

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



# The Parrot



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## The Untold Stories of Afghanistan Women

### Nazia Nasrat: Afghan Girl and Fulbright Scholar

Parrot Staff Writer: Asila Sadiqi



I have known Nazia Nasrat since late 2016, when we both worked in Kabul for the U.S.-funded SHAHAR project ([Afghanistan—Strong Hubs for Afghan Hope and Resilience \(SHAHAR\) · DAI: International Development](#)) implemented by DAI global (Development Alternatives, Inc.). I found Nazia Nasrat a talented, active, and kind lady who supported women's rights and fighting for equality and equity. I am glad that I could meet her again here in California after five years and even gladder that she success-

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### J. Robert Oppenheimer:

### An Inspired Mind, a Battered Heart

a film review by ARC ESL Professor David Evans



If you enjoy watching historical docudramas, you will not want to miss the opportunity to see *Oppenheimer* while it is still playing in movie theaters. The film, featuring an all-star cast, delves deeply into three aspects of the life of J. Robert Oppenheimer, the so-called father of the

*Continued on page 17*

Would you like  
to contribute to  
*The Parrot*?

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# Student Chirpings

## *Long and Tiring Journey*

I struggled a lot when I came to the USA from Afghanistan during the Afghanistan evacuation. I applied for an SIV in 2009. After a lengthy procedure finally, I got my visa approval at the end of 2019, and I came to the USA on March 2020. A year later, I returned to my home country, Afghanistan, to visit my mother and other family members. We had a great time with our family, but suddenly the Taliban took over all of Afghanistan, and there was no flight anywhere. We thought we wouldn't be able to go back to the USA anymore. I would like to share the obstacles I faced when I was stuck in Afghanistan for about a month because of the Taliban and how I reached the USA.

When I was in Afghanistan, the Taliban started taking districts of Afghanistan. We were worried about our flight to the USA. Because we had not chosen the return flight flexibly, my oldest brother and I went to the Emirates Airline office in the Wazir Mohamad Akber Khan, Kabul, so we could make our flight date earlier, but when we got there, I saw a crowd of people who were trying to do the same, so the Emirates airline office was asking \$2000 per person. Unfortunately,

we could not succeed because of the rush. I tried online to make our flight date earlier, and I made it on Aug 15, 2021, by paying \$200 extra, and my brother had it on Aug 16, 2021. We started to pack our clothes, and on Aug 15, 2021, I asked one of my friends to bring his car to drop us at the Kabul airport. We got in his car to start driving towards the Kabul airport, but when we came to the city, I saw everyone was trying to go to the Kabul airport, so traffic got jammed. People were on the roads. Finally, we got to Kabul airport with many difficulties. Everyone had fled from the airport, and everyone was saying the Afghanistan government was going to collapse. American soldiers took



control of the Kabul airport and canceled all flights. We went back home. On that night, the Taliban took over Afghanistan.

The next morning I went to the Kabul airport. I saw the Taliban at the airport gate. When I got to the ramp, the USA soldiers and about 100,000 people were there. They were trying to escape from the Taliban. Because of the US soldiers, the Taliban were not allowed to get to the ramp. While I was getting to the ramp, one of the Taliban was trying to get to the ramp, and the US army and Taliban



started shooting. I hid behind the tire of the airplane. The bullet hit two women and one man. The woman was wounded, and the US soldiers took her, but the other two died. When I described everything to my family, my mother did not allow me to go to the airport again.

A few hours later, we were informed through the news that the United States of America was evacuating its citizens from Afghanistan. We filled out the form on the US Embassy site and got a response. They asked us to come to the airport through one of the gates at 4:00 PM. Unfortunately, when we got to that gate, there were about 100,000 people at that gate, and the Taliban were hitting everyone with cables and insulting them. Many families lost their children. We returned home fearing to lose of our family members and children. After going to the airport gates several times, we could not get into the airport. Finally, one evening a friend of mine said the Taliban only allows those who have a green card or a US passport to pass through one of the airport gates. We were afraid to go to the Taliban, but we had no choice. We went to that gate; the Taliban came close to me and wanted to hit me with a cable in his hand, so I called out,

"We have USA green cards." I gave it to them, and later they allowed us to enter the airport. After completing the military procedure and a long journey in the military planes, I arrived at a camp in Qatar. Then we flew to Washington. Most of the time, my friends and family members were telling me I would not be able to go back to my home in the USA, but I

never gave up and reached my goal.

I learned a lot from that long journey. You can overcome any kind of obstacle if you don't give up. On that journey, I saw dead bodies, people being beaten with cables, bullets being shot at civilians, families being insulted, and children being lost. I think if you want to reach your goal, the whole universe helps you reach your goal. Never give up. Do what you believe you deserve. Every castle has a way to its top, and God gives everyone a chance to improve their life.

**Mohibullah Taib Safi - ESL 315  
Narrative Essay**



## The Effects of COVID-19

COVID-19 is an infectious disease caused by a virus SARS-CoV-2. Since 2019, this virus has occupied the whole world. In the beginning, the virus was observed in China, then at a very fast pace it spread in Europe, and unfortunately, the virus spread in the United States, too. The coronavirus epidemic has become a serious test for people and the country of the United States. The coronavirus has negatively affected people's lives, health, and business.

One effect of COVID is that people are not able to communicate and to meet freely. People must keep their distance, so in stores, banks, and clinics, special

strips are glued to the floor to show people where to stand. People are not allowed to get together in large numbers for weddings or birthdays. Parks, museums, cinemas, and restaurants were closed. On TV and on the internet, they constantly talk about the virus, and people are worried about their lives. So, after the appearance of COVID, people became more isolated from each other.

Another effect of COVID is that a lot of people became unemployed. The pandemic has negatively affected the work of many companies. Some companies suffered a lot because they temporarily closed for keeping employee's health. Some employees started working from home. Teachers and students

had to master the Zoom program. In conclusion, for some people life became harder, but for others, life became better because they didn't need to spend time and money for movement.

One more effect of COVID is that people's health and immune systems have become worse. For many people who have had COVID, it can mean the beginning of many other diseases. The virus can damage

not only people's lungs, but also their heart, liver, kidneys, and brain. For those people who had COVID, the consequences can be the most serious. Also, the virus SARS-Cov-2 can persist in the human body for several years. So,



for some people who have had COVID, the immune system will not be as strong as it was before the disease.

In conclusion, COVID-19 has changed people's lives. Many people say that after the pandemic, the world will not be the same, and maybe that is true. The pandemic affected not only human lives and health, but also the economy.

**Krystyna Naum - ESL 55  
Cause/Effect Essay**



## Great Teachers

Who were your great teachers in the past? Whoever has had great teachers in the past has had something precious. In my past, I had great teachers, but my favorite teachers were Mrs. Amani, Mrs. Rasha, Mr. Ziad. They were the best teachers for me.

First, I will start with my teacher Mrs. Amani. She is beautiful and gorgeous. She is tall, brunette, and skinny. My teacher was in middle school and high school. The name of the school was "Watan". She was staying in front of my apartment in Egypt, and we were neighbors. She was smart and intelligent. She helped me with everything. For example, I had a problem with my friend; we hadn't talked for a long time. The teacher

solved the problem. She asked each of us separately about what happened, and then she asked us to meet her in her office, and she explained the problem in a simple way that made us understand our mistakes. My teacher convinced us to talk to each other.

Next, I really liked my teacher Rasha. She is not married and lives with her mother. She is beautiful, and I love her so much. She was not just a teacher; for me, she became a friend and sister. In the beginning, I didn't know she was a teacher; I met her many times at some women's gatherings at a friend's house. We used to do that once a month for lunch. I liked her food very much, but I was not good at cook-

ing Egyptian food, so she started to teach me how to cook it. From that time on, we became good friends. After that, my mother asked her to visit us at home, and she became a part of our family. She used to help my sister with her homework, and we trusted her, so she became a sister for me. She is an English teacher at a middle school. In fact, we still talk to each other. She was in her middle age between my mom and me, but she was very wise, so my

mom took her as her friend. She is my mother's friend too.

Finally, I will talk about my teacher, Ziad. He was a math teacher in high school. His nationality is Syrian, but he lives in Egypt. He is married, as are his children. I consider him like my father.



From the first time I saw him, I felt he was like my father. He was my father's age with gray hair, and a white beard. He is soft-hearted and handsome. He helps the poor and is nice to everyone. He used to provide free lessons to the poor students, and he also paid for my lessons.

Actually, I love all my teachers in Egypt, but some were extra special like Mrs. Amani, Mrs. Rasha, and Mr. Ziad. I hope I have great teachers in college and university like I had in Egypt.

**Asmaa Darbi – ESL 47  
Opinion Essay**

## My Priceless Treasures

What is the main thing for many people? Material goods such as houses, cars, or jewelry are the main things in life. These things may be important, but they are only a material blessing. Many things have a memory connected to them, and these are the most important. There are very important things in my life: Mom's jewelry box, Grandma's sewing machine, and memories of mom's special food.

The history of my mother's jewelry box is very interesting. This box was given to my mother by her friend when she was a child. It was a keepsake. Her friend was leaving for permanent residence in Germany. Therefore, the box was very dear to her. This is a very beautiful antique and wrought-iron box. It is a very unusual jewelry box. It has a simple ornament but with the addition of stones. It is very small, about 2x2 inches. But the jewelry box is quite heavy. My mother used it for her rings, and she valued this box very much. And now that my mother is gone, this box has become a dear treasure for me.

My second most precious item is my grandmother's sewing machine. The story of how it came to be in our family is no less interesting. This sewing machine is very old and it is called Singer. It has an unusual filament loading. It came to our family in 1903. My great-great-grandfather bought this sewing machine as a gift for his daughter, my great-grandmother for her birthday when she was 15 years old. When my grandmother grew up, this sewing machine was given to her by her mother, my great-grandmother, for her wedding. My

grandmother gave me this sewing machine, and I loved to sew dresses for dolls. This sewing machine is still in working condition and ready to sew, and for me it is very precious. Three generations of my family sewed on it. I am sure that someday this sewing machine will become a dear treasure for my daughter, and I will definitely tell her this story.



A special treasure for me is the memory of my mom cooking her signature dish on the weekends. My mom loved to cook her signature dish on the weekends. These are pies with different fillings and *belyashi* with meat. *Belyashi* is minced meat wrapped in dough with a small hole in the top. She could spend all day cooking, but it was worth it. She woke up around 5:00 in the morn-

ing and kneaded the dough while it rested, preparing various fillings: crushed potatoes, eggs with onions, stewed cabbage, sweet sorrel and minced meat with onions smells filled the house and everyone quietly flocked to the kitchen to help her. She sculpted *piroshki* and *belyashi*, and I usually fried them in a pan. But the most delicious were *belyashi* with minced meat, and they looked like stars. We washed down the *belyashi* with warm milk, and it was beyond pleasure. The whole process of making this dish was magical. These are my best memories of my mom's special food.

These things and the memories of cooking with my mom are treasures. To some, these things may not seem so important. But for me, these things and memory are priceless!

**Tatyana Uzvarik – ESL 47**  
**Narrative Essay**



## Parrot Pastimes - My Hobbies

What do you think about the photo that another person takes of you or the photo you take of other people? Photography is an art of individual interest. Some people like to take pictures of people. The photos we took today will remain as good memories. There are many reasons why I like photography.

The first reason is that taking photos makes memories. Taking photos from a birthday party, wedding or may be an important event is pretty memorable. For instance, many years later, when we look at past photos, we remember our memories of that event. It makes us happy or maybe we are sad because there were some sad photos of our grandparents who are dead, or maybe some happy photos from our childhood or from our first day of school. When we take a photo of a five-year-old child on their birthday, and then after many years they look at the photo of their childhood, they will remember the memories of the past. Last week I saw the old photos of my parent's wedding party. I saw the photos from my first day of school and the photos from my birthdays. It was very interesting. The photo reminds me of my first day of school. Seeing old photos of our family or our pets is very pleasant and memorable. In short, with photos we can remember the good memories of the past.

The second reason is that photographers can make money from their photography. For instance, they can display a photo they took in an exhibition. My grandfather loved art. He loved buying art photography.

In his office and in his house, he had many artistic photos. I did not get tired of seeing those beautiful artistic photos that my grandfather had. Some people love to buy photos of different things such as animals, nature, or artistic photos, so they can use the artwork for decoration in their house. Photographers can put their photos in a gallery, so a lot of people can see their photos and may like them and buy them. Furthermore, some people like

their photography method and invite them to photograph their special event. In brief, photography can be fun.

The final reason is that a photographer may become famous by taking photos. Many young people are interested in photography at this time because now everyone has their own camera or they have a cell phone with the best quality camera. My cousin was

studying photography in 2018. We both liked photography, so we picked up the camera and went out to take photos. We took a few photos from nature, and she posted pictures on her Facebook. The photo did not get many likes or views, but a few people liked it and gave us some good comments. Usually, photographers post their photos on social media because people can see their photography, and want to become famous, so they post on Instagram, Facebook, Twitter, and TikTok. I know some famous photographers on social media. First of all, there are some experienced and famous photographers such as Paul Nicklen, Marion Testion, and Chris Burard. In





addition, there are some young and famous photographers such as Alex Stemlewski, Aidan Rowley, and Martin Wyall. Fame could be achieved through photography.

In conclusion, there are many reasons why other people and I like photography. People like it. I can take pictures of any moment and make memories for myself. Photography reminds us of past memories, we can make money, and we can be famous by sharing photos. Photography is a good pastime. When I take a photo of an animal or a flower, I feel good and free. I can spend my time happily by taking photos of the things I like the most. I will never get tired of photography.



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

## ***Al-Qarawiyyin University: The First and Oldest University in the World***



Al-Qarawiyyin University is located in the city of Fez, central Morocco, on the banks of the famous Sebou River in Morocco. According to UNESCO and the Guinness Book of Records, Al-Qarawiyyin is the oldest university in the world, as it was established in 859 AD by Mrs. Fatima Al-Fihri, and it has become a scientific and spiritual center in the Islamic world and the rest of the world. Students have visited from all over the world to receive courses in

various scientific disciplines such as medicine, arithmetic, astronomy, geography, history, linguistics, religion, and other scientific fields. The teaching method was based on scientific chairs, where a chair is allocated for each art or science, a field specialist sits on it, and the students gather around it in a circle. This distinctive method of educational attainment was a remarkable innovation for this university. Not





Among the scholars who resided in Fez and taught at its universities was Ibn Khaldun, the historian and founder of sociology. The University of Al-Qarawiyyin issued the first medical certificate in the world at the beginning of the 13th century, to the Moroccan doctor Abdullah bin Saleh Al-Ketami, in the presence of a scientific committee and the judge of the city of Fez in the year 1207 AD. The university library keeps a copy of this certificate for visitors to see in the area of the valuable manuscript.

only that, but the University of Al-Qarawiyyin was the first to invent scientific degrees.

In 1963, the University of Al-Qarawiyyin was integrated into the system of public universities in Morocco. This institution continues to provide scientific and educational services to this day. Still, it offers lessons in Arabic language sciences, Islamic sciences, philosophy and theology, as well as studies in the English and French languages, in the inherited traditional way, where students sit on the floor in circles around the chair of the professor who gives his lecture.

The University of Al-Qarawiyyin, in addition to many of the ancient schools in the city of Fez, is also considered one of the most important tourist attractions, due to its historical value and unique architecture, it reflects one of the brightest eras of the Moroccan state in that era and the eras that followed.

Many scholars and thinkers worldwide have graduated from the university, and the university's scientific and cultural activity has lasted for nearly 1,000 years. One of the most important graduates from this university was Sylvester II, who held the position of Pope in the period 999-1003 AD. Likewise, Moses bin Maimonides, the Jewish physician and philosopher, spent several years there, during which time he taught at Al-Qarawiyyin University.

Al-Qarawiyyin University was, and still is,



one of the three most important scientific and religious centers in the Islamic world: Al-Azhar Mosque in Egypt and Al-Zaytouna Mosque in Tunisia.

*Parrot Staff Writer: Mohammed El mrani*



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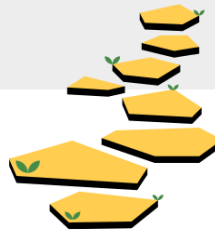
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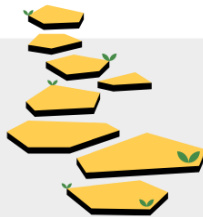
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## Begginer Reading Comprehension

### A Thin Man



Richard is a light eater. He doesn't eat much. He isn't a heavy eater. He eats a light breakfast, a light lunch, and a light dinner. Richard is not fat. He is thin. He will always be thin because he is a light eater. He eats a bowl of cereal for breakfast. He eats a bowl of cereal with milk. He eats a sandwich for lunch. Sometimes it's a fish sandwich. He likes fish. He eats rice and vegetables for dinner. All he eats for dinner is rice and vegetables. He will never get fat.

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

<https://www.eslfast.com/supereasy/se/supereasy014.htm>

### Can you answer these questions?

#### 1. Does Richard eat much?

- A) Yes, he does.
- b) No, he doesn't.

#### 2. What does he have for breakfast?

- A) He eats a sandwich.
- B) He has a hamburger.
- C) He eats a bowl of rice.
- D) He eats a bowl of cereal.

#### 3. How does Richard look?

- A) He is a fat man.
- B) He is a good-looking man.
- C) He is not a fat man.
- D) He is a skinny man.

#### 3. Will Richard get fat?

- A) No, he will never get fat.
- b) Yes, he can gain more weight.



Answers: 1. b 2. d 3. c 4. a



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

If you want to share your work, art, opinion, or anything else 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 - 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



## Around the World



Let Lorot tell you about the fascinating differences between America and other countries. We can see many churches in the USA that have only one clock.



However, some churches in Malta have two clocks on their facade, and one of them shows the wrong time. Why is this? They set the time wrong on purpose to confuse the devil so that the devil will not disturb the mass time. If you go to Malta one day, remember to bring your watch. Source and video [here](#).





## 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*

atomic bomb: his research interests as a young man and professor, his directing of the project that created the first two nuclear bombs (the Manhattan Project, during World War II), and his subsequent interrogation by the U.S. government in a 1954 security hearing.

In addition to being educational and engaging, the film is stunning from an audio and visual standpoint. The soundtrack, composed by Ludwig Göransson, is well worth hearing in surround sound, the music crackling in places with intense electric suspense and bending eerily in others with visceral violin glissandos. Visually, fire is pictured as a massive force of nature whose power is being unlocked and unleashed in a way thitherto unimaginable.

The film, directed by Christopher Nolan (*Interstellar*, *The Dark Knight*, *Inception*, *Dunkirk*, etc.), is based on the 2005 biography *American Prometheus*, by Kai Bird, which likens Oppenheimer to Prometheus, the Greek god of fire. In Greek mythology, Prometheus disobeys Zeus, the king of the gods, by stealing fire and giving it to human beings, for which crime Zeus punishes him by condemning Prometheus to eternal torment. Oppenheimer, too, was forced to endure torment following the invention of the atomic bomb, when his life conduct, politics, and associations were investigated—at

great length. Even the viewer feels exhausted by the investigation, without which the film would not have extended to three full hours.

But there is much to reward the viewer in this three-hour cinematic experience, even from a language standpoint. It just so happens that Oppenheimer's genius extended to the learning of languages. We learn that, in only three weeks' time, he acquired enough fluency in Danish to give a lecture on particle physics in Danish.

Also, he knew German well enough to read Karl Marx's tome *Das Kapital* in the original. Lastly, the film shows him reading the Indian scripture *The Bhagavad Gita* in the original Sanskrit. He translates a sentence of Krishna's, ominously profound: "Now I am become Death, the destroyer of worlds."

Oppenheimer was also, in his spare time, an avid reader of poetry. Indeed, his choice of names for the testing site of the atomic bomb relates to the fact that he was reading John Donne's Holy Sonnets at the time. It was the fourteenth holy sonnet, "Batter my heart, three-person'd God" (1633), that led Oppenheimer to choose

the name of "Trinity." On August 4, 1945, following the 40th anniversary of the test blast at the Trinity site, a letter to the editor appeared in the *New York Times* which explained that Donne's "verse on the life-renewing power of the Trinity converged with Dr. Oppenheimer's growing conviction that the first test of the implosion bomb would unleash a force destined ultimately to free humanity from the destructive power of nationalism and war."



This idealistic perspective of Oppenheimer's was, however, short-lived. One of the chief concerns among the scientists creating the atomic bomb during the Manhattan Project was the possibility that the chain reaction it would set in motion might never stop. They might inadvertently blow up the planet! Although, following the initial test, that possibility was ruled out, it was not ruled out in a larger sense. In the movie, Oppenheimer even brings this fear of his to the aging Albert Einstein himself. The nuclear arms race had been started; it was only a matter of time before the other superpowers of the world would have nuclear bombs of their own. The threat of nuclear warfare and, with it, destruction of the world would forever more loom as an apocalyptic potentiality.

Source: [Holy Sonnets](#)



John Donne

## Holy Sonnets: Batter my heart, three-person'd God

BY JOHN DONNE

Batter my heart, three-person'd God, for you  
 As yet but knock, breathe, shine, and seek to mend;  
 That I may rise and stand, o'erthrow me, and bend  
 Your force to break, blow, burn, and make me new.  
 I, like an usurp'd town to another due,  
 Labor to admit you, but oh, to no end;  
 Reason, your viceroy in me, me should defend,  
 But is captiv'd, and proves weak or untrue.  
 Yet dearly I love you, and would be lov'd fain,  
 But am betroth'd unto your enemy;  
 Divorce me, untie or break that knot again,  
 Take me to you, imprison me, for I,  
 Except you enthrall me, never shall be free,  
 Nor ever chaste, except you ravish me.



## Explore California



### Woodland, CA

We are lucky to live in California. Every city and state park is so different from the other, and they all offer unique views with their own special; something that makes them stand out from the others. In the case of Woodland, it's the large and beautiful sunflower fields.

One of my favorite activities during summer is to drive up to Woodland to see these beautiful flowers blossom and photograph them from every angle I can. Finding the fields can be tricky sometimes, but if you take the I-5 north towards Redding, and take exit 548 (Zamora), you'll be able to view the fields along the road.

I took the two photos above on different days, but with the same light conditions. I'm always careful and try not to step on the flowers or get into the field, because this would not only kill them but it's also disrespect towards the landowners. So, if you feel inspired by these photos and want to check out the sunflower fields next summer, please be careful and try not to trespass on the fields; and make sure you bring mosquito repellent because there are lots of bugs out there!

*By Manny*



# Eat the World!



## Tips For Watermelon

BY THE GROUND SPOT		BY THE "WEBBING"	
			
WHITE SPOT - TASTELESS	ORANGE SPOT - DELICIOUS	SMALLER "WEBBING" - BLAND WATERMELON	LARGER "WEBBING" - SWEET WATERMELON

BY GENDER		BY THE STEM TAIL	
			
"MALE" - ELONGATED - WATERY	"FEMALE" - LARGER - SWEET	GREEN STEM - GREEN WATERMELON	DRY STEM - RIPE WATERMELON



			
<b>Uniform Size &amp; Heavy</b> <i>Sweet</i>	<b>Elongated</b> <i>Watery</i>	<b>Orange Field Spot</b> <i>Full of Flavor</i>	<b>White Field Spot</b> <i>Little to No Taste</i>
			
<b>Smaller "Webbing"</b> <i>Bland</i>	<b>Larger "Webbing"</b> <i>Sweet</i>	<b>Dark &amp; Dull</b> <i>Ripe</i>	<b>Shiny</b> <i>Not Ripe</i>



# Restaurant Review

## CHINA HOUSE

Do you like chowmein - a special kind of noodle from China? Or do you like fried rice? If you are a fan of Chinese food, **China House** is a place you will not want to miss.

We have had chowmein and fried rice at many places before; however, this restaurant is the best among Chinese restaurants.

We ordered crab cream-cheese wontons for an appetizer. Each wonton was so crispy outside and creamy inside with sweet-and-sour sauce on the side. Our chowmein came out hot and smelled so good. We loved the flavor of soy sauce, oyster sauce, and the softness and tenderness of the noodles.

The food was fresh and very tasty. Plates were served hot, and we didn't wait long for them. They also offer special lunch and dinner combos. Go and check it out.

Location: 7700 Sunrise Blvd #2500, Citrus Heights, CA 95610



## Words of a Feather

### Five Ways To Improve Your Pronunciation



Pronouncing hard words in English can be challenging, but with practice, it can be mastered. Here are some tips to help you improve your pronunciation:

**Listen to native speakers:** Listen to native speakers and try to imitate their pronunciation. You can watch English movies, listen to English songs, or watch English news channels to improve your pronunciation.

**Break down the word:** Break down the word into syllables and try to pronounce each syllable separately. This will help you understand the word's pronunciation better.

**Use a dictionary:** Use a dictionary to look up the pronunciation of words that you find difficult to pronounce. You can also use on-

line resources like [Dictionary.com](https://www.dictionary.com) or [Berlitz](https://www.berlitz.com) for this purpose.

**Practice:** Practice pronouncing words that you find difficult. You can record yourself and listen to it later to identify areas where you need improvement.

**Get feedback:** Ask a native speaker or an English teacher to give you feedback on your pronunciation. They can help you identify areas where you need improvement and provide tips on how to improve.

Source: <https://www.berlitz.com/blog/hardest-english-words-pronounce-spell>



## Dari/Persian Poems

دیده را فایده آن است که دلبر ببند  
ورنبیند، چه بود فایده بینایی را؟

سعدی

“

The benefit of eyes is to see the sweetheart.  
Otherwise, there is no benefit in sight!

Saadi

این جهان کوه است و فعل ما ندا  
سوی ما آید ندا ها را صدا  
مولانا رومی (بلخی)

“

This world is the mountain,  
And our actions are the shouts:  
The echo of the shouts  
Comes (back) to us.

Maulana Rumi (Balkhi)

[Who was Rumi? Five Interesting Facts](#)

## Rigoberto's Riddles

*Poisonous Drinks*

Marissa and Juliana went out for drinks together. They ordered the same drink. Juliana was really thirsty and finished five in the time it took Marissa to finish one. The drinks were poisoned, but only Marissa died. How?



*The poison was in the ice. Since Marissa's ice had time to melt, she was poisoned but Juliana wasn't. Too easy?*

## Silly Vasily's Chuckle Chamber



Source: <https://www.pinterest.com/pin/373376625370896313/>

*Continued from page 1 Interview*

fully graduated. She is now working in her field, which has been traditionally male-dominated in Afghanistan. Therefore, she is a voice for women in Afghanistan. There is no doubt that we need more women like her. I chose to interview her in order to encourage and motivate young women to follow her as a role model and to reach their goals.

**Can you tell us about your journey as an activist from Afghanistan? What has motivated you in this field?**

I am Nazia Nasrat, a Fulbright Scholar currently living in North California. I earned my bachelor's in computer science from Kabul University in 2012. In 2018 I started my master's in information technology in the United States through the Fulbright Program.

I was one of the early women pioneers to study computer science in Afghanistan and progressed to become one of the rare female leaders in STEM. I worked for USAID-related international organizations for several years in Kabul, and currently I am working for Disney Streaming Services as a Senior Data Engineer.

**What are the biggest challenges you have faced as a woman in Afghanistan while working towards these goals? And what has helped you to go forward?**

Women in STEM (Science, Technology, Engineering & Math) jobs are far more likely than their male counterparts to cite discrimination in hiring and promotions, and this is a major reason why



there are not more women working in STEM. It was even harder in Afghanistan. As a woman who studied and worked in this field, I faced discrimination, and I was treated unkindly by male colleagues. I was told many times by multiple male colleagues that IT (Information Technology) was not suitable for me as a woman; instead, they suggested I become a teacher where I would not have to deal with men. Some of the views reflected those of the Taliban

and the most conservative segments of Afghan society. There were times that I felt isolated and very vulnerable with nowhere to find protection, but I have never wanted to give up.

Since I had a father who believed in me and encouraged me to overcome the obstacles in our culture, I learned to believe in myself as a woman and to pursue my education and career even if it meant leaving Afghanistan. Because of this, I believed that I could be as successful as any man in STEM. That's why I am here now!

**What are your specific concerns for women in Afghanistan?**

I am deeply concerned about the current situation in Afghanistan. Afghanistan has never been a safe place for women, but now the Taliban excludes women from all sectors of society under the cover of religion. The Taliban, as a conservative and tribal force, has been waging socioeconomic warfare against women. The Taliban denies women education, they have fired women from all public and private jobs, and recently the Taliban-led government has banned hundreds of beauty salons run by women who are the sole breadwinners for their families. I don't think the situation for all the people of Afghanistan, especially women, could get any



worse than this. Women have suffered the most from the Taliban takeover of Afghanistan.

**What strategies or initiatives have you implemented to empower women in Afghanistan and promote gender equality?**

I personally haven't implemented any program for women in Afghanistan, but I actively took part in projects implemented by the USAID-funded international organizations for Afghanistan women's capacity building and their empowerment. Since September 2020, I have been volunteering with [World Relief--Sacramento](#), assisting the organization with their literacy program for Afghanistan women in California and helping new immigrants with translation.

**What kind of support, both locally and globally, do you believe is essential for the success of women in Afghanistan who are activists, education program leaders, and business leaders?**

Unfortunately, no significant attention has been paid to the real women activists in Afghanistan by the international community. Active women who raised their voice to get their basic rights are being arrested and tortured by the Taliban. Since there is plenty of evidence to confirm this, the international community was content with just releasing a statement to condemn it and nothing else. The very first thing women in Afghanistan need in this situation is the world's support and attention so that their voices are heard. I think the

world should stand against the Taliban and keep them accountable.

While I am in support of women's education and want all girls in Afghanistan to go to school and university, I am even more concerned that the curriculum used in schools and other educational institutions should not be controlled by the Taliban. The Taliban are changing the school textbooks to promote jihad and are converting schools to madrasas.

By changing the curriculum, they are promoting a culture of violence and deceit. If it continues this way, we should get ready for a new generation of jihadists.

The first step is awareness. The world should be made aware of what the women in Afghanistan are going through. It's so sad that the world talks about the courageous women of Iran but keeps quiet on the suffering of women in Afghanistan.

**How has the current political transition in Afghanistan affected your work, and what is your future considering these changes?**

I have had to move away from all my family members and forge a new life for myself in a new country to be free. I can never return to my home country while the Taliban are in control. I'm working to rescue at least my sisters from the terrible conditions for women in Afghanistan.

**Can you share a specific success story of yours and how it has impacted the lives of women in Afghanistan?**





In 2018, I received the most prestigious [Fulbright Scholarship](#) funded by the U.S. State Department to pursue my master's in the United States. That was a life-changing opportunity and proof that hard work pays off. During my studies in Indiana and after I graduated, I assisted many other women who were preparing to apply for the program. Fortunately, two of them got accepted and another young lady got the [Chevening Scholarship](#). I've always wanted to help women and those who plan to pursue further education by sharing my experiences and knowledge.

**What are your hobbies, and can you tell us about your favorite childhood experience?**

I like going to the gym and enjoy traveling and exploring new places. I have liked reading books and Persian literature since childhood. When I was in primary school in Tajikistan, I used to write poems and was always encouraged by my teachers. My late father, who was my biggest supporter, loved my writings.

**What is your specific message for Afghanistan women who are inside Afghanistan and who are immigrants in different countries?**

For the fearless and resilient women of Afghanistan who have stood up so bravely, demanding their rights, I just want to say that you are full of courage. You are full of strength. I believe that the defeat of the Taliban will be in your hands and the future of Afghanistan belongs to you!

My message is specifically to those Afghanistan women who are settled in the U.S. or other countries. Please give a helping hand to those women who have recently become immigrants and have to start everything over. Help them learn the new language, become independent, and start a new life. We all know how hard it is to start over in a totally different country. Let's help them find their way and become financially independent. In the meantime, don't forget those left behind in Afghanistan. We have to try to help them in any possible way.





## English Conversation Group

● ● ● **Wednesdays 2:30-3:30 p.m. North Natomas**

**Want to practice speaking English? Join our friendly group!**

Meet new people in your community and share experiences and ideas.

All languages and levels are welcome. No registration required.

**Topics:**

- Everyday life situations
- American culture
- Things to do for fun
- News, pop culture
- Other...You help decide!

Groups are led by a trained facilitator. We hope to see you there!







## English Practice Hour

It will be in person and online.

Talk Time meets in Zoom once a week on Wednesdays and in-person once a month on Saturdays. We talk about holidays like Labor Day, but we also just check in with each other, telling highs and lows of our week. Students can email me, Professor Denise Saur, at [saurd@arc.losrios.edu](mailto:saurd@arc.losrios.edu) to get the time, locations, or link.



Scan QR Code

### Zoom Hours

MON - 8am to 12:30pm  
THU - 11am to 7pm  
FRI - 8am to 4:30pm

## ESL Center

**Open On Campus  
in the LRC!**

**Monday thru Thursday  
8:00 AM to 7:00 PM**

The ESL Center helps all multilingual students with their classes and questions. We speak Farsi, Dari, Pashto, Russian, Ukrainian, Spanish, and more. Come see us!



*Ask  
Questions*

*Get  
Help*

# DIY Hanging Gutter Planter



**Materials:**

- 1 – 10 ft. White Traditional Vinyl Gutter
- 3 Sets – White End Caps. (6 total)
- 20' – 1/4 in. White Braided Nylon and Polyester Rope
- 1 pack – 1/4 in. x 2 in. Zinc-Plated Rope S-Hook
- 2 – 3 3/4 in. Steel Screw-In Plant Hook

**Optional:**

- Exterior Spray Paint



**Instructions:**

Cut the 10 ft. vinyl gutter into 3 36" sections. Then turn the gutters upside down and mark drill points 4" in from the side, and 1/2" down from





the top lip on all four corners of the three gutter sections.

Drill holes using a 3/8" drill bit.

Next, pop the K-Style End Caps onto the ends of the three gutter sections.

Next, thread the rope up one side of the gutters, then loop it at the top and then thread it back down the other side. Measure 12" of rope in between each gutter and knot the rope under each gutter to hold it in place.

Finally, to hang the gutters, secure the plant hooks into the beam of your patio or anywhere you would like. Have fun creating and designing your new hanging planter.

Source and video: [House of Hobb](#)



**Did you find them?**

## Volunteer Opportunity



### 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.



**"My First Job Ever"**

*"I started my first job in August when I was very new in America. It was only one month. My first job was as a sandwich maker in Subway. Because it was my first job, so I had no experience in dealing with customers. In my first week, they gave me training ..."*

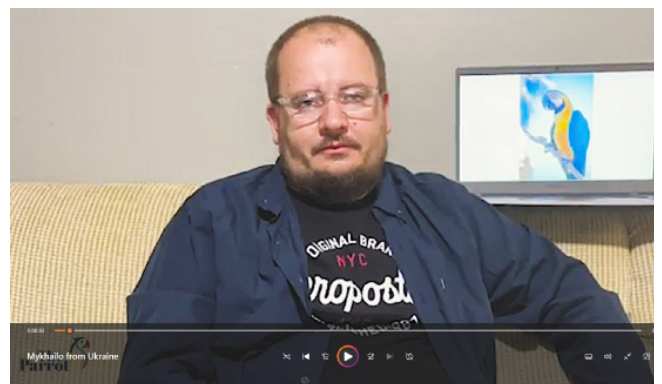
**-Zaki, From Pakistan**

Click on Zaki's photo and hear his story.

*"My family and I have already visited many cities in California and beyond. We saw a lot of nice natural locations and what was done by man. I want to share my favorite place, where I want to return again and again..."*

**-Mykhailo from Ukraine**

Click on Mykhailo's photo to hear his thoughts.



**"My Favorite Place In California"**

## Out of the Cage

### Financial Wellness Series: Credit, Oh Credit (Online)

Tuesday, October 17, 2023

12:00 to 1:00 pm

Improve your financial skills during these workshops in collaboration with Los Rios Financial Aid and the CSUS Financial Wellness Program. Join this free workshop to break credit misconceptions and set up healthy habits you'll use in college and beyond.

Join on [Zoom](#)

Meeting ID: 871 1043 8140

Passcode: money

Contact Yolanda Garcia: [garciayl@losrios.edu](mailto:garciayl@losrios.edu)

### Figure Friday Live Model Figure Workshop

Friday, October 27, 2023

1:00 to 4:00 pm

Sessions open with a warm-up set, then 1 long pose.

All media okay except photography (OMS only for oil painters).

Classroom has easels, horses, & sculpting tables; bring your own art supplies.

Students, Faculty, Staff, and Professional Artists Welcome!

Location: Fine Arts Building, Room #510

Contact Patricia Wood: [woodp@arc.losrios.edu](mailto:woodp@arc.losrios.edu)

(916) 484-8399



## 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>

