

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



# The Parrot



## Meet the LRC Tutoring Coordinator: Sydney Sullivan



Thank you for giving the Parrot the opportunity to have an interview with you. Please tell us about yourself and your professional journey with ARC.  
**Sydney Sullivan:** Sure, my name is Sydney Sullivan and I am the coordinator for the tutoring program here at American River College. A little bit about myself and my background. I am originally from Portland Oregon. That is where I was born and raised. I went to Oregon State University for my bachelor's degree and I got that degree in

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*Would you like to contribute to The Parrot?*

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### Parrot Palette Hope from Soap! Yuliia Makovskiy

Would you just tell us a little bit about yourself?  
**Yuliia:** My name is Yuliia Makovskiy. I'm 31 and I'm Ukrainian. I moved to the U.S. 8 years ago. My whole family is living in Ukraine. I'm a single mom of two handsome boys. Everything I do in my life is all for the sake of my boys. They

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# Student Chirpings

## Two Cities

I do not have my hometown in my country, but there is a city that is native to me in spirit. Saint Petersburg is the only place in Russia that I miss. Having lived in Sacramento for about five years, I find both similarities and differences between the two cities. There are three main differences between St. Petersburg and Sacramento.

The first difference is the climate. St. Petersburg has snowy, frosty winters, and summers are like winters in Sacramento. In contrast, Sacramento is a

very sunny city. In it you can more often see a cloudless sky than clouds. On the contrary, in St. Petersburg the sun is a rare guest. It causes the townspeople first surprise, and then delight. Residents of the city are in a hurry to take a photo on a sunny day and go to nature. Visitors to the city consider themselves very lucky and try to visit all the famous places in the city and its suburbs. My family and I came to St. Petersburg on vacation in the summer and most often came in rainy cold weather. In all the old photographs, we are warmly dressed, but happy, because we were photographed in beautiful places against the backdrop of famous architectural monuments. Although the summer in Sacramento is very sunny, there is one unusual effect typical of St. Petersburg - white nights. In summer, the



sun does not set below the horizon at all and, despite the fact that it is hidden by clouds, its energy is enough to make the city as bright at night as during the day. Many tourists come to St. Petersburg in the summer to admire this phenomenon, but the townspeople do not share their enthusiasm because it is very difficult to get enough sleep when the night is as bright as day. Thus, the climates of St. Pe-



tersburg and Sacramento are very different.

Cultural heritage is the second difference between St. Petersburg and Sacramento. At first glance, Sacramento has nothing remarkable for tourists. But over the years of living here, we have found interesting places for ourselves. There is the Railroad Museum, the California Automobile Museum, an art gallery, Old Sacramento, parks and, of course, the Capitol. In Sacramento, they are trying to preserve the cultural heritage of these places and tell the townspeople and visitors about them. However, in St. Petersburg, the historical sites are more magnificent. Firstly, there is the Hermitage - the largest museum in the world. You can't go through all of it in a single day. If you want to examine all the exhibits of the Hermitage, spending no more than ten seconds on them, then you will need more than three hundred days and nights

to inspect them. On one of our visits to St. Petersburg, we visited the Hermitage. Having entered the museum at 8 a.m., by noon we were tired and decided to leave it, but we got lost in the numerous halls and, as a result, wandered around until closing, admiring the endless masterpieces of sculpture and painting. Although there are theaters in Sacramento, the theaters of St. Petersburg have a richer history and greater significance for the country. There are many theaters in St. Petersburg, including the Mariinsky Ballet Theater, where Anna Pavlova danced. In addition, there is a huge difference between the suburbs of St. Petersburg and the suburbs of Sacramento. Here they are small towns, in which gardens and pastures grow green. The suburbs of St. Petersburg are the former country residences of the Russian court emperors. Oranienbaum, Gatchina, Strelna, Pavlovsk, Kronstadt, and Peterhof are reminiscent of the Louvre. Such splendor is not to be found in Sacramento. And so, cultural heritage is the second difference.

The third difference is transportation. In St. Petersburg, the main transport for moving around the city is the metro. In contrast, in Sacramento the main mode of transportation is the private car. In addition, there are many buses, trolleybuses, and trams in St. Petersburg. Thus, people who do not drive a car can get to any place in the city by public transport. I really love the subway. This high-speed underground train has a number of advantages: it is not threatened by traffic, it is convenient to use, and it is possible to read on it. On the other hand, there is almost no public transportation in Sacramento.

In conclusion, there are three differences between St. Petersburg and Sacramento: climate, cultural heritage and transportation. These are very different cities, but they are united by the fact that I like them both. I have good memories in each city. They are both dear to me.

**Viktoriiia Piroian - ESL 55  
Comparison/Contrast Essay**

## *What Are the Effects of Educating Women?*

Education is necessary for every human being, both men and women. Education gives power and self-confidence to women. In the past people thought that education was not necessary for women, but now they realize that it is mandatory for women. Educated women take the family and society forward. It's very important for us to raise women that push the world. Once a woman stands on her own feet, she will not just take her family forward, but she also takes her community forward. The prophet Muhammad said that "education is not only the right, but it is the duty of every human being, man and woman." Also, we have a saying that seeking

knowledge is an obligation for every man and woman, even if it is as far as China. Education changes women's lives. There are several important effects of educating women, but the most important effects are earning money, making good decisions, and raising healthy children.

The first effect of educating women is earning money. By getting education, women progress in their lives and provide a better life for their families. In Afghanistan, most people don't allow their daughters to go to school. They are against educating women. However, there are some people who allow their daughters to go to school and are open



mindful. For example, my mother is an educated woman. She was a teacher. She taught science in a private school. Because she was a teacher, we didn't pay the fees for school. It was a great help for our family. Also, she had a good salary to help my father with house expenses. Financially she helped our family a great deal. So, earning money is one effect of educating women.

Another effect of educating women is making good decisions. If women are educated, they make the right decisions in their lives, for example, decisions about marriage, children, work, and finances. Educated women know their rights and are aware of their responsibilities. Educated women are participating in every household decision. For instance, one of my friends made a decision about her marriage. She chose her life partner by her own decision. Now she has a successful marriage life. Education helps her to make better decisions.

However, the most important effect of educating women is raising healthy children. Educated women will give healthy and strong children to families. Educated women

provide a better life for their children by encouraging their children to go to school. They make their children mentally and physically strong. They have enough knowledge about healthy food. Educated women make a schedule for their children for eating, exercising, and sleeping. For example, I don't allow my children to watch TV and play games for more than two hours a day. I give them proper meals three times a day. They are healthy, and I am happy.

In conclusion, educated women help the family financially, in making decisions, and with raising healthy children. Educated women make life happier and easier for men. An educated woman always has a bright future. They are the best helpers and advisers in the family. They build their children's future by making them healthy mentally and physically. In my opinion, education is a great gift from parents to children, especially girls.

**Sonia Ajmal - ESL 55  
Cause/Effect Essay**





## *The Causes of a Happy Family*

Have you ever wondered if your family is happy? Most families in the world want to be happy and enjoy their life every day. People get married in order to create a good and happy family. Every person wants to be happy in the family throughout his life. Happy families have many different causes that help and make their families strong and happy. The most common causes of a happy family are children, time spent with family members, and gratitude for each other.

The first cause of a happy family is that the family has children. Children are a great source of happiness for a family, where the husband and wife get a lot of joy from them. Thanks to children, married couples have a great incentive to raise children together and set a good example for them. Although children are small, they unite a husband and wife very much and bring them a lot of happy moments in their lives. One of the great examples is when, after childbirth, still in the hospital, the doctors give the father a child in his arms. These are unforgettable impressions that will be remembered for the rest of his life when the father holds this little child in his arms. He receives unforgettable impressions and becomes the happiest person on earth. Another example is when the children are already adults and have their own children. Old parents that no longer have the same



strength as in their youth continue to enjoy the fact that they did not live their time in vain. They raised wonderful children and can see and enjoy their grandchildren. So, children are one cause of a happy family.

The next cause of a happy family is spending time with your family. This is very important because usually people do not have enough time and do not allocate it to their families. Spending time with your family is a big step towards making your family happy. For example, by using time together on vaca-

tion, parents and children can get a lot of pleasure and happiness from one another. If parents spend time with their children, playing with them or reading some interesting books, children get joy because their parents are together with them. A child's smile to parents is always happiness and pleasure for them. Also of great importance for a happy family is when a husband and wife have time with each other. For

example, if they have the opportunity, they can go to the movies or to a restaurant or even just take a walk in the park. It helps a lot so that the husband and wife, when communicating about each other's lives and having a good time together, thereby help to unite the family and make it happy. Therefore, spending time with your family is one of the important reasons for a family to be happy.

The last important cause for a happy family is gratitude for each other. Expressing

gratitude to each other is always an important aspect everywhere, especially in the family. For example, the mother prepares dinner, spending a lot of time and effort on this. Next, she calls everyone to the table, and after finishing eating, each member of the family sincerely thanks her for the food. Of course, both the mother and other family members will be happy because everyone in this family is grateful. Another example of how gratitude makes a family happy is when we go to the store to pick up our children. If we buy them a toy that they really want, we finally hear words of gratitude from them. Of course, we get a lot of

pleasure and happiness from the fact that our children are also grateful to us. So, gratitude in a family is one of the important causes of a family's happiness.

In conclusion, I am convinced that the three most important causes of a happy family are children, time spent with family members, and gratitude for each other. Family is one of the most important and best reasons to live, and to strive for the best, we should do everything to make our family happy.

**Ruslan Parylyak – ESL 55  
Cause/Effect Essay**

## *The Frightening Day in My Life*



Have you ever had a dangerous or frightening experience in your life? We know that life is full of experiences, and everyone has good and bad experiences in their life. Some people have frightening and dangerous experiences from natural disasters such as earthquakes, tornadoes, tsunamis, and wildfires. Some people have frightening experiences from other things like illness, house fires, and accidents.

One time, I had a frightening experience with a flood. That was about 8 years ago in spring. I went to Mazar-i-Sharif with my family and my uncle's family on vacation. Mazar-i-Sharif is located in the north of Afghanistan.

Mazar-i-Sharif is a beautiful city in spring, and most people went there on New Year's. It is 7 hours away from the city of Kabul. The weather was rainy in spring in Mazar-i-Sharif. We went there to visit the Blue Mosque, and we wanted to spend New Year's there. We stayed there for 4 days, and we saw the Blue Mosque and other beautiful places such as Balkh Mosque and Dasht Shadian in Mazar-i-Sharif. We had a good time there and enjoyed ourselves a lot. After 4 days, we decided to go back home to Kabul. The weather was rainy. We woke up early at 3:00 am and went to the car station. The car station was a place where there were different kinds of cars with drivers, and we rented a van. We got in the car and drove up to Kabul. We were so worried because driving in rainy weather was dangerous.

There was a lot of rain on the way. The rain was getting heavier and heavier. The driver continued driving. After half an hour, we arrived in the canyon of Tangi Tashkurgan and there was a flood coming slowly. After every second, the flood was heavier. We were so scared, and everyone was so scared. Some people went back to Mazar-i-Sharif, and some

people continued on the way. We wanted to go back to Mazar-i-Sharif again, but my uncle insisted that we should go to Kabul on that day because he had to go to work the next day. For this reason, we were forced to go to Kabul. The driver was so brave and smart, and he said our car was big and high, and we could cross through the flood. My cousins and I were crying and so scared. The car was moving in the flood, and the road was not visible. The mobile phone also didn't work. There was a lot of flooding in one part, and it got a little inside the car. We were so scared when the flood came to our car. The driver continued driving, and we drove in the flood for 15 or 20 minutes. After 20 minutes, the flood was slow. We were afraid a lot.

Finally, we crossed through the flood because our car was big and high. The weather was still raining, but there wasn't any flood in Samangan. After two hours, we got out of the car in Salang and went to eat breakfast, but we were still scared and worried. After we ate breakfast, we got in the car and went home. The way was so boring, and we were so sad.

After 9 hours, we arrived home, and we were so tired. Everyone was so sad at home because of the flood, and when we arrived home, they became happy. After a few minutes, we saw on the TV that the flood was so heavy and a lot of people had died in the flood. The flood was very dangerous and frightening and destroyed the road. The way between Kabul and Mazar-i-Sharif closed for a few weeks, and no one could go to Mazar-i-Sharif by car. Anyone who wanted to go to Mazar-i-Sharif had to go by plane. We were lucky to be able to get through the flood and get home safe.

In conclusion, Mazar-i-Sharif is a beautiful place for vacation, especially in spring and the road to Mazar-i-Sharif is also beautiful and spectacular. Unfortunately, I had a scary experience with the flood on the way to Mazar-i-Sharif, and I can't forget that day.

**Bibi Kawsar Hamidi – ESL 47  
Narrative Essay**







## Parrot Pastimes - My Hobbies

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

First, plants are beautiful and colorful.

Plants are usually green, but their flower blossoms are in different colors. To give an idea, pomegranate, apple, cherry, and strawberry have the most beautiful blossoms. That makes a plant more beautiful in spring. In ad-

dition, raising plants can be a good everyday hobby because plants need care. For instance, I need to water the plant and cut off the dried branches. I have different plants for different places, but I like the pepper and mint plants the most because mint has a good and fresh smell, and pepper has different colors. I keep my favorite plants in my room because I can take care of them better. I always have a good time when I take care of my plants, so time passes very quickly and well.

Next, home designers always use fresh plants for decoration. I like to use plants in

my house, too, and I can design my bedroom, living room, my office, and the exterior of the building with plants, too. This is why I like it because when fresh plants are in the room for decoration, they can also make oxygen; therefore, plants are good for us. Flowers are beautiful. Plants are different for decoration of an office and a garden. I want to name some beautiful flowers and plants that are both fragrant and colorful, like the white jasmine plant, the Areca palm, and the peace lily. The

flowers I mentioned are good for the living room and bedroom or office. Creeping ivy is a good plant for a big balcony and a fence wood wall. Green space has made the outdoor environment more beautiful too, so plants are very important in the beauty of a living environment.

Lastly, plants are different and I

use some of them as food; for instance, pepper, mint, tomatoes, olive, cucumber, apple, peach and others. I have two peppers and one mint. Pepper and mint are easy to grow in an apartment, and they don't need much care. Pepper and mint plants need just sun, water, and some mulch to grow. I can grow a plant in an apartment, too. In a plant pot, it's easy to collect and take care of the plants. I can grow it in the soil of the ground. Vegetables are an important part of nutrition, and I can grow my own vegetables. I hope one day I can have my own strawberry farm. Plants grow and I need



to take care of them. Good care of any plant will yield results.

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

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



## *Assimilation or Integration?*

The phenomenon of moving from the mother country to the host country, whether for permanent or continuous living, is a normal process throughout history. In effect, these immigrants coming from different countries with different cultures and background participate in this new society. Among those countries known for receiving a diversity of immigrants from around the world is the United States. In fact, opinions vary about whether the integration of diversity celebrating multiculturalism is more desirable for society in the United States, or if it is better to have a homogenous culture focused on the assimilation of cultures. Many people have suggested that assimilation rather than just integration is the best way to maintain a society where order and security prevail. However, the research shows that multiculturalism and integration remain a solution to create a modern society with the existence of dialogue between all cultures for the following reasons.

First, integration fosters preserving the cultural and linguistic characteristics of individuals in the society. And a person feels ap-

preciation, psychological stability and love for a society that respects the components of his personality. In effect, a host country can't turn the page of an immigrant's history, and no matter how much a person tries to leave some of his identity, which is connected to religion, culture and language, he cannot completely break away from it. In addition, sociologists



have confirmed that what immigrants can know of attempts to completely assimilate into the new society constitutes a major problem, which may be known as identity disorder or culture shock, which results in behavioral disorder, disturbance at the level of perceptions, and disturbance in the relationship with oneself and with others. Ultimately, integration is a good way to create a stable society where individuals respect each other while preserving and expressing their heritage culture while involving themselves in the larger society.

Additionally, people who participate in a multicultural society have an opportunity to develop their resources from two or more cultures. In fact, they develop their thinking skills to propose different suggestions and innovative solutions to problems by using their multicultural minds. That can play a big role to increase the economy. For example, experiences suggested from many cultures combine a strong resource of information that can sum up years of experiences.

On the other side, let's assume that assimilation is the best solution to have a unique and homogenous society in the United States. Those who support this idea focus on how multiculturalism can affect and make changes to American life, for example, the spread of many foreign restaurants and stores everywhere in the U.S. They propose assimilation as a way to disconnect immigrants from their original culture, and make all society members the same and in the unique American culture. However, many have argued against assimilation, and have tried to prove that we can't turn the page easily for someone and take him away from his history, family, culture, religion and language.

Finally, the United States receives about 50,000 immigrants from different countries—every year! It is quite impossible to impose as-

similation on a county known for its diversity of cultures and beliefs. In effect many studies and statistics support that multiculturalism is one of America's strong points.

**Fatima Darouiche – ESL 315  
Opinion Essay**





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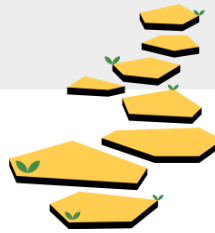
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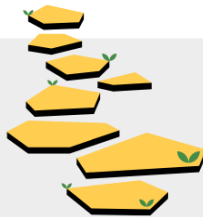
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# Advanced Reading Comprehension



## Practice of Medicine

Modern scientific and technological developments in the practice of medicine and public health have drawn nursing into new and wider fields of activity, and its functions have been expanded accordingly. Therefore, nursing is no longer limited mainly to activities within the hospital, or to what is called curative nursing. It has also become a community service in which preventive and rehabilitative functions are a vital part of nursing programs. The modern concept of nursing considers the hospital, however central it may be, as only one of many health agencies in the community.

Do you want to read more stories? Click on the website below:  
<https://www.grammarbank.com/practice-of-medicine.html>

## Can you answer these questions?

**1. As we understand from the reading, today ----.**

- A) the only reason people go to hospitals is for nursing care
- B) most of the nursing practice now takes place in people's homes
- C) hospitals are not the only setting where people receive care or support
- D) scientific and technological developments can't improve the quality of care that is delivered in hospitals

**2. One can infer from the passage that ----.**

- A) nurses were treating more people in the patient's own home in the past
- B) hospitals are the only places where nursing care is crucial
- C) nurses don't see the hospital and clinic as important units in the community health program
- D) hospitals are still the most important component of the healthcare sector

**3. According to the passage, the nurse's function has been expanded because of ----.**

- A) the nurse's activities in the hospital
- B) hospitals, which are the most common work environments for nurses
- C) the reluctance of nurses to work in the hospital
- D) the necessity of working longer hours
- E) the progress in science and technology in related fields







**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**

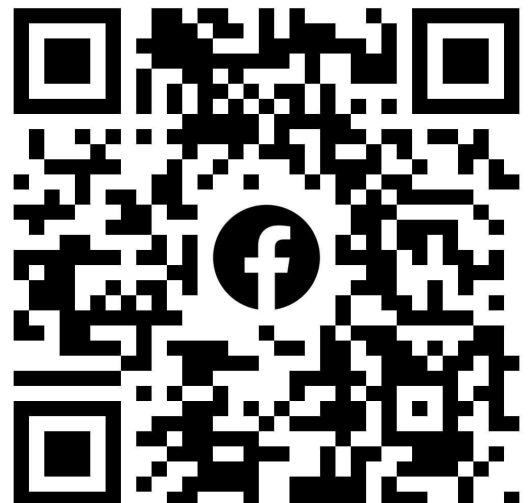
Snow: 916-770-5527 (WhatsApp)

Manny: 916-997-1648 (WhatsApp)

Mari Moslehi: 916-889-1778 (WhatsApp)

#### **Advisor**

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



# 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

are my joy and support in my life.



**How long have you been at ARC?**

**Yuliia:** Spring 2023 was my first semester. I want to add that I love studying here.

**How did you become interested in making**



**soap?**

**Yuliia:** From early childhood I was full of creativity. I dreamed of doing what I love. Sometimes, immigrants go through hard times, and that happened to me, too. I was looking for ways to use my creativity that would also bring income. When I saw the soap arrangements, I said, "This is mine! I want to bring joy to people through it." This is how The Diva Soap brand was born.

**Can you remember the very first soap that you made?**

**Yuliia:** Oh, yeah! I not only remember, but I also keep it as remembrance of my first creation. By the way, one of my first creations is still the best-selling on Etsy.



**How long did it take you to become confident enough with your soap-making skills before you started your business?**

**Yuliia:** First, I took some courses about soap-making, courses in floristry and coloring, and business and advertising courses. And only when I saw a result that completely satisfied me, I tested the storage of soap, how it behaves in different temperatures, at different humidity. It was only then I posted my first listing on Etsy. The whole process took almost one year.

**What is the hardest part of making soap?**

**Yuliia:** Probably the hardest part of soap-making is the coloring.



**You don't just make bars of soap. You create beautiful sculptures such as soap in the shape of a bouquet of flowers. How do you make them?**

**Yuliia:** The first thing to do is to make flowers. To do this, we pour melted soap into a mold and cool it down. After we have collected the number of flowers we need, we arrange the bouquet, and then decorate it with artificial greenery.

**You have an Etsy shop to sell your soap. What are some of the most popular items?**

**Yuliia:** Yes, I have an Etsy shop, where I sell soap arrangements, soap gift boxes, single decorative soap, soap favors for baby and bridal showers, gender reveals, birthdays, weddings, etc. The most popular is 3D soap in animal shapes, such as bears, kittens, even sphinx cats. Also really popular are strawberry soap, cake soap, and merengue soap.

**What are a few of your favorite kinds of soap?**

**Yuliia:** I love my lavender soap with floral scent. It leaves a light flavor on my skin.

**Do you like experimenting with different**

**ingredients? If yes, have you had any successful experiments? Have you had any funny or memorable failures?**

**Yuliia:** Yes, I remember at the beginning I put into soap some natural ingredients, such as lavender buds or rose petals, and it started rotting. After my courses, I learned that only cornflowers and calendula petals are allowed inside of soap. Also, I remember one lady said to me that she made soap with garlic scent! (I definitely don't want to try that!)

**What lessons have you learned about business, creativity, or life from soap making?**

**Yuliia:** "Choose a job you love, and you will never have to work a day in your life," said famous Confucius. Business, creativity, and



soap making—that's my life. I have never really worked in my life because soap-making is a job that I love.

**Of course, soap-making is just one small part of your life. Do you have other hobbies? Would you tell us about them?**

**Yuliia:** I love knitting and crocheting. I also love to spend my time with my boys, to see their happy faces.

**Are there other artistic skills that you would like to learn?**



**Yuliia:** I love photography. Capturing moments with a camera is my second big passion.

**Do you admire any artists? Who and why?**

**Yuliia:** Yes, I do admire some artists! One of my favorite artists is Vincent van Gogh. I think he was a very talented painter, and his use of color and brushstrokes is really beautiful. I also admire how passionate he was about his art, even though he struggled with mental illness and poverty during his lifetime. He never gave up on his dream of being a successful artist, and his paintings continue to inspire people all over the world.

**What are some of your favorite things in life?**

**Yuliia:** I love spending my time with loved ones, traveling to new places, trying new food, exploring new cultures, sports, exploring and learning new things.



## Explore California



### Sardine Lake

Sardine Lake is located in the North Yuba River area. Visitors enjoy a wide variety of recreational activities in the area, including hiking, hunting, fishing, canoeing and gold-panning. The area consists of two lakes: The Upper Sardine Lake, and the Lower Sardine Lake. They're both considered two of the most breathtakingly beautiful lakes in California. There's a resort named Sardine Lake Resort, which offers a parking lot, restrooms, and cabins to stay the night as well as boats to rent out for the day.

As you can see from the pictures above, the night sky is free from light pollution, offering a clear look of the stars and the Milky Way, which can be easily seen with the naked eye!

Getting there from Sacramento will take you approximately two and a half hours. The roads are in great condition with beautiful scenery along the way. Be aware of the deer, though. There are a lot of them as you get closer to the destination!

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

*By Manny*



## Eat the World!

### Lemongrass Ginger Tea



Ginger tea is often used as a home remedy for mild cold, nausea and stomachache in Vietnam. In South and Central Vietnam, you will find a version of ginger tea with lemongrass. The

pleasant fragrance from lemongrass adds a relaxing effect to the tea. We call it “trà gừng sả” in Vietnamese.

Although this drink is very easy to make, the brewing time should be right, or there’s a chance it will turn out with a soapy taste. You can enjoy it all year round since it is great either hot or cold.

#### Ingredients:

1 thumb-sized piece of ginger, peeled (about 0.6-0.7 oz or 18-20g)

5 lemongrass stalks (about 2 oz or 60g)

4 cups water

#### Directions:

1. Slice ginger into 4 slices and use a pestle or something heavy to slightly bruise them. Peel and discard the outer layer of lemongrass. Cut each stalk in half crosswise and use a pestle or something heavy to bruise them.

2. Add water to a small pot and bring to a boil. Add ginger slices and lower the heat to a simmer. Cover the pot and simmer for about 10 minutes.

3. After 10 minutes, add lemongrass stalks. Cover the pot and continue to simmer gently for another 5-7 minutes.

4. Turn off the heat and remove the pot from the stove. Let the tea steep for another 5-10 minutes in the pot with the lid still on. You can even steep it longer if you prefer a stronger tea. The tea will also look darker when you steep it longer.

5. To serve hot: pour the tea into serving glasses. You can decorate each glass with a slice of ginger and a lemongrass stalk that you have just simmered.

6. To serve cold: let the tea cool down in the pot and then chill it in the refrigerator before drinking.

7. You can keep the tea in an airtight bottle or container in the refrigerator for up to two days. It can be reheated easily in the microwave.

**By Sophie at [delightfulplate.com](http://delightfulplate.com)**

Source and video [here](#).



# Restaurant Review

## ONO HAWAIIAN BBQ

Founded in 2002, **Ono Hawaiian BBQ** is a family-owned fast casual restaurant known for its authentic Hawaiian Plate Lunches and other island specialties. Ono Hawaiian uses the freshest ingredients, prepared from scratch daily in each restaurant and grilled fresh to order.

They offer shrimp, seafood, chicken, beef, fresh mix salad, soup, pork, appetizers, mini-meal, island favorites, beverages, and many more items on their menu. You can check out their menu with prices on their website.

We went to the location in Rancho Cordova, and even though the service wasn't the greatest, the food was cooked fresh and it had a rich taste. The chicken and the fish were well cooked and the shrimp had a fresh taste. The prices are very affordable as well. This place is highly recommend for those who are looking something cheap but good to eat for lunch.

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





## Subjunctive Mood

by Hans Ostrom

Subjunctive means below the junction of fact and fact, not quite up here where things occur. It's a mood, a grammatical emotion, and I have always loved it, as it were.

It's contrary to fact, like fiction--speculative, like poetry. "If I were you," we say, "I'd visit Nebraska or Tangiers," and for a brief counterfactual moment, we're the other person in Nebraska or Tangiers, and then we're back here, not pretending but offering advice in the subjunctive mood, being grammatically correct and ignored.

If I were someone else, I could still say, "If I were someone else," ad infinitum, so to speak, into subjunctive infinity, the ultra-vast space of language, which teases us, toys with us.

Source: <https://allpoetry.com/poem/16622130-Subjunctive-Mood-by-Hans-Ostrom>

## Rigoberto's Riddles

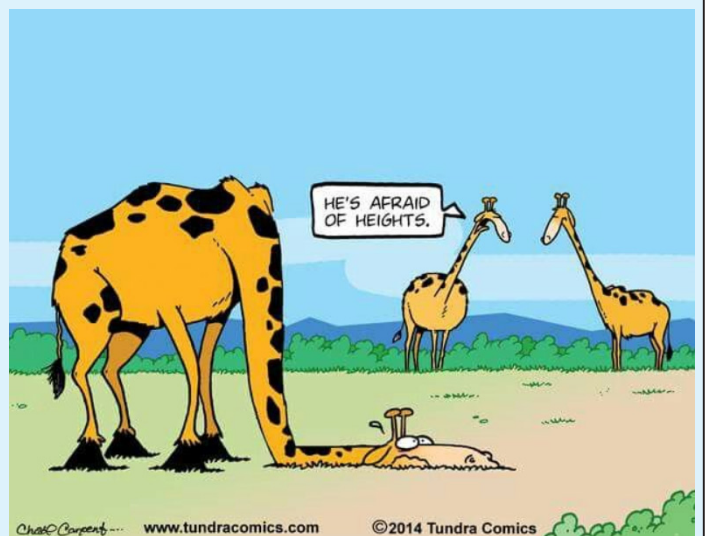
*Love at a Funeral*

A girl is at the funeral of her mother. She meets a nice guy that she didn't know who also was at the funeral and they hit it off. She was busy at the funeral and didn't have time to ask him for his number before he left. She tried really hard to track him down, but no one knew who he was or how to contact him. A few days later her sister dies and the police suspect it to be a murder. Who killed her sister?



*She killed her sister. She was hoping that if someone else in her family died, the man she met at her mother's funeral would show up again.*

## Silly Vasily's Chuckle Chamber



Chuckle Chamber... www.tundracomics.com ©2014 Tundra Comics

Source: <https://i.pinimg.com/originals/b7/a1/a4/b7a1a4f06361a587501ae2d1d131baf4.jpg>



## Ode on the Spring - By Thomas Gray



Lo! where the rosy-bosom'd Hours,  
 Fair Venus' train appear,  
 Disclose the long-expecting flowers,  
 And wake the purple year!  
 The Attic warbler pours her throat,  
 Responsive to the cuckoo's note,  
 The untaught harmony of spring:  
 While whisp'ring pleasure as they fly,  
 Cool zephyrs thro' the clear blue sky  
 Their gather'd fragrance fling.

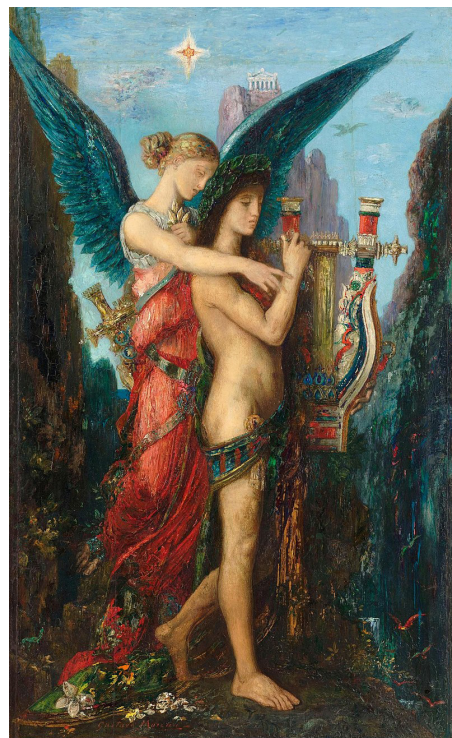
Where'er the oak's thick branches stretch  
 A broader, browner shade;  
 Where'er the rude and moss-grown beech  
 O'er-canopies the glade,  
 Beside some water's rushy brink  
 With me the Muse shall sit, and think  
 (At ease reclin'd in rustic state)  
 How vain the ardour of the crowd,  
 How low, how little are the proud,  
 How indigent the great!

Still is the toiling hand of Care:  
 The panting herds repose:  
 Yet hark, how thro' the peopled air  
 The busy murmur glows!  
 The insect youth are on the wing,  
 Eager to taste the honied spring,  
 And float amid the liquid noon:  
 Some lightly o'er the current skim,  
 Some show their gaily-gilded trim  
 Quick-glancing to the sun.

To Contemplation's sober eye  
 Such is the race of man:  
 And they that creep, and they that fly,  
 Shall end where they began.  
 Alike the busy and the gay  
 But flutter thro' life's little day,  
 In fortune's varying colours drest:  
 Brush'd by the hand of rough Mischance,  
 Or chill'd by age, their airy dance  
 They leave, in dust to rest.

Methinks I hear in accents low  
 The sportive kind reply:  
 Poor moralist! and what art thou?  
 A solitary fly!  
 Thy joys no glitt'ring female meets,  
 No hive hast thou of hoarded sweets,  
 No painted plumage to display:  
 On hasty wings thy youth is flown;  
 Thy sun is set, thy spring is gone—  
 We frolic, while 'tis May.

Source: <https://www.poetryfoundation.org/poems/44304/ode-on-the-spring>



### Thomas Gray's "Ode on the Spring": A Road into the Ode

As the spring season draws to a close and summer begins, it can be fun to remember those first glorious days of spring, when the winter cold gave way to warmth and blooming new life. Thomas Gray's "Ode on the Spring," written in 1742, celebrates springtime in language of exquisite beauty, drawing the reader into a dancelike meditation on nature's activities, sounds, and colors during the spring, and on human life itself.

Though one of the most famous poets in English history, Thomas Gray (1716–1771) published only thirteen poems in his lifetime, being intensely critical of his own work. Gray's "Ode on the Spring" has an intricate structure and, like most odes (a genre of poetry), describes nature from both an emotional and an intellectual standpoint. The poet veritably finds a philosophical well-spring in his appreciation of the spring.

The poem consists of five stanzas (verse paragraphs), each with ten lines. Except for the second, fourth, and tenth lines, each is written in iambic tetrameter, or four groupings (feet) of two syllables, the first unstressed and the second stressed: "dis CLOSE | the LONG | ex PEC | ting FLOWERS." (Some two-syllable words, like "flowers," are pronounced as if they had only one.) The second, fourth, and tenth lines of each stanza have only three metrical feet.

The poem has the following rhyme scheme: ababccdeed. That is, the last syllable of the first

line of each stanza rhymes with the last syllable of the third ("hours," "flowers"), the last syllable of the second with the last syllable of the fourth ("appear," "year"), etc. One interesting thing to note about the metrical scheme is that six lines have a metrically inverted first foot, in which the first syllable of the foot receives the stress rather than the second:

**"LO where | the RO | sy BO | som'd HOURS"**

**"STILL is | the TOIL | ing HAND | of CARE"**

**"EA ger | to TASTE | the HON | ied SPRING"**

**"SOME show | their GAI | ly GIL | ded TRIM"**

**"SUCH is | the RACE | of MAN"**

**"BRUSHED by | the HAND | of ROUGH | mis CHANCE"**

In case you feel disoriented by the diction in the beginning part of the poem, it includes a few allusions to mythology. The "rosy-bosom'd Hours" are goddesses of the seasons in Greek mythology. They are said to adorn Venus, the goddess of love, beauty, and fertility. The Hours form Venus's "train," i.e., her robe or skirt. "Cool zephyrs" are gentle cool breezes, emanating from Zephyrus, the god of the west wind.

From a grammatical standpoint, the poem opens with an impersonal imperative: "Disclose the long-expecting flowers." This may be understood as a wish that the flowers bloom. Another grammatical feature is that Gray often places the direct object before the verb. Instead of "Fling their gathered fragrance," we have "Their gathered fragrance fling"; instead of "No glitt'ring female meets thy joys," we have "Thy joys no glitt'ring female meets."

May these introductory notes enable you to immerse yourself in the poem and enjoy it. In addition to describing some beautiful sights and sounds of spring, along with its burgeoning insect life, the poem considers different types of people and the lives they lead, including the poet's own life as a contemplative person. Ultimately, he celebrates living life to the full and sharing its joys, however temporary they may appear to "Contemplation's sober eye."

*By Professor David Evans*





## Through Time and Culture

A comparison between the Arab and Western poetic experience

Poetry is an expression of life that the poet uses to express his feelings towards others and the environment around him. In addition to being an artistic expression, it is also based on a philosophical perception of all life issues. The poet has his own vision, which he expresses through his poems. Therefore, poems are not only for enjoyment but also for other benefits. Beautiful poems provide pleasure and can be considered as documents that provide data about the poet's surroundings. Through some poems, we can know more about the political, cultural, social, scientific, and literary reality during the period in which the poet lived.

Therefore, poets have had a prominent position in societies since ancient times. Every culture and every nation has its own poets and a poetic style that distinguishes it from others. In this context, I will try to focus on ancient Arabic poetry and modern Western poetry. Some similarities and differences can be noted at the level of form and content. This difference or similarity is due to the nature of the environment in which the poetic experience arose. Arab culture differs from Western culture in several respects, while it also converges with it in other respects, which is evident through the poetic experience of each culture.

Before embarking on a comparison between the two poetic styles, I would like to point out that I chose to compare Arabic poetry and ancient poetry and all the poetry that follows it (or what is called traditional poetry) with modern Western poetry (except for the so-

called prose poems) due to the clear differences in terms of form, content and what makes the poem a poem because modern Arabic poetry does not differ much from modern Western poetry except in terms of language only. It is influenced mainly by the same literary and philosophical schools and currents that appeared in the West. I am not revealing a secret if I say that there is a great debate among Arab researchers between proponents of modern poetry and ancient poetry about whether modern Arabic

poetry can be considered poetry. Supporters of the traditional school insist that modern poetry is simply not considered poetry. They believe that modern poetry is a kind of escape from the strict rules of ancient poetry due to the lack of contemporary poets with the necessary cultural, artistic and literary capabilities.



The first distinction between the Arab and Western poetic experience is the environment of origin. The cultural space and the structure of Arab thinking undoubtedly differ from their Western counterpart, and this distinction is evident in literary practice in general and in the poetic experience in particular, which reflects each country's cultural and artistic development. Therefore, the tendency of the Arab poetic experience (the ancient one in particular) appears clearly towards the spirit of the group and the expression of values, religion, societal morals, common experiences, and even the supposedly subjective topics that the poet approaches from the society's point of view. In contrast, modern Western poetic experiences



tend to be individualistic and subjective and reflect the personal feelings and experiences of the poet, which is consistent with the philosophies on which modern Western civilization was based as a whole.

### Periods of Arabic Poetry

To compare traditional Arabic poetry and Western poetry, it is worth defining the period in which each poetic experience emerged. Arabic poetry appeared around the sixth-seventh century AD.

*The researchers divide it into two main stages:*

**Stage 1.** The Poets of the "Jahiliyyah." The word "Jahiliyyah" means the cultural, social, and religious situation in which the Arab tribes were before the advent of Islam. This poetry belongs to the pre-Islamic stage and is considered the main reference for the rules of traditional Arabic poetry until now. Also, it is considered among the basic reference points adopted by linguists to establish the rules of the Arabic language. This stage is considered the brightest stage of Arabic poetry. It is the reference in evaluating the traditional poetic experience, whether in terms of language or rhetoric, and the strength and depth of expressions. We did not receive many poems from this stage, but what we have received is sufficient to know the artistic and creative value of poets and writers at that time.

It is worth noting that the best thing that the Arabs excelled in at that stage was reciting poetry, and the poet had a significant position in society. Kings and leaders raced to bring them closer so they could use their poetry to confront their opponents, as one poem could move a tribe from a high position among the tribes to a lower rank and vice versa. In this context, we mention the seven famous poems (due to their

aesthetic, artistic and linguistic value) that the Arabs chose in the past, written with gold water, and which they hung on the walls of their holiest place, namely for Muslims from afar, the Holy Kaaba. The depth of their meanings and accuracy in the description made them ideal poems suitable for reference in poetry systems. The poet was not considered a poet until he memorized and examined it. For more details, please refer to the book "The Moallakát, or Seven Arabian Poems," which was translated into English by the poet William Jones.

**Stage 2.** Islamic poetry. This poetry appeared after Islam and extended from the seventh century until the eleventh century, and it is, in fact, an extension of pre-Islamic poetry with some minor differences, especially at the level of content, topics, and internal structure, while the external structure remained the same.

### Western Poetry

It is difficult to determine an exact date for modern Western poetry's emergence. Still, many studies link it to

the eighteenth century, and the difficulty of the matter is due to the development of literature in each region separately (Rosenthal) including the different poetic schools and literary freedoms. For example, the Romantic movement appeared in Western poetry during the nineteenth century, and its poems focus on themes of love, inner feeling, nature, and death. At the end of the nineteenth century and the beginning of the twentieth century, the Symbolic school appeared and relied a lot on symbols and metaphorical expressions.

### Difference: Structural Form

The first apparent difference between ancient Arabic poetry and modern Western poetry appears at the level of the external structure of



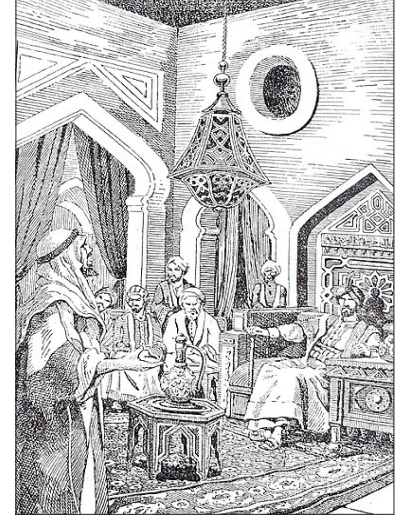
the poem, or in other words, how the poem looks based on visual observation. The modern poem's external structure is free and not subject to anything other than the musical rhythm. Therefore, the poetic verses (or poetic lines) differ in length based on the emotional impulse. At this level, the poet has greater freedom in innovation and creativity at the level of form. Here is an example:

### "Serenity"

In the stillness of the morning light,  
I find solace in the whispers of the night,  
Maria Johnson, a poet's name,  
Seeking serenity in a world aflame.

Through words, I navigate this turbulent sea,  
Capturing emotions, setting them free,  
In the tapestry of language, I find my voice,  
A refuge from chaos, a reason to rejoice.

Maria Johnson



On the other hand, the Arabic poem looks different in form. Each poetic line contains two parts, each of which has a special name in the Arabic language. They are exactly parallel in terms of rhythm, just as the letters and sounds ending in the last word in every verse must be the same for rhythm to occur. Symmetry is required for the poem to sound like this. (Note: you should read the right half of the line first and then the left side)

بأنني خير من تسعى به قَدَمٌ

that I'm the best of those who walk this earth

سيعلم الجمع ممن ضمّ مجلسنا

Everyone gathered in our assembly shall come to learn

وأسمعت كَلِماتي من به صَمَمٌ

and whose words the deaf has heard

أنا الذي نظّر الأعمى إلى أدبي

I'm the one whose poetry the blind can see

ويسهّر الخلق جَراها ويختصم

while others restlessly argue and struggle to understand them

أنام ملء جفوني عن شواردها

I sleep contently as my words roam free

حتى أتته يد فراسة وفم

until my steady hand and tongue got to him

وجاهل مدّه في جهله ضحكي

And that ignorant man, who misunderstood my laughter

فلا تظنن أن الليث يتسّم

never assume that the lion is smiling

إذا رأيت ثوبَ الليث بارزة

Should you witness a lion bare its fangs

(The translation is from lyricstranslate.com)

What distinguishes the ancient Arabic poem and gives it its distinctive shape is what is called the poetic "Al-Bahr." The word "Al-Bahr" in Arabic corresponds to the word "the sea" in English and is



used in the same sense because the rhythms in the Arabic poem are unlimited and vast like the sea. A poetic “Al-Bahr” is a grammatical unit used in poetry to determine the vocal and rhythmic pattern of the verses. “Al-Bahr” is considered one of the most essential elements of the external structure of the poem, and it contributes to adding aesthetics and harmony to the poetry. It is worth noting that the “Al-Bahr” of Arabic poetry is the number 16, and an Arabic poem cannot be a poem unless it is built on one of these “Al-Bahr” that was developed by the great scholar of Arabic language and poetry, Hebron Ibn Ahmed Al-Farahidi, during the eighth century AD. In contrast, the modern poem is freed from these restrictions and relies more on the natural rhythm of language and tone, and can use a free and varied rhythm instead of a specific meter. Emphasis may be placed on melodies, phonetic dictionaries, and phonetic distribution of words.

#### **Difference: Language**

Another difference between traditional Arabic poetry and modern Western poetry is the language used. Arabic poetry is more direct, devoid of complexity and philosophical symbols, as it deals with topics directly. Significantly, the old dictionary is used, making it difficult to understand and interact with the poem. Nevertheless, it also adopts metaphorical expressions, beautiful improvements, and metaphors, which gives it aesthetics and strength in conveying the idea. As for modern poetry, despite the ease of the user dictionary, it tends to use symbols, myths, and ambiguous philosophical expressions, as it opens wide spaces of interpretation for the reader.

#### **Conclusion**

After comparing ancient Arabic poetry and modern Western poetry, we can conclude some important points. Despite the different cultures, traditions, and languages, poetry in both disciplines expresses the human spirit and seeks to express ideas and feelings creatively and aesthetically.

In ancient Arabic poetry, we see an em-

phasis on the external structure of the poem, such as “Al-Bahr” and rhymes, along with an emphasis on rhythm and vocal harmony. Ancient Arabic poetry is also characterized by its richness in metaphorical and figurative expressions and use.

As for modern Western poetry, it has witnessed radical shifts in styles and techniques. Modern poetry focuses on innovation, experimentation, and exploration of the limits of language and expression. It also relies on poetic freedom and non-compliance with strict traditions, allowing the poet to express his vision in innovative and unique ways.

Regardless of the differences, poetry in both cultures remains a powerful way of expressing humanity and communicating between cultures. Studying and comparing ancient Arabic poetry and modern Western poetry contributes to deepening our understanding of the cultural and historical diversity of poetry as a global literary genre.

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*Parrot Staff Writer: Mohammed El mrani*





*Continued from page 1 Interview*

English and went on to get a master's degree in English at the University of Arizona and then I went directly from there to University of California, Davis, where I am at now. I am getting my Ph.D. in Education and I have a focus on writing and rhetoric and composition studies. So, I do a lot of research on digital literacy and how students interact online and their well-being through those platforms. So, that is kind of my research and my work. I am a first-generation student. So, I am really excited to be able to attend so many great institutions and be able to get back and be a part of education for other people as well.

**Have you traveled outside of the U.S.A? If yes, how many countries have you**

**visited so far and how did you like travelling abroad and meeting people with different cultures and lifestyles?**

**Sydney Sullivan:** So, I recently just travelled outside of north America for the very first time last year. So, I originally planned to travel in 2020, and obviously Covid happened, so that was something that we had to skip, but we ended up going again in 2022. I went to Europe for the very first time and I went to Switzerland, Germany, Italy and Spain and it was very exciting. I was very blown away just by the culture and how many people spoke so many different languages and were so knowledgeable about their country and their culture and just the lifestyle was so beautiful to see from everyone.



One other thing I enjoyed was eating, obviously. Also, we went to a ton of museums and really saw a lot of the art. So, it was really wonderful to be able to enjoy and be a part of the culture and see the art there. That was something that I was really excited about. So, that was what I really enjoyed doing outside of America.

**What food from other cultures have you tried so far? Can you choose a favorite?**

**Sydney Sullivan:** So, I feel like, when I was travelling I had 3 different favorite food experiences.

When I went to Italy, obviously the pasta was some of the best that I have ever had. I think I had to get used to the Al dente, versus, in America I feel the pasta is very soft and not as firm, so I have had to adjust or re-think about how I normally cook pasta and

how it is supposed to taste. It was so interesting to go through that experience, which I really loved. In Switzerland I got fondue and sweet cheese. That was really exciting and it was near the mountains, and it was more fun because of where I was at. Then the last place that I really loved was going to the market in Barcelona. So, there they have a very large super market that everyone goes to right before siesta (an afternoon nap time). Before everyone goes and gets tapas (little snacks, essentially) and so everyone goes to grab tapas to be able to mingle in the market together and experience all these different kinds of food and then everyone goes and has seista for a few hours where everyone is off work. Then everyone gets back together later

in the night. So, I really loved experiencing that part of the travel.

**Thank you very much for the good information. I was impressed with the experience you had in your recent trip to Europe. I heard a lot about Italy pasta and also pizza. Italy is one of the countries on my wish list and in the future when I go to Italy I will make sure to try pasta, too. If you are in a position to choose one, would you rather go to a movie or a concert? Which and why?**

**Sydney Sullivan:** I would definitely choose a concert. I am a dancer in my spare time and I used to do theater and acting. So, I feel I really appreciate any kind of in-person, on-stage presence. I really enjoy being able to see something live. I think movies are really wonderful and being able to edit and film things is very unique, but there is something special about being able to see someone just in the moment on the stage, and so, I think for me a concert would definitely be what I would attend.

**What do you like the most about working at a community college?**

**Sydney Sullivan:** I started working here at American River College in November of 2022. So, pretty recently. And it has been wonderful because I really got to experience the differences between one institution and the community college. I think one of the biggest things for me is seeing the drive the students have here. I really feel like sometimes when you are in one space, some students don't know why they are in that space or they have been told to be in that space because of their family. But I feel so many people here are so driven to be in a community college and to re-

ally get their education and I have been inspired by how motivated and driven students are. So, I think that is one of my favorite reasons for being here: just being able to see the passion that students have who are here.

**The next question is, ARC is a diverse environment, and we have students from different backgrounds here. What do you enjoy most about working in a place with so much diversity?**

**Sydney Sullivan:** I think I enjoy the most listening to the students. Everyone is so open and genuine here. One of my favorite things is just being able to just sit down and talk with someone about why they are here and what education they are getting and their journey, and I think a lot of people are willing and happy to share their education journey and experiences. I have met lots of people who are parents who are going to school at the same time as their kids are going to school. I have met a lot of people who are first generation as myself. I have met a lot of people who have degrees from other countries but they come here to get a new degree and it is just really amazing to be able to see the diversity of the campus and also the openness and honesty of the students in sharing their experiences. So, I would say definitely listening and just being able to share and work with them is my favorite.

**This is very interesting. We have students at ARC who are parents and sharing class with their kids at the same time. Also, we have students who got degrees in other countries and they are so motivated and are coming here to get another degree from ARC, which is so interesting. Besides English, do you**



**Speak any other languages? If so, how has that influenced your life and work?**

**Sydney Sullivan:** In college I learned ASL. I need to get back up on it. ASL is American Sign Language, and it is a language that I feel like is deeply connected to me. My experiences of just getting to know the Deaf community more and being able to really appreciate and understand that community of individuals, I think that ASL is such a beautiful way of communicating with people. There are some institutions that don't see ASL as a language or sometimes people who are not really sure of ASL. So, being able to truly appreciate ASL is really important. Appreciating all languages is important to me. That has influenced how I see language as a whole. Then, going to Europe and seeing how many people know so many different languages or are multi-lingual, really made me want to be able to experience and try to be able to be multi-lingual more. So, I started learning Spanish and Italian. I would love to take more classes and also communicate and experience with the community of people with those languages.

**So, what are the resources available for students at the LRC?**

**Sydney Sullivan:** There are lots of resources at the LRC. Obviously, there are computers, printing and scanning services that are always available for students to come and use. But one of our services that we offer is tutoring. There are two different kinds of tutoring. There is general tutoring, which is the program that I coordinate for. There is also BEACON tutoring, which

another one of our coordinators runs. BEACON tutoring is really wonderful because it works with a specific class and we select a leader for that class to go in and host tutoring sessions a few times a week. They come either before or after their class and host the session about the specific class that they are all taking together. So, that is a really great way to build community even within a classroom space and have a place to be able to come together and learn together. We have general tutoring, too. Any ARC student can come in and use general tutoring for any class that they are in. They come in, bring their materials, and questions and we have tutors that have experience in all those subjects. All of those tutors have gotten an A in those classes, so they have experience and they are someone who is extremely competent to be able to tutor for those specific classes. Math, chemistry, biology, and accounting are big subjects. Then, we also have some tutoring in philosophy, sociology, psychology and other classes. Sometimes there is more demand for some



classes than the other classes. But we have tutors that cover all the mentioned subjects. We actually currently have about 10 tutors for the last fall but this fall we are getting closer to having around 22 tutors. So, I am really excited because we are going to be able to cover even more subjects and really be able to provide as much support as possible for the campus.

**Can students work as tutors at the LRC? If yes, what are the criteria that they need to meet to be a tutor?**

**Sydney Sullivan:** Anyone who is a student can also be a tutor. They need to take LRC 300,



which is a 1-unit course that I currently teach for summer and I will teach probably again in fall. They need to take it in order to be a trained tutor. We make sure to train all of our tutors, so that they are really able to effectively provide good tutoring for everyone. Another thing is that they need to be enrolled in six units at ARC in order to also work for ARC. Then, the other thing is having a high grade in those classes.

### **How many hours a week can student tutors work and get paid?**

**Sydney Sullivan:** All tutoring is paid. So, they get paid \$15.50 per hour, which is the wage that has been set for the school. They get between 10 to 20 hours in a week. I would say, during the summer we tend to give our student tutors more hours because there are less of them.

### **Are all ARC students eligible to use the LRC computer lab? How many computers are there in the lab for the student's use?**

**Sydney Sullivan:** Anyone is eligible to use the LRC computer lab. We have almost 100 computers. So, at any time anyone can come in and use the computers. Sometimes we have groups that come in and use the lab for testing, or sometimes a study session for a particular group like athletes, who come in a lot of time and use the lab in the morning. Any time that any students need, they are more than welcome to come and use the space.

### **I noticed some rooms around the LRC computer lab. So, how can the student use those rooms if they need?**

**Sydney Sullivan:** Yes, there are rooms all

around the LRC. There are private rooms that you can use to have more of a private study space. If you would like to use them, you are welcome to come to the front desk and they can assign you a room or let you know if that room is busy that day or not.

### **Does the LRC computer lab have printing and scanning services available to students?**

**Sydney Sullivan:** Yes, we do have printing and also we do have scanning service available for students. Printing is 10 cents a page and scanning is free.



### **That is great to know. What other programs and resources does the LRC have that you want to share with the students?**

**Sydney Sullivan:** Some of the programs or events are really exciting for us because we are really working to combine and make sure that tutoring across the entire campus is very clear and also effective and efficient for students. For example, we have general

tutoring, we also have the math learning center. We have a bunch of different other areas and avenues for students to be able to get tutoring. One of the other things that we are really trying to do is make sure that we are not repeating or doubling up on our resources but rather putting everyone in the correct program that can give them the most help. Another thing we were excited about this past July was a yoga event. We met outside, did yoga on the lawn, and had refreshments.

### **What was the best advice you received while you were a student and what is your advice to ARC students?**

**Sydney Sullivan:** I think the best advice that I ever received was from an advisor when I was applying to grad school. I remember they told me, if you get rejected, it is not a reflection on you. I think that is really an important thing for me to recognize that in my research, in my teaching, in all the things that I do as an educator, sometimes someone else is better for the job, or sometimes you just didn't make it to the top that time. But that doesn't mean that you are a bad educator or bad researcher. I think it is really important to recognize the growth that happened from the rejections as well, and being able to continually grow from those experiences is extremely important. So, I think my advice to ARC students will just be to just keep going and to learn that any rejection or any difficulties or hardships you are going through are all just platforms to be able to learn from and to be able to grow even further in your educational journey.

**Thank you very much. Is there anything else that you want to share with the students at ARC?**

**Sydney Sullivan:** Sure, I think I would just like to say that the LRC is always open to everyone to come in. Even if you just have a question, or maybe a concern about a class, you are more than welcome. We will try to help you figure out where you need to go to have your question answered for you. We are working a lot right now with Homebases to try to do events together to figure out how we can better help our students overall. So, it is always welcome to get any advice or opinion from students as well to see how they learned of us and how tutoring is helpful for them.

**Great, thank you very much. I really appreciate your time and your availability to have an interview with the Parrot. I am sure the information you shared today about the LRC will**

**benefit a lot of ARC students, especially the immigrant students who are ESL students who can use the LRC and its resources more in the future.**

**Sydney Sullivan:** Sure. Thank you so much.

*Interviewer: Sayed 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!

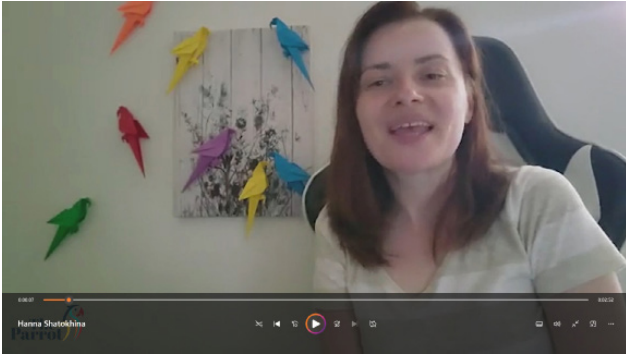
Donations to Starting Point are tax deductible. Please visit the [Starting Point Volunteer Page](#) for more information.





## 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.



*"... I want to talk about my hobby. I grew up in a big family, and I have 4 brothers and 4 sisters. I am an older sister, so I learned to cook early. I made soups, side dishes, salads, sandwiches and many other dishes. I baked bread, pies, and cookies, but I didn't make cakes. My mother or my sister made them. ..."*

**- Hanna Shatokhina, from Ukraine**

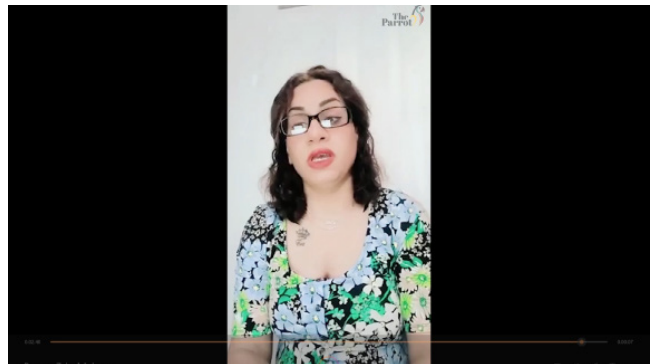
Click on *Hanna's* photo and hear her story.

### "The Dream Cake"

*"...When I was younger, I was a nervous and sensitive person. I thought people's consent meant my own happiness. After that, I understood that happiness shouldn't satisfy people..."*

**-Rawnaq Zainulabdeen, from Iraq**

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



### "My First Decision To Change Myself"

*"...And today I want to tell you the story of why I moved to the United States. I came to the U.S. at the end of 2020..."*

**-Helen Sami, from Iraq**

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



### "Education Difference Between My Country and the U.S.A"

## The Untold Stories of Afghanistan Women

by Asila Sadiqi

### An Afghan Girl: Gold Medal Martial Artist

**Editor's Note:** *The newest staff writer for The Parrot is Asila Sadiqi from Afghanistan, and in June 2023, she was able to interview Parisa Saqib. We hope you enjoy reading about Parisa's accomplishments, hopes, and perspectives.*

Being born and raised in Afghanistan, I have witnessed the relentless dedication of my fellow countrymen as they painstakingly built our nation, brick by brick. Witnessing the indomitable spirit and unwavering commitment of my people in nation-building inspired me to stand up for them and our country. Afghanistan has traditionally held a taboo that discourages girls and women from participating in martial arts, making it a rare occurrence. I wholeheartedly desired to challenge this notion and prove that Afghan women and girls possess boundless capabilities. My ultimate goal was to shatter this taboo and become the voice for the multitude of girls aspiring to join martial arts. Hence, I started my own martial arts training journey in Afghanistan, and upon relocating to Canada, I chose to pursue this path professionally.

In essence, I endeavor to make my people proud by demonstrating that Afghan women and girls are capable of achieving extraordinary feats. I am determined to break the prevailing barriers and encourage the limitless potential within each individual. By doing so, I aspire to inspire countless girls to pursue their passions in martial arts and empower them to embrace their true potential. Although it has not even been two years since I migrated to Canada, my aspiration to be a martial artist and my dedication and enthusiasm pushed me to attend the martial arts contests held in Canada and win a gold medal for Afghan girls and women. This taught me a lesson: if I was

able to achieve my goal and dream, any other Afghan girl or woman in any corner of the world can, too.

In my journey as a young woman in Afghanistan striving to achieve my goals, I have encountered notable challenges such as gender inequality, limited opportunities, discrimination, and security concerns. These obstacles have posed significant hurdles, making it difficult to pursue my aspirations.

Despite the challenges, I am so fortunate to have the support of my family. I am lucky that they believe in my capabilities and are determined to see me succeed. These are invaluable sources of my strength. Furthermore, my own determination and resilience have played a cru-





cial role in pushing me forward. I am driven by a deep desire to overcome the obstacles that I face and make a positive impact and break the cycle of gender inequality.

I have specific concerns regarding the current socio-political and economic situation. The lack of security hinders the girls and women from participating in sports, and that represents obstacles to women's rights and gender equality, necessitating comprehensive reforms to empower women, provide equal opportunities, and ensure protection from discrimination and violence. Additionally, some other difficulties that Afghan women and girls in sports face are: limited resources, inadequate infrastructure, and insufficient funding for sports programs. These difficulties hinder talent development and limit opportunities for growth. Addressing these economic barriers and allocating resources to create a supportive environment are essential for enabling young women to excel in sports. As a young activist, my focus is on raising awareness, challenging societal norms, and collaborating with stakeholders to foster inclusivity and support for Afghan women in sports.

To empower my generation in Afghanistan and promote gender equality, I have implemented various strategies and initiatives both in Afghanistan and Canada. In Afghanistan, I have

focused on capacity-building and community development. This includes mentoring girls in high schools, guiding them towards higher education opportunities, and supporting them in their educational pursuits.

In Canada, as a board member of the Pathways to Leadership with Racialized, Immigrant, and Refugee Women's Society, I have been committed to supporting not only women in Afghanistan but also women from diverse backgrounds who are newcomers and require

assistance in furthering their education and joining sport clubs.

The recent political transition in Afghanistan has had a significant impact on all women's and girls' work and education, and it has presented new challenges and uncertainties in their lives. Additionally, the changes have directly affected the work of activists and advocates for women's rights

and empowerment and led to shifts in policies, priorities, and resources, which impacted the progress made thus far in last 20 years.

My future plan is to establish a martial arts club in Canada and provide online martial arts training to Afghan girls online. Moreover, through my social media platform, I will continue helping Afghan girls with their education while they are banned from going to school and will look for any possible opportunity to enroll them in school and universities outside of Afghanistan.



I love writing short stories, managing my social media platforms, playing tennis for physical fitness, and spending quality time with my friends.

One of my favorite childhood experiences occurred when I was fifteen years old, attending the Young Women Leadership Conference. This experience holds a special place in my heart because it was there that I discovered my core values and beliefs. The conference provided me with an empowering environment of like-minded individuals. It was a transformative experience where I not only found support but also became a source of support for others.

A piece of advice that I can share with women and especially with girls



my age, whether they are living in Afghanistan or as immigrants in different countries, concerns resilience, self-development, and embracing their true selves. I encourage them to stay strong in the face of challenges and to remember that their unique voices and contributions are valuable. I also urge them to spread love and positivity, not only within their communities but also in the world at large. Embrace life, pursue personal growth, and seize opportunities to build your capacities and fulfill your aspirations. Together, we can overcome obstacles and create a brighter future for all.

## DIY PALLET SPICE RACK



### Materials:

- Pallet wood (one torn down pallet should be enough)
- Hammer
- Nails and finish nailer
- Stain and rag (or paint and paint brush depending on the finish you want)
- Compound miter saw
- Table saw

### Instructions:

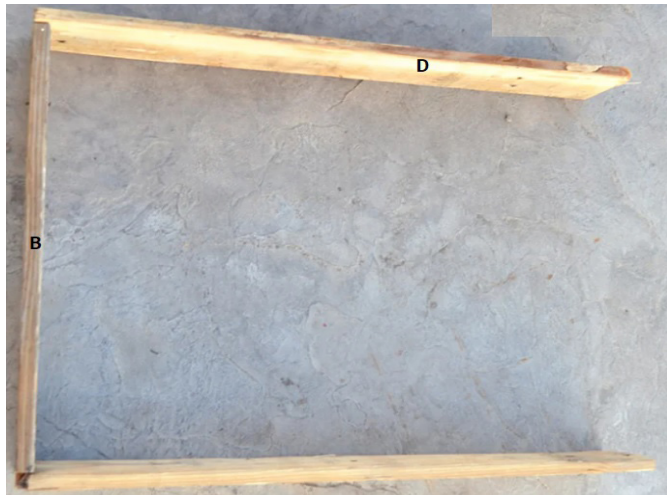
Prepare: 4 pieces at 20 inches long by 3 1/2 inches wide (these are the shelf backs) **A**

4 pieces at 19 inches long and 3 1/2 inches wide (these are the shelf bottoms) **B**

4 pieces at 20 inches by 2 inches wide (shelf fronts) **C**

2 pieces at 26 inches long by 3 1/2 inches wide (spice rack sides) **D**





Let's build from the bottom to the top. Place one B piece between two D pieces. Then, nail it into place.

Next, nail one A piece on top of the two side pieces and the bottom piece which you attached above.

After that, flip the spice rack over and attach one C piece. Take your time to line everything up as much as you can because the pallet wood is im-



perfect and often times warped.

Decide the distance for your shelves; for example, 11 inches to allow a bigger spice container. Nail another B piece for the second shelf. Complete the second shelf by nailing one A and one C piece to the front and back shelves.

To complete the next 2 shelves, you will leave the same space for them up to 5 1/2 inches and repeat the process, following the order in the previous step until you have 4 shelves.

Now, it's time to paint or stain it. Make sure the stain or paint is dry before hanging your spice rack or placing it somewhere in your kitchen.



Source: <https://makeit-loveit.com/diy-pallet-spice-rack>





## Out of the Cage



### Floriculture Program Floral Sale Thursday, September 7, 2023 10:30 am to 12:30 pm

Floral Sales will be held in the southwest corner of the ARC Student Center, lower level, across from the dining room.

All floral arrangements are created by our talented ARC Floriculture Students. Cash, Check, or Credit Cards are accepted. All proceeds purchase department supplies.

**Location:** Southwest corner of the ARC Student Center

**Contact:** Marianne Sala  
salam@arc.losrios.edu  
(916) 484-8743

### QUESTIONS/COMMENTS?

Student Editors: **Tuyet Le, Emmanuel Madrid, Mohammed Elmrani, Sayed Edres Sadiqi, Phong Nguyen, and Asila Sadiqi.**  
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>

