaniuk**  
**ESL 55**  
**Opinion Essay**



## WHAT IS YOUR HOBBY?

What is your favorite hobby? Everyone has their own favorite hobby. For instance, someone likes to read books, listen to music, or do photography. Hobbies makes our day happy and fun. I have many hobbies, but plants are my favorite. Growing plants is the best hobby I have because plants are beautiful, I can use plants for decoration, and when I grow plants I can eat the produce of the plant.

First, plants are beautiful and colorful. Plants are usually green, but their flower blossoms are in different colors. To give an idea, pomegranate, apple, cherry, and strawberry have the most beautiful blossoms. That makes a plant more beautiful in spring. In addition, raising plants can be a good everyday hobby because plants need care. For instance, I need to water the plant and cut off the dried branches. I have different plants for different places, but I like the pepper and mint plants the most because mint has a good and fresh smell, and pepper has different colors.

I keep my favorite plants in my room because I can take care of them better. I always have a good time when I take care of my plants, so time passes very quickly and well.

Next, home designers always use fresh plants for decoration. I like to use plants in my house, too, and I can design my bedroom, living room, my office, and exterior of the building with plants too. This is why I like it because when fresh plants are in the room for decoration, they can also make oxygen; therefore, plants are good for us. Flowers are beautiful. Plants are different for decoration of an office and a garden.



I want to name some beautiful flowers and plants that are both fragrant and colorful like white jasmine plant, Areca palm, and peace lily. The flowers I mentioned are good for the living room and bedroom or office. Creeping ivy is a good plant for a big balcony and a fence wood wall. Green space has made the outdoor environment more beautiful too, so plants are very important in the beauty of living environment.

Lastly, plants are different and I use some of them as food. For instance, pepper, mint, tomatoes, olive, cucumber, apple, peach and others.

I have two peppers and one mint. Pepper and mint are easy to grow in an apartment, and they don't need much care. Pepper and mint plants need just sun, water, and some mulch to grow. I can grow a plant in an apartment, too. In a plant pot, it's easy to collect and take care of the plants. I can grow it in the soil of the ground. Vegetables are an important part of nutrition, and I can grow my own vegetables. I hope one day I can have my own strawberry farm. Plants grow and I need to take care of them. Good care of any plant will yield results.

In conclusion, plants are beautiful. I can use plants for decoration, and I can eat the produce of the plant when it is ready. Plants are good for spending our time happily and well. Taking care of plants makes me happy.

**Parwana Wali**  
**ESL 47**  
**Opinion Essay**



## Deadly Bite



I like to eat honey. I like bees, but I dislike when bees bite me. The bite of bees sometimes can be dangerous and be the reason of death of humans. When the poison enters the human body, an anaphylactic shock reaction may occur. One day, I had a dangerous bee bite. I had my dangerous experience when I was living in Russia. I was a beekeeper until this dangerous experience happened. It was a terrifying day and I almost died.

First, it was a windy summer day in 2016. I woke up early that morning. I planned to do a lot of home chores. However, my friend came and asked me for help. And I promised him to be at 10 a.m. I went to my friend to help with his bees because sometimes he helped me with mine. I put on my uniform for work because bees sometimes bit my fingers, and my fingers were swollen and sore for a long time after that. Also, I put on a special hat with mesh covering the face because I didn't want to get any painful bee bites on my face. The wind became strong, and the bees were angry. The breeze blew and the mesh clung to my face and one of the angry bees gave me a bite on the forehead. It was very painful. I patiently decided to continue the work because the weather was getting worse, and we were trying to finish our work as soon as possible. In the next few minutes, I felt hot lava in my veins. The lava slowly swallowed my head, heart, stomach, arms and legs. My friend asked me how I was feeling. I realized that it was very bad and began to lose consciousness.

Next, I woke up at my friend's house. My friend took me there. I wasn't unconscious for a long time

because my friend gave me medicine and took care of me. He gave me a lot of water to drink. However, I still felt terrible. My whole body was red like a tomato, and I was swollen. I didn't have the strength to get up. We didn't drive to a hospital because it was very far. Also, we could not call the medical help service because we did not have phone connections. And I thought how lucky I was that everything worked out. I could easily have died.

Lastly, my friend dropped me off at my home. I was broken and weak. I had a big bump on my forehead. I kept ice on my head, but it didn't help much. It burned. For almost a week, I looked funny, but I still felt sadness because I knew that parting with beekeeping was unsuitable. It became dangerous for me, and now I'm very careful with insects, especially with bees. I always keep medicine close to me and look around carefully, especially where there are places



with flowers, when I admire and smell their fragrance.

In short, I had a dangerous experience, and I'm glad that I did not pass away on that day. I'm trying to be careful when I'm outside. I left the business that I loved because this crazy day warned me how dangerous bee stings can be.

**Anastasiia Logvinova**  
**ESL 47**  
**Narrative Essay**

## Learning Styles

How can we have a specific goal without having a clear image of our steps? Getting familiar with a new environment is not as easy as it seems. The environment and other existing conditions can have a big and deep impact on our success or failure. Three years ago, when I wanted to start my education through college and transfer to a four-year degree in Business Administration, I had no idea where I should start. There were many requirements, a lot of paperwork, placement tests, and financial problems. Fortunately, with my husband by my side, I was able to file the paperwork and apply for financial aid and other stuff. With his help I could fulfill all the requirements and at my placement test I got level 50. However, my problems were only beginning because I had to then study and get accustomed to new ways of learning. However, my problems with my learning English started from learning online during a pandemic while having a baby.

I have been learning English since 2020, and three years of experience looks like enough for a person to get familiar with the academic environment, rules, standards, and requirements to improve her writing, reading, speaking and listening. But those three years went really fast for me, and unfortunately at the first year that I started ESL, as I was not aware of the rules and I didn't know I should enroll early before the classes were filled, I missed my big chance to enroll in Reading and Writing classes. I was only able to enroll in a Listening and Speaking 50 during Spring 2020 with professor Driscoll. A worldwide pandemic started because of COVID-19 and before I got familiar with the environment and knew how to study or do my assignments, all in-person classes were canceled and online classes began. Everything was out of its normal condition,



and every one had to change themselves according to the new conditions. It was not easy even for professors to adapt to new ways of teaching methods and using technology. I remember that I didn't know how to use Canvas. I was so confused, and I didn't even do my assignments. I even didn't know that we had an assignment. That sounds funny and also sad at the same time because when the professor turned in our final grades, I got a D and I was shocked. As it was a speaking and listening class, my expectations were high for having more practice of speaking to each other. I was wondering if I would have enough practice for speaking and listening so I could speak with my classmates and build my speaking skill. But we didn't have that opportunity as the class changed to online and we didn't see each other in person and my problem went on.

By the way, the year ended with all the hardships, but I couldn't take classes for fall semester since I was expecting a baby. Because of this, I missed a whole semester which continued to set me behind. Again, I started in spring 2021 with ESL 55 and ESL G51. We had many issues with using Canvas and doing our assignments. Everyone was

still trying to adapt to online classes and the use of technology was not easy, especially for those who were not familiar with computers. As the class was online, the professor couldn't control everyone. If any student cheated on exams, it was out of the professor's control and it made us in some ways lazy and persuaded us not to study as much as was needed. Some of my classmates just turned their cameras off and they did their other work. Some days we lost internet connection, and sometimes we had to deal with background noises. At that time, my baby was just a few months old and some days we were studying together. Sometimes he was playing with my computer and would unmute or turn on the



camera to say hello. But, I couldn't unmute myself to participate in exercises or ask and answer the questions because sometimes my baby wasn't sleeping and was crying. I tried my best to have focused studying at home, but especially with children, it made it more challenging with all the noise. Also, we couldn't have discussions and exchange our ideas about the readings and our writing assignments. Somehow we learned some basics about academic writing and reading with the help of professor Sanda Valcu. Although the professors were trying their best, unfortunately it didn't meet my expectations, but fortunately I was still able to pass the class and move to the next level.

I didn't want to miss the opportunity for fall classes and I enrolled in ESLL 310 and ESL 315. In person classes were not available, so we had to continue online classes. As the level was going up, it made everything more difficult. When my baby was growing, he got more active and sometimes did dangerous activities, so I couldn't leave him alone, and yet my class requirements and assignments were increasing and made the situation worse. Sometimes I even thought about dropping the classes. I was not able to continue like this taking care of my baby and at the same time having to focus on the class in Zoom. We had started writing a summary of stories and that was very hard for me to understand because it was my first time to read a story and the vocabulary and sentence structure was too hard. We had to write essays about things that were off the top of my head and things that we didn't have information about. For example, I will never forget an essay about genetics. I worked on that essay for two days and I hoped for a 100, but I was only able to get an 89. I revised it and made some progress, but it wasn't enough and still frustrating, and that day I cried. I decided to not study anymore. While all of this was happening at the same time, taking a 6-unit integrated class was only made more difficult by a 3-unit listening class that I wasn't prepared for. My first listening class was in a rush and I couldn't learn anything from that class. ESL L310 could be counted as my first experience of listening and speaking. I had no idea of sounds, pro-



nunciations and some special expressions like schwa. Every time that I submitted my records it had many mistakes. Even though I learned a lot from these classes, it was really challenging and I almost to gave up. Fortunately, American River College announced that classes for the next semester would be in person and we could attend college if we had been vaccinated.

In this semester, Fall 2022, fortunately things are getting better and we could attend college in person classes. I got ESL 325. Now we can study and learn face to face and have more conversations. Being in a real class feels much better because now I can know what "class" really means, and I am very happy to be in an educational environment. My

problem is solved now. We can have lots of discussions, peer reviews, group work, timed writing in class, and reading together that really help us to improve our writing, reading, speaking, and listening skills. There is one thing that I am trying to adapt to: it is my children.

My baby is now one and a half and, at this age, he needs more attention. He is a very active and smart boy, but even though he is more active, I can still come to school to learn and be by myself and prioritize my learning. But I will struggle with all my life's obstacles to continue my education toward a four-year degree in business administration. Nothing is impossible when you set your mind to it, and willpower is everything in life. It can be considered the main part of every work. Nothing of value comes easy. The only way to achieve good and lasting success is continuous work and effort as it is said, "If it was easy, everyone would do it."

**Alhama Jahish**  
**ESL 325**  
**Narrative Essay**



## National Inventor's Day--February 11, 2023

What role do inventions play in your life? The modern world is hard to imagine without the Internet, cars, and electricity. In our daily routine, we cannot do without modern technology. I also can't imagine life without a few modern inventions. The Dyson Airwrap, solar panels, and the Internet are important inventions to me.

The first invention is the beauty tool called Dyson Airwrap. I love it for many reasons. The first reason is that there are many different nozzles, such as Coanda smoothing dryer, 1.2 Airwrap long barrel, 1.6 Airwrap long barrel, Firm Smoothing Brush, Soft Smoothing Brush, and Round Volumizing Brush. These nozzles help to style hair very well and quickly. For example, the Coanda smoothing dryer is very light, quiet and fast. It also dries very gently, after which the hair remains soft and smooth.

The second reason is that I can do many different hairstyles. With it, I can dry my hair, make it voluminous, straighten it, or lay it in neat curls of any size. The hair is literally twisted on the nozzle. Thanks to this, I do not have to suffer with a hair dryer and comb or curling iron. The final reason is that this thing is easy to take with you on a trip. I travel very often, so it is very important for me that the thing takes up a minimum of space in my bag. Finally, thanks to the Dyson Airwrap, I don't have to take separate curling irons and combs. The Dyson Airwrap makes my life easier.

The next invention is the solar panel. It is important for many reasons. The first reason is that it is environmentally friendly. When using panels, no harmful emissions are formed. The second reason is that the panels do not produce any noise. Unlike generators and other sources of electricity, the solar station operates silently. The last most important reason is that the panels provide free electricity. A few weeks ago, most of the power plants in Ukraine were bombed. The lights in the city were on for only two or three hours a day. Therefore, parents were forced to buy solar panels. After installing solar panels, my par-

ents completely forgot about electricity bills, because all energy comes from the sun. Solar panels protect the planet and save money.

The last invention is the Internet. I believe that this is the most important invention of mankind for many reasons. First of all, I like this invention because I can work online. Working on the Internet gives me the opportunity to manage my time and schedule as I see fit. Also, thanks to online work, I do not need to go to the office, so it saves money. The second reason is education. Thanks to the Internet, I was able to study during COVID. In addition, I can continue my studies even while traveling. The Internet allows me to study from different parts of the world. Also, thanks to the Internet, the learning process of a modern person does not end at school, college, or



university. Because there are millions of websites dedicated to a wide variety of topics, a person can get an answer to any question by putting it into the search. Last of all, I can communicate with other people. There are many social media sites on the Internet for communication, such as Instagram, Snapchat,

Telegram and more. I can communicate with people from different countries. For example, I live in America, but most of my friends and family are in Ukraine. Thanks to the Internet, I can see their life in short stories or write messages to them. I think the Internet has made life easier.

In conclusion, the Dyson Airwrap, and the Internet are inventions without which it is difficult for me to imagine my daily life. I also consider solar panels to be a very useful invention. I think these inventions made our life easier and more simple. I am sure that even better inventions await us in the future.

**Liliya Vasilenko**  
**ESL 47**  
**Opinion Essay**

## How I Found Myself Redressed

It seems to many that emigration to America is such a ticket to life, a golden ticket that you pulled out, and life is about to sparkle with new colors if not in the first days, then certainly very soon. However, the reality is somewhat pretty different. In fact, the path from the moment of arrival to full adaptation is quite hard on the mental health of those who move. Everyone goes through it in their own way, but for no one it is easy.

Three years ago I moved to the USA. Six months later I had to register in Viber, and almost immediately I received a message: "Where are you from here? You died..." A man named George wrote that he had recently buried his aunt, and her phone number is now mine. There was some truth in that for me too: moving to another country is no doubt death-like.

The move was forced: the law which was supposed to protect me began to work against me to please those who persecuted me. Three days passed from the decision I should fly to takeoff. Of my four children, I could take only the two younger ones. The other two daughters were just married and had to stay. I had one more buried in that land. Should I ever explain how heartbreaking it was for me to leave?

We landed in Los Angeles. Los Angeles is certainly great. I experienced something like a "honeymoon" there for a week, until I had to move to Sacramento where the bureaucracy began. It was quite a challenge for me to be doing that much at the same time.

Being undocumented, I was looking for an apartment to rent, trying to find any possible job, registering children for school, filling out all that immigration paperwork. Even finding the food we were used to turned out to be a quest. It wasn't unreal, but it was too energy-consuming. Over time, I got housing and work, but this did not make my life much easier. Being the only breadwinner in the family, I generally lived at work and came home only for a couple of hours per day. I had no time to exhale and calmly realize what was happening. But no matter how difficult it was to go through all that, the worst was ahead.

When everyday issues gradually improved, the language was mastered, a better paid job was found, emptiness set in. It was the hardest thing for me to part with the status and the feeling of myself. This is the most difficult thing to erase yourself completely and to realize yourself again in new conditions, to find a different yourself here, beyond those past blessings. And it's only after you find yourself in a new place that you realize to the full what you have left behind. Before leaving your country, a beautiful picture appears in your head of how you will live in the new place. But you don't think at all about what you will leave in the homeland. You finally



realize it only when you are already there. You find yourself out of culture, out of friends, out of everything. It is a complete social downshift. With any move, you remain as if naked, you need to redress yourself.

Being "naked" made me feel very uncomfortable, and conquering the feeling of bitterness in myself, I tried my best to dress up.

The process was slow and I didn't seem to be making any headway until it happened that an old friend of mine came to America. She looked so helpless, and I literally had to lead her by hand on every issue that appeared. She never stopped thanking me for the help, but if only she knew that I got so much more from her than I gave. I felt myself in contrast with her. I suddenly realized that my life had been pretty long in America. It is no longer a stranger to me. Local realities became transparent and understandable. Difficulties that arise are not perceived as acutely as at the beginning. At least I know how to find information to deal with issues. I found my place and I feel like a full member of society, with which I now share common values and problems. Now to go home is "to visit" and to return to America is "to return home." Expectations and perceptions correspond to reality. I can see and am able to take advantage of the opportunities for growth that the new environment offers. And yes, I can now say with confidence that I am redressed.

**Diana Buzichevici**  
**ESL 325**  
**Narrative Essay**

# Susan Pezone Memorial ESL Scholarship Recipients

Hello! My name is **Natalia Shcherbachuk**. I'm from Ukraine. I speak Ukrainian, Russian and English. I've been studying at ARC for five semesters. My major is Early Childhood Education and I plan to transfer to the university. I am happy to receive this scholarship as it gives me the opportunity to study and supports me financially. I like to write, and I am very grateful to the ESL classes for the opportunity to learn how to write in English. English is a beautiful language, and I am thankful for the opportunity to learn it and all the support on my way to becoming a fluent speaker of this language and working on building a career that I really enjoy and want to pursue. I had wonderful professors in my writing classes and I am grateful to all of them. My favorite writer is George Sand. She is a French writer and I really love her work and writing style. I would like to thank my professors and counselors at American River College for supporting me with their help and patience and for the opportunity to get an education and work with children in the future.

Sincerely, Natalia.





# Susan Pezone Memorial ESL Scholarship Recipients

My name is Aleksandr Krivlopov, and I was born in Russia, but I lived in Kazakhstan all my life until I immigrated to the USA 5 years ago.

My first language is Russian. I also speak and understand Kazakh a little. I have been studying at ARC for four semesters. My major is computer technology.

I work part-time in college as a tutor and also work on the renovation of the interiors of houses.

I'm glad I got this scholarship and it was unexpected. I filled out an application every semester, and here I am the winner. It is a great success to get it because there are a lot of students studying in ESL courses and many, many of them fill out an application for this scholarship.

Unfortunately, I did not know Professor Susan Pezone, but I am sure that she did a lot so that students like me could not only speak English but also feel this language.

I like writing letters. There's no time for that today, and it's easier to call. That's why I love writing essays!

I like the book of Proverbs from the Bible because there are a lot of wise sayings collected there. What seems ingenious is simple. This part is written really well.

I would like to thank all the professors who teach us English at American River College. This is very difficult because sometimes the language does not lend itself to logic and rules. We just talk and don't think about how difficult it is. Sometimes teachers annoy us and give us difficult tasks. But after a while,

you realize that this method really taught you something. Sometimes there are teachers whose English is not their first language. They know how to help you because they learned this language themselves and became professors. Others helped with their gentleness, discovering American culture and the English language from a pleasant side. All teachers are like flowers, different in color and shape, but together they are in a beautiful bouquet called

American River College.



Want to apply for the Susan Pezone Memorial ESL Scholarship?

**Look for the application link in Fall 2023!**

## Phi Theta Kappa's Dunya Attallah



**Have you heard of PTK? It's a club at ARC, but it's much more than a club at ARC! Dunya Attallah recently shared with *The Parrot* her experience with Phi Theta Kappa.**

***Before explaining all about PTK, will you please help us get to know you a bit?***

My name is Dunya. I grew up in Iraq. I immigrated to the USA in 2013. I have been a student since 2018 at American River College. My native language is Arabic, and I speak Turkish. Last summer, I learned the Russian language to help new students. I live with my parents and my brother. My mother was a history teacher, but she is retired now. My father is working now as a colonel and my brother is working in criminal evidence.

***What do you like to do in your free time?***

In my free time, especially on the weekends, I usually go hiking. My favorite hiking place is Hidden Falls near Auburn. I also like riding my bicycle. It helps me to release the negative energy. In summer vacations, it is my chance to take a break from my typical daily routine. I spend time with my parents. Summer break is a good time

to get yourself to do new things and develop new skills, and a new experience, such as learning a new language. So my next step is Spanish.

***What has been your experience as an ARC student so far?***

I have leadership experience at American River College in the ARC Student Senate and as the Phi Theta Kappa Vice-President of Scholarships. Currently, I am studying two majors: Pharmacy Assistant and Astrophysics. This fall will be my last semester for my first major. I will take the pharmacy assistant state exam in December. I usually spend my time learning new things. Time is necessary for me to study. My favorite subject in school is Math. Math makes me a smarter person. I have a large group of students on campus of different nationalities to help them with math in a very easy and smart way.



***You are involved with Phi Theta Kappa. Most students don't know what this is, so would you please explain what it is and how students can be a part of it?***

College students' academic success is acknowledged by Phi Theta Kappa (PTK), an organization



that also gives its members the chance to advance their knowledge and develop as leaders. If a student wants to join PTK, their GPA must be 3.5 to join the Phi Theta Kappa Honor Society. Our club consists of a number of members as vice-presidents. Currently, I am working as PTK VP of service. I help many students find work on campus.

***Why did you join PTK?***

Because I have experience of leadership. Also it depends on the elections. I joined last year. Currently, our club consists of 6 officers to serve ARC PTK members and our college.

***Why do you recommend this club?***

Because PTK has a lot of benefits including recognition, scholarships, career training, leadership development, and discounts.

***You tutor students. Do you get paid, or is this as a service?***

No, I am not a tutor and I do not get paid. It is just service from all of my heart.

***Can you give a few examples of service projects that PTK has done or is doing?***

Our club cooperated on the proposal of the college project, which includes building a residen-

tial complex for students, which was proposed by the college last year.

***For those students who want to learn more, does PTK have a website?***

Yes, we have Instagram, LinkedIn , and an AR-CPTK [Youtube Channel Links](#)

***Thank you, Dunya for your service at ARC and for introducing Phi Theta Kappa.***

*Editor's Note: Phi Theta Kappa is one of many student groups at ARC. If you're interested in exploring ways to get involved in a student organization, please visit the [ARC Student Clubs website](#).*





## ALL ARTS BOND - New Art Club at ARC



If you have any hobbies in any kind of art and would like to join a club at ARC, All Arts Bond is where you belong. We are happy to introduce our new art club to the ARC community.

This brand new club welcomes all ARC students. We welcome all creators who have an interest in arts to join our club.

Don't worry about being good at art to be able to join this club. We are here to help, share our experience, enjoy our members' creativity, encourage, and connect artists.

**We are happy to hear from you, please contact us at:**

Email: [allartsbond@gmail.com](mailto:allartsbond@gmail.com)

### Officers

Snow: 916-770-5527 (WhatsApp)

Manny: 916-997-1648 (WhatsApp)

### Advisor

Professor Hoggan - [HogganP@arc.losrios.edu](mailto:HogganP@arc.losrios.edu)



## Beginners Reading Comprehension



Dear Marcos,

Hi, my name is Rebecca and I am your new pen pal. I'm ten years old, and I live in Barcelona, Spain. I go to the 4th grade in Saint Michael Elementary School. On weekdays, I get up at 6 o'clock. The school starts at 7:30 in the morning. I have my lunch at the school cafeteria and I usually leave around 3:30 in the afternoon. I am good at math, I also like history and geography but I my favorite subject is science. I like playing basketball and soccer. I also play tennis, and I like swimming. On the weekends, I go to the movie theater with my friends. We like action movies. I usually go to church with my parents on Sundays.

Please write and tell me about you and your life. What's your family like? What do you like doing in your spare time?

I hope to hear from you soon.

Best wishes,

Rebecca

Do you want to read more stories? Click on the website below:

<https://www.grammarbank.com/beginners-reading-comprehension-3.html>

### Do you understand the email?

- Which statement is correct?
  - Rebecca usually practices the drums on weekdays.
  - Rebecca is interested in science.
  - Rebecca has got a music group at school.
  - Rebecca and her friends like watching thrillers.
- Which one of the following questions can you not answer from the letter?
  - What time does Rebecca get up on weekdays?
  - Which school subjects does Rebecca like?
  - What kind of music does Rebecca like?
  - Where does Rebecca eat her lunch?
- Which of the following statements is incorrect?
  - Rebecca likes playing badminton.
  - Rebecca usually goes to the movie theater on the weekends.
  - Rebecca is interested in history and geography.
  - Rebecca wants to be in contact with Marcos.





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

If you want to share your  
work, art, opinion, or any-  
thing 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!





## Grammar Grappling from ESL G41

### Conversation by Duy Nguyen

**Lisa:** Hello John! How are you doing?

**John:** Hi Lisa. I'm well. Where are you traveling with your family?

**Lisa:** I am traveling with my family in Korea.

**John:** How is the weather there?

**Lisa:** It's raining and cold here.

**John:** Maybe you should dress warmly. Can you send me some pictures of the places you pass by in Korea?

**Lisa:** Of course. Please wait a few minutes, I will send it right away.

**John:** Which country will you visit next?

**Lisa:** I will visit Vietnam country.

**John:** I wish your family and you happy and safe travels.

**Lisa:** Thanks. I can call you latter. Take care. Bye.

**John:** Ok. Bye bye Lisa.

### Cartoon by Rawnaq Zainulabdeen



## Some More Parrot Fun

### Finding Hidden Words



#### Challenge:

Find 6 hidden words.

See the answers on page 35.  
Click [here](#) to see more fun stuff.



*Continued from page 1*

as the longest night of the year. (In the year 2022, December 21st was the Yalda Night). How people celebrate this night is: they get together with families, friends, and their loved ones.

They decorate a table full of different fruits. The main fruits they consider for this night are pomegranate, watermelon, and some other fruits of the season that are not so expensive but are good for the cold.

The reason why they celebrate this night goes back to the history of Yalda night. Back then (Although there is no a specific date, when the celebration of Yalda Night started for the first time. However, some archaeologists believe the history of the celebration of this night is about 7000 years old.), at this time of the year it was always so cold and due to the cold weather and not having enough equipment to keep themselves warm, people suffered a lot and even sometimes the cold weather took the lives of their loved ones. Every year on the Yalda nighttime there were lots of casualties. To manage it and avoid casualties, people came up with the idea of getting together

in one place to celebrate this night in order to keep each other warm to avoid suffering and harm due to the cold. This was how the celebration of Yalda Night was started at first.

Now, people who share the Persian



culture in every corner of the world celebrate this night with their families, friends, and loved ones. Even Persian people from Afghanistan, Iran, Tajikistan, Uzbekistan who emigrated from their countries and now they are

living in different countries like the United States, Europe and other parts of the world, celebrate this night in the same way they celebrated it back in their home countries.

In December 2022, my family and I celebrated Yalda Night with some of my extended family and friends whom are also from Afghanistan, and some of them are even students at ARC like me. We all got together in my sister's home and started our night with warm welcoming tea, sweets and appetizers. Then, we talked about Yalda night history, read some poems from different poets, took some photos with the Yalda Night table already decorated by my sister, and after that, we had our dinner. Following



our dinner, we had desserts, fruits and continued to visit and talk till 2 a.m. We all had so much fun being with each other on the longest night of the year. We were able to manage it the best way to make sure we had fun, food, and the traditional fruits while sharing lots of good stories, memories, conversation, poem reading, and playing games.

*By Sayed Edres Sadiqi*



## DECEMBER 21, 2023 YALDA NIGHT



*Click on the image above to hear Edres' thoughts about Yalda Night.*

## Words of a Feather

### Learning Possibility & Probability

#### **Can--Could--May--Might--Must Shall--Should--Will--Would**

Do you know what type of words these are? They're modal verbs.

These modal verbs are auxiliary verbs, just like *be*, *do* and *have* because they work together with a main verb.

You almost always have a modal verb with a main verb, and the main verb that follows is always in the bare infinitive form – without *to*.

#### **For example:**

- I could go..
- You should take...
- They would like...
- Paul may borrow...

These modal verbs are used in English to express something. They have a purpose, and we need to try and understand that purpose today. They can be used to talk about possibility and probability. To talk about how likely something is.

You can use these modal verbs to express how likely it is that that action will happen? Are you certain? If

you're sure, you're confident that will happen, you can say:

#### • ***It will happen.***

Is it probable? Is it likely to happen? Is there a good chance it will happen?

#### • ***It should happen.***

Is it possible?

#### • ***It can happen.***

Or is it unlikely?

#### • ***It couldn't happen.***

In all of these situations, you can use a modal verb to explain how certain you are that something will happen, how possible something is. In addition, these same modal verbs can also be used to explain 'ability' – how able you are to do something. They can be used to ask permission, make requests and offer help.

*For more practice with these verbs and for more explanation, please visit the following website:*  
<https://learnenglishfunway.com/how-to-use-english-modal-verbs-possibility-probability/>



## *The Dance of Laughter*

By C. J. Krieger

Although you have been gone

These many years

Your shadow still remains

On everything

That you had touched

No matter where I go

There is no place

Where I cannot see

Or hear your voice

Filled with merriment and mirth

As it meanders

About the rooms

And though

You have departed

So many years ago

When my laughter

Pierces through the dark

I have found

The light of your smile

Still dancing on the laughter

That dances on my heart

Source: <https://allpoetry.com/poem/16602041-The-Dance-of-Laughter-by-C.-J.-Krieger>

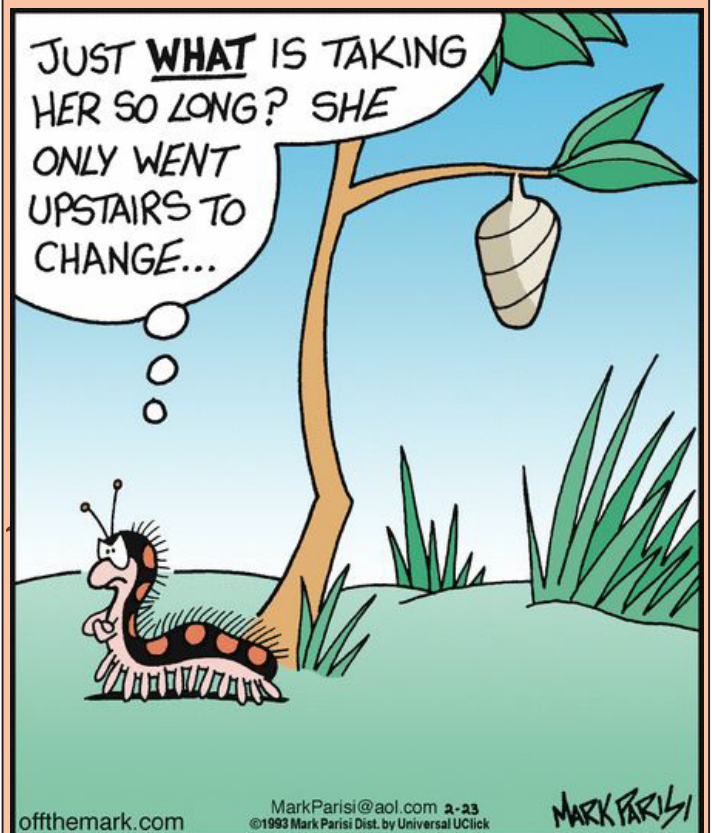
## Rigoberto's Riddles

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.

## Silly Vasily's Chuckle Chamber



offthemark.com

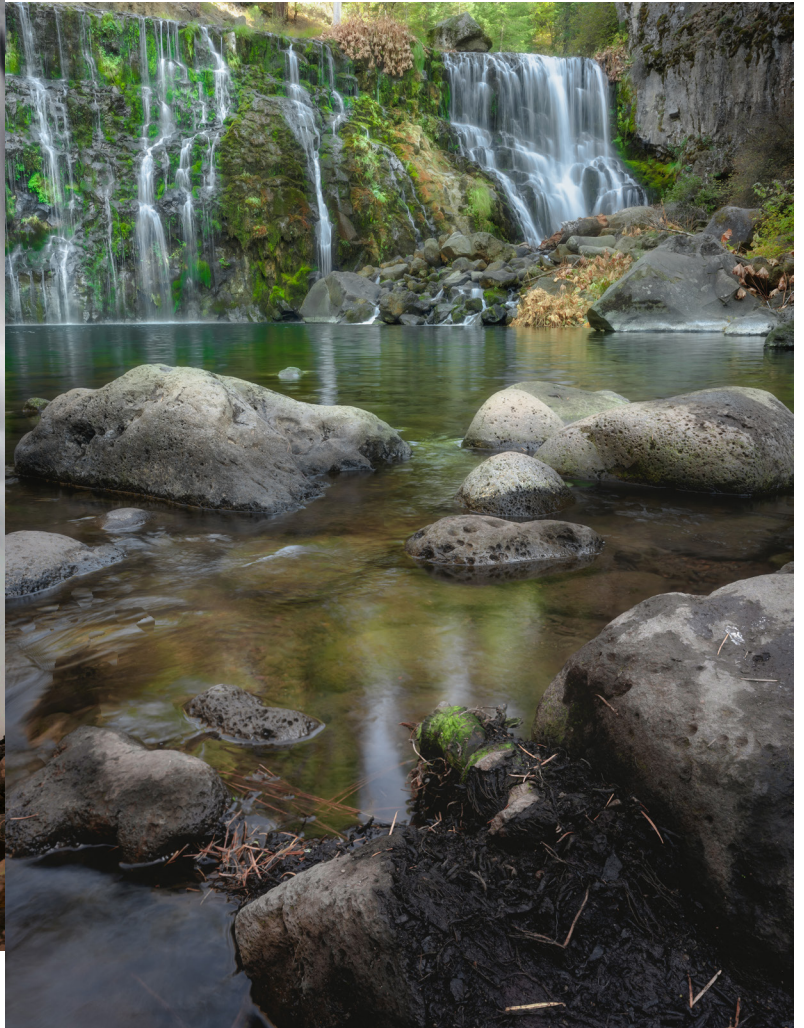
MarkParisi@aol.com 2-23  
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MARK PARISI

Source: <https://www.pinterest.com/pin/845621267521790019/>



## Explore California



### **McCloud Middle Falls**

If you want to have a hike by a river or are looking for a nice place to just sit back and enjoy, this waterfall is probably the perfect place for you.

Located in McCloud, California (up north by Redding), this waterfall is always a must if you are visiting the area. There's a free parking lot with a restroom, and the hike down to the river is about 15 minutes long. I'd recommend, if photography isn't your thing, to bring a note book or a good pair of headphones, so when you go down there, you can sit by the rocks and just enjoy the view while you listen to your

favorite song or write or read your favorite book.

To get there, just [click here](#) to start navigating or see how far it is from your current location.

This photo was taken with my Fujifilm GFX 50s ii mounted on a tripod to avoid any blur or shakes and using a very close aperture to get a slower shutter speed to get that smoothness in the water.

**By Manny**  
*Parrot Staff Writer*



## Bird's Eye

### Taking Advantage of the Weather!

Clearly we've all been suffering from this winter weather one way or the other, getting sick or just not being able to go out much because of the rain, the fog, and the crazy winds. However, there's always an opportunity to make the best out of bad things, including bad weather!

So, with that in mind, here are some photos I've taken during this stormy season.



**1.** I took this photo a few days ago after a long rainy night. I was driving around my neighborhood and I noticed this big puddle off the road, so I parked my car and started taking photos. To get the best results, try to lower your camera/phone to the water level. At that angle, the puddle will look bigger than it actually is and you'll get a beautiful reflection photograph with that mirror effect.

**2.** Fog, especially at night, usually adds a moody feeling to the scene. I took these two photos on a foggy night in downtown. Try to go out and shoot next time it gets foggy outside. I promise you'll love the results, but don't forget to drive carefully!

As you can see, you can make the best out of this crazy weather and create beautiful pieces of art. Just keep your eyes open and your camera ready to go!

If you want to see more of my work, feel free to check me out on [Instagram](#).

**By Manny**



## What is HomeBase?

Let's learn more about your HomeBase.

### An Overview of Us:

HomeBase is a one-stop support center where you can find a community of students with similar majors and interests.

We have staff to support you (Counselors, Coach, Clerks, and Peer Mentors).

We help you navigate ARC and succeed in college

We host fun events!

### Who is in the Homebase?

#### Success Coach:

Shelvina



#### Clerks: Nadia and Renny



#### Faculty Advisor: Dr. O'Brien



#### Peer Mentors: Fiona and Sunny



### Counselors for Your Major



Mayra Mireles-Tijero



Kim Herrell



Bonnie Miller



Robert Quintero

### What are majors under Language and People Home-Base?

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.

### Resources

Homebase is a home for you! Services here include:

\*Space to study and socialize

\*A coach

\*Free printing, computer for use, announcements, snacks, and drinks

\*Events - social, hiring, workshops

\*Help with campus resources and navigating campus, enrollment, Canvas, eServices, counseling appointments.

### Where to Find Us

In-person at **Davies Hall #103 and #104**

**Canvas:** Online chat and announcements

Instagram @archb\_lp

Email: [AskHB-Humanities@arc.losrios.edu](mailto:AskHB-Humanities@arc.losrios.edu)

Phone: #(916)c484-8584

Monday - Thursday, 9am - 5pm,

Friday 12pm - 4:30pm

Learn more @ <https://www.youtube.com/watch?v=a9z9QHHsqig>





## 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!*

### Qabuli Palaw/Kabuli Palaw



**Qabuli Palaw** is one of the most famous traditional dishes of Afghanistan. This dish is considered a festive and important dish due to the price and unique quality of its ingredients. Usually this dish is one of the must-have dishes in all Afghan parties, ceremonies and occasions. However, Afghan people often prepare this food at home for regular meals as well.

#### INGREDIENTS:

##### **Mutton stock:**

1 Medium onion  
Mutton - 1 kg  
Salt - 4 tsp  
Ginger Garlic Paste - 2 tsp  
Coriander Seeds - 2 tsp  
Water - 3 cups

##### **Rice:**

Rice - 3 cups  
Salt - 1 tsp  
Garam Masala - 2 tsp  
Oil - 1/2 cup

##### **Additional:**

3 Medium Carrots  
Raisins - 200 gr  
Sugar - 1 tbsp; Salt - 2 tsp

#### DIRECTIONS:

Pre-heat pan to medium-high, add oil

and thinly sliced carrots. Fry carrots 5-7 mins. Remove fried carrots from the oil; add pre-washed, dried raisins to heated oil. Fry raisins till brown.

Pre-heat another pot to medium-high, add oil and onion; cook until onion turns dark golden-brown. Next, add mutton. Cook 5-7 minutes. Add salt, ginger garlic paste, coriander seeds and water. Mix and cook 5 mins. on high heat, then 20 mins. on medium. Pre-heat a new pan to medium-high and add sugar. When sugar turns brown, add the broth and salt and mix.

Soak 3 cups long grain white rice in lukewarm water for 2 hours before cooking. In new pan, boil water and add salt and the soaked rice. Let rice boil 3-4 mins. then drain. Add the broth from the other pan to the drained rice. Mix the broth with the rice gently to make sure not to break rice. Add fried oil on top of rice and add the mutton on one side of the pan. Put garam masala on rice and then add fried carrots and raisins on the other side of pot. Cover the boiler top with a clean fabric and put it on the pan. Cook 5 mins. over medium-high. Reduce heat to low. Cook 15 mins. Qabuli Palaw is now ready, but it needs to be placed on the plate in a special order.

First, take out the mutton, carrots and raisins from top of rice. Mix rice and place on plate. Put mutton on top of rice on plate, and then add cooked carrots and raisins on plate with the mutton and rice. Finally, Qabuli Palaw is ready to be served. It is worth mentioning that different people have different methods of designing the plates to serve Qabuli Palaw.

Source: *The Kitchen of Roya* <https://www.youtube.com/watch?v=hyFW5oND05k>



# Restaurant Review

## CRAB CITY



If you are a fan of seafood, **Crab City** is the place for you to explore!

It is located in South Sacramento right off Highway 99. The restaurant opens at 3pm Mon-Fri, and at 12pm Sat-Sun.

We went there at 4:30pm for dinner. The restaurant had a couple of customers. The waitress there was really friendly and helpful. She didn't rush us to order since we told her it was our first time there. Looking through the menu, we saw they offered a Happy Hour Menu, which included a lot of interesting dishes. We ordered Bulgogi Fries, 3 Bulgogi Tacos, Garlic Noodles, and a Big City Combo.

Their Bulgogi Fries were so delicious and flavorful. The crunchy French fries were topped with bulgogi seasoned shredded beef, garlic, and onion. The restaurant also put a siracha mayo sauce on top of it to give it a little extra kick of flavor. The Garlic Noodles were also full of flavor. It was seasoned with garlic and butter, and was a great dish to eat together with their special Asian Cajun-Sweet Seafood Dish -The Big City Combo.

The Big City Combo came with many types of seafood. It had lobster tail, crab, shrimp, clam, sausages, potatoes, and corn. The Bulgogi Tacos offered bulgogi seasoned shredded beef with vegetables inside a soft toasted tortilla shell.

Go enjoy the wonderful taste of different kinds of seafood at Crab City.

7837 Stockton Blvd #500, Sacramento, CA 95823

<https://crabcitysacramento.com/>



**Big City Combo**



**Bulgogi Fries**





*Continued from page 1 Interview*

and welcoming students who may have just come back to campus for face-to-face classes for the first time in Fall 2022. I wanted to be visible and let our employee educators and community of learners know that I was here, especially since we as a campus were navigating our environment while still in a pandemic.

**In your own words, would you mind telling us what a Dean of Humanities does?**

**Dean Porter:** We support instruction, programs and services to meet the needs of students. Please notice I said, "we" as I'm not the only dean on our campus and have a great team of colleagues who support both instruction and programming. I also want to recognize our division support (Liliya Dorofeyev, Administration Assistant and Jessica Graves, Clerk III as well as student workers) who also serve and support the needs of the division so we can show up to support learning for our students. I would say, as a dean, I serve instruction, support instruction and programs, and I want to make sure that we are on hand to do what needs to be done as a division so that we're serving students. I also have to make sure that we represent the individual and collective needs of our community of learners, and make sure they all feel valued and heard.

**Why did you choose ARC instead of another college?**

**Dean Porter:** ARC is student-focused, and I was able to see this in researching the college through the website, visiting the campus and talking to colleague's who had worked or knew someone from ARC/Los Rios District. ARC cares about students and the values and vision align with my values as an educator.

**What, if any, challenges have you had adjusting to your new work environment?**

**Dean Porter:** I call challenges "opportunities for growth." My opportunities for growth are learning about ARC, meeting my colleagues, and getting to know students and our community of learners. I'm trying to meet and get to know our ARC community as well as our other colleagues in our district.

**How long did it take you to complete your various college degrees?**

**Dean Porter:** I want to first say that education is a journey. It took me five years for my undergraduate degree, two years for my Master's degree and five years to obtain my Doctorate. I want to share my experience prior to going to college as it lends to why I chose the educational path I did. I remember my high school counselor sitting down with me and another classmate going over our test scores to get into college. I wasn't a great test taker, and my high school counselor told me based on my scores, "You should probably go into waitressing." I was like, "not going to college?" She was just like, "No, that's not for you." I didn't allow her perception of what I should do change what I wanted to do by going to college. I also wanted to prove her wrong, so I took hard classes to make me a better student and learner. My family also encouraged me and my siblings to do more than what they had the opportunity to do.

**What inspired you to go into the educational/**





**teaching field?**

**Dean Porter:** I wanted to be a teacher and encourage students to reach their full potential in whatever field of study contrary to the experience I mentioned I had with a high school counselor in high school.

**Did you face any particular difficulties during your learning journey?**

**Dean Porter:** My parents couldn't afford to assist me financially but did support me emotionally. So I took out student loans, like many students do, because I realized that education is the key to get you to where you need to be and to compete with other people. Being in spaces where sometimes I was the only person of color, based on my educational level, sometimes I was passed up for jobs. I was not getting the same job opportunities as colleagues who did not share the same ethnicity and experiences I had. I don't want to be an exception. I want those in higher education to be practitioners of inclusion by valuing the differences that make us better as educators and learners.

**How did your family feel about your decision to go into this field? Did they ever want you to do something else?**

**Dean Porter:** No, I always loved teaching and helping my other peer educators. I was a mentor to younger students as I began to love teaching. Teaching was always something I thought I'd do.

**Are you into any kinds of art? If so, what?**

**Dean Porter:** In my spare time I like to make spaces feel welcoming. I used to work online, way before the pandemic. I created a background in my office that was inviting to the students I was teaching as we met virtually. I love elephants and butterflies, so I always try to include pieces of art of elephants and butterflies in the spaces I create. I wish I was

more artsy, but I'm not! I remember one time I took pottery classes and I tried to make a bowl, but it just fell over. It's so hard! I have to say, a good hobby of mine is reading. I try to read multiple books at the same time. Reading isn't only informative but also fun!

**Do you speak or have you studied any language other than English?**

**Dean Porter:** I studied American Sign Language in my undergraduate studies, French in high school, and a little bit of Spanish in my career experiences.

**Are there any languages you would like to learn? Which one? Why?**

**Dean Porter:** Spanish! I'd love to go to Mexico one day so I can not only

learn Spanish but also practice it with native speakers and learn the culture.

**How did you feel when you were asked to be interviewed for *The Parrot*?**

**Dean Porter:** I feel honored and privileged because I know this goes to students. I've read *The Parrot* before and I love what *The Parrot* does for our community of learners!

**What hobbies do you like to do in your off-time?**

**Dean Porter:** I do love to cook and I love to eat. Normally, when I have time and space, I spend it cooking not only for me but for my family and friends, because for me, food is a way to express your love and your compassion for somebody.

**What is your go-to snack?**

**Dean Porter:** Good question. I love popcorn. I try not to eat much of it though, since it gets stuck in your teeth. I also love salty sweets, like the pretzels with the white chocolate and the peppermint. Anything that's sweet and salty is really good to me.

**Who is someone who has inspired you?**

**Dean Porter:** There are multiple people and so many in different stages or times of my life that were great inspiration. My mom, who beat cancer multiple times. My husband who continually inspires me also; we inspire each other to do better, to build a life that allows our children to have the opportunities we didn't have. My mother-in-law inspired me. She used to be a counselor, and she helped so many women to become clean and sober. My sister-in-law, who I talk with every day about life and we encourage each other. My children, as they are the best parts of my husband and me, and they are their own people.

**Is there anything else you would like all the readers to know about you?**

**Dean Porter:** Come visit me! My door is always open if you want to come and chat. Also, if you see me in your classroom or just walking by the hall, just say hi and don't be a stranger. We want to

make your time at ARC not only enjoyable but also beneficial to you, so just come to talk to me if you ever have any questions or you need any help to make your experience on our campus much better.

*Interviewers: Snow and Manny*



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

The weekly practice hour is 10:30 -11:30 a.m. on Wednesday.

## 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.





The ESL Center is also open on ground in the LRC, Mon. & Wed 10 a.m. to 5 p.m. and on Tues. 10 a.m. to 4 p.m. Feel free to call: (916) 484-8919.

Spring 2023

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

Mon-Thu 9am-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](mailto: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.

# "Why I Left My Country"



*"...I used to work for a U.S. construction company back in Afghanistan for almost 10 years of my life. I came here with SIV program (Special Immigration Visa)..."*

**-Abdul, from Afghanistan**

Click on Abdul's photo and hear his answer.

*"...After two months he said, "We are going to the Embassy" and we are going to talk to another officer..."*

**-Aziz, from Afghanistan**

Click on Aziz's photo and hear the rest of his story.



*"...But one day my friend came to my office and said, "hey, do you want to go to the U.S.?" I was shocked and I said, "How"? He told me about the SIV program..."*

**-Aziz Panjawi, from Afghanistan**

Click on Aziz Panjawi's photo to hear his thoughts.



## DIY



## DIY--Do It Yourself

Starting next issue, *The Parrot* will be adding a new column for students and staff here at ARC who would like to create and learn new things that could help with their everyday lives. It's a DIY column that will give you ideas and tips on creating useful things that you can use during, and even after, your college years. If you would like to join in or have any ideas for the DIY column, please feel free to email *The Parrot*.

Hello, my name is Phong Nguyen. I am a 39-year-old Vietnamese American who was born here in California. Being the first American born in my family was challenging but also a great learning experience. It gave me a chance to combine my Vietnamese culture with the American culture. Growing up with both cultures showed me ways of using one thing in many ways. Now, with the help of *The Parrot*, I would

like to share with other people what I've learned. These DIY ideas are designed for everyone, so don't be scared to give them a try if you think they would come in handy for you.



## Introducing New Parrot Staff

This semester, *The Parrot* is happy to welcome a few new staff members to our team.



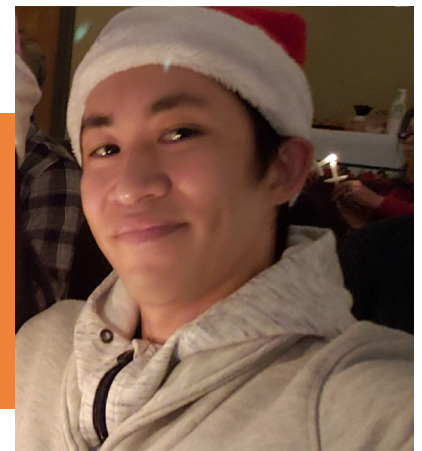
Hi Readers,

I'm **Mohammed**. I'm from Morocco. I came to America in August 2020 and have been in Sacramento for about two and a half years. I'm studying ESL at American River College, and next semester I will start my major in psychology.

My future goal is to simultaneously be a psychology professor at the university and a psychologist. I like to read books, walk, play with my kids, and discover new places in my free time.

I'm **Phong Nguyen**. I was born in the Bay Area to a Vietnamese family. Growing up in America in a Vietnamese household gave me the ability to be bilingual.

I'm a returning student after many years. I'm happy to be able to work for *The Parrot* to help and share my experience.



My name is **Sayed Edres Sadiqi**. I am from Herat province of Afghanistan. I moved to the United States back in 2016. I am majoring in Computer Science and Engineering. This is my second year at American River College. Starting in the spring 2023 semester, I will be working on *The Parrot* ESL Newsletter production staff. I will also be working with the English as a Second Language as ESL Student help and also will be working with Computer Science Department. Moreover, I am volunteering with ELLIS club, where we are helping immigrant students enroll in college to achieve their educational goals.

I am able to communicate in multiple languages. Dari/Persian is my native language, and I can communicate in Pashto, Hindi/Urdu, and English. I am planning to get my bachelor's degree in Computer Science and Engineering focused in software development. I love watching movies, TV shows, playing soccer, volleyball and playing the "tabla," which is an Indian classical musical instrument, in my free time.

I believe the key to success is steady determination and strong diligence. So, if you dream to achieve something, make your decision, work on it. Then there is nothing that can stop you from achieving it.

## Out of the Cage

### PathwayU Career Exploration



Choosing a career path and program of study in higher education can be difficult. PathwayU can help! Discover your path to purpose and meaning with PathwayU! PathwayU is an education-to-career guidance platform that provides scientific insight into your interests, values, personality, and workplace preferences, allowing you to make informed decisions by identifying meaningful education and career paths which fit your unique set of characteristics and preferences.

**Get start at:** <https://losrios.pathwayu.com/login?next=%2F>

# Handshake

### ***A Job and Internship Platform for Students***

Start your job or internship hunt at Handshake – a modern, easy-to-use platform where students and alumni can find full-time and part-time internships and jobs, as well as volunteer opportunities.

*Click on the logo to find out more.*

### QUESTIONS/COMMENTS?

Student Editors: **Tuyet Le, Emmanuel Madrid, Mohammed El Mrani, Sayed Edres Sadiqi, and Phong Nguyen.**  
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](mailto:TheParrot@arc.losrios.edu). To see previous issues of *The Parrot*, go to <https://arc.losrios.edu/academics/the-parrot-newsletter>

