

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



# The Parrot



ISSUE #171  
Spring 2023



## Thank You, Frank!

### An Interview with ARC's Interim President



Thank you very much for giving *The Parrot* the opportunity to have an interview with you and we really appreciate that. Please tell us about yourself and how long have you been working for American River College?

**Dr. Frank Kobayashi:** First, thank you for the opportunity to meet with you. I have been at American River College for almost 10 years. So, 10 years ago I came as a Dean for the Natomas Educational Center. And then, have also served as Associate Vice President of Workforce Development. And more recently as Vice President of Instruction. Now, Interim President. So, 10 years.

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*Would you like to contribute to The Parrot?*

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## "IGODAR" is a World Heritage Site and the Oldest Banking System



Morocco abounds with many historical monuments classified as World Heritage Sites by UNESCO, and they bring millions of

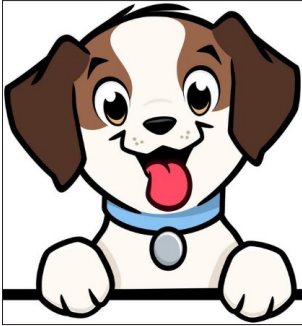
visitors annually from all over the world. These monuments chronicle the civilizations that passed and settled the land of Morocco through the ages.

Among the most prominent cultural and historical monuments in the south of the Kingdom of Morocco is the "IGODAR," which in the Amazigh language (the local lan-

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## Student Chirpings

### *My Dog Martha*



A long time ago, when I was 10 years old, a little dog named Martha lived with us. She came to us as a small puppy from our neighbors when their dog gave birth to puppies. Martha was very funny and active, and we loved her. My grandmother kindly called Martha a cow because our pet was white with big black spots. Our dog's coat was short and in winter, so that she wouldn't freeze during a walk, we put a warm jacket on her. Martha was unusual and always tried to protect our family. For example, when my little sister cried, she started howling and barking softly, so Martha wanted to calm the child, and she succeeded. Also, our pet could heal the baby's belly by lying down next to her. Our beloved dog brought things if something fell. Once, on the night before an earthquake, she started barking loudly and scraping the door. All this time, we lived on the 7th floor in a big condominium, but the building remained intact. Many of our neighbors ran out into the streets, but we were afraid to use the stairs and the elevator. Meanwhile, books fell from the shelves, and some dishes were broken. Our pet did not hide all night, and she was next to us. In conclusion, sometimes cute pets can do great things and be real heroes in our lives.

**Demidova Ekaterina - ESL 47**  
**Narrative Essay**

## *Your Fun with Family and Friends*



The first fun activity with your family should be traveling. You should visit a lot of places in Ukraine. Start at Mukachevo Castle. This castle has a lot of history and fun facts about it.

Next, you should see the Lviv-town Mall because it is in the city center and is a very popular tourist place. Also, you should visit many museums that Lviv has to offer, for example, the museum of books, the "Arsenal" museum, the pharmacy, and history museums. Don't go to the "Arsenal" museum on a Saturday afternoon because it will be closed. At the end of your tour, you should visit the capital of Ukraine, Kyiv. You should see Maidan Square. Maidan Square is a famous tourist place. You should see the old Opera Theater on Maidan Square. Next, you should go for a hike

with your friends. The fun in this activity is spending time with your friends and getting in the fresh air. First, start at Sakura Trees Park. This park is a famous tourist place. When you go to the park, you should bring a blanket and some snacks. In Sakura Trees Park, you shouldn't throw your trash on the grass. Next, you shouldn't forget to bring water when you go to the mountains.

Lastly, when you get hungry, you should visit restaurants or coffee shops. In this fun activity, you should try a lot of delicious food. You should visit the restaurant "Puzata Mata" because it has traditional Ukrainian foods, for example, Ukrainian borscht and vareniki. Also, you should visit coffee shops and try traditional Ukrainian coffee. At the end, when you're invited to a party, you should bring sweets and a couple of drinks. Don't bring lemonade because there will be a lemonade stand. You should visit your family this year at the holidays.

**Inna Pshehorlinskyy - ESL 37**  
**Opinion Essay**

## *The Great Debate: ESL Summer Classes*

### **More ESL Classes in the Summer? Yes! Yes! Yes!**

American River College has different ESL courses that are offered during the summer in different areas, including the ESL Center. These courses are only eight weeks long, so they could be more intense and even harder for some students. Even though many students prefer to keep busy and update their knowledge of the language because many of them are immigrants, they prefer to take these classes because they can do it in a very short time. However, sometimes not all the courses that students want or need exist. So, ARC should offer more ESL courses at more levels over the summer to help students get ahead with classes, finish their goals, and take advantage of their time.

There should be more classes at more levels because there are not enough. ARC could implement more classes to encourage students to continue studying. Students are more likely to push themselves and not forget the language when they are constantly learning. Also, when they have more options and different schedules, they could take more than one class. Therefore, the ARC ESL Department should add more classes such as Listening and Speaking 320, Grammar 320, and Reading and Writing 325. For example, this year, many students will be allowed to take classes during the summer, but there are no classes available this summer! How can the student get ahead in their studies when they have no choice?

ESL courses during the summer allow students to take more classes more quickly, so

they can reach their goals faster. Many students want to advance in their studies quickly, and taking summer classes allows students to take classes three semesters a year instead of two. For example, my brother-in-law was encouraging me to take summer courses because he said it helped him a lot, and he finished his studies early. Also, if students take a class in Spring and do not pass the class, they could take summer classes to take the same class again and pass this time. This is beneficial for some students because they do not need to wait until the next

semester to take the class that they failed. Although it can be challenging, it is very satisfying for students to continue advancing in their studies.

Although there are advantages to having more ESL summer classes, some students are against taking courses during the summer because they want to work or even take time off for fun. Also, for some students, it is the best time of the year to do activities with their rela-

tives. Students have different times and different objectives, but the important thing is they take advantage of this time. On the other hand, it is true that many students want to move forward and take more courses in summer and not waste time. For example, my friend started to take ESL classes this semester and will take summer classes because he wants to finish the ESL courses. He wants to continue taking general education classes and get his degree as soon as possible. That is why ARC ought to add more courses during the summer to help these students who want to advance quickly and not





waste their time.

To conclude, all the courses in the ESL Department are good, but if they add more ESL courses in the summer, they could be better because this will motivate students to get ahead, and those students could be more successful and achieve their goals in less time. However, they have to take advantage of what they have.

This can even make those students feel proud of the college they attend and encourage more people to attend ESL classes. So, many students will be wondering if it would be feasible for the ARC ESL Department to offer additional classes in the upcoming year.

**Yasmin Pina Onchi - ESL 315**  
**Argument Essay**

## *The Great Debate: ESL Summer Classes*

### **More ESL Classes in the Summer? No! No! No!**

Studying English is important to every ESL student. ARC offers many ESL courses to help ESL students master English even during summer break. Recently, the number of courses has come into focus. Some students think the summer courses are enough, but others do not think so. This year, the administration at ARC has decided to offer three ESL classes (G31, G41, and G51) and four lab classes at the ESL Center for four weeks during the summer session of classes. The ESL classes all have waiting lists currently. There are also available seats within the online ESL Center. Of course, the courses are not plentiful as in other semesters. Nevertheless, the ARC administration should not allow the ESL Department to offer more ESL courses in the summer because having a break and practice are more important than the number of classes, and the most important thing is the summer courses are literally enough.

A popular opinion against offering more courses is that professors and students need the summer break. In general, summer break

is designed to give professors and students a break. Going through a semester of hard work, both professors and students are quite tired. Taking a rest will be good for the next semester. Another particular reason is that most ESL students are immigrants who want to return to their home country to be with their families during the summer break. In fact, most students do not have extra time to take ESL courses in the summer, so it is unnecessary to offer more ESL courses.

Another argument against more summer courses is that learning a language requires not only more courses, but also more practice. After studying grammar, reading, writing, and listening for a whole semester, it is time for students to practice those skills. Summer

break is a suitable time to do this. Students can practice English through part-time jobs or internships during the summer break. On the other hand, although it is a good choice to learn English through ESL courses, some students also believe that it is an excellent supplement to choose their favorite ways to learn English flexibly during the summer break. More practice or favorite ways rather than more courses can help students master English better. Thus, it is not a





good choice to offer more ESL classes during the summer break.

Even though many students do not need more ESL courses, some people are concerned that there will not be enough ESL courses during the summer break. However, these concerns are unnecessary. While there are fewer ESL courses than in spring or fall, there is also less demand. According to the ARC official website data, as of April 23, 2023, there are 14 available seats at the ESL Center and even 41 waiting list seats in total. And if these are still not enough, there are available seats in all five ESL courses at the SCC campus. Any ARC stu-

dent can enroll in these courses. According to this statistical data, most of the needs are being met.

Data speaks louder than words. In summary, the conclusion is that more courses are unnecessary. Certainly, offering more ESL courses makes enrolling easier. However, offering more, which is just a waste of manpower and resources, is really unnecessary. In other words, ARC should not offer more ESL courses in the summer.

**Lei Tang - ESL 315  
Argument Essay**

## Fun Times with Family or Friends

Spending time with your family is a lot of fun for you. You can start by shopping. First, you should go to the mall or other stores. I say you should go shopping in the evening. Start at the Arden Mall, and walk to the second floor. You can find everything over there. I know Arden Mall is an expensive place. Don't worry! Your parents are with you, and they will pay for your stuff. Finish your shopping at 8 p.m. Now it is the time for dinner. Shahrzad is a good restaurant for dinner. You can go there and eat Afghani foods like manto, qabuli, and bolani. Often on the weekend, you can go on a picnic or BBQ outside. You should get ready on Friday night. If you have a plan for a picnic, you should finish all of your homework. You can go to American River Park. It is a good place to have a BBQ, swim, and play some games. You should have all of your stuff with you because they aren't any stores.

Next, watching movies with your friends in the cinema is interesting. First, you should choose the movie. Then, you should find a good date and

match with your free time. After that, buy the tickets. Make sure you don't sit with your friend who talks a lot during movies. Do not forget to buy popcorn. Before the movie starts, you should buy it. You should never watch a movie with your friend who is too emotional because he or she will cry when the movie has bad and heartbreaking parts.

Lastly, if you travel with your family or friends by bus, it will be memorable.

A trip by bus around Kabul, the capital of Afghanistan, is interesting. When you travel by bus, you can visit a lot of historical ancient sites. You should visit the Kabul Museum, Barber Garden, Kabul University, Darlaman House, and the Kabul Zoo. You should not feed the animals when you visit the zoo. When you want to visit

Kabul University, first talk to the workers and get permission. You should never go anywhere late at night. You must book a room to stay all night. The hotel has famous Afghani food. you can order some and enjoy it.

**Muzhgan Nabizada – ESL 37  
Opinion Essay**



## Remembering Mom and Dad

### My Mother

My mother's name is Nawal Gomaa, and she was a very special person in my life. She is Egyptian, and so am I. My mother died 23 years ago. Her face was square. Her hair was grey, and her eyes were brown. She was a kind person because she helped me learn how to trust myself. Her job as a teacher helped me learn how to do my homework. She was my best friend. When she told me bedtime stories, I felt relaxed and sleepy. I miss her support in everything. Indeed, I wish my God to keep her soul and let her rest in peace.

**Hany Mohamed – ESL 47**



### My Father

My father's name is Mohamed Mohamed Morsy, and he was a very special person in my life. He is Egyptian, and he is the same nationality as me. He died 22 years ago at the age of 64. His face was round. His hair was as grey as silver. He had a wide nose and strong mouth with thin lips. His eyes were brown. He was logical, and he did things in order. In addition, he was very intelligent and confident. He was playful among the kids because he was a very kind-hearted person. He was the leader in my family, and when he entered any places, he left his finger prints on it. I like my father very much. He was my real hero, and he helped me in all my difficulties. He taught me patience to overcome difficulties. In conclusion, I wish my father would come back to life again because I miss him a lot. He was my light and brightness and is alive in my heart.



**Eman Morsy – ESL 47**

### My Mother



My mom is a woman like no other. There are not enough words that I can say to describe her. Nobody can replace her in my life. Nobody can do half of the things that she does for me. She always supports me if I am in trouble. She always helps me if I need help. She is a doctor. She always helps people if they need help. She teaches me how to be a good student in school or college. She always teaches me and my siblings how to respect other people. She is a kind and lovely person. She is an intelligent person. My grandmother said to me that my mother was a smart student at school. In short, I can say she is my best friend in my life. I love her so much.

**Mitra Noori – ESL 47**

## Special Ukrainian Dish

Ukraine is a country with rich culinary traditions, and there are many special dishes that are unique to the country. One such dish is varenyky. They are similar to dumplings, and they are made by wrapping dough around a filling of mashed potatoes, cheese, sauerkraut, mushrooms, fresh sweet cherries, or any other fillings. They are easy to make. You just roll out dough, cut out circles, put the filling in the circle's center, and fasten the edges. Each varenyk (sing) should have a semi-circle shape. Varenyky can be boiled or fried and are often served with butter, sour cream, or fried onions. They can be served as a main dish or even as a dessert. It depends on the filling used. It is a vegetarian-friendly dish, which makes it a great option for people who don't eat meat. Varenyky are often served on



special occasions or at gatherings. They are perfect for a cold winter day. Varenyky can be found in most traditional Ukrainian restaurants. For example, you can find varenyky in Sacramento in "Noroc" restaurant or "Greenhouse" café. I eat varenyky really often, once or twice a week, usually for dinner. My sons prefer varenyky with sweet ricotta cheese and served with sour cream. It tastes sweet and has a soft texture, with a delicate aroma of vanilla.

In summary, varenyky are a beloved dish in Ukraine, and they are an important part of the country's culinary heritage. Whether you are a local or a visitor, varenyky is a must try dish in Ukraine.

**Yuliia Makovskiy – ESL 47**





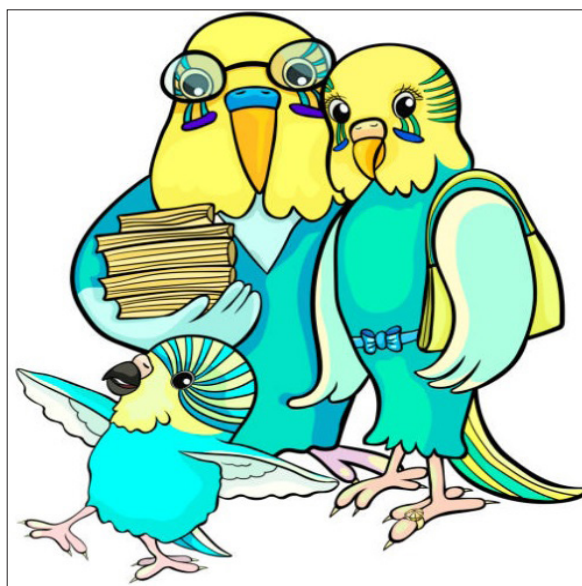
## Parrot Pastimes - My Hobbies

What is your favorite hobby? Most people feel happy when pursuing their favorite hobby. Developing a hobby is the first step to excellence in this world. Reading is my favorite hobby for several reasons.

The first reason is that reading is the first step to gaining information. By reading, I can get to know the way people think. I can get to know how people lived in the past. Therefore, I can know the customs and traditions of people. The custom of the Arabs since time immemorial is to honor the guest,

and their ideal is Hatim Al-Tai. Moreover, reading helps improve the way you think. For example, when I encounter a problem, I can identify the causes of this problem and how to solve it in a more positive way. If I read about it, I notice that my memory becomes more active than when I was not reading. When I read, I can imagine the events and draw characters in my mind for all the heroes of the novel. Finally, reading is the key to the wide door of culture.

The second reason is that reading allows me to spend quality time with my son. The time to read the evening story is a sacred time for us. I read to him every night for thirty minutes. Reading is one of the means of education in a nice way. For example, when we read an Arabic story, it makes him not forget the Arabic language. We read together recently the Arabic version of the novel *The Alchemist*. In addition, when we read an English story, he and I learn English. We learned new words like "lighthouse" and "enormous" when we read *The Elephant Man*. I hope my son continues to love



reading so that he becomes a useful person. Reading keeps my son away from the prison of social media and video games. Indeed, my favorite hobby with my son makes me happy to spend time with him.

The last reason is that reading builds my character. For example, reading gives me a lot of skills to become a special woman. Practicing a hobby helps me manage time. For instance, every day I set a specific time that I must commit to practicing this

hobby. An hour every morning, I read and drink coffee. This hour gives me positive energy for the whole day. A person must devote time to developing himself and making himself happy. All of Ibrahim al-Fiqi's books that I read changed part of my thinking and developed myself. This is what happens when I practice my hobby. Finally, when I read, I gain a great linguistic result and a lot of skills. This makes me feel

self-confident, and I can confidently introduce myself to the community.

In conclusion, reading is the first step to gaining information, reading allows me to spend time with my son, and reading builds my character. These are the reasons why reading is my favorite hobby. I am happy because I recently started practicing this hobby. I hope everyone practices this hobby because it is the only way that we will build an educated generation that protects the society from the dangers of ignorance and war.

**Rim Altawil – ESL 47  
Opinion Essay**

# ESL Milestone Pathway

Certificates of  
Achievement



## USE YOUR ESL COURSES

Most of the ESL Milestone Pathway Certificates of Achievement include these ESL courses:

- ESL 315
- ESL 325
- ESLL 320

## FOLLOW THE PATHWAY TO YOUR CERTIFICATE OR MAJOR

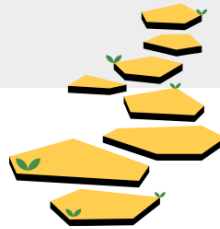
Choose a Milestone Certificate that matches with your major or certificate.

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### Four Milestone Certificates:

Early Childhood Education  
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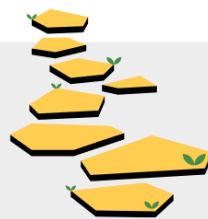


## EARN A CERTIFICATE OF ACHIEVEMENT!

SHOW WHAT YOU KNOW!

YOU ARE PROFICIENT IN ACADEMIC ENGLISH  
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# ESL DEPARTMENT CERTIFICATES

\*Show what you know!\*

## INTERMEDIATE LOW ESL 47 + G41 + L41

Show your knowledge and abilities in English at a basic level with everyday topics. Students with this certificate can interact in familiar community events.



# ESL DEPARTMENT CERTIFICATES OF ACHIEVEMENT

\*Show what you know!\*

\*\*Add it to your transcript!\*\*

## ADVANCED PROFICIENCY ESL 325 + G320 + L320

Show your knowledge and abilities in English in academic classes at the community college level as well as in the workplace community. This certificate will show on your transcript after you apply for it.



## INTERMEDIATE MID ESL 55 + G51 + L51

Show your knowledge of English and abilities for use at an intermediate level. Students with this certificate can interact in English in different workplaces and within a range of familiar community interactions.

## INTERMEDIATE HIGH ESL 315 + G310 + L310

Show your knowledge of English and your abilities in listening, speaking, reading and writing for multilingual use in a variety of workplaces and within a diverse range of environments in communities. In the classroom, students can read and write about a wide range of subjects and explain viewpoints on issues.



## ADVANCED-HIGH YOU CHOOSE:

Show your amazing English language abilities at an advanced-high level of English in listening, speaking, reading, writing, and grammar skills. This certificate can be used in academic classes at the community college level as well as in the workplace.



### PICK YOUR COURSES:

**W340** OR ENGL 300  
AND  
+ 12 UNITS FROM:  
**ESL 325**  
**G320**  
**L320**  
**ESL 350**



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ESL Department Certificates can be used on your job applications, scholarship applications, to hang on your wall, and to show your amazing abilities as a bilingual person. Be proud of your accomplishments!



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COMPLETE THIS ONLINE FORM:

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Contact  
Professor Specker at  
speckee@arc.losrios.edu

APPLY FOR AN ESL CERTIFICATE OF ACHIEVEMENT WITH ARC

COMPLETE THEIR ONLINE FORM AT:

<https://arc.losrios.edu/why-arc/graduation-and-transfer/get-a-certificate>

Contact  
Professor Specker at  
speckee@arc.losrios.edu



## Eid al-Fitr 2023



### Eid al-Fitr 2023 celebration by Afghan Community in the United States

Eid al-Fitr is one of the important religious holidays which is celebrated by all Muslims around the world. Eid al-Fitr marks the end of holy month of Ramadan (a month which Muslims fast from dawn until sunset). This year Eid al-Fitr was celebrated on Friday, April 19, 2023 in the United States of America. Some countries celebrate Eid al-Fitr only one day while in some other countries like Afghanistan they celebrate for 3 continuous days and those 3 days are official public holidays.

The celebration of Eid al-Fitr starts with the Eid al-Fitr prayers in the morning. Usually, on Eid day, all family members including the kids wake up early in the morning and wear pre-made or pre-purchased new clothing and all Muslims gather at their local mosques or community centers to attend Eid prayers. The Imam or the religious leader first performs the Eid prayers and then follow it with a sermon. After the prayers and sermon in some local mosque or community centers, they have some fun events for the families and kids.

After attending these Eid prayers, families typically go to visit their extended families, starting with the elders of the family and also friends to exchange greetings and have a short gathering in each house while having some traditional dry fruits and fresh fruits. Dry fruits, fresh fruits

and tea are the main dishes traditionally served by Afghans on Eid days.

One of the good traditions of celebrating Eid in Afghan culture is giving cash gifts to the kids known as "Eidi," which lasts as a happy memory in the mind of the children. Every Afghan who received Eidi in their childhood remembers the family member who gave them the Eidi for many years after.

A great ethical aspect of the Eid celebration is forgiveness and reconciliation. The Eid day is an opportunity to reconcile with estranged family members or friends. This is the time to ask for forgiveness and re-start any estranged relationships with family members or friends as well as to strengthen the relationships between families and overall in the community.

Overall, Eid al-Fitr is a holiday for Muslim to end the month of Ramadan and a time to enjoy being with family, friends and loved ones. A time to strengthen relationships and a time to renew old relationships. Different countries may have different ways of celebrations, but the spirit of generosity, forgiveness and togetherness is in all celebrations no matter in what country they are celebrating Eid.

*Parrot Staff Writer: Sayed Edres Sadiqi*



# Advanced Reading Comprehension



## Human Development

When early humans hunted and gathered food, they were not in control of their environment. They could only interact with their surroundings as lower organisms did. When humans learned to make fire, however, they became capable of altering their environment. To provide themselves with fuel they stripped bark from trees, causing the trees to die. Clearings were burned in forests to increase the growth of grass and to provide a greater grazing area for the wild animals that humans fed upon. This development led to farming and the domestication of animals. Fire also provided the means for cooking plants which had previously been inedible. Only when the process of meeting the basic need for food reached a certain level of sophistication was it possible for humans to follow other pursuits such as the founding of cities.

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

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

## Can you answer these questions?

**1. This passage is mainly concerned with ----.**

- A) the evolution of farming techniques
- B) the role of hunting as a source of food
- C) how the discovery of fire changed the development of mankind
- D) basic food-gathering techniques of early humans

**2. One can infer from the passage that the discovery of how to make fire ----.**

- A) improved the hunting skills of early humans
- B) caused early humans to interact with their surroundings as lower organisms did
- C) taught early humans how to live with lower organisms
- D) increased alimentary options for early humans

**3. As we understand from the passage, early humans ----.**

- A) didn't eat plants before they learned how to control fire
- B) used fire as a tool to alter their surroundings
- C) gained better control of their environment when they learned to live with lower organisms
- D) started to maintain their food supply by hunting and gathering food when they started cooking with fire



Answers: 1. c 2. d 3. b



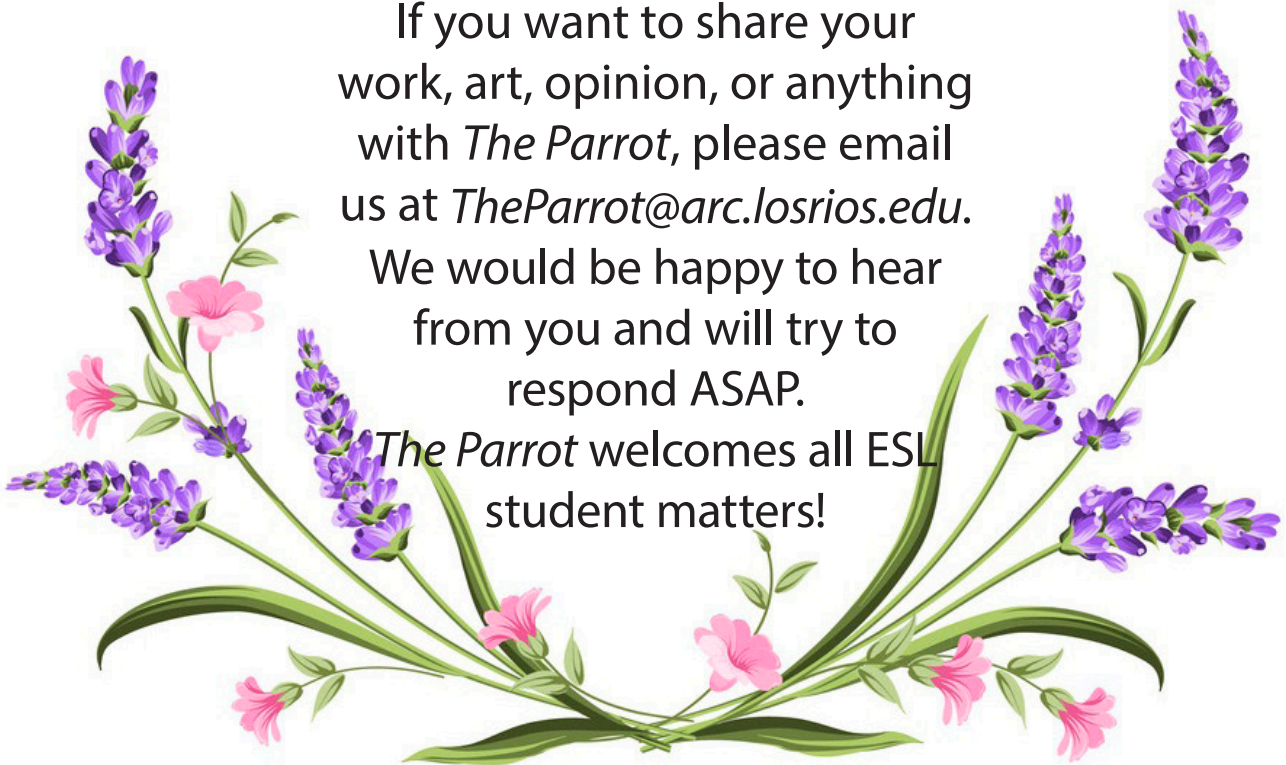


**Would you like to  
contribute to *The Parrot* ?**

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

We 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](mailto:allartsbond@gmail.com)

#### Officers

Snow: 916-770-5527 (WhatsApp)

Manny: 916-997-1648 (WhatsApp)

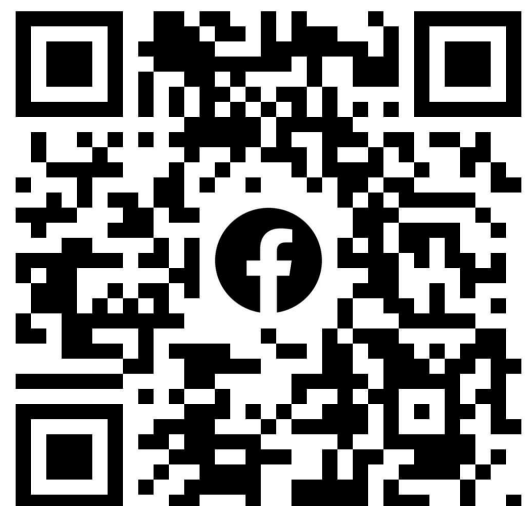
Mari Moslehi: 916-889-1778 (WhatsApp)

#### Advisor

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



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 30.  
Click [here](#) to see more fun stuff.



*Continued from page 1*

guage of the indigenous people of Morocco formerly known in English as "Berber") means "the place of storage." UNESCO classifies the IGODAR building as a World Heritage site.

So what is the IGODAR?

"IGODAR" is an Amazigh word that can also be translated as "collective warehouses or fortresses." These are huge buildings fortified with high walls and watch towers. They were designed on high peaks to be difficult to access and to be able to withstand wartime or any external attacks.

One building contains nearly 300 rooms distributed over 20 corridors; within each corridor are storage rooms on three floors. The ground and second floors are for foodstuffs, and the upper third is for valuables, such as jewelry and important documents.

In addition to other facilities such as a mosque and housing for the guards, as well as a place for livestock in case of war, there are five watch towers for guarding and tightening administrative control.

According to the Moroccan Ministry of Culture, there are 554 Igodar buildings in Morocco. Remarkably, some of them are still operating in the same traditional way. The residents of those regions are trying to preserve this heritage from extinction.

When was the IGODAR built? Why is it the oldest banking system in the world? The IGODAR is an ancient building, but the date of its construction is not known precisely. Still, most researchers suggest that its construction dates back to the beginning of the 12th century, and there are those who



date its construction back much older than that.

Many specialists believe that the Igodar is the oldest banking system known to mankind, and this proposition is due to the economic, financial, administrative, and political roles played by this facility. In this context, a researcher who specializes in the history of IGODAR, Khaled Al-Aywad, said to Al-Jazeera.net "that the inhabitants of the Amazigh regions have been guided to this method for centuries, to store the surplus crop in the years of prosperity in order to resort to it in the years of drought, and also to store their precious things such as silver ornaments and marriage contracts, as well as some

foodstuffs such as olive oil and ghee. The researcher concluded that IGODAR is the oldest banking system known to mankind before it appeared in Europe."

By examining this building, we notice that this archaeological landmark was built with a unique architecture that helps preserve food for years without damage, namely grain and oil crops,

and even jewelry, antiques, and valuables. Also, this bank was built on top of a mountain fortress to ensure effective control of the "institution" and the preservation of the property that the leaders of the tribe supervise and dispose of, according to laws regulating the warehouse.

An agreed percentage is deducted from each individual's commodity for the use of the IGODAR each year. The funds are allocated for restoration, management, and guard salaries.

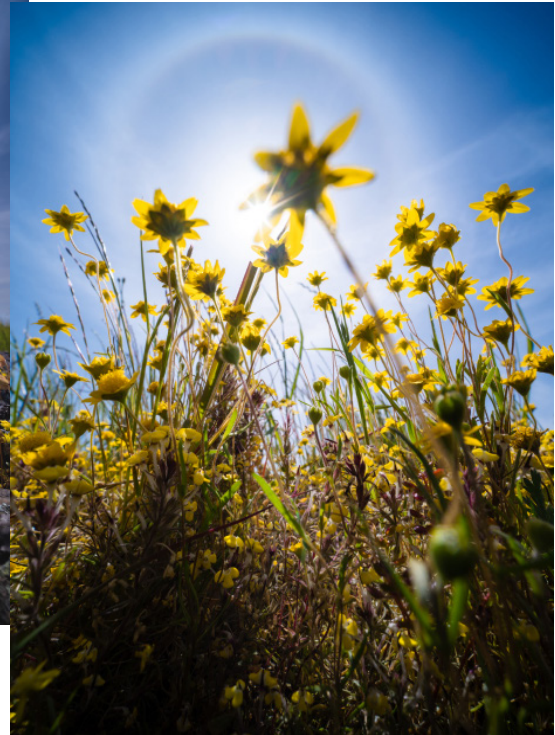
The management of this facility is subject to an administrative system based on the principle of election, where an annual meeting is held in which the administrative board is selected to ensure the smooth functioning of the bank following what is







## Explore California



### Table Mountain

Located in Oroville, California, Table Mountain has become a must-go-to place to visit for this spring. Not only because of the amazing views and the beautiful waterfall that's in the area, but also for the wildflower super bloom happening this year.

Thanks to the huge amount of rain we've been blessed with, wildflowers are growing all over, making this location very popular among residents and visitors. The place has a parking lot, and it also has restrooms.

I had the chance to visit it recently, after seeing some posts on Instagram from friends who went to check it out. My allergies were killing me due to the great amount of pollen, but it definitely was worth the suffering. It felt like being in Paradise. Make sure you take your allergy medication before arriving at the location, though. This is a perfect place to take photos and have family picnics, but make sure whatever you decide to do, you don't step on the flowers.

To get there just [click here](#), and you'll be able to start navigating from your location.

**By Manny**



## Bird's Eye

# The Importance of a Wide Angle Lens

When it comes to photographing beautiful scenes and views, you often want to be able to capture as much of the scene as possible, and that's when wide angle lenses come in handy. A wide angle lens (a lens that goes from 12mm to 18mm focal length) allows you to get a broader point of view of whatever scene you are trying to capture, and lets you get creative with your shots. But the wider the lens, the more distorted the corners; thus, trying to find new angles and perspectives is always important.



*Taken at 24mm*

*Taken at 14mm*

As you can see in the two photos above, by shooting with a wide angle lens and taking advantage of the distortion of the lens I was using, I was able to get the

lupine in a new perspective compared to the other image that I took at 24mm, which has the same field that you get from your phone camera.



*Taken at 15mm*

If you want to improve your photography, getting a wide angle lens might help you accomplish that goal.



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

**By Manny**

## Eat the World!

### Memory Boosting Tea

#### Tea to Boost Your Memory



If you want to try a remedy to boost your memory, this simple healthy tea can help.

#### Ingredients:

- 1/4 cup of goji berry
- 3 jumbo jujubes (or 6 small jujubes)
- A couple of dried chrysanthemums
- 64 oz of hot water.
- A thermal pitcher

#### Directions:

Wash the goji berry and put aside.  
Wash and cut the jujubes into slices.  
Wash the chrysanthemum quickly because the aroma of the flower will fade away in water.

Boil 64 oz of water.

Add all the ingredients into the pitcher then pour the boiling water in it.

Cover the pitcher and leave it there for 15 - 30

minutes. You will have a delicious and healthy tea which helps boost your memory.



#### Snow Le

**Note:** I learned this tea from a doctor of Eastern herbal medicine in Vietnam who taught me to combine these three ingredients to help the memory. Try and see if it can help you to remember things better!

Since these fruits are new to many readers in the United States, you might be interested in Western medical research that has investigated health benefits for [goji berries](#) and [jujubes](#).



# Restaurant Review

## LA FIESTA TAQUERIA RESTAURANT

**La Fiesta Taqueria** is authentic Mexican restaurant located near Sunrise Mall, with very affordable prices and fresh and delicious typical Mexican dishes.

If you go on a weekend, it will have a long line. Therefore, you should go on a weekday to avoid the wait.

We had the chance to try out the carnitas (pork meat) and carne asada (beef meat) tacos. They were served with cilantro, onions, tomatoes, and a special green sauce. The tortillas were fresh and warm and the tacos were big enough to satisfy our appetite.

Another dish we tried was The 3 Fajitas. It comes with rice, ground beans, chicken, beef, shrimp, salad, and sour cream. It also came with tortillas on the side, and you can choose if you want the corn or flour tortillas. You can make your own taco by yourself from these. It was all freshly served, and the customer service was great.

They also have a great salsa bar that includes grilled onions and grilled mild poblano peppers. Try these with some of the warm chips. La Fiesta also makes their own horchata (rice drink with cinnamon), which you should try if you have never had it.

The staff is always happy and ready to serve you and make sure you enjoy of some of the best Mexican dishes in town.

Check out menu and prices at:

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





## Around the World



Hi,  
everybody.  
My name is Lorot.  
I'm here to tell you about  
the fascinating differences  
between America and other  
countries. We can have  
coffee through coffee  
makers in the USA.



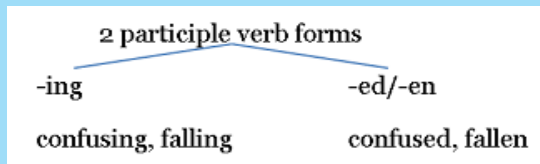
However, authentic  
Turkish coffee is brewed in sand!  
They put ground coffee on a hot pan full  
of sand. The coffee is brewed in a cup and by  
the heat of sand around it. What an interesting  
way to make coffee! Of course, the taste and  
smell are different from other kinds of coffee.  
If you ever have a chance to go to Turkey, you  
can't miss the chance to try it.

Source and video [here](#).



## Words of a Feather Participial Adjectives

There are two types of participial adjectives: one comes from the verb's present participle (-ing form) and the other comes from the past participle (-ed/-en form, but often irregular). Take the verbs *confuse* and *fall* as an example:



While the forms derive from a verb (to confuse; to fall), they can function as adjectives to describe a noun. Note that not all verbs can do this; you can check whether the verb you want to use can describe a noun by searching for word combinations in online published writing, books, magazines, newspapers, or academic journals.

Using participial adjectives can help reduce wordiness from multiple phrases.

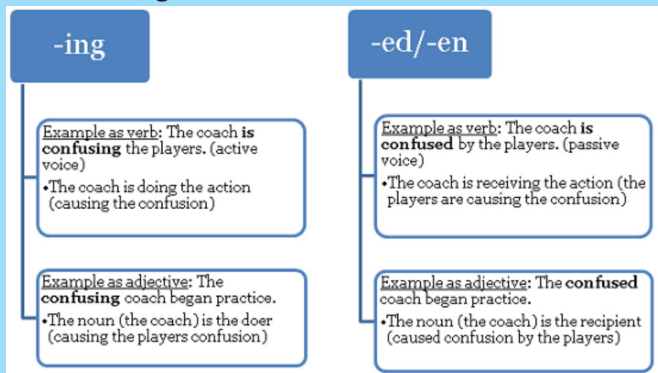
**Example:** *Making friends can help you create connections in case you need to copy notes or ask for information on something you might have missed.*

**Revision:** *Making friends can help you create connections in case you need to copy notes or ask for **missed** information.*

The phrase *on something you might have missed* describes the information but is wordy. The only necessary word in this phrase is *missed*, and this single word can be placed in front of the noun information as an adjective. The revision *missed information* accurately describes the original sentence and uses fewer words, so it is preferable.

As verbs, the -ing ending indicates the progressive form (also known as the continuous form) and can

only be used in the active voice. The -ed/-en verb ending indicates perfect form and is the form used for passive voice sentences. When verbs become adjectives, they no longer function as verbs but still have a verb-like meaning. As a general pattern, the -ing adjective has an active or continuous meaning, and the -ed/-en adjective has a passive or completed meaning.

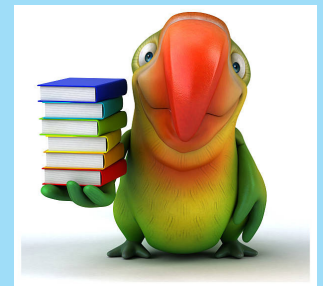


**Example:** Nature provides climbers with this increasing opportunity.

**Example:** Nature provides climbers with this increased opportunity.

The first example means that the opportunity still has the potential to go up (continuous meaning).

The second example means that the opportunity is higher compared to something else (completed meaning).



Source: <https://tutoring.ucdavis.edu/agg/adjectives-verbs>

## Langwijn

langwijn

is hi-ly infectious

children

the world ova

catch it

from parence

by word of mouth

the yung

r specially vulnerable

so care

shud b taken how langwijn

is spread

symptoms include acute

goo-goo

& the equally serious ga-ga

if NE child

is infected with langwijn

give em

3 Tspoons of txt

b4 bedtime

& 1/2 a tablet of verse

after every meal



## Rigoberto's Riddles

Mark is stranded on an island covered in a lush forest. One day, when the wind is blowing from the west, lightning strikes the west end of the island and sets fire to the forest. The fire is fierce, burning everything in its path. Without intervention the fire will burn the whole island, killing Mark in the process. There are steep cliffs around the island, so he has no means of escape. How can Mark survive the fire? There are no buckets or any other means to put out the fire.



*Mark picks up a piece of wood and lights it from the fire on the west end of the island. Then he quickly carries it near the east end of the island and starts a new fire. The wind will cause that fire to burn out the eastern end, and he can then shelter in the burnt area.*

## Silly Vasily's Chuckle Chamber



Source: <https://www.pinterest.com/pin/56295064062958465/>

~ Normal Silver, Age, Sex, Location. (Quoted in [txtng: the gr8 db8](#) by David Crystal (Oxford University Press, 2008))



Continued from page 1 Interview

**Thank you very much. What motivated you to work for long years in a community college, and what do you love the most about your job? Can you share a favorite quote that motivates or inspires you in some way?**

**Dr. Kobayashi:** I can. I went to Santa Rosa Junior College which is a community college in Santa Rosa, two hours from American River college. I was a student just like you and going to community college changed my life. I was able to save lots of money for my family and I was able to then transfer to UC Davis. I taught in Japan, I got a master's from Stanford University, and I started a business. And then I started working at a community college. But everything was possible because of my time at Santa Rosa Junior College. So, what motivates me is that every student that I see, or every student that attends American River College, in many ways is just like me. I see the great hope that American River College gives students. That is why I've been here for a long time. What I love the most about my job is graduation. I love seeing students walk across the stage because the diploma that we give them, whether it be an associate degree, or whether a student transfers, or they get a certificate, signifies or symbolizes that students are reaching their hopes and their dreams. At graduation, students and their families are there cheering them on. So, that is my favorite day of the year. Now about a favorite quote that inspired me. So, my favorite quote is actually in Japanese. It's something that my mother used to tell me: *Nasebanaro*, It is translated to "If you try, you will succeed; if you don't try, you won't succeed, no matter what it is". And I would say that is what my mother shared



with my sister and me when we were kids: Always try your best.

**So, the end of this question is kind of linking us to the next question. Most Americans are immigrants or are descendants of immigrants. Who are the immigrants in your family story?**

**Dr. Kobayashi:** I would say that I am Japanese-American, and both my father and mother have Japanese background. My father was second generation. His parents (my grandfather and grandmother) came from Japan to America. And then my mother came to America when she was 30. So, she came to

America and spoke very little English. She attended night school to learn English, and my sister and I helped translate when we were children and still do. And so I was able to learn a lot through my mom because everything was new to her and she had to learn everything as an immigrant here.

**American River College is a diverse community for all students. Currently, students from how many countries background are studying in ARC, and how many languages are spoken in the ARC community?**

**Dr. Kobayashi:** Ah, many. I could probably research the correct answer and get back to you, but I would say many. I know through the applications to the college that we have students from over a hundred different diverse communities. The number of languages spoken are so many.

**What are the initiatives and programs that are currently in place regarding ARC working with local businesses and industries to help students get internships or other types of employment while they are studying?**

**Dr. Kobayashi:** Yah, I think that American River Col-

lege has one of the strongest workforce development programs in the state. Many of our programs are in career education and are focused on industry. So, all of our career education programs have advisory boards, and the faculty works with these advisory boards and with members of the business community. All of our departments are connected to industry, and the key, I would say, for all of our students who are interested in work or transfer, is connecting with the faculty. Our faculty can connect students to jobs and business because they have already have those connections. So, the secret is really for our students to connect with faculty, go to office hours and ask these questions.

**I heard that you are a person who supports *The Parrot* magazine. What was the reason you decided to help us grow? Now, over 170 issues have been published by *The Parrot*. What does that mean to you?**

**Dr. Kobayashi:** I can't take credit for supporting *The Parrot*. *The Parrot* has been supported by the college for many years and the college will be continuing to support *The Parrot*. I think that, as a college, we want to make sure that we support opportunities for the students to integrate what they learn in the class room with the real world. Being able to learn a new language through ESL and then being able to apply that learning to know what you are doing here in journalism and also translations and writing. So, I think across the college we have amazing learning opportunities for the students and *The Parrot* is a shining example of that.

**Are there any programs that ARC is implementing currently that supports students from diverse background, including first-generation college students and students from minority groups?**

**Dr. Kobayashi:** Absolutely yes. Our Unite Center

and our Student Center have many programs that speak to this question. [The Unite Center](#) has various learning communities like [Umoja](#), which supports our African-American communities, [Puente](#) program which supports our Latino students, our [PRISE](#) program, which supports API students, [Pride Center](#), which supports LGBTQIA + students, and our [Native American Resource Center](#). So, these are the specific programs for those affinity groups and also, we are working to continue to develop our [HomeBases](#). All of our HomeBases work with the Unite Center. Also, our focus is supporting the diversity of our students across the college within each academic HomeBase.

There is a focused interest in supporting our students. We are trying to make our college smaller, as we are very large college with 27,000 students, and to try to create community for all of our students is very important. That is what our HomeBases are trying to do.



**What makes community colleges a unique opportunity compared to other types of higher education institutions, and what would you advise to students who are considering attending community colleges?**

**Dr. Kobayashi:** That is a great question. I think that we are an institution of first choice, second chance, opportunity, and hope. What I mean by that is that California State University, or CSU, accepts somewhere between 15% of our applicants and the UC system takes less than that or less than 10%. California Community Colleges and American River College accepts 100% of the students who are applying here, whether the student is graduating from high school or is a student from another country trying to learn the language, or has worked for a while. What we are is an agent of economic and social mobility. We help students take the next steps in their life. For any students or any person who wants to get a better job to support their family and to reach their hope and dreams,

that is what we do for them.

**What was some of the best advice that you received when you were student?**

**Dr. Kobayashi:** I think the best advice was to believe in yourself. Before I went to Stanford, I was very scared, because I did not think that I belonged there, because Stanford is a very prestigious place. What I realized was that, if you believe in yourself, you can always reach your dreams. So, believing in yourself is very important.

**Do you have a favorite movie or TV series?**

**Dr. Kobayashi:** I do. My kids and I are watching *The Mandalorian*. Also, my wife and I really enjoy *Yellowstone*

**What is your favorite food?**

**Dr. Kobayashi:** Favorite food, that is a hard one. I like all foods and love to eat. I am going to go with a Japanese food called ramen.

**Have you travelled outside of United States?**

**Which countries have you traveled to so far?**

**Dr. Kobayashi:** I lived in Japan for 2 years. I have been to South Korea, Australia, New Zealand, Singapore, Malaysia, Italy, Mexico, and Canada.

**Besides Japanese food, which other countries' food have you tried and what is your favorite food from other countries?**

**Dr. Kobayashi:** I like all foods. It is a very hard question. So, pasta in Italy, especially in a small town called Vernazza. In South Korea bibimbap

**Thank you very much. Besides English what other languages do you speak?**

**Dr. Kobayashi:** I speak Japanese, and I studied Spanish in high school.

**What else do you want to share with the students that have not covered in the interview so far?**

**Dr. Kobayashi:** To all of our students, specifically I can speak to our students taking ESL classes, I want them to know that I have the highest level of respect for their courage to come to a new country and learn a new language and culture and work so hard every day. That makes me very proud of every

single one of our ESL students.

**I believe the answers you have provided for this interview will inspire lots of students, especially students coming from other countries or having diverse background. It will give them great hope. I really appreciate that. Thank you very much.**

**Dr. Kobayashi:** Thank you for the interview. This was very thoughtful and I appreciate it. You did a great job.

*Interviewer: Edres Sadiqi*





## 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 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 supports the class called ESLLAB. In the summer, it is only online. Feel free to call (916) 484-8919.

Summer 2023

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

Monday - Thursday, 9 a.m. to 2 p.m.

**New ESL Student Questions**

**Study English in the LAB**

**ESL Program @ ARC Info ESL**



Assessment Info

Dari	Translation	Russian
Spanish		Ukrainian
Romanian		German
Pashto		French
Hmong		Arabic



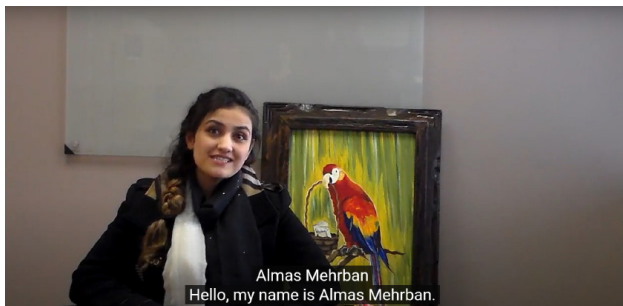
Dig, Farm, Garden, Seed, Vine, Bloom





## 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.



*"...But when we were children, we would play together, talk together, and we would go shopping together, we used to do everything together..."*

**- Almas Mehrban, from Afghanistan**

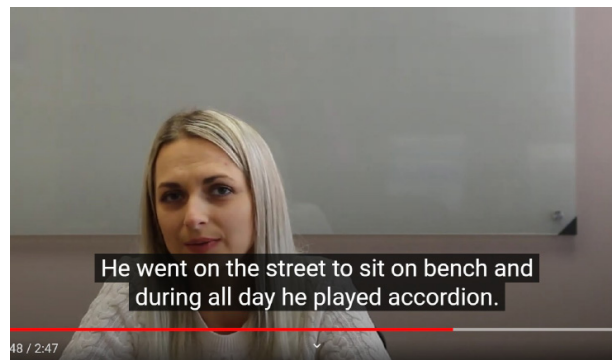
Click on *Almas'* photo and hear her answer.

### "Typical Day in My Childhood"

*"...I spent my childhood with my grandparents. They used to live in a small village and lived a very difficult life. When they were children, they survived the war..."*

**- Iuliia Butkova, from Ukraine**

Click on *Iuliia's* photo and learn more about her touching story.



### "Typical Day in My Childhood"



*"...And today I want to tell you the story of why I moved to the United States. I came to the USA when I was 54 years old..."*

**-Marraa Fabiam, from Moldova**

Click on *Marraa's* photo to hear her thoughts.

### "Why I Came to the US"

## Feet in the Wind: A Look at Moroccan Education

As in other countries, education in my country, Morocco, is not only for acquiring knowledge, but it is also a means of developing everyone's social level. Therefore, children are often sent to schools in the hope of obtaining an honorable job in the future. Parents have a certain image about what jobs they want their children to have. So, I still remember the eternal question about what we want to be in the future. Our answers seemed innocent, but in fact, they were not because they were an expression of what the family dreamed of, what the father or mother considered true and how they hoped for us to achieve an eminent position in society.

I remember my first days in school before the age of six, and according to the Moroccan educational system, education at this stage is optional. Therefore, the Moroccan Ministry of Education does not supervise institutions that receive students at this early age. However, this does not mean that preschool education is not as serious as it should be. Rather, it is perhaps more careful than regular education after the age of six since families and associations supervise the quality of the preschool education. The more rigorous the teaching is, the greater the satisfaction of families and the more profit and fame the center achieves. I remember that



from age 4 to 6 that I mastered the Arabic and French letters in record time, and I also discovered the basic principles of reading and mathematics. The curricula were traditional and focused on indoctrination and memorization. This was the standard that every student had to meet be considered superior. Because my memory was strong, I was one of the distinguished ones.

However, I considered every study session a prison in which I was prohibited from any movement outside the rhythm of what the professor accepted. Therefore, the happiest moments of my life were when the class ended and I "let my feet into the wind," as we say in Arabic. I felt completely free and started running, and I thought to myself that I was the fastest being on earth.

Two years passed quickly and I was then ready to start my formal education in public school at age 6. The school was part of my city and one of the distinguished buildings we could not imagine the neighborhood without. Nevertheless, it was a strange and incomprehensible space shrouded in a lot of mystery because it was surrounded by high walls and had a strict guard at the door who only allowed entry to students. I would not have entered had it not been for the



help of my mother, who accompanied me on the first day of school. She registered me with the administration, and she introduced me to my classroom and to my new teacher, whose features I still remember very well.

She was a nice teacher, and I thought of her as the author of *Carrying the Weight of a Nation: The Story of a Guatemalan Boy* thought of his teacher, who really helped him. "Life

then decided to throw me a bone (one of the very few) in the form of my fourth-grade teacher, Mrs. Judy. For the first time in my four years of schooling, someone made the effort to help me out rather than let me crawl along." My teacher greeted me with a smiling face and tried to relieve the tension that seemed

to attach me to my mother as if I was afraid of leaving her. It was my first day of education, the basic formal education supervised by the Moroccan Ministry of Education, which takes six years before passing a specific exam and moving to another educational level. This stage of study left an impact on my personality. Just as it gave me multiple skills, it also implanted in me behaviors, ideas, and habits that I still benefit from while I still suffer from others even now.



The first year was discovering and getting to know the surroundings. I did not find much difficulty in academic achievement because I was repeating what I had learned previously. Our classmates were progressing at different speeds. The teacher was trying to help those who were behind academically so they could catch up with the others, and that left me extra time. I actually cared about other skills, even if they were more hooliganism, for developing my

social and communication skills. I am one of the people who believe that playing and making mischief are sometimes important learning experiences. Therefore, I am currently keen to give my children the largest space to play and mess around, which is harmless. Just as I owe the school a lot on the academic level, I also owe a lot to the school environment and the free hours outside as well. A specific educational curriculum

cannot give a person the skills to deal with all people, problems, and the environment. As it is said, "swimming is not learned on paper."

The first and second years passed quickly, as they were completely similar in terms of form, with a slight difference in terms of content. It should be noted that the main change that occurred in the third year was the addition of the French language, and this is the differ-



ence between public education and private education. The French language in private education begins in the first year, while French is not introduced in public education until the third year.

In general, the linguistic issue in Morocco raises a sharp societal and academic debate in which all available cultural and ideological weapons are used because Moroccans do not forget that the French language is the language of the former colonizer and that it is an incomprehensibly imposed language in administrative affairs and most official documents. However, the country's constitution does not consider it as an official language. The two official languages in Morocco are Arabic and Amazigh, the language of the first inhabitants of Morocco, but the reality of the situation says the opposite. It is a reality that many segments of society struggle to change.

In general, the problem of the language of teaching and the teaching of languages was among the ideas that opened our minds to it since childhood, only we used to express it at our level at the time and we interacted with it not out of deep awareness of the problem, but out of escape from additional duties, of course,

or out of justification for some low points as a result of laziness in academic achievement. But when we grew up and began to understand the situation, we realized that we were facing a real problem that required a solution for a better future for the coming generations.

The experiences of those first years of study are embedded in my memory, some of them sad and disturbing, but most fun and beautiful, like the beauty of innocent childhood. The experience and lessons learned remain fertile material upon which the future can be built.

*Parrot Staff Writer: Mohammed El mrani*





# DIY

## Rope Plant Hanger



### Materials:

Plant pot  
Acrylic paint (any color you like)  
Jute rope  
Screw hook (or other piece of hardware for attaching to ceiling/wall)  
Scotch tape  
Potting soil and plant

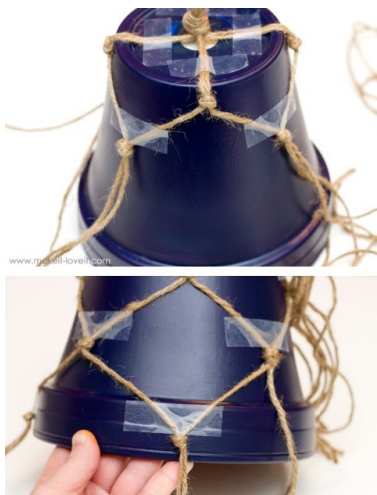
### Instructions:

First paint your planter pot with whatever color you choose. Grab the rope and cut 8 long pieces to make the hanger. Make sure to account for the extra rope needed to make the knots and the hanging loop on top.

Then tie all 8 strands of rope together leaving a tail that will be hanging at the bottom.

Turn your pot upside down, place the knot at the center, and divide the rope into groups of 2 strands.

Now, right past the edge of the pot, tie a knot for each of those groups of 2.



Tape the rope (divided evenly) under the pot to help with the next steps.

Next, grab 1 strand from each neighboring set of rope and tie them together. Repeat this step all the way around your pot.

Get rid of any slack, and then tape these sets of rope to the pot.

Continue the previous step until you reach the top end of your pot.

The number of knots you will have will depend on the size of your planter. Finally, grab all the remaining rope from the 4 groups of rope and tie a knot at the end of it.

The length of it will depend on how high or low you would like the planter to hang.

You can now hang the planter wherever you like

and see more greenery in your house.



Source: <https://makeit-loveit.com/diy-rope-plant-hanger>



## Out of the Cage

### Deadline to Submit Appeal Form for Financial Aid *Spring 2023: Monday, May 15, 2023*

Students who wish to submit a Financial Aid Appeal due to lack of Satisfactory Academic Progress (SAP) must submit their request by this date. Failure to meet deadline will result in denial of appeal.

#### ARC Financial Aid

financialaid@arc.losrios.edu

(916) 484-8437

## EOP&S/CARE/NextUp Informational Open House

Our EOP&S/CARE/NextUp informational Open House provides an overview of the EOP&S program, requirements, and services offered to our EOP&S/CARE/NextUp participants throughout the academic year. Our goal is to encourage the enrollment, retention and completion and/or transfer of students impacted by language, social, economic and educational disadvantages.



*Dates for Virtual Open Houses:*

*Wednesday, May 24th from 5:30 pm - 6:30 pm*

*Wednesday, May 31st from 5:30 pm - 6:30 pm*

Register [here](#).

### QUESTIONS/COMMENTS?

Student Editors: **Tuyet Le, Emmanuel Madrid, Mohammed Elmrani, 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>

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