

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



The Parrot



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Inside This Issue

Alina Archibasova: Guitar Hero

Immigrant Student and Employee at ARC

Staff Writer: S. Edres Sadiqi



Thank you, Alina Archibasova, for interviewing with the Parrot. Please introduce yourself and tell us about how you started your educational journey?

Alina: Hello, my name is Alina Archibasova. My story is a bit different on how I started my education

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Woodcarver of Wonders: Ivan Noshyn



My name is Ivan Noshyn, and I come from western Ukraine. June 2023 marks 4 years since my wife and I came to America. My family moved to America under the religious refugee program. I am in my fourth semester at ARC. I started drawing in my childhood. I graduated from a children's art school. After the children's art

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Davies Hall RIP

How did you feel about the sudden closure of Davies Hall?

(Please note that the opinions expressed below are not necessarily those of The Parrot or any of its staff members. The following comments are excerpts from an ESL 315 Canvas Discussion.)

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Student Chirpings

Judo Champion after Pregnancy



It's so funny for me to hear from people that they cannot do something. After many years in professional sports of Judo and Sambo, I learned what our body and mind are capable of. After I gave birth to my child, no one believed that I would really be able to compete again. I too doubted whether I could get back into shape after such a long break.

Professional athletes train 2-3 times a day. The best example is my routine before pregnancy: 6 am – first training – 10 km running; breakfast; 10 am – second training – wrestling 2-3 hours; lunch; sleeping or studying; 5 pm- evening workout in gym or wrestling 2 hours; without dinner because I had to maintain my weight. There were trainings

every day except Sunday. Is it possible not to exercise for 9 months of pregnancy and then return to this mode again with a small child? With new responsibilities, with less time, without night sleep? One more obstacle for me was my salary, because in order to receive money on the Ukrainian Judo team, you must compete in the national championship and win it or the salary will be withdrawn. Obviously, I didn't fight there, and I lost all my income. I didn't have enough money, and I had to start working as a college teacher and rehabilitation specialist.

I liked my job so much that doubts began to creep into my head about whether I should return to sports. My doubts were confirmed by the words of people close to me. If I decided to return to sports, then everything would have to start all over again. My coach said that now my destiny is to be a mother and I cried for so long that day. It broke my heart because a coach for an athlete often replaces parents and is the person who is always together with an athlete, and if the coach doesn't believe in you, it's impossible to achieve your goals. His words should have



stopped me, but then it made me so angry. I realized that I didn't want to quit my job or my newborn baby, but I would never forgive myself if I didn't try to start training and get into the national team again. My husband always supported me. He said that I would succeed and I stopped doubting, and I decided that I would never give up, for the sake of my family and myself. I wanted what. My baby would be proud of me. When I gave birth to my beautiful son, the next day I started training. I did squats at home with the dog in my arms, did bends, and pumped up my abs. It was incredibly difficult for me to sleep at night, and even then my husband helped me and fed the baby with expressed milk. I had to change coaches. Since my body after childbirth was not yet ready for the stress, I had a lot of injuries. But we were always together with my husband and child.

No matter how many sprains or broken bones I received, I simply went where my heart led me. When my son was 7 months old, I won the National Judo Championship for athletes under 23 years old. Two weeks later I won the National Sambo Championship among adults, and two weeks later I won the National Championship among adults in judo. I didn't quit my job; I just switched to part-time work. I had to be super flexible with my schedule. When I joined the two national teams (judo and sambo), I was included in the list of Daria Bilodid's team to help her prepare for the Olympics. After that, I was the only one chosen to travel with her to the Olympics in Tokyo. I helped her prepare for the fights,



and she took 3rd place, and brought Ukraine its first Olympic medal in judo!

There will always be people who will say that you cannot do something or that it is impossible. After the birth of the child, everyone told me that I was done with sports. The more I listened, the more I doubted myself. But there was a fire burning inside me that gave me hope that I could do it. I believed myself, believed my husband, I changed everything that didn't suit me. Despite four fractures at the same time, I continued to train and compete. When I won, no one believed that it was possible. After everything that has happened, it's funny to me that many people say that they won't succeed

without even trying and without giving their dream a chance to come true. Yes, struggling with opinions of others is difficult, anxious, and scary, but only by overcoming yourself can something work. You need to look for those people who will help develop this little spark of faith inside you and look for the inner strength to believe in yourself no matter what.

**Kateryna Pyroh - ESL 315
Narrative Essay**

Bread is the Head of Everything

"Bread is the head of everything." That's what they said in the country where I was born. The word "head" means "main." Why did people in the USSR have such an expression, and why did bread receive such a high value?

To answer these questions, we need to travel back to the first half of the twentieth century. At that time, millions of people suffered from hunger, and this factor negatively affected the development of the country. Special government departments and institutions were founded to solve the problem of hunger as soon as possible. As a result, bread turned out to be one of the main solutions to this problem. This simple product could provide the calo-



ries needed for working-class people. Thanks to this, this product will even be a part of culture in the future. Just like seventy years ago, bread today remains a desirable product for most families in the now former countries of the Soviet Union. Today, people have much more choice of products, but they continue to buy or bake it.

In conclusion, I can say that even after more than five years of living in the USA, Russian bread still appears on my table from time to time. Of course, when I see this product, my endorphin level does not rise to the levels that it did for hungry people from the last century, but I respect the past and appreciate it.

Artem Levcheko - ESL 47
Opinion Essay

My Treasures

What are treasures? Treasures are things that have history. Treasures are things people love so much, and they want to protect and save them like money, car, house, and family. Every person has special treasures in their life. They want to remember them. I have three special treasures in my life: a scarf, a book, and a trip.

First, one thing that is a treasure for me is my grandma's scarf. She bought it for me from

Kaaba six years ago. Kaaba is at the heart of the sacred mosque Masjid-al-Haram in Mecca, Saudi Arabia. When I was 12 years old, she gave it to me, and I didn't



know why she gave me a scarf. At first, I didn't like it because I didn't like the scarf. It was a beautiful scarf, but at that time, I didn't want to wear a scarf. When I was 12 years old, I just wore it at school. After that, my scarf showed me lots of meaning like my grandma loves me because she said it is from a holy place. I was very happy because she just bought it for me. This scarf was the most important gift that I have ever had. I never want to wear this because I don't want it to get old. I just want to save it for my whole life because I want to have something from my grandma because we lived together. I always saw her, and I talked with her every morning and night. When we came to the USA, I decided to bring it here. In short, this scarf is the greatest treasure in my life.

Another treasure that is important to me was a birthday gift. It is a watch that my father gave to me. It is a white ceramic watch. It's a durable watch. It's very comfortable to wear, and it has a beautiful case design. When he went to India in 2015, he bought it for me. He gave me a lot of gifts, but I really love this watch. The biggest reason that I love this watch is that he remembered my birthday when he was in India. He called me and asked me what I wanted from there. I didn't say anything, and I just said to come back home. Because I didn't remember my birthday, but he remembered it, this watch is the most special gift that I have from my father. Indeed, it is my treasure and timekeeper that I love to protect.

My next treasure is the memory of go-

ing on a trip with my family. We went to Turkey after one year of quarantine because of Covid 19. I remember that my siblings and I were in a Zoom meeting at the airport because all the schools were online. It was night when we arrived in Istanbul, and I loved that because there was a lot of light at night. The most interesting thing for me was that our hotel was next to the Sultan Ahmad Mosque. Every morning and night we went there to pray. Also, our hotel was close to the Black Sea. Every day we walked there, and it was very interesting.

All the shopping malls were close to our hotel, and we went shopping. I bought a lot of beautiful dresses from there. My mother bought a Turkish dress for my little brother's birthday. The biggest thing that we all were happy about was that my big sister knew the Turkish language, so we didn't have any problems with language because she helped us. In brief, this memory is a precious treasure in my life.

In conclusion, treasures are special for many people because they love them. Many people have treasures in their lives. In short, my treasures are reminders of good and bad times of my life, and sometimes I want to keep them to the end of my life.



**Mitra Noori – ESL 47
Opinion Essay**

Film Review

Don't Miss Watching "Bend It Like Beckham" (2002)



Get ready to embark on a heartwarming and culturally enriching journey as we dive into the vibrant world of "Bend It Like Beckham," a British sports comedy film that has left an indelible mark on audiences since its release in 2002. Directed by the talented Gurinder Chadha, this movie is not just about soccer, it's a celebration of diversity, the pursuit of dreams and the age-old battle between tradition and modernity. At its core, the film unveils the inspiring story of Jess Bhamra, a spirited young Indian girl whose passion for football defies the conservative expectations and cultural norms of her Sikh family. Jess's journey, as she joins a local women's football team and battles the odds to pursue her dreams, is a tale of empowerment, friendship, and the triumph of the human spirit. "Bent It

Like Beckham" masterfully portrays the micro-culture within the microculture, making it a must-watch for anyone seeking a touching and insightful cinematic experience. So, prepare to be captivated by the fusion of sports, culture, and family in this remarkable film that encourages us all to bend the rules and follow our hearts.

"Bend It Like Becham" is a cinematic masterpiece that weaves challenges, cultural clashes, and the empowerment of female athletes into a captivating narrative. This film authentically explores the complexities of second-generation immigrant struggles in balancing tradition and assimilation while challenging gender stereotypes. It highlights the unifying power of sports in bridging cultural divides and portrays the emotional intricacies of parent-child relationships in immigrant families. "Bend It Like Beckham" is a must-watch that encapsulates the essence of following one's heart, resonating with its audience through its vibrant characters and the enduring power of friendship. Don't miss this heartwarming tale that challenges norms, inspires dreams, and celebrates unity and beautifully illustrates how sports can break down barriers and bring diverse people together.

In conclusion, "Bend It Like Beckham" is a delightful film that transcends mere entertainment. It serves as a thought-provoking social commentary, providing a unique cultural perspective on the delicate balance between tradition and assimilation. The film brilliantly portrays the complex dynamics of parent-child relationships, while its portrayal of sports and the unifying power it possesses brings people from diverse backgrounds together. "Bend It Like Beckham" is a testament to the positive

message of empowerment, celebrating the strength and determination of its characters, particularly its female leads. For those seeking a captivating narrative that combines sports, cultural diversity, and coming-of-age themes, this film is a must-watch.

As an Afghan woman's activist, the movie's themes resonate deeply with my own experiences and aspiration, offering a profound understanding of the struggles faced by my fellow sisters. The film's central message, using sports as a conduit to bridge cultural gaps and foster unity, is both compelling and universally relevant. "Bend It Like Beckham" beautifully encourages viewers to embrace

change, support their loved ones in reaching their goals, and chase their dreams with unwavering determination. This is a cinematic gem that leaves an indelible mark on your heart and soul, making it a movie you won't want to miss.

Parrot Staff Writer: Asila Sadiqi

Bolani

In my country, *bolani* is a favorite food of everyone, and it is a famous dish in my country, Afghanistan. Bolani is cooked and prepared in different ways with various vegetables in my country. Bolani is usually prepared with potatoes, gourd, pumpkin and mung beans. The most common bolani is made with potatoes. For example, we boil the potatoes first, then we grate them, and then we add a little salt and pepper in potatoes and mix them well. Then we put them in a special type of dough for bolani, and fry it for a few minutes and it is ready to eat. Bolani is a common appetizer food in my country, and many families make bolani during Ramadan. We prepare bolani for breaking the fast. Some people like to eat bolani with yogurt, and some people like to eat bolani with hot sauce. For example, they use green chili sauce or red chili sauce mixed with tomato. For example, people in the northern part of Afghanistan like to eat bolani with yogurt, but the people of the southern like to eat bolani with green chili sauce. I like to eat bolani with red chili sauce. In Afghanistan, you can get bolani from any res-

taurant. Indeed, bolani is the most famous food in my country. Bolani is considered a delicious food in Afghanistan.

**Elaha Gheyasi – ESL 47
Descriptive Paragraph**



Review of the Novel *Hot Maroc*

Note: All passages taken from the novel are from my translation from the original Arabic and not from the English-translated version.

Hot Maroc is the first novel by the poet Yassin Adnan. He wrote it after several poetry collections, including "Mankan," "The Pavement of Resurrection," "I Can Hardly See," and "The Passing Notebook," and short story collections such as "Who Believes Messages?" "Shadow Apples" and "Girls' Joy in the Light Rain," in addition to joint work with the poet Saad Sarhan under the title "Marrakesh... Open Secrets," in addition to his strong presence in the cultural media, both Moroccan and Arab. *Hot Maroc* was published in 2016 and was longlisted for the International Prize for Arabic Fiction (Booker) for the year 2017. It was also translated into English and published by Syracuse University Press in 2021.

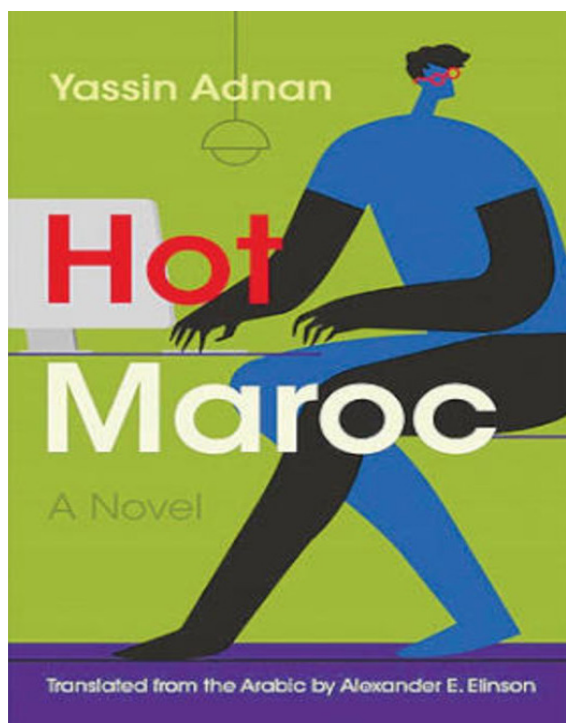
The reader is surprised by the title *Hot Maroc*, which consists of an English word and a French word. The author waits a long time before the writer exposes his papers and reveals after about two hundred pages that "Hot Maroc" is the title of a news website and thus the reason for choosing the title. In addition, the turbulent title could refer to the general turmoil of the writer's microcosm, which the novel highlights at all levels.

Hot Maroc is a critical novel about society in the political, social, and economic fields,

and even within the walls of university institutions in Morocco. It highlights the dark side of the country. It exposes the abnormal and immoral practices of some specialists, political and association officials, as well as some university professors and journalists, who were subjected to a large share of criticism due to their sensitive position in shaping public opinion.

The novel attempted to present an accurate picture of the Moroccan reality and, through it, the Arab reality in an accurate description of people's conditions and natures and the transformation brought about by the Internet in contemporary life. It was stated on the back cover that the novel tells about "Morocco and its transformations, Marrakesh... and the countryside it is subjected to... and the assassination of trees, the university and its student movement, the

Internet space, and its digital bandits. About the conditions of people and human natures, about politics and the press..." through human characters whose narrative hero is Rahal Al-Awaina, who comes from the Abda region (the outskirts of the city of Safi located on the coast of the Atlantic Ocean in central-western Morocco), and who was forced by circumstances to settle with his family (his father Abdel Salam and his mother Halima) on the outskirts of the city of Marrakesh before the family moved to live with his uncle, Ayyad, in the center of the old city of Marrakesh. He was able to continue and finish his university studies with research



to obtain a bachelor's degree in Arabic literature, which he completed with his colleague (Hosnia), whom he would marry after she promised him a job with a well-to-do family, where Hosnia would manage a private educational institution affiliated with them. After a while, they married, and Rahal Al-Awaina found himself supervising an Internet café in a popular street with customers from various social strata... On the Internet, he will find what he is looking for and get rid of his shyness and fear after he begins to move and express himself under pseudonyms, including "The People's Boy," who will become the most important commentator on the articles of the newspaper "Hot Maroc" by employing all the vileness he has learned. Meanness, maliciousness, revenge, tracking down the mistakes and shortcomings of others to hit below the belt to satisfy an animal instinct in man, in a virtual world that has provided another life in which the boundaries between capitalism and socialism, between the learned and the ignorant, between the right and the left have been shattered, producing a youth that does not bully except by assumption. This enabled the novel's protagonist to have some strings to pull, so he was recruited by the security forces who closely monitor every detail, big and small, and he became one of the men on a stage in which the press had an important role.

Hot Maroc is more like an animal comedy, as its author describes it. It can be considered a satirical novel whose events revolve around the affairs of modern Moroccan people and the social, political, and economic trans-

formations taking place in the city of Marrakesh, given that the events of the novel take place in the space of this famous tourist city, especially in its dark outskirts. Away from the lights of fame and prosperity, it is a novel of virtual space, the Internet, human nature, political elections, and the human soul. It is the novel of a man who transforms from a nobody in society and, in reality, into a giant on the Internet, a mighty and terrifying giant who spreads rumors to harm people, destroy their dreams, and spreads hatred, malice, and

resentment among them.

Yassin Adnan uses sarcasm, animal similes, and comparisons between people and animals and between parties, institutions, and animals to deepen his criticism of society. The narrative space turns into an animal carnival based on the similarities between people's charac-

ters and the characteristics of animals. Yassin Adnan empties political parties of their issues, beliefs, and ideologies and turns them into animal symbols. The narrator made each character an "animal companion to identify with" in a comedic way unusual in Arabic writing, different from what we are accustomed to in stories based on animal languages. It is unlike "One Thousand and One Nights" or the tales of "La Fontaine" because the novel's heroes are human characters by name and description. Still, the narrator chose an animal symbol for each character that suits them, expresses their character, and justifies their behavior and appearance.



Hot Maroc relies on funny characters whose psychological depths the novel explores, monitors their social surroundings, and artistically draws its problematic features: an urban novel that calls upon the city of Marrakesh and hosts it in a manner different from the way it is accustomed to being presented in Moroccan and international novels.

Hot Maroc succeeded in breaking into social and political taboos that rarely dare to be addressed in the Moroccan novel or even outside the novel. It is a rich and sarcastic animal comedy that reflects great research (history, architecture, politics, and more), enabling

Adnan to dive into the depths of the faults of Moroccan society as well as into the roots of psychological problems.

Parrot Staff Writer: Mohammed El mrani



Parrot Pastimes - My Hobbies



What is a hobby? Hello my name is Phong Nguyen and I am currently attending American River College. I will be sharing with you in this short article about my hobby and what a hobby is.

In the English dictionary, a hobby is an activity done regularly in one's leisure time for pleasure. It can be any type of activity big or small. You can actually have more than one hobby. With the changing times, people today even make money with their hobbies. Other types of hobbies can keep you in shape, build knowledge, or even evolve your mindset.

I grew up being a hands-on type of person, so because of that, I learned about many things and had many hobbies. I will be

sharing with you only one of my many hobbies today. The hobby that I will be sharing with you is fishing. I have always loved fishing ever since I was little. When I was younger, I remember waiting for school to end so that I could go home and go fishing. Fishing relaxed my mind when I got stressed or when I just needed some time alone.

That was more than 25 years ago and now my hobby has become something that I can now use to make money. I help design



and build longline fishing boats that are used to fish tuna and even swordfish in the Pacific Ocean. To this day, I have helped build 5 fishing boats that are docked in Hawaii. It even gave me



chances to travel to random places all around the United States.

Today, my hobby has grown from a simple idea to now helping me make money. As you can see, hobbies can be helpful in many ways. Just be open minded and be creative. I went from a kid who just wanted to go fishing for fun to now using my hobby to make extra money. Hobbies went from being a pleasurable activity to something I can now use to make a little extra money.

If your hobby interest involves something that isn't too hands on, exercising for example, then that can be another good thing because it is also something that is helping you out in another aspect. Exercising as a hobby can help keep you healthy or even make you healthier than you already are. There are many types of exercises that you can do and even create to keep you healthy, energized, or even just to relax. Exercising as a hobby can be

very beneficial to any age group and it might keep you feeling younger.

If you don't have a hobby right now, try being creative or even look at your lifestyle right now. It might give you an idea of something that you might be interested in making



a hobby out of. Remember there are basically no limits to what a hobby can be nowadays. You can even ask your family members for their hobby ideas or even make a hobby that you can do together. Thank you for reading my little article about hobbies, and have fun creating.

Parrot Staff Writer: Phong Nguyen

Begginer Reading Comprehension



Buy a New Car

Linda wants to buy a new car. She has an old car. Her old car is a white Honda. Linda wants to buy a new Honda. She wants to buy a new red Honda. She has saved \$1,000. She will use \$1,000 to help buy the new car. She will give \$1,000 to the Honda dealer. The Honda dealer will give her a contract to sign. The contract will require her to pay \$400 a month for seven years. Her new red Honda will cost Linda a lot of money. But that's okay, because Linda makes a lot of money.

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

<https://www.eslfast.com/supereasy/se/supereasy013.htm>

Can you answer these questions?

1. What color was Linda's old car?

- A) It is red.
- b) It is white.

2. What kind of car does she want to buy?

- A) She wants to buy a new white Honda.
- B) She wants to buy an old white Honda.
- C) She doesn't want to buy a new car.
- D) She wants to buy a new red Honda.

3. Who does she give money to?

- A) She will pay \$1,000 a month for seven years to the Honda dealer.
- B) She will sign the contract only.
- C) She will pay \$400 a month for seven years to the Honda dealer.
- D) She doesn't have money to pay.

4. How much money has she saved?

- A) \$1,000.
- b) \$400.



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. We would be
happy to hear from you and will try to
respond ASAP.

The Parrot welcomes all ESL student
matters!

The Untold Stories of Afghan Women

Habiba Mirzad, Afghan Woman and Children's Rights Activist

Parrot Staff Writer: Asila Sadiqi

Habiba Mirzad is one of the Afghan women and children's rights activists whom I met in Kabul in Women Business Training at Afghan American University in 2012. She was the president and founder of the Women Participation Promotion Organization (WPPO) in Afghanistan. Also, she is the current president of the Afghan Canadian Women's Initiative Foundation in Canada. Here is the link for her new organization.

It was my pleasure to interview her.

Could you please share your journey as an activist/ leader / businesswoman in Afghanistan? What inspired your involvement in this field?

I hold the roles of president of Women's Participation Promotion Organization (WPPO) and the leader of the Canadian Afghan Women's Initiative Foundation (CAWIF). I am a dedicated political and women's rights advocate in Canada. Since 2012, my efforts have been concentrated in the realms of education, social development, culture, and politics, with a primary focus on women and children. My work has included legal actions to address women's workplace harassment, child marriage, violence against women, and combating human trafficking and child labor rights. My motivation for this



journey can be traced back to an eye-opening survey I conducted in a remote province of Afghanistan, where I represented that province. The survey revealed significant gender-based disparities in the distribution of food supplies, with women facing discrimination from their male colleagues.

What are the most significant challenges you have encountered while pursuing your goals in Afghanistan as a woman, and what kept you motivated?

The challenges I faced included navigating a deeply patriarchal society, coping with a lack of social security, grappling with security issues, and the absence of property rights for women. Regrettably, Afghanistan adheres to traditional norms where all property is typically controlled by male family members or

sons. Additionally, the current absence of work permits under the Taliban government presented a formidable hurdle. However, my unwavering motivation stemmed from proficiency in my work, the importance of the people I was serving, and my enduring presence within the community.

Could you highlight your specific concerns as an activist and leader for Afghan women and Afghanistan amid the challenging socio-political and economic climate?

Considering the evident hardships faced by the people of Afghanistan, particularly women and children, my foremost worry in current circumstances is the prohibition on education, employment, economic participation, political involvement, and the exclusion of women from society.

What approaches or actions have you taken to empower women and promote gender equality in Afghanistan?

We have undertaken a variety of initiatives within the realm of women's empower-

ment, encompassing capacity building, education, culture, social programs, and legal advocacy. Presently, we are running online educational empowerment programs and collaborating on legal matters with international organizations.

What forms of support, both on a local and global scale, do you consider vital for the advancement of women activities, educational programs, and business leaders in Afghanistan?

I firmly believe that Afghan women require support from local and international sources. This support should focus on bolstering education, as well as providing economic and political assistance. The current situation in Afghanistan has created unprecedented challenges for women, making it crucial to pave the way for their empowerment and reintegration into society with strong international backing. To make the significant impact, we need to establish substantial frameworks of political and

global support for women, as individual efforts may not suffice.

How has the recent political transition in Afghanistan impacted your endeavors, and what strategies do you have in mind for the further in response to these transformations?

The present circumstances have undeniably posed significant challenges for our work, with even women-led institutions facing interruptions. Our future objectives revolve around striving to address these issues through en-

hanced coordination and legal actions.

Can you share a specific success story that you have achieved and how it has impacted the lives of women in Afghanistan?

We have undertaken numerous initiatives encompassing education, social development, culture, political economics, and legal actions within the women's sphere. Notably, we have pursued legal actions concern-

ing workplace harassment of women, particularly within government institutions, and established a database for documenting complaints of workplace harassment, child marriage, violence against women, and combating human trafficking.

What are your hobbies, and could you share a cherished childhood memory?

My hobbies include engaging with social media, reading, practicing yoga, and occasionally enjoying music. In my childhood, I fondly remember reading my father's storybooks,



studying, and playing football.

What measures do you think are essential to attain gender equality and empowerment for women?

The initial step should involve establishing a democratic structure that guarantees women's involvement. Subsequently, enhancing women's awareness and capacity building can fortify their participation, with economic development support also playing a pivotal role.

What message would you like to convey to Afghan women residing within Afghanistan and those living as immigrants in various

countries, particularly in terms of self-development and capacity building?

Never lose hope; adapt to the existing system and focus on honing your skills and capacities.



Language and Communication HomeBase Presents

PERSONAL STATEMENT

Assistance

Are you transferring soon and need help writing a personal statement for your application? Join Professor Kathleen O'Brien and the Language and Communication HomeBase to get guidance on how to write and improve your personal statement! This opportunity for assistance is open to all ARC students, so don't miss out!



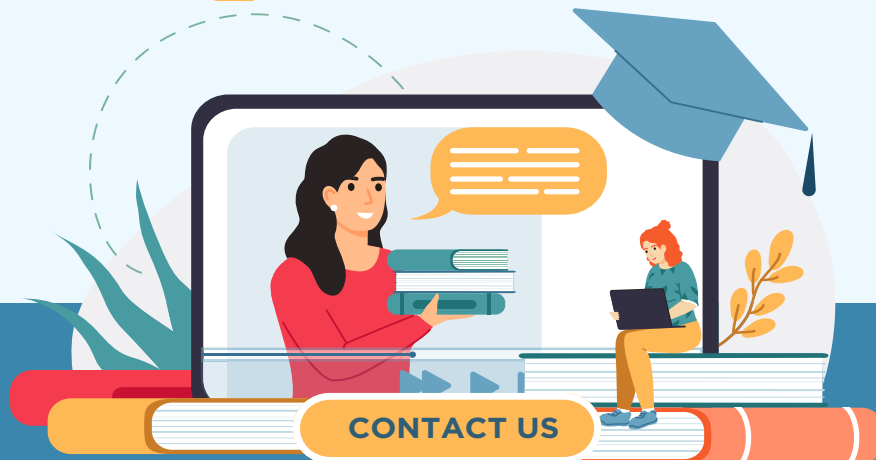
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Some More Parrot Fun

Finding Hidden Words

Find the 4 Hidden Words



Challenge:
Find 4 hidden words.

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

Continued from page 1



school, I studied at the Lviv Art School of Applied Art named after [Ivan Trush](#). I have worked as an artist for many years in various organizations. But I started carving about ten years ago. I have artist friends who do carving, so I wanted to do wood carving. I started buying carving tools. At first, I didn't have many wood chisels. Over time, I got more of them. Here I bought better tools than the ones before. But when I went to the Woodcraft store with my son, I was amazed by the wealth of possibilities, and super

tools, and different types of wood and various carving blanks. (In woodcarving a "blank" is a piece of wood in a basic shape, but it doesn't have the detail, so as a carver, I add the details. It helps save me time, but it still requires my artistry and skill). This inspired me to carve different pictures out of wood. Most of all, I carved prayer hands based on a drawing by [Albrecht Dürer](#). Prayer is a ritual that shows a person's conversation with God. Prayer is a part of every religion. I am a Christian and prayer is an active part of my faith. Already here in America, I have given carved prayer hands to many people. It's very easy to carve on soft wood. This is a linden tree. You can also carve hard wood. It will take longer, but hardwood sands very well. Every piece of art is very useful. Artistic creativity has many important components that affect the development of a person, his mental and emotional state.





Explore California



A Solar Eclipse Over California

On October 14, 2023, we witnessed a rare but beautiful phenomenon: An annular solar eclipse. A "Ring of Fire" solar eclipse, also known as an annular solar eclipse, occurs when the moon passes between the earth and the sun but does not completely cover the sun's disk due to its apparent smaller size. This phenomenon is caused by the moon being near its apogee, the farthest point from earth in its elliptical orbit. As a result, the outer edge of the sun remains visible as a bright ring, or annulus, surrounding the dark disk of the moon. This striking appearance gives rise to its popular name, the "Ring of Fire." I was thankful to have the chance to capture this event with

my camera and telephoto lens. The weather conditions weren't the best that morning, but thankfully the sky cleared up enough to see the event with the naked eye (Please note that this is just an expression, you should never see a solar eclipse without using any kind of special glasses to protect your eyes from the rays of sun).

Even though in Sacramento we didn't get to see the "full ring", it was still amazing to see the moon passing through the sun. The event started about 9:30 AM, up until 10:00 AM. I hope you guys got to enjoy this beautiful event, but in case you missed it, here are two of the photos I took of it. Enjoy!

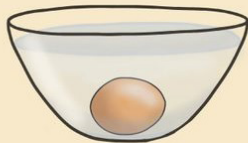
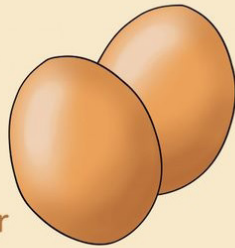
By Manny

Eat the World!

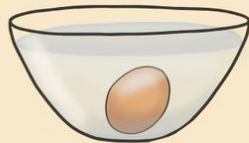
Tips for Fresh Eggs

How to Tell if an Egg Is Bad

Place the egg into a bowl of room temperature water



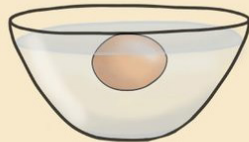
Fresh



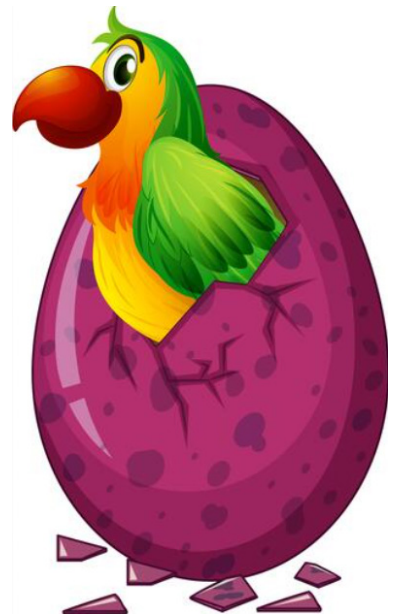
A week old



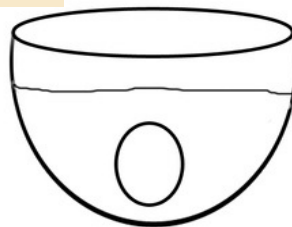
Stale



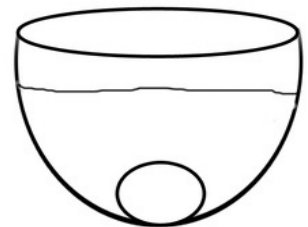
Very old



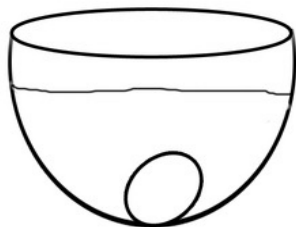
How to tell if your eggs are still fresh.



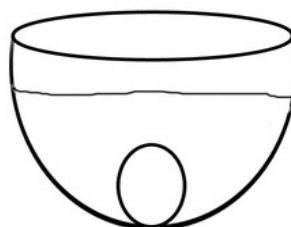
Gently, drop your egg(s) into a deep bowl cool of water.



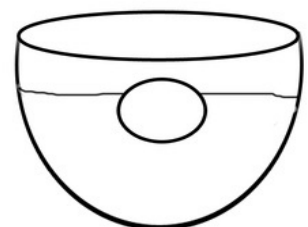
If the egg sinks to the bottom, and lays flat, it is very fresh.



If the egg "bobs" upward it is about a week old, but still fairly fresh.



If the egg stands on its small end, it is about three weeks old, and going bad.



Any eggs that float to the surface have gone bad and should not be consumed.

Restaurant Review

HOUSE OF THAI RICE & NOODLE

Let's try food from Thailand today. We found a Thai restaurant that has high reviews on Google.

The restaurant is small but cozy. We went for lunchtime around 1 p.m. This place was busy, but we didn't wait long to have our food ready and served.

For the appetizer, we had Golden Wonton which is a fried wonton covered with cream cheese and imitation crab meat. It was served with sweet and sour fish sauce. A famous salad in Thailand is som tum (papaya salad). It was mixed with green beans and peanuts and tossed in chili lime dressing.

If you go there, rice and noodles are must-order dishes. We had House of Thai Fried Rice with chicken as our meat choice. The rice was so soft and delicious and blended together with the smell of fried garlic. Pad see-ew was the noodle dish that we enjoyed so much. It was pan-fried noodle with egg, broccoli, and sweet soy sauce with choice of beef.

We enjoyed the mango with rice dessert. We didn't know rice with mango could mix so well together! The rice is melted in a sweet sauce, which makes it sweet and soft. The mango, on the other hand, adds that sour flavor that balances the taste really well. They also add some strawberries that adds more color and flavor. Once you eat the first bite, you don't want to stop until there's nothing left on the plate! One of the best desserts I've ever tasted!

Location: 5738 Watt Ave #4752, North Highlands, CA 95660

Reviewed by The Parrot Staff Writers



Words of a Feather

How to Use Must and Have to

Do you know the difference between 'must', 'have to' and 'should'? English learners often mix up these three verbs. In this lesson, you can learn how to use *must*, *have to* and *should* correctly in English.

Must and have to are both used to talk about obligations: things you cannot choose not to do.

For example:

-We **must** talk to her before she leaves.
-I **have to** go into work early tomorrow.

If you say, *We must talk to her before she leaves*, you mean that you think this is very important, and you need to do it.

When you say, *I have to go into work early tomorrow*, you mean that you have no choice.

These are both obligations, but they're slightly different.

Can you see how they're different?

The first obligation is more personal, which is why you use *must*. You feel that it's necessary and important to talk to her before she leaves. The obligation comes from

you and your feelings.

The second obligation is more situational, which is why you use *have to*. It's necessary to go into work early tomorrow, maybe because you have to meet a client, or you have some important work to finish. The obligation comes from the situation, not from you.

Here are some more examples:

-I *must* pay him back like I promised. -> You made a promise, and now it's important to you personally to keep your promise and pay him back.

-He *has to* do a lot of homework every week. -> He needs to do a lot of homework because the school gives him a lot of homework.

To learn more about this topic and test your knowledge, click on the link below:

<https://www.oxfordonlineenglish.com/must-have-to-should>

Urdu Poem



عقابی رُوح جب بیدار ہوتی ہے جوانوں میں
نظر آتی ہے اس کو اپنی منزل آسمانوں میں
نہیں تیرا نشیمن قصرِ سلطانی کے گنبد پر
تو شاہیں ہے، بسیرا کر پہاڑوں کی چٹانوں میں
”علامہ اقبال“

*When an eagle's spirit awakens in youthful hearts
It sees its luminous goal beyond the starry heavens
Thy abode is not on the dome of a royal palace;
You are an eagle and should live on the rocks of
mountains*

*This poem was written by [Allama Iqbal](#), known as
the National Poet of Pakistan.*

Rigoberto's Riddles

A detective told his wife he'd
be home at 8:30 and came
home at 8:30.

Then why was
the detective's
wife angry
with him?



8:30 A.M.
He said he'd be home at 8:30 PM and came home at

Silly Vasily's Chuckle Chamber



Source: <https://www.pinterest.com/pin/33495590971442674/>

Continued from page 1 Interview

journey. Before I came to the United States, my sister was living here, and she studied in the United States. So, she was the first one encouraging me to start my education, but still I was afraid because it was a new country and new system of education and I didn't know anything. Initially I went to adult school and studied English for one semester there, and then I decided to continue my education in the college. Thankfully, I found the college staff, the professors and people in the college very helpful and whenever I had questions and needed help, they were always there to help me. Although I was very scared before enrolling in the college, in reality it was very easy; and now it is very nice to be here.

When and from where did you come to the United States?

Alina: I came from Ukraine in April 2022 to the United States.

You are so new to the country. What semester are you in right now?

Alina: This is my third semester.

In what department and what position are you working, and how was the hiring process for you?

Alina: I am working as a student helper with the English as a Second Language Assessment team. I joined this team because I went through the placement process a few semesters back

and I thought if there is a Ukrainian student who wants to take the test to start their education, I can help him/her with the English and Ukrainian language skills that I have. This is my first job ever in my life. I never wrote a resume and never applied for a job before. Obviously, I was scared and worried about the hiring process. However, when I decided to look for jobs on campus, I received assistance to prepare my

resume and apply for jobs through [Handshake](#) and finally got hired. So, the whole process was pretty easy for me.

Can you discuss any challenges you have faced as an immigrant student or employee and how you have overcome them?

Alina: I think the hardest part for me was to understand that I can do it. I know that my sister already passed these steps, and she graduated from university, but since I didn't experience this myself, I wasn't sure if I could do it. The second hardest thing for me was communication issues. My English was so weak and I wasn't able to communicate correctly with people to get help to enroll because the whole system was new to

me and I didn't know what or where I should start. I was even thinking that I wouldn't be able to understand professors' teachings and wouldn't be able to communicate with classmates. Now I see that, as soon as I enrolled everything got easy, and now I am pretty confident to communicate with my professors and with lots of my classmates, and I can understand



and do my studies perfectly fine.

What are the good things that you think you have here in American River College but wouldn't have in your home country if you were studying there?

Alina: I think it is the chance to try different classes in science to decide what major I really like. In Ukraine, the system is totally different. After graduation from high school, we have only one major choice. Once we chose our major, we are locked into it. We have to study that major and in the future work in that major. If we decide to not continue our first choice and want to switch it to another major, the government will not provide support and the whole financial expenses will lie on our own shoulder. Most can't afford it and that is why most of the students whether they want to or not, have to do their education based on the first choice they made after graduation. While here, I have the chance to switch my major as many times as I want till I am confident that I really want to continue my education in that specific field.

Overall, did you find it hard to study in the United States? Do you recommend that new immigrants enroll and continue education as soon as they can or you don't recommend it? Why?

Alina: To be honest, the first few weeks of the first semester it was a little hard for me because my English was very weak and I wasn't able



to communicate comfortably. But after a few weeks passed by, it began to be easy and I was able to start communicating with my professors and classmates. Professors are so friendly and helpful and they were kind enough to help me whenever I needed their help. The professors were always trying to help all students, and they gave no reason for students to not go to the college. I learned English from the college. Before I came to the college, I wasn't able to communicate well. The college has been a great place for me to learn and practice my English because,

when I go home or any other place with my community members outside of the college, I no longer speak English. Hence, I strongly recommend college to newcomers or new immigrants. This is the best and shortest way to learn English very fast.

What do you like to do in your free times?

Alina: I play music. I play a few musical instruments. Most of my free time I spend playing guitar. Especially when I am sad or my mood is down, I really like playing guitar.

How long have you

played guitar?

Alina: I have been playing guitar since 2020. I started learning guitar when the Covid-19 started, I got bored at home and there was nothing much left to do, so my parents gave me my first guitar and I started learning guitar.

Do you play guitar as a hobby, or do you play professionally too?

Alina: It has been almost three years since I started played guitar. Mostly I play guitar as a hobby; however, I played guitar a couple of

times at church as well. I am not saying that I play professionally, but I have the experience of playing guitar with another musical instrument as a group as well.

It is great to know that, although you are new to the United States, you are a full-time student, working at American River College and also have the talent of playing musical instruments. We would love to share a short video clip of you playing guitar with our immigrant students to reflect the immigrant students capabilities to all.

Alina: Of course, that would be my pleasure to share.

Where do you want to continue your education after graduation from ARC?

Alina: I plan to transfer to university after I complete my studies at ARC. I would love to go to Sacramento State University and continue my education there. I think that is a great university;

plus, it is local in Sacramento and I can manage my life going to Sacramento State University a lot easier. In addition, my sister graduated from Sacramento State University and she liked it, and I want to follow in her footsteps. I want to do my higher education in a health-related major, but I haven't decided yet and I am only taking general education classes so far.

Is there anything that you want to share with newly arrived immigrants who want to continue their education but have concerns and questions that are stopping them from doing

it?

Alina: Yes, I think I have something to share. As I mentioned early, don't be scared to go to college and start your education. I emphasize to not be scared when you first start your college, especially when you are in the first semester because the first few weeks you will have some challenges and it will look so hard for you and you might have no clue about what you should do. But as the time goes on and the first two or

three weeks pass, you will feel good and confident that you can do it. If you want to learn or improve your English very fast, you need to enroll in college.

Thank you very much, Alina Archibasova, for giving the Parrot the time to have an interview with you. I really appreciate you sharing your ideas, opinions and recommendations with us. It was really nice to have you with us today. I wish you all the very best for your future educational, professional and music journey.

Alina: Thank you for invit-

ing me for an interview.

Below is a short video clip of Alina playing guitar.

<https://www.youtube.com/watch?v=ydN2NilnB58>



Davies Hall RIP: Student Opinions



Continued from page 1

Alena Kurnosova: As for me, I was a bit disappointed at the beginning because for me the situation wasn't quite clear. I was slightly afraid of online classes as it seemed to me a not so convenient kind of meeting due to possible connection or other technical problems. I also prefer to be present in person and have small talk with my classmates on campus before class. I believe I would have gotten frustrated if we had to have online classes for a long period of time. First of all, when I got an email from the college about the temporary closure of Davies Hall, I felt like we had started another isolation period. Even so, after a short period of time, I calmed down and realized that the college would do everything to make our studies comfortable. In addition to this, I'm okay with any rooms we are given and have no worries when they are changed from time to time.

Emmanuel Madrid: I personally didn't like how they handled the situation. Having the whole building closed so abruptly, without making prior announcements at least a few days in advance, felt disrespectful towards the faculty and the students. I understand the building didn't meet the latest requirements for catastrophic events such as earthquakes, but it felt as if we were forced to abandon a place that was crucial for our learning experience. Sure, the building was a little bit outdated, but the classrooms were comfortable and big. I feel the administration should have handled the situation more professionally and in a more organized way, first, by making a formal announcement as soon as they found out the building could no longer operate, giving the faculty and students enough time to process the news and start planning ahead; and second, by coming up with

options and informing us about them so it wouldn't feel so abrupt. I think as a community college that welcomes hundreds and hundreds of students from all over the world, they should be more careful and organized when it comes to making such drastic changes.

Maria Barragan:

The announcement about Davies Hall surprised me because I don't want to go back to taking online classes. I took one class online last semester and it was hard because I have a baby. I couldn't enjoy the class because my baby wants to stay with me. Even if his dad was at home she prefers stay with me, and this made feel a lot of stress during the class because I didn't pay attention to the class. Also, I feel like I need to practice my English, and the classroom is better for that. On the online class you need to keep the microphone mute. As students we don't have the opportunity to know each other. I prefer to come to school and know new people and have time for studying alone.

Karimulla Bigzad: Actually, I wasn't surprised by the sudden closure of Davies Hall, because



such decisions are common in many countries. In Afghanistan we had a department by the name of "Norm and Standard" whose responsibility was quality control. In California State, there is an office by the name of "Division of the State Architect". The DSA engineers have found out that Davies Hall is vulnerable and poses a safety risk in the event of an earthquake. So, when ARC received this notice from DSA, they took the decision to close the building until they rebuild that. So, personally, I admire this decision because they thought about the safety of the student. I prefer to con-

tinue my studying in person rather than online; I don't like online classes. Anyway, the College administration provided another in-person class for us. We are students; our goal is learning; it doesn't matter to me where our classroom is.

Mikhail Kalman: I think that Davies Hall is a very strong building. We do not have big earthquakes here to destroy it. I think there is money left in the budget and they are trying to spend it. I think instead of fixing a good building, they need to fix the roads. Watt Ave., Madison

Ave., and many other roads are in very horrible condition. Recently, I tore two tires driving on Madison Ave. These tires cost me \$600. Of course, they checked the building and realized that it is not fully safe.

Sometimes administrators over-react to things instead of paying attention to the real problems, such as homeless people, who make city an unsafe place. One of my relatives was threatened by a homeless person with a gun. It is way more dangerous than our beautiful Davies Hall. The chance of dying in Davies Hall is a lot less than that of being killed by a homeless person.

Olga Meleshkova: After I found out about the sudden closure of Davies Hall, I felt frustration and a little anger because I just got used to my new environment and memorized a route to my classes. Now it has changed again. As I recall, first I got an email from the college about the closure of Davis Hall. Then I got an email from COMM class teacher informing us that we would have Zoom meetings for two weeks. OK, but then I got another email from the college saying they found new classrooms for us. OK, but then COMM class teacher informed us that anyway we would have zoom classes for a while. I can't stand such chaos, because it makes me nervous about adhering to the new schedule, when things are uncertain.

Mohebullah Ghafoori: I feel happy about these changes because safety is our priority,

and the students need to have a safe, secure, and peaceful environment for learning. I am proud that the college officials have a safety plan to make this decision. My plan is to learn

ESL. Wherever the classroom is, I would like the learning environment to be friendly and secure. Online education is great for parents or full-time employees, and this is a good opportunity for them; but I prefer in person classes to online ones because the environment of education has a positive affect on me. Also, there can be effective communication between classmates and professor.

Reina Canas: When I received the email about Davies Hall closing, I felt a little upset because I didn't

want online classes, even if it was only for three weeks. But when I received the email with the new building, it was a relief. I really don't miss Davies building because I think the important thing is to have a classroom to take classes instead of being online. Of my three classes, only two of them were affected by the closure of the building, but thanks to the quick coordination of the staff member we obtained new classrooms.



Morocco and America: Bridges across the Atlantic



The history of the relationship between the Kingdom of Morocco and the United States of America extends for more than two centuries. In 1777, Morocco became the first country to recognize the United States of America as an independent country. This recognition came in the context of the American Revolution against British colonialism. In the same year, a treaty of friendship and trade was signed between Morocco and the United States, known as the Marwan Treaty. This treaty is considered one of the oldest international agreements still in effect. The Sultan of Morocco at the time (the Sultan is a title given to the kings of Morocco), Muhammad III, issued a circular from the city of Meknes (a city located in central Morocco that was its capital at some point in history) regarding allowing several countries to carry out their commercial activities with Morocco, including the states in the United States of America. The Moroccan initiative was considered a recognition of America's sovereignty and independence. The Sultan also appointed Etienne de Debre Cay, a Frenchman residing in Salé (Salé is a Moroccan city separated from

the capital of Morocco, Rabat, by a river called the Bouregreg), to serve as America's consul in Morocco. Immediately after this appointment, in September 1779, and on instructions from the Sultan of Morocco, Etienne de Debre Caye wrote to the American Congress through Benjamin Franklin, informing the Americans of his appointment as their consul in Morocco.

American-Moroccan relations remain vital today, and there is increasing economic cooperation between the United States and Morocco. Trade and economic agreements that enhanced trade and investment between the two countries and American companies investing in Morocco in various sectors such as manufacturing, energy, and technology were signed. This promotes economic growth in Morocco and creates job opportunities. There is also cultural and educational exchange between the United States and Morocco. This includes student and faculty exchange programs and the promotion of cultural understanding, as well as organizing joint cultural events that promote Moroccan arts and culture in the United States and vice versa.

As a manifestation of the depth of the historical and social ties between Morocco and



America, I liked stopping by a small town that many do not know, called "Town of Morocco," a town located in northwestern Indiana. Its name dates back to the year 1841. It is a quiet town with an estimated population of about 1,100 people. Fertile lands and picturesque scenery characterize it. It is considered a destination for those who prefer quiet tourist trips to enjoy nature away from the hustle and bustle of cities.

As for how the town was called Morocco, Gerald Bourne, an academic who wrote a book about this town, explains that it goes back to the year 1841 when the process of clearing the land began in preparation for laying the foundations of the town. It was reconstructed in 1851 and a name had not yet been chosen. One day there was a traveler (the sources did not mention his name) riding his horse through the town and wearing long red shoes of Moroccan origin. This traveler suggested calling the town Morocco. Or possibly, according to a different version of the story, the founders of the city were inspired to use this name simply from seeing the traveler's shoes of Moroccan origin.

But the exact reason for this name choice is not entirely clear. The most plausible explanation is that the town was named during a meeting of local citizens in the late 19th century. According to another local tradition, the name "Morocco" was chosen at random from a hat to settle a dispute over what name the city should be given.

Sources:

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"History of the U.S. and Morocco." U.S. Embassy & Consulates in Morocco, 27 Mar. 2023,

ma.usembassy.gov/our-relationship/policy-history/io/.

"Town of Morocco: Newton County, Indiana." Newton Co. Indiana, www.newtoncountyindiana.com/town-of-morocco. Accessed 21 Oct. 2023.

"Morocco–United States Relations." Wikipedia, Wikimedia Foundation, 10 Sept. 2023, en.wikipedia.org/wiki/Morocco%E2%80%93United_States_relations.



Parrot Staff Write: Mohammed El mrani



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 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

Autumn Garland in 3 Steps



Lobby for \$5 and had way more than I needed!)
- Scissors

Instructions:

Step 1: Thread the fishing line through your needle. You'll want to make the fishing line as long as you would like your fall garland. Leave about 12" or so on either end for tying and hanging.

Step 2: Thread the decorations on the fishing line.
Step 3: Tie off each end very close to the last item so the objects don't shift around. Hang.

Finally, you can drape it on a table in your entryway or as you wish.

Source and video: <https://diycandy.com/diy-fall-garland/>



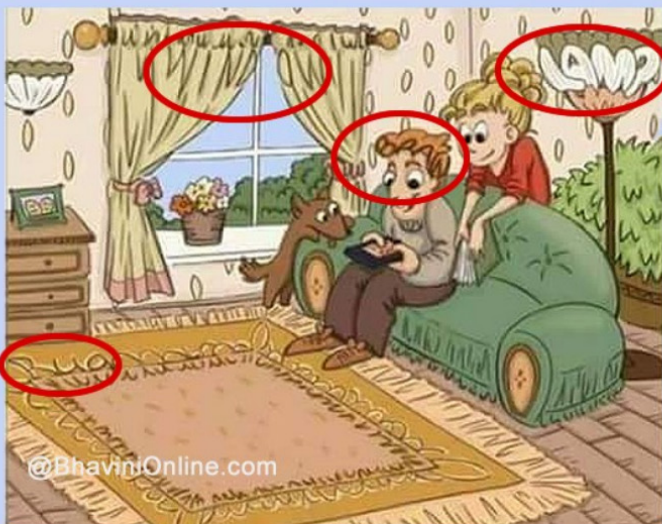
Materials:

- Fishing line
- Needle
- Small fall decorations (I found mine at Hobby



**364 days til
Halloween!**

Answer



@BhaviniOnline.com

Window, Lamp, Brain & Rug

**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/>

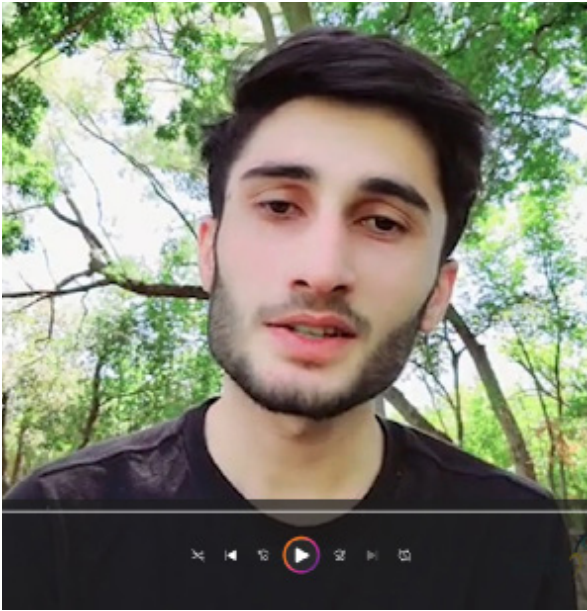
Want to Help?

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 Immigration Story"

"Fortunately, after one year our request was accepted by the US government and we got our visa except my mother. I mean she didn't get her visa..."

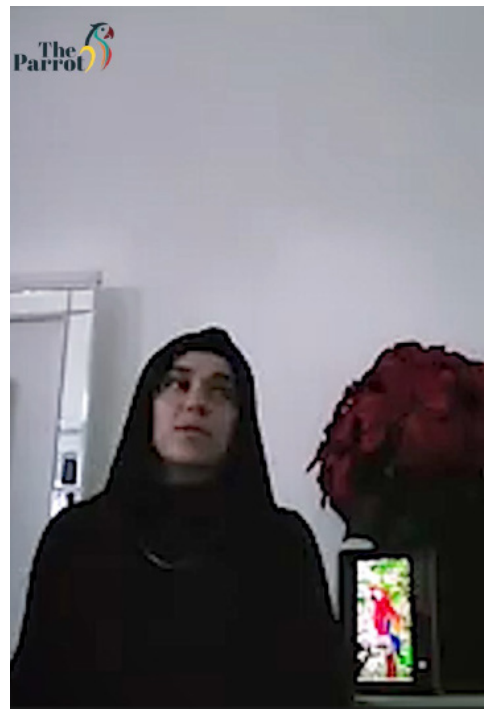
-Baheer Noreen, From Afghanistan

Click on *Baheer's* photo and hear his story.

"Three years ago, I found out that my brother was very sick. Seeing his doctors save his life made me very interested to work in this field. The other reason that I want to become a doctor is because in Afghanistan..."

-Najia Karimy, from Afghanistan

Click on *Najia's* photo to hear about her plans



"My Dream for the Future"

Out of the Cage

California State University (CSU) Fall 2024 application session

Tuesday, November 21, 2023

11:00 am to 12:00 pm

Which CSU Fall 2024 Application Workshop session do you intend to join?

CSU Filing period is from Oct 1 - Nov 30.

Receive direct application assistance from a Sac State representative.

This is an online event.

[Register in advance.](#)

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QUESTIONS/COMMENTS?

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