

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



The Parrot



Communication Specialist -- Professor Alexander Paez

Hi Professor Alex Paez. Thanks for giving us a chance to interview you today. Would you like to introduce yourself to our readers and share a little background about yourself?

Professor Paez: I'm originally from Southern California. My mother's from Medellin, Colombia. My father is from a place called Pinar Del Rio in Cuba. So for me, I'm coming from three different cultures. When I was a kid, I was speaking English and Spanish at home. I was eating very culturally influenced food by my mother, who is a great cook. As a first generation American, it was a bit confusing growing up. When I went to school, I never understood exactly where I could find my place in the world. I used to work at Disneyland



Continued on page 28

Inside This Issue

- Flood in India.....2
- Book Review.....3
- Distance Learning....6
- Parrot Pastimes.....10
- Word Collage.....13
- Arabic Words20
- Tahoe City.....22
- Italian Restaurant...25
- Persian Poem.....27
- Ramadan.....34
- Sentence Diagram...38

Nowruz 1402



Nowruz is a Dari/Persian word that literally means "new day." The history of the celebration of Nowruz goes back 3000 years. It is known as the Persian New Year and celebrates the arrival of the new year and spring. March 20, 2023 was marked as the Nowruz this year.

Since Nowruz this year was on Monday, March 20, 2023

Continued on page 19

Would you like to contribute to The Parrot?

P.15



Student Chirpings

Flood in India: A Strange Day

In June 1994, I experienced the most strange and frightening day of my life. During this time, I was living in India with my in-laws in a village named Siricilla. In the rainy season, it usually rains causing floods. One day in Siricilla, there was a lot of rain. The next morning, around my house, there was a big flood. I cannot forget this strange and frightening day.

One day, I was cooking chicken and vegetable curries for me and my mother-in-law. Suddenly, it started to rain with lightning and thunder. Next, I finished cooking, and we had dinner.

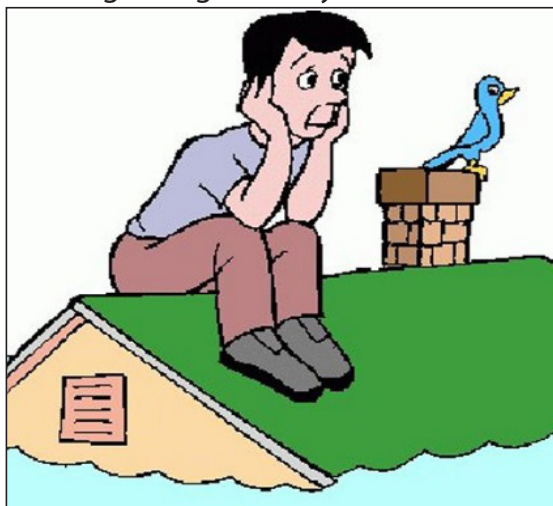
After some time, the rain became heavier and heavier. Two hours later, I was watching from the windows, and the rain was not stopping. In the middle of the night, I heard a deafening sound that was thunder. Immediately the power went out. I was scared because I could not see anything. Slowly, I woke up and carefully went to look

for a candle and matchbox. I lit the candle and closed the windows. I went to sleep thinking about thunderstorms and power. This was a horrible situation in my life.

Next, I woke up to sounds I never heard before. I thought that the sound was a duck-quacking sound. Then I got out of bed and went outside to look around my house. Surprisingly, I saw that it flooded around my house everywhere. I saw golden frogs croaking in the water. I never saw golden frogs and that much flooding. Furthermore, the houses around me were covered with water due to the flood. The people around me evacuated. The people walked away through the water. Luck-

ily, we were safe because my house was newly constructed with a higher base. 10 members of two families of my neighbors came to my house to seek shelter. Using whatever I found in my kitchen, I cooked a meal for them. They stayed two days at my house. This was an unforgettable experience in my life.

Finally, I left my house after two days to receive a phone call from my family. In order to get to the phone, I had to walk about 400 yards in the flood. The water reached up all the



way to my chest and was full of frogs, snakes, insects, and trash. We all had to do this in order to receive any outside communication. We stayed at home until the water dried. In the meantime, we did not have clean water, enough groceries, candles, or kerosene to light the lamps. For one week, we had no milk or yogurt. At that time, I

and my in-laws starved for

food. During this time, no one was able to come to help us or move us away from the flooded area. After four days of flooding, the water cleared out by itself. Then we were able to go out and get whatever we needed. This experience was very dangerous.

In conclusion, this experience was strange, frightening, and dangerous. I will never forget that time in my life.

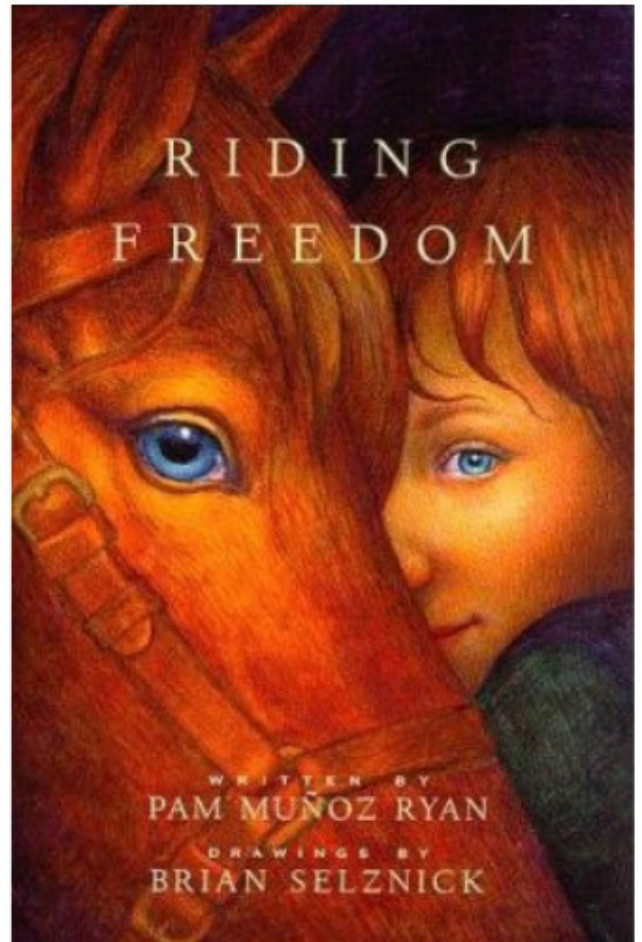
Umadevi Gujje
ESL 47
Narrative Essay

Book Review of "Riding Freedom"

Escape for a New Life

Charlotte decided to leave the orphanage. She came up with a big plan to do it. Charlotte had very strong determination. The orphanage was a hard place for her. She lost her best friends. On that Sunday, her favorite horse "Freedom" died, and her best friend Hayward had been adopted. She hated that place always, and when Hayward told her that news, she decided to do it for sure. She didn't like to do what she did there. She worked a lot. Mr. Millshark decided to put her in the kitchen only, but she never liked it! She knew how difficult it would be if she ran away, but she was brave and had a strong will, and nothing could stop her. Charlotte thought it was a great idea for her plans to open her own stable and start a new life far from the orphanage and far from Mr. Millshark, Mrs. Boyle, and William. Indeed, the best solution for her new life was to escape that ugly place, and her determination was to do it.

- Rozalia Zdragat, ESL 47



Charlotte's Decision

Charlotte decided to run away from the orphanage, and a lot of things happened. First, Charlotte had a friend Hayward, and he was adopted. He was leaving the orphanage, and Charlotte missed him. Second, Charlotte's favorite horse was dead, and Mr. Millshark said it was her fault. Next, Mr. Millshark wanted Charlotte to stay at the orphanage and work in the kitchen. Charlotte didn't like working in the kitchen. He told Charlotte not to come to the stables. Finally, because she was not a boy, Charlotte was not adopted. In summary, Charlotte decided to leave and start a new life.

- Oxana Marat, ESL 47





The ESL Center

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Asian and American Markets



Have you ever gone to the Asian markets and smelled a special tropical fruit that smells of gas, but it is very expensive (over \$100 each)? This is different and special in the Asian markets. The United States is a united country with many different ethnic groups living in the same country, so to serve the daily needs of the people, these markets exist in many different areas where these people live. Different markets sell typical products of their ethnic groups, such as Korean, Lao, Vietnamese, Indian, as well as American markets such as Walmart, Safeway, etc. However, the similarities and differences between the two markets that I know best are between the Asian market and the American market.

The Asian market and the American market have some similarities. Both of them are arranged to clearly distinguish each area such as the produce area, the grocery area, the meat area, and the frozen food area. In addition, the Asian market and the American market both have aisles selling goods from other countries. For example, the Vietnamese market has an aisle selling Japanese goods, and the American market has an aisle selling Asian goods.

Moreover, the Asian market, like the American market, has cashiers and they must wear uniforms when working. The Asian market has a customer service department located near the entrance, and the American market does, too. In conclusion, the two markets have some similarities in terms of their organizations, the location, and aisles.

Although the markets have the above similarities, there are many distinct differences between the two markets. First, although both are markets, the Asian market has a location selling live seafood such as fish, shrimp, crab, snails. On the other hand, the American market sells a wide variety of cheeses. In contrast, the Asian market has only a few basic kinds. Second, unlike the American market, which only has a few kinds of herbs and spices, the Asian market has a wide variety of coriander, herbs, and countless special spices that are only available in the Asian market and cannot be found in any other market. Third, of tropical fruits, there are many kinds such as mango-steen, rambutan, star fruit, and durian, which is the one that smells as gas. Moreover, most of



the American markets have a bakery, deli, and flower section, while the Asian market does not. In addition, the biggest difference is that the communication culture between employees and customers in the American market is always open and friendly, but in the Asian market, it is not like that.

In short, the Asian market and the American market have similarities and differences, but basically both serve the needs of the people living in the United States. Depending on the living needs of each individual and family, they choose whether they will go to the Asian market or the American market. However, both of them have many things in common, such as a clear

layout of each area to make it easier for customers to find what they want. In addition, depending on the needs of each customer, they will look to the differences between the two markets to buy the items they need.

Han Luu
ESL 55

Compare/Contrast Essay

My Truth about Distance Learning



Distance learning during the COVID-19 pandemic was a real challenge for me and my family. I like to study and always do my best attending my classes and doing all the homework. Studying at ARC was a pleasure and a really interesting experience. I felt happy realizing that I can speak and understand English despite the fact that I started learning it at the age of 34. I began from the alphabet and step by

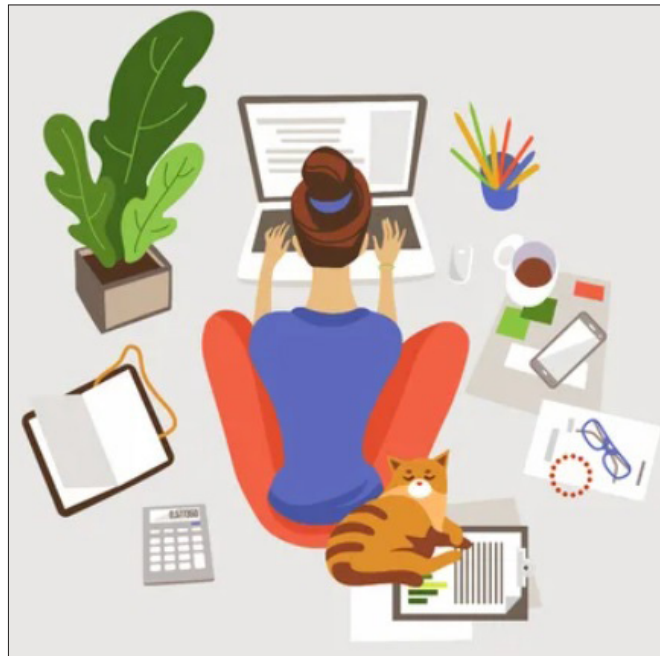
step moved forward learning more and more. It was such a good feeling when I could read almost without using Google translator. I never thought I would be able to write an essay in English, but it happened, and I was glad I could do it and this gave me great pleasure. My children's achievements were really amazing. They did not know English at all, but in a short time they began to speak and understand the language well. They really liked American school, which was very different from the one they were used to in Ukraine. They adapted quickly and always told me about their school days with joy and excitement. Everything changed with the beginning of the quarantine in March 2020. There was a feeling that time had stopped and the whole world froze in anticipation of the unknown future. All our plans and expectations regarding school just hung in the air, not allowing us to change or predict anything. Looking back, I can say that we just lost a whole year of time on ineffective and imperfect distance learning. The transition to remote learning was a halt to academic progress and caused many inconveniences for whole families.

My first distance learning experience

can be called a complete disappointment and despair. I was not very good at computer technology, and I didn't use it much. And suddenly one day, my life changed and I needed to continue my classes online. My computer was old and some things just couldn't be done on it. In addition, many materials had to be printed at home and I did not have a printer. It was also problematic to buy a printer because the shops were closed and we did not leave our apartment due to strict quarantine. Sometimes I could not find the assignments in Canvas and then did them late. It was very depressing for me because I used to do everything perfectly. My husband could not withstand such pressure and load and dropped all three ESL classes. He had to focus on work because losing a job would mean a complete breakdown for our family. I was also on the verge of dropping out of classes, but still kept going because I did not want to waste time and there were less than two months left until the end of the semester. Over time, it became easier, but I really missed face-to-face communication with teachers and students, which is extremely important for adults as well as for children. And it is not just my opinion. In the article "What is Distance learning for?", Keith Gessen says, "We have missed school very much during this time: we have missed its warmth, its diversity, its sense of common cause. That is what school is..."(10). Despite all the efforts of teachers to create the best learning environment for us, it was a completely different perception and attitude to the whole process. It was simply not an equivalent replacement for what we were used to and what we loved so much. According to a research of "The

Effects of the COVID-19 Pandemic on ESL learners and TESOL Practitioners in the United States", "Although students continued to make progress in their language development during the pandemic, their speaking skills lagged behind their writing skills..." (K. James Hartshorn, Benjamin L. McMurry). I fully felt it in my personal experience because Zoom communication seemed kind of unnatural, and students in my class just stopped speaking.

Families with one or two children may not have had particular problems with distance learning. For my family, this process was on the verge of an emotional breakdown. I have six children between the ages of six and sixteen. When I think back to the first weeks of online learning in my family, I feel sick. It was a challenge I had never experienced before. We live in a large apartment, and my family is quite comfortable there. However, when it comes to finding a study place for six students and their mother when the lessons take place at the



same time, what success or efficiency can we talk about? The Internet connection was constantly interrupted and our computers froze. We had to enter our Zoom meetings again and again several times. Everyone was angry at each other because some had to be in the same room during their Zoom classes. It was so difficult to focus and understand what the teachers were explaining. Sometimes, teachers simply disappeared from the screen due to an interruption of the Internet connection and could not return to class. When they finally succeeded, half of the students had already left the meeting.

A separate problem was my six-year-old

daughter, a first grader, for whom “the value of the physical classroom... cannot be overstated” (Bellafante). I had to sit next to her all the time because she didn't quite understand what the teacher was saying. We were sitting in the kitchen and my tenth-grader son was studying in the living room, which was actually one room. All the others were in the bedrooms and when I had my college class, there was only one free place and it was a bathroom. I had to be present at my Zoom lesson with the camera on and, at the same time, monitor my first-grader, who could start eating, drinking or even watching YouTube right in class. In addition, I several times had to go into the rooms where the other children were and see if they were in class because sometimes they just slept in front of the school Chromebook with the camera off. I was kind of lucky because I had a night job, and I could be with my children during their lessons. Many other parents who worked full time were forced to quit their jobs or pay for a babysitter because they could not leave their children at home alone.

When the lessons were over, I was exhausted and often just cried. Several hours in Zoom took away all my strength and energy and I could not understand what was going on. Later, I found an explanation in Betsy Morris' article, “Why Does Zoom Exhaust You? Science Has an Answer.” The author says, “The affliction that's come to be known as “Zoom fatigue” is way more than a byproduct of too many meetings. Social scientists say it's the result of the sudden mass adoption of technology that's disrupting the normal, instinctual, and finely-tuned way of communication that developed to help humans

survive” (Morris). It was a whole new way of communicating and expressing, and my mind just was not ready for that change. After school, while my children had some free time, I cooked, cleaned the apartment, and so on. Then, I helped my kids with their homework, went to work, and only after that, late at night, when everyone was asleep, I did my own homework because only then was there complete silence and no one disturbed me. Finally, I fell on my pillow and immediately fell asleep, and it was the most enjoyable moment of the day.

My greatest wish at that time was for schools to reopen and for children to return to normal learning. Not only because I had an



extremely difficult time with my children, but because I saw that they were losing interest in learning. They didn't care that they couldn't get to class on time. When they didn't know how to do their homework, they just didn't do it without worrying about their knowledge and grades. It hurt and was sad to watch. “Of all the tragedies emerging from the pandemic, a generation of children left

to teach themselves on sofas and bunk beds may be the most insidious. How these children -- crucially the young ones developing literacy skills -- will fare academically is the great uncertainty” (Bellafante). This quote accurately reflects my situation then, and the realization of that bothered me a lot because my children always studied well and school was always important for them. Teachers also felt that students were losing the desire to learn and tried to find the right ways to interest children and make the learning process as effective as possible. At the beginning of the quarantine, Jeremy Ad-

ams, a high school and college political science teacher in Bakersfield, wrote that no one seems motivated and no one is enjoying the learning process (Adams). This applied to both students and teachers who were tired of the endless and powerless Zoom meetings that just bored everyone because “Zoom meetings will never capture the tactile nature of powerful teaching that exists on a personal level” (Adams).

Only after a year of distance learning, we truly appreciate all the benefits of a regular school. Getting up early and eating breakfast and lunch on a regular schedule is good for health and well-being. It also allows us to plan time and use it wisely. All people need live communication and this is an indisputable fact. We have felt this deeply over the last year when we had to spend a long time at home without the opportunity to visit public places and even our friends. Now that schools have finally opened, we are gradually returning to our normal life. The first day of school after the quarantine was like a real holiday. Despite the big traffic that formed in front of the school because there were three lanes and no one knew exactly where to drop off their children, everyone was happy and smiling. The principal and teachers showed us the direction, and although their faces were under masks, we saw joy and a smile in their eyes and movements. Parents waved to the teachers and each other, showing that everyone was happy to be there. Today, my children go to school with joy and enthusiasm. I don't help them with their homework anymore because everything is clear and easy, so they do it by themselves. They enjoy spending time with



friends and teachers, and masks do not bother them at all. It's so sad that we lost so much time on inefficient and emotionally exhausting distance learning, but it is still good that we are gradually coming out of forced isolation and returning to normal life. School is back! The happy childhood of our children continues! Thank God!

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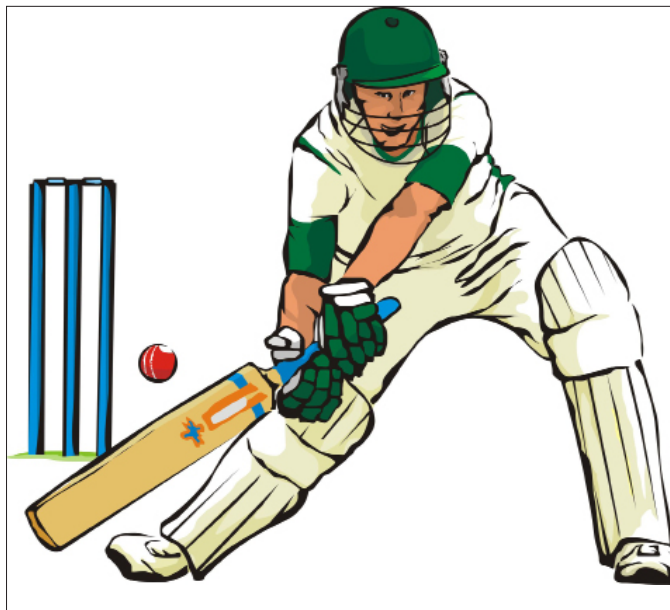
Olha Vykhoivanets
ESL 325
Opinion Essay



Parrot Pastimes - My Hobbies

What do you like to do in your free time? What are your hobbies, and why do you like them? Everyone has their own hobbies to do in their free time. Some people like to hang out with their family or friends. Some people stay at home, and they pass their time by reading books. Here are several hobbies that I really like to do in my free time.

First of all, going to the gym is one hobby of mine that is very important to me. If I'd like to have a pleasant body and stay healthy, I should go to gym. For example, I didn't go to the gym, so I was skinny. Every one laughed at me and they would say, "You're in love, that's why you are skinny and calm." In fact, I was sick. I was thinking all the time. I couldn't sleep at night. Sometimes, I didn't want to talk with people. I was thinking, "they're all my enemies." But since I started going to the gym. I feel happy. In sum, going to the gym is my favorite hobby and I'll keep going my whole life.



The second thing that I love to do in my free time is playing cricket. When I was ten or eleven years old, I was playing cricket with my classmate. I remember I was the captain for the first time. When we won the match, our teacher gave me a medal because I was the best player of the match. After that match, my biggest hope was to play on the Afghanistan national team. The game of cricket has many advantages. For instance, when I play cricket, it helps me to stay healthy and lose my body weight. Furthermore, once a doctor told me if you play cricket, it may improve your brain power because it is a complicated game. In conclusion, cricket is my special hobby and I love it.

Last of all, the best hobby that I do everyday is reciting of the holy Quran. I always get up at 5:00 o'clock in the morning. After praying, I usually have nothing to do. So, I recite the Holy Quran for one

hour. The recitation of Holy Quran has many advantages for body and mind. When I recite it, my soul is fresh. The Holy Quran helps me to know about my religion. It shows me how to treat my parents. To sum up, when I recite the Holy Quran, Allah blesses me.

Overall, going to the gym, playing cricket, and recitation of the Holy Quran are my important hobbies and help me to spend my free time happily.

In my opinion, if I keep going with these three hobbies, it will be the most useful for me because I'm not wasting even my free time.

Baheer Noreen
ESL 47
Narrative Essay



Discussion: George Washington and War in Ukraine

The Biggest Surprise or an Interesting Moment in Revolutionary War.

"A dangerous mission lies before you all," the man shouted above the wind. "But I want you to have courage." (p.29) George Washington said these words to his men. After these words, a big battle was ahead. The men were very tired and these words motivated them to finish their mission. These words gave his men courage. This was a dangerous mission because the weather was terrible and they were losing the war.

I think this is an interesting moment to me because the country that I came from, Ukraine, is at war today also. The weather is also very cold and a lot of soldiers, kids, and women are cold and tired from this war. It is snowing and cold and there is still an important mission that lies ahead of Ukraine. They also have to show courage to win this mission for them and their people. Lastly, I like this saying because life in general can be hard and dangerous, but with courage, we can accomplish many of our goals.

-Inna Pshehorlinsky, ESL 37

Discussion: Exercise Your Brain!

What are other ways that people can exercise their brain?

Some of the ways that people can exercise their brain are: 1- Learning Something New 2- exercise 3- Learning a foreign language 4- Drawing a map from memory 5- Creating word pictures.

What is your favorite way to exercise your brain? Why do you like that?

When I read a book or study, I always write little notes and keep them with me and look at them when I have free time. I like this way because it helps me in learning and I can remember important things.

Why do you think it is important to exercise your brain?

100% brain exercise can have a very good effect on human intelligence and ingenuity, and as it was said, we can do much better in learning the lessons by exercising your mind.



-Anisa Sarwari, ESL L51

What are other ways that people can exercise their brain?

I think that math exercises are also good for exercising the brain. But, I also think that reading books, to write and practice yoga are good exercises for the brain.

What is your favorite way to exercise your brain?

My favorite way to exercise my brain is to do physical exercise and read books. I would like to practice yoga one day because I think this can also help to relax your brain.

Why do you think it is important to exercise your brain?

My grandmother has Alzheimer's, and her doctor says that brain exercises help us to reduce the risk of mental illness, and they can also help us to sleep well and rest properly.

-Alejandra Brambila, ESL L51

What are other ways that people can exercise their brain?

People can exercise their brain by reading newspapers, playing games, and doing physical exercises like walking, running, playing soccer or playing volleyball, because these activities help the brain relax.

What is your favorite way to exercise your brain?

My favorite ways are playing soccer and playing cards. I like these games because they make me happy, comfortable, and make me think positively.

Why do you think it is important to exercise your brain?

Because these physical exercises refresh the brain, make thinking positive, and the brain remembers or catches everything easier.

-Mohammed Wasiq Karimy, ESL L51

What are other ways that people can exercise their brain?

Other ways people can train their brain is by learning new skills and languages.

What is your favorite way to exercise your brain?

My favorite way to improve my brain is physical exercise. I like physical activity because it improves my body as well as my brain.

Why do you think it is important to exercise your brain?

I think it's important to exercise your brain because helps our memory, makes us feel happier, and allows us to stay younger for longer.

-Maria Naumenko, ESL L51

What's Your Comfort Food?



Beginners Reading Comprehension



My Day

Hi, my name is Joshua. I am a financial adviser. Yesterday I had a very busy day. I woke up at half past six. Waking up was so hard that I needed to wash my face with cold water to open my eyes. Then I went to the kitchen and had a cup of coffee and toast for breakfast. I brushed my teeth, took the trash out, ironed my clothes, and finally got dressed and left home around seven o'clock. I got on the bus at half past seven to downtown. I arrived at work at ten to eight. I needed to finish up six reports before noon. At twelve o'clock, I spent half an hour having lunch with my colleagues. After lunch we had a meeting until two o'clock. Then I visited one of my clients at three o'clock to talk about his financial plans. I came back to work at around four o'clock and prepared three more reports. Finally, at six I was able to leave my office, and I was exhausted by the time I got home.

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

<https://www.grammarbank.com/beginners-reading-comprehension-6.html>

Can you answer these questions?

1. Which of the following questions can you not answer?

- A) Why was Joshua so sleepy?
- B) How many reports did he finish?
- C) What time did he have his lunch?
- D) Why did he visit his client?

2. Which of the followings is incorrect?

- A) He had a tiring day.
- B) He works alone in his office.
- C) He used public transportation.
- D) He works in the city center.

3. What do you think his job is?

- A) An engineer
- B) A doctor
- C) An accountant
- D) A teacher



Answers: 1. a 2. b 3. c



**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!

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, and encourage and connect artists.

We are happy to hear from you. Please contact us at:

Email: allartsbond@gmail.com

Officers

Snow: 916-770-5527 (WhatsApp)

Manny: 916-997-1648 (WhatsApp)

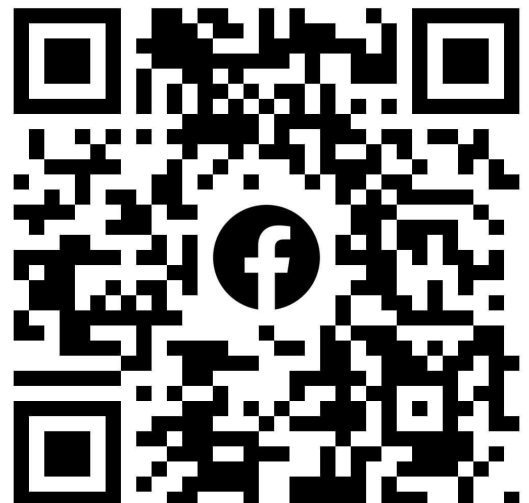
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Be Creative



ELLIS CLUB

Social Hour

Join Us!
Every Thursday
2pm -3pm

Location:
LRC - ESL Center

Meet new people.



Join in some games.

Ask questions
about the
college.



Practice English.

Some More Parrot Fun

Finding Hidden Words



Challenge:
Find 6 hidden words.

See the answers on page 32.
Click [here](#) to see more fun stuff.

Continued from page 1



and was a working/college day for most Afghans living in the United States, some newly immigrated Afghan families here in Sacramento had an early celebration of Nowruz on Saturday, March 18, 2023 by holding an outdoor gathering.

The gathering included a strong group of women activists from Afghanistan, who immigrated to the United States recently and are current and former American River College students. Under Immigrant Bright Future (IBF), which is an organization for empowering and enlightening communities organized, these women led the Nowruz celebration for this year. Approximately 1500 Afghans participated in this celebration of Nowruz. The celebration agenda contained an introduction of Nowruz and a brief summary of how Nowruz was traditionally celebrated in the home country and followed with poem readings and playing games, which involved and motivated children in answering questions about Afghanistan history, geography and literature. Then there was live music performances by Afghan star [Qais Emadi](#) and other Afghan singers living in Sacramento. The organizing team coordinated a potluck lunch and every one of the organizers brought homemade Afghan dishes and had lunch together.

Mahboobah Jamshidi, a former ARC student and the founder of IBF, initiated the organizing team of Afghan women activist. Some of them are

current ARC students, such as Asila Sadiqi, Torpekay Hekmat, Diana Mahaki, and Laila Wahab. Other Afghan women activists were also involved, such as Shaila Siddiqi, Shadab Sarmast, Mahtab Noorzai, Elahe Ishaqzadeh, Tahmina Khaleeq, Zakia Hashimi, and Dr. Qodsia Elyar. All together they were the team leading the Nowruz Celebration this year. Under their leadership, this was a great Nowruz celebration.

However, we are living in a time when women in Afghanistan are restricted from education, work and other activities in the society. Besides Nowruz celebration, Asila Sadiqi, who is an Afghan women activist, had an important role in conducting a 3-day march from Berlin to Brussels, which started March 5th and ended March 8th. They stand with the motto of [#no_to_gender_apartheid_in_Afghanistan](#) and continued sharing the motto here at the local Nowruz celebration and will keep sharing the motto in the future Afghanistan-related occasions globally.



[#no_to_gender_apartheid_in_Afghanistan](#).

Parrot Staff Writer: Sayed Edres Sadiqi

Arabic Words in English

As defined by one of the greatest Arab linguists in the tenth century A.D., Ibn Jinni, "A language is a group of sounds by which people express their purposes." It cannot be claimed that this definition of language is final.

Instead, it must be stated that the definition of language has been disputed by researchers, and it is one of the issues on which no consensus can be found. However, I am using this definition because it fits the angle of my discussion of the subject.

The human language system is unique in that no other animal has a truly comparable communication system. Scientists have proven that many creatures communicate through sounds and movements. Still, their communication cannot be compared to the human language system because they cannot convey thoughts, feelings, and experiences. That is why Ibn Jinni said that language is sounds in which every people express their purposes. Thus, language is the center of the communicative process in humans, and acquiring a new language means acquiring new ideas, cultures, and experiences. Thus, language contributed and continues to contribute to the development of humanity.

The Arabic language is considered by some to be one of the oldest and richest languages in terms of terminology.

One of the essential factors in developing languages is the borrowing of expressions and words from other languages. Therefore, just as the Arabic language has benefited from other languages enriching its lexicon, it has influenced many languages and given them expressions and terms as well. This process of cultural cross-pollination takes place through multiple means such as trade, acquaintance, scientific interaction, translation, or even wars and occupation; thus, cultures exchange ideas, experiences, and words.

Before talking about Arabic expressions in the English language, it should be noted that the number of letters in the Arabic language is almost identical to the number of letters in the English language, as the number of Arabic letters is 28 letters, while the English letters are 26 letters. As for the number of sounds, English has 44 sounds. In contrast, the Arabic language includes about 34 sounds. Somewhat close to it. To approximate the

IPA	Latin	Name	Final	Medial	Initial	Isolated	IPA	Latin	Name	Final	Medial	Initial	Isolated
[t]	t	tā'	طاء	ط	ط	ط	[ʔ]	'(a)	'alif	ا	—	—	ا
[z]	z	zā'	ظاء	ظ	ظ	ظ	[b]	b	bā'	باء	ب	ب	ب
[ʕ]	'	'ayn	عين	ع	ع	ع	[t]	t	tā'	تاء	ت	ت	ت
[ɣ]	ġ	ġayn	غين	غ	غ	غ	[θ]	θ	θā'	ثاء	ث	ث	ث
[f]	f	fā'	فاء	ف	ف	ف	[dʒ]	ġ	ġīm	جيم	ج	ج	ج
[q]	q	qāf	قاف	ق	ق	ق	[h]	h	hā'	حاء	ح	ح	ح
[k]	k	kāf	كاف	ك	ك	ك	[x]	h	hā'	خاء	خ	خ	خ
[l]	l	lām	لام	ل	ل	ل	[d]	d	dāl	دال	د	—	—
[m]	m	mīm	ميم	م	م	م	[ð]	ð	ðāl	ذال	ذ	—	—
[n]	n	nūn	نون	ن	ن	ن	[r]	r	rā'	راء	ر	—	—
[h]	h	hā'	هاء	ه	ه	ه	[z]	z	zāy	زاي	ز	—	—
[w]	w	wāw	واو	—	—	و	[s]	s	sīn	سين	س	س	س
[j]	y	yā'	ياء	ي	ي	ي	[ʃ]	ʃ	ʃīn	شين	ش	ش	ش
		hamza	همزة	ء	—	—	[s]	ʃ	ʃād	صاد	ص	ص	ص
							[ð]	ð	ðād	ضاد	ض	ض	ض

image, I use the following illustrative example:

Through this picture, we notice, for example, that the sound (أ) matches the sound (a), and the sound (ب) can be matched with the sound (b). While the sound (ع) has no equivalent in English because the place where this sound comes out of the articulation system is not used by English sounds, and is often substituted with a sound (a) because it is the closest sound to it in terms of the exit point. The same applies to the sound (ح), which has no equivalent and is expressed by the sound (h).

Through the following illustrative examples, we will try to identify some of the terms of Arabic

origin to discover how they moved to English, what changes took place in them, what sounds remained on their origin, and others that changed according to what is imposed by the nature of the English language.

The first word to start with is the word "Chemistry" and its origin is "Alchemy," and its Arabic origin is "ءاي ميكلأ".

ل = Al

ي ك = Che

اي م = My

The second word is "Algebra," and its Arabic origin is "ربجلأ". According to Arabic dictionaries, the meaning of algebra is "addition". When comparing the sounds, we find:

ل = Al

ب ج = Geb

ر = Ra

The third word is "Algorithm" and its Arabic origin is "مزير اوخلا", after the Arab mathematician Muhammad bin Musa Al-Khwarizmi. When comparing the pronunciations, we find the following:

ل = Al

ير اوخ = Gori

مز = Thme

The fourth word is "Alcohol", and its Arabic origin is "لوح كالأ", and it is one of the most unchanged words.

ل = Al

ك = co

لوح = Hol

What is noticeable in these and other words is that they have retained the Arabic defining sign "لأ" or "Al" in their structure, which corresponds to "the" in English.

Another group does not include the Arabic identification mark "لأ" in its basic structure. The first word is "Candle," and its Arabic origin is "لدي دنق". When analyzing the sounds, we do not find a significant change.

ن ق = Can

دي ل = Del

The next term is "Amber", and it corresponds to the Arabic "ربنع", and it is one of the words

that preserved not only the sounds but even the phonetic resonance of the word.

ع ن = Am

ب ر = Ber

There is a simple note in this word, which is that the Arabic sound "ن" is matched by the sound "M" instead of "N," as is well known, for a simple reason: One of the phonetic rules in the Arabic language says: The sound "ن = N" turns into the sound "م = M" when it meets the sound "ب = B". Although it is written "ن = N," it is pronounced "م = M," and thus it was transferred to the English language--the spoken sound, not the written.

This is a sample of English words that have an Arabic origin, and many researchers have tried to trace the Arabic words and styles in the English language. The Arab researcher, Dr. Suleiman Abu Ghosh, wrote a book entitled *Ten Thousand English Words of Arabic Origin*, the first edition of which was in 1977. The researcher Fahd bin Awad Al-Harthi published another book in 2010, in which he discussed 600 English words of Arabic origin. There are also many studies and research concerned with the subject. In sum, living languages interact with each other, taking terminology, methods, and even a way of thinking and interacting with topics from each other.

The sources.

- *The Story of Human Language, Part I*, Professor John McWhorter
- 600 English Words Taken from the Arabic Language or Arabized, Dr. Fahd Awad Nasser Al-Harthi (in Arabic)
- <https://www.thefreedictionary.com/>
- Ten Thousand English Words of Arabic Origin, Dr. Salman Abu Ghosh (in Arabic)
- AL-MAWRID, a Modern English – Arabic dictionary

Parrot Staff Writer: Mohammed El mrani

Explore California



A Great Place to Stargaze: Tahoe City, CA

Summer season is around the corner, and that means one thing: Milky Way season is about to start! The Milky Way is our home galaxy and seeing it with the naked eye at night is one of the most beautiful things you can experience in life. Not only is it a wonderful sight to see, but it can also make you feel relaxed, and it's even a better experience when you have someone by your side to enjoy the view with.

There are a lot of places in California with dark enough skies for people to see the Milky Way with the naked eye, but there's something special about Tahoe City by Lake Tahoe that makes the experience even more exciting!

First, it's very accessible from

Sacramento. Just type "Tahoe City" in your GPS app and it will show that it takes an hour and thirty minutes or so to get there.

Second, there are a bunch of parks around the area with access to parking and public restrooms, like Skylandia Park, Commons Beach, and Lake Forest Beach. It's all very accessible and parking is usually free. The area is very safe in case you want to be by yourself at night.

These two photos were both taken with my Nikon cameras, using a 14-24mm Wide angle lens with an aperture of 2.8. Camera mounted on a tripod and using longer shutter speeds to get more details on the sky and foreground.

By Manny

Bird's Eye

Use Portrait Mode for Beautiful Bokeh

If you're shooting with an iPhone 7 Plus, iPhone 8 Plus, iPhone X, or one of the XS models, you can use your Portrait mode in the Camera app to create a beautifully blurred background. This is called "bokeh." To achieve this effect, open the Camera app, tap on Portrait, and frame your shot.

Your subject should be between two and eight feet from the camera. When the yellow box with the words "depth effect" or "natural light" appears, you're ready to tap the shutter.

This is a photo taken without portrait mode:



This is the same person photographed using Portrait mode:



This effect will give your portrait a better look, making your shot look more professional and unique! Try it out with your friends and family and see how a simple setting can make a whole new difference!

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

By Manny

Eat the World!

Beshbarmak from Kazakhstan

National Special Food

I come from Kazakhstan and love traditional food. The national special food in Kazakhstan is called "Beshbarmak." The name of the dish in translation sounds like "five fingers." It is named so either because it is eaten with the hands or because it contains five ingredients. This dish takes six hours to prepare. It includes three types of meat, potatoes, dough cakes, and onions. Cooking meat for *beshbarmak* is the duty of men; women make noodles. The taste and smell of this food resembles stew. It is crumbly. Finely chopped meat, noodles in the form

of large rectangles and onion cut into rings, where the broth is served separately in bowls. It is usually served for lunch or dinner. As a rule, it is prepared for big holidays. It is considered an expensive dish due to the long cooking time and meat. Some people joke that the salary is measured by the number of cooked *beshbarmak* per month. When I eat this dish, I feel dizzy with pleasure. Indeed, this is the most delicious dish in Kazakhstan.

Tatyana Uzvarik - ESL 47

Simple Beshbarmak: <https://folkways.today/beshbarmak/>



Restaurant Review

TASTE OF TUSCANY RESTAURANT



Taste of Tuscany Restaurant is located in the Antelope area on a busy street. The restaurant offers a happy daily lunch from 11am - 3pm for a side and an entree dish for only \$15.

Do you know that Italian food is the best food in the world? If you would like to try authentic Italian taste, this restaurant is a great choice.

We ordered three lunch combos to try: The Pepperoni pizza with the House Breadsticks.



Chicken Fettuccine Alfredo with the Tomato Basil Soup



Meatball Spaghetti

with the Mozzarella Fritta.



The food was served hot on very clean plates. Rich flavors and the right amount of deliciousness and freshness! We give it a 10 out of 10 for taste!

The customer service was also a 10 out of 10. Our waitress was always very kind and diligent, always ready to refill our drinks and very happy to help if we had any questions or concerns.

We tried two desserts:



The Tiramisu Mousse Cake & Caramel Gelato



Both with great texture and the right amount of sweetness.

This is truly a great place to go eat. Not only does the food taste great and fresh, but the prices are very affordable.

Check out menu and prices at: <https://www.thetasteoftuscany.com>

Words of a Feather

Adverbs

The words that affect the meaning of a verb, an adjective or another adverb in terms of time, place, measure, quality, question are called the **adverb**.

Where	How much	How	How often	When
Towards	Fully	Secretly	Never	Last year
There	Almost	Fast	Sometimes	Last month
Inside	Rather	Well	Often	Today
Here	Extremely	Quickly	Usually	Tomorrow
Back	Entirely	Easily	Generally	Last week
Far	Too	Slowly	Occasionally	Later
Above	Fairly	Lowly	Seldom	Soon
Abroad	Enormously	Accidentally	Rarely	Now
Behind	Very	Weetly	Normally	Yesterday
Away	Just	Emotely	Frequently	Tonight
Outside	Barely	Badly	Hardly ever	Already
Downstairs	Enough	Carefully	Always	Then
Nearby	Deeply	Closely		
Indoor	Completely	Quietly		
In		Specifically		
Out		Cheerfully		
Elsewhere		Strongly		
Anywhere		Beautifully		

Examples:

There's a dark cloud **above** the city.

My friends like to run **fast** when they're in the park.

I love to go **occasionally** to the mall.

She's going out **tonight**.

When you first start dating, you should take things **slowly**.

That's an **entirely** different question!

Persian Poem

*Human beings are members of a whole,
In creation of one essence and soul.
If one member is afflicted with pain,
Other members uneasy will remain.
If you've no sympathy for human pain,
The name of human you cannot retain!*

Saadi, Persian poet 1210-1292

Editor's Note: The Persian version of this poem adorns a carpet that hangs in the United Nations building.



بنی آدم اعضای یکدیگرند
که در آفرینش ز یک گوهرند
چو عضوی به درد آورد روزگار
دیگر عضوها را نماند قرار
تو کز محنت دیگران بی غمی
نشاید که نامت نهند آدمی

سعدی

Rigoberto's Riddles

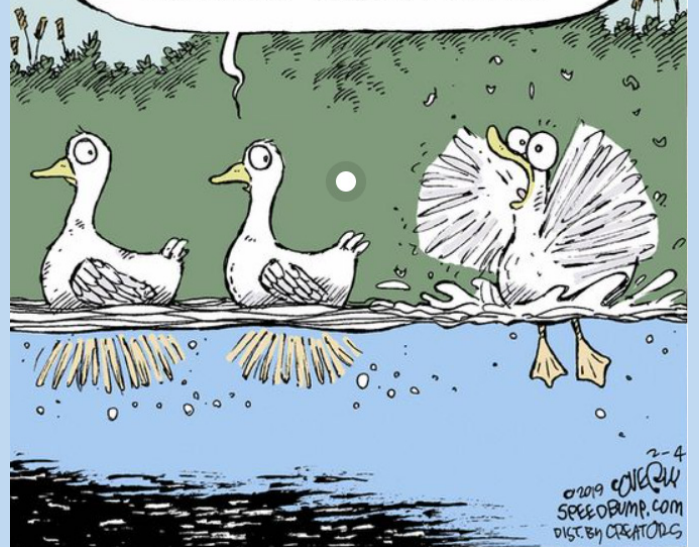
Accused of stealing the farmer's chickens, a man is locked up in an empty room in the local jail. His cell has a dirt floor and is completely void of any accessories except for a shovel. There is a window overlooking the hills outside. The man is determined to break out and prove his innocence, but the window is too high to reach, and beneath the shallow dirt floor is rock. How can he escape?



The man needs to use the shovel to make a pile of dirt that helps him reach the window. He can then climb on the pile and easily escape the cell.

Silly Vasily's Chuckle Chamber

SOME OF US ARE CALM ON THE SURFACE BUT PADDLING LIKE CRAZY UNDERNEATH, AND SOME OF US ARE JUST THE OPPOSITE.



Source: <https://www.pinterest.com/pin/2885187252831346/>

Continued from page 1 Interview



and was “friends” with Tigger and Goofy, which was a great experience. I did that for 4 years. I worked as assistant in a major radio station in Los Angeles, which helped inform who I was. I love talking and communicating. Those experiences eventually led me to complete my coursework at Mount San Antonio Community College and then transfer to San Francisco State University for my B.A. and University of the Pacific for my Master’s Degree years later. It’s fascinating. One of the most interesting things to me during that time was understanding the human condition. Why do we think the way we do? Why do we react the way we do? I’ve been always intrigued by that.

How long have you been at ARC?

Professor Paez: I have been at ARC since 2018. Before I was a teacher, I worked at a Fortune 500 international finance company.

Would you mind explaining what the Communication Department is?

Professor Paez: So, it is often confused with Com-

munications studies. Communications (plural) is radio, television, film, and all of that area. Communication (singular) is the study of communication. I learned that later in life than I’d like to admit. I’ve learned how to communicate in so many different formats. It was later that I understood that you can teach communication studies in a variety of subjects. When I taught for the very first time, I felt at home in the classroom. The Communication department here at American River College is located within the Humanities Division, which is located in Davies Hall.

Who do you think should learn about communication?

Professor Paez: The quick answer is “Everyone.” Communication is verbal and nonverbal, which are two of the main components we teach in public speaking class Comm 301, for example. Anytime you interact with another person or more, you are communicating. You do it every day. Remember that communication is also nonverbal. We can read other people’s facial expressions, which informs me, giving me information to process and respond to. Communication is everything that your body is doing verbally and nonverbally. Communication can happen almost all of the time. Communication is one of the most valuable skills that you can ever give anybody, period.

Do you think all people can communicate well if they practice or learn to communicate?

Professor Paez: If you teach somebody how to have communication awareness, they can walk into virtually any room, any interview, or presentation in front of a boss, manager, or audience, and communicate effectively. If you give students the tools to understand how to organize their thoughts or the ability to understand how to structure, they will almost always succeed when they move on out of the academic role or even in the academic role. Students who become professionals with effective communication skills have very high success rates because they know how to talk, how to communicate and no matter where they are, they can “read the room.” That means they understand what the situation is and use those tools to get the best possible communication at that moment, in that situation. It’s an unbelievable skill to have. It can advance your job,

earn you a promotion; you can have better relationships with your family. You'll start to understand not just the emotion, but you also understand the cerebral element of communication. I've always believed this. Give individuals the right tools. Don't just say "here, use this, no use this. That's not how good communication or teaching works. The way good teaching works in communication is saying "here's a thing, here's how use it; but let me tell you why this works." I think that everyone can benefit from some form of teaching to be a better communicator.

Are you a people person? Do you think you are an extrovert or introvert?

Professor Paez: I'm both. I'm extremely extroverted. I love to talk to people and I love to engage; however, at the same time, I'm also extremely introverted as well. I need time to be by myself to decompress. I think somebody should be the way they are and be accepted for the way they are. No matter what, if you are an introvert, people should love you the way you are.

What are your "secrets" to communicating with new people?

Professor Paez: To me, it's a combination of personal experiences that I share with them and humor. I do what are called "anecdotes", which are little stories or little snippets to humanize myself. For example, there is sometimes an unspoken rule that you should keep a wall in front of your students so they don't know that you're sick, vulnerable. Although I do agree with some of those approaches for certain situations, I say "Look! I'm a human like you are. I also have problems like you do; I also have stresses like you do!" I just want you to see the human part of me. I made a professional decision to say I'm going to be humanistic to my students, which has created stronger connection with my classes and more responsive students willing to communicate back.

Have you ever taught ESL students in your class? Do you feel you can relate to their circumstances?

Professor Paez: Yes, I do. When Latinx students know I can speak Spanish, they tell me that they can identify with me. I can get through so much more information. For example, during office hours when a student needs to go over something with my us-

ing their native language, this creates better communication and understanding. Other ESL students identify with the fact that I come from a different culture and I'm the first generation American. For me, I have a special place in my soul for helping ESL students and all students, of course, so they can identify with me that I am always trying to help them with their work and communication.

If you hadn't taught Communication, what would you have done instead?

Professor Paez: I would have been a voice-over-actor. I used to think radio was the way I wanted to go, so that I could be a radio personality.

Do you have any hobbies in your off time?

Prof: I do. I'm a swing dancer. I've been swing dancing for 29 years. I started studying it when I was 16 years old.

What is one of the best adventures you have ever had?

Professor Paez: Recently, I had an opportunity for the first time to go to Italy. The interesting thing is that I went there by myself through a travel compa-



ny. Landing in Rome, I couldn't believe it, how much older the architecture looked. I remember walking to the Trevi Fountain. It's a beautiful fountain with statues all across the water. I was just kind of looking around and said "Oh my goodness, I'm in Italy right now!" In 14 days, we did 16 different cities. It was fascinating; basically, we went from Rome all the way down and all the way up. That's probably one of the coolest things that I've ever done.

Do you have a favorite quote that inspires you?

Professor Paez: There are a lot of quotes that I came across in my life. "Facts do not cease to exist because they are ignored." I love that quote because of what it says. Another one is "The pessimist sees the difficulty in every opportunity; the optimist sees the opportunity in every difficulty." I try to live by that idea and try never to look at a bad situation as all bad; try to look at what's the optimistic element of that. Motivationally, there's a quote that says, "You must do the thing you think you cannot do," which was written by Eleanor Roosevelt. Which I think is extremely relevant right now because there are so many of us who think, "I feel that's something I can't accomplish; I don't have the time or I'm tired." Sometimes I think about that quote in terms of motivating me to get things done. As a teacher, a quote that I like is, "We can't help everyone, but we can help someone." I think it's really important in teaching. You've got to help one person at a time. It's implying that if you can't fix the world, you can help one person at a time. I think it's a good way to look at life. The last one that I like is, "The secret of getting ahead is getting started," you see there's a trend here. It's changing my career and resigning from my job of 14 years, and having a bank paycheck, going back to grad school and filling out the FASFA form. It's truly humbling. In life, it's really taking that moment when you click – metaphor – and you make it happen. I believe that you don't have to be better than anyone else. I just believe that you have to be better than you've ever thought you could be.

Is there anything else you would like our readers to know about you or the Department?

Professor Paez: I love to teach. There is no question about it. ARC is my teaching home. I can't put

into words how grateful I am that I've gotten this very rare opportunity to become a full-time faculty member. The art of Communication is amazing. It is one of the most valuable tools that you can ever pick up. If you're taking classes, you will see the value it offers. The skills you are learning now will help you for years beyond your academic career. I want to praise the Communication Department for doing so much hard work to provide a wide variety of courses, and access to students, while creating an open, inclusive, and equitable environment. I want to urge students to take some classes from our area. **Thanks so much for your time and your thoughts.**

Interviewer: Phong Nguyen



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 Wednesday 12:00-1:00.

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 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?

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.



"Best Day in My Life"

"...The best day in my life was wedding day. At our wedding we had a lot of guests and each guest brought a present..."

-Alina Konstantynova, from Ukraine

Click on *Alina's* photo and hear her answer.

"...Next summer, we plan to visit Niagara Falls, which is considered to be one of the most special places in the world..."

-Valeriana, from Russia

Click on *Valeriana's* photo and learn more about her goals.



"My Traveling Goals"

"...In 2004, I finished my high school. Then, I took my General Exam and I passed that test successfully..."

-Said Tanish, from Afghanistan

Click on *Said's* photo to hear his thoughts.



"My Educational Background"

Ramadan: The Spiritual Memory of Muslims



Why is Ramadan a special month for Muslims?

Ramadan is a holy month for all Muslims worldwide, and it takes place in the ninth month according to the Hijri calendar, based on the lunar cycle. This year's beginning of the month of Ramadan corresponds to March 23. The name "Ramadan" in the Arabic language is derived from the meaning of "heat," and it was named as such because when the Ramadan fast first began, the weather was summer and hot. However, the solar year is approximately 11 days longer than the lunar year. Thus, Ramadan occurs in all seasons of the year and in all months of the solar year. Therefore, the start of Ramadan changes according to a cycle of 33 years based on the solar calendar. The last time Ramadan was in March was 33 years ago, which means the year 1990.

During the month of Ramadan, Muslims draw closer to God with many acts of worship, the most important of which is fasting during the day from dawn to sunset. Meanwhile, mosques are filled at night with worshipers, as most Muslims are keen to read the entire Qur'an during this month, by reading part of it during prayers every night. Donations and alms are abundant for the poor and the needy, and Muslims believe that in this month good deeds are doubled with God's reward, so good deeds and acts of worship

multiply. This charity follows the wisdom of the hadiths. (Note: "hadith" is an Arabic word that means "news" or "story"). Many hadiths, which are a collection of the sayings of the Prophet Muhammad and are revered by Muslims as a major source of religious law and moral guidance, were reported from the Prophet Mohammed, who encouraged people to good deeds and patience. For instance, the Prophet taught, "When one of you wakes up in the morning to fast, then he should not use obscene language or behave foolishly. If anyone abuses him or fights with him, he should say twice: Indeed, I am fasting." The Prophet additionally said: "Verily, fasting is not only from eating and drinking. Rather, fasting is from vanity and obscenity. If someone abuses you or acts foolish against you, then say: "Indeed, I am fasting." In another hadith, he says, motivating Muslims to fast and to show good manners: "Verily, Ramadan is a month in which Allah Almighty has obligated its fasting. I have instituted for Muslims the practice of prayer at night. Thus, whoever fasts with faith and expecting reward will be rid of sins, like the day he was born from his mother."

In addition, many Qur'anic verses call on





believers who do not have a health impediment to fast to complete their faith, because fasting is one of the pillars of Islam. And it is not just abstaining from eating and drinking throughout the day only. It is also an education for man on the values of patience and purification of the soul from hatred, envy, and selfishness, and a cure for the body suffering from many physical and psychological diseases.

In view of these ideas, Muslims worldwide receive the month of Ramadan with a special celebration, and preparations begin months in advance, whether at home or outside. In fact, there are those who are keen to take vacation time from work during this month so that they can practice the rituals in the best possible way. Because the month of Ramadan is an opportunity to meet with family and friends, especially at the iftar table ("iftar" is the meal that is eaten immediately after sunset to end the daily fast). There are special dishes and foods for this month that differ according to different customs, traditions, and cultures that make those moments festive and special. After the completion of iftar, Muslims wear the best clothes and go to the mosques to pray, and then meet with friends and relatives. Therefore, the nights of Ramadan are full of movement and life until late hours.

As one of the Muslim immigrants in America, during my stay here I had the oppor-

tunity to experience the atmosphere of Ramadan twice before. I noticed that Muslims are trying to revive the rituals of this month in line with the special circumstances imposed by the lifestyle in America. To do this, Islamic centers strive to develop programs and activities, for children and adults. These activities start the day before the first day of Ramadan, when families gather in an open and elevated place moments before sunset to observe the crescent (the state of the moon at its beginning, when it is in the form of a very delicate arc). It is a symbolic activity intended to announce the joy of the advent of the month of Ramadan and communication between different families as evidence of the brotherhood that unites them despite the different countries and cultures from which they come. Among the activities is also the organization of a daily iftar free of charge for those who are fasting and for all those present, whether Muslims or non-Muslims. This free iftar meal is hosted by one person or a group of benefactors every day.

Parrot Staff Writer: Mohammed El mrani



DIY

Water Bottle Zipper Cases



Materials (for one zipper case):

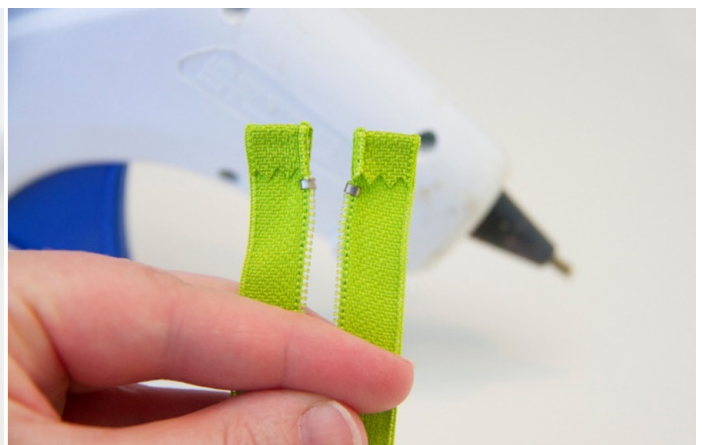
- 2 water bottles (the same size and brand)
- 1 Zipper (long enough to fit around the circumference of your bottle)
- Hot Glue Gun
- Heavy Duty Scissors



Instructions:

First decide how long you want your case to be; then cut the top of your bottles to the appropriate size. (You will be using the bottom end of the bottles for these cases. One bottle is for the top and the other is for the bottom.)

Make sure that your zipper fits around the bottle, with a slight overlap at one end. (If your zipper is too long, cut the zipper length shorter from the two free ends.)



Start by gluing one side of the open zipper end to the inside of the bottle. (Make sure the correct side of the zipper is facing out and that there is a 1/8 of an inch gap between the zipper track and the bottle edge, so the zipper can pull freely.)

Continue gluing the zipper around the inner edge of the bottle. (Make sure you don't get any glue onto the zipper tracks.) Once you reach the end, overlap the closed end of the zipper onto the open end of the zipper, and glue in place. (Let the glue cool down and dry before starting on the other end.)



Starting with the free zipper end, glue the hanging side of the zipper to the other plastic bottle end. (Make sure that the bottle is positioned correctly.) Continue gluing the zipper onto the second half of the bottle like you did the first half.



Once the glue is cooled down and dry, you can start using these storage cases to organize your office area or even your workshop. Have fun creating!

Source: <https://makeit-loveit.com/no-sew-zipper-cases-from-old-soda-or-water-bottles>

"The Star-Spangled Banner" and the Milky Way of Sentence Diagramming

By Professor David Evans

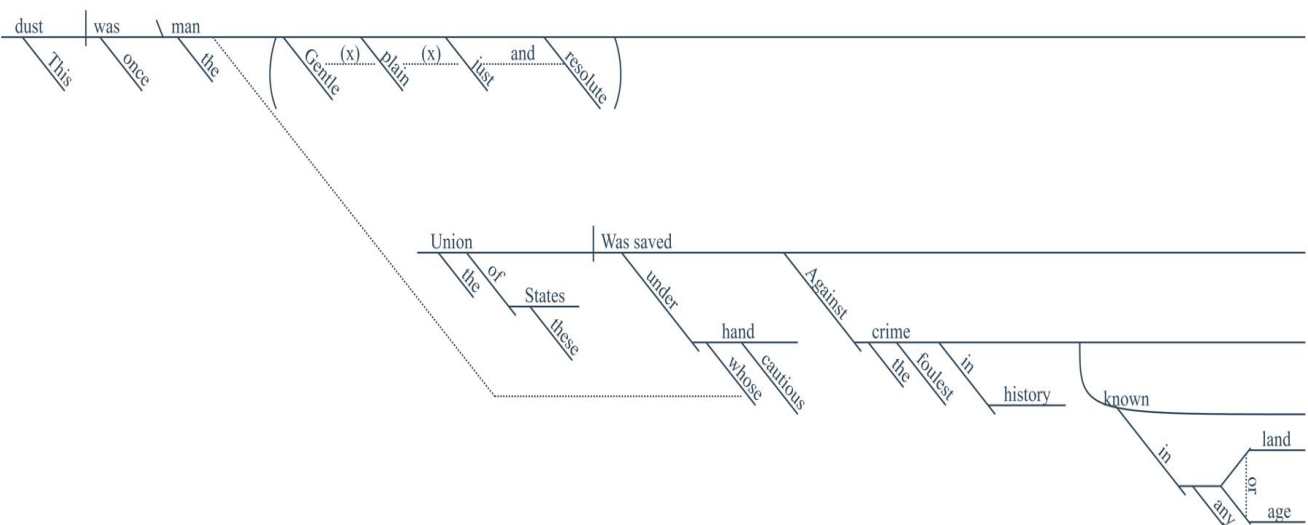
For the November 2022 issue of *The Parrot*, I wrote a short article on a form of sentence diagramming taught in secondary schools in the United States for over a century. Developed by Alonzo Reed and Brainerd Kellogg in an 1878 textbook of theirs, it is commonly known as Reed–Kellogg diagramming and continues to be used as a useful way of graphically representing the parts of a sentence in their grammatical relationship to each other.

In the above mentioned article, I touched on a few ways in which I have found Reed–Kellogg diagramming to be of use in some ESL classes that I teach. While I never test students on sentence diagramming, I do ask that they learn enough of it to be able to follow sentence diagrams illustrating such things as complete-versus-simple sentence subjects, syntactic ambiguity, the *who*–*whom* distinction, and grammatical parallelism.

Let us now explore one further use of sentence diagramming, for those who have mastered its basics. Reed–Kellogg diagrams can provide a structural blueprint of sentences with an intricate grammatical structure, allowing one to comprehend at a glance the clusters of structure within a sentence and their interrelationship. Consider the following one-sentence poem by Walt Whitman, titled "This Dust Was Once the Man":

***This dust was once the Man,
Gentle, plain, just and resolute—under whose cautious hand,
Against the foulest crime in history known in any land or age,
Was saved the Union of These States.***

Written in honor of Abraham Lincoln after his assassination, Whitman's poem can obviously be savored independently of its use of grammar! Nevertheless, those seeking an explicit grammatical understanding of the poem may put sentence diagramming to good use. The diagram below may be particularly helpful for grasping the complex "whose" relative clause, which is phrased with subject–verb inversion in Whitman's poem.



Very briefly, the lines on which "dust was man" and "Union was saved" respectively sit are each clauses, the one being the main clause and the other a relative clause modifying "man." The line bisecting each of those lines divides subject (on the left) from predicate (on the right). The backward slanting line before "man" indicates a linking-verb structure with "man" as the predicate nominative.

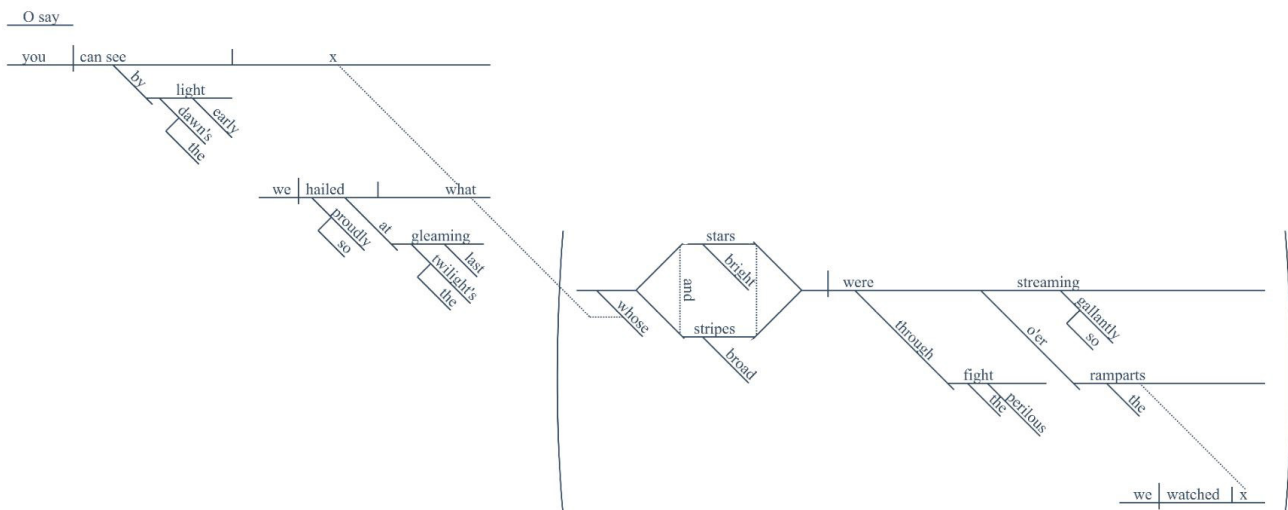
Modifiers are diagrammed primarily with slanted lines branching off of the words modified by them. Determiners, including "the" and "these," are treated as modifiers in this diagramming system, right alongside adjectives ("resolute," "cautious," etc.), adverbs ("once"), possessives ("whose"), and prepositions. Note that the prepositions on slanted lines each have a noun object branching horizontally and to the right.

Lastly, the relative pro-form "whose" is connected by a dotted line to the noun modified by the relative clause it introduces; the participial phrase "known in any age or land" appears on a curved line used for participial modifiers; "land or age" appears on a special forking structure used for coordination; and the parentheses surrounding "gentle, plain, just, and resolute" show nonrestrictive modification. That describes most of the grammatical features of the diagram.

Now let's consider a diagram of an even more complicated sentence. The sentence is one which all of you have encountered many times before but which some of you will never have seen in print. I am referring to the first sentence of the U.S. national anthem, "The Star-Spangled Banner," the text of which comes from a poem by Francis Scott Key, titled "The Defence of Fort M'Henry" (1814). Grammatically, the first sentence of our anthem is extraordinarily intricate!

***O! say can you see, by the dawn's early light,
What so proudly we hail'd at the twilight's last gleaming,
Whose broad stripes and bright stars through the perilous fight,
O'er the ramparts we watch'd, were so gallantly streaming?***

Those who grasped the diagram of the Whitman poem and my explanation of it will be well equipped to grasp, or at least to ponder, the diagram below. Note that the "x" and the "what" it connects to are the equivalent of "that which." The parenthetical "whose" relative clause non-restrictively modifies the "what" clause. As the diagram makes plain, the bare sentence—the sentence stripped of (most of) its modifiers—is this: "Can you see what we hailed, whose stripes and stars were streaming." In other words: Can you see the flag?



[Listen to The Star-Spangled Banner sung by Whitney Houston before Super Bowl XXV](#)

Out of the Cage

Transfer Workshop | Sac State: Admissions and Associates Degree for Transfer Workshop (Virtual) *Tuesday, April 11, 2023 (3:00 - 4:00pm)*

Sacramento State University (CSUS): Admissions and Associates Degree for Transfer Workshop

If you have questions, please contact:

Phone: (916) 691-7470

Email: tranctr@scc.losrios.edu

For other transfer related resources, www.tinyurl.com/transferdirectory.

Register [here](#).

Need Food?

Wednesday, April 12th (11am-1pm)

The Beaver Cares Center offers walk-up produce distributions throughout the semester, where we provide free fruits and vegetables. Open to all currently enrolled ARC students.

Questions? Contact the Beaver Cares Staff at (916) 484-4510 or

arcbeavercares@arc.losrios.edu

Students should [sign up](#) for produce distributions in advance.



QUESTIONS/COMMENTS?

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