

Your ARC newsletter by and for ESL, multicultural, international students, Californians, and, well, anybody really...



The Parrot



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Inside This Issue

The Untold Story of an Afghan Woman:

Dr. Mary Aryanpur as a Leader in Her Community

Parrot Staff Writer: Asila Sadiqi



Many of the readers may not recognize that a woman doctor or gynecologist can be a leader to her community and serve people who need support beyond medical issues. However, I know a woman who is: Dr. Mary Aryanpur. I was first introduced to Dr. Mary Aryanpur through her daughter, Dr. Geeti Aryanpur, who is my friend. I was inspired by her remarkable talents, unwavering work

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An Alien Perspective: A film review of PK



"PK" is a Bollywood movie directed by Rajkumar Hirani and was released in December 2014. Aamir Khan plays the lead male role and Anushka Sharma plays the lead female role in PK. The movie story is about an alien who comes from another planet to Earth, and in his first few minutes of being on Earth, he gets robbed by a human thief

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Would you like to contribute to The Parrot?

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Student Chirpings

My Way of Learning English

Learning a new language takes work. I moved to the United States in 2017. At first, I thought learning English would be easy, but it wasn't. Learning a new language is pretty challenging. I tried to quit a few times, but I didn't because I knew it was a must to live in the United States. I started in adult school. I can say I did learn a lot, but I didn't get to learn as much as I wanted because it was hard. The pronunciation and how people talk here are different from what we are used to in my country. After being in adult school for five months, I did not learn as much as I should have learned. Then I decided to quit studying for a while, but I realized that I did not make a good decision. Then I applied for college and started college. Now I am glad that I started college. I have learned a lot and now understand more than before. Now I am going to my appointments by myself without anyone's help.

Fahima Sultani - ESL G31
Opinion Paragraph

My Way of Cooking

Last month, I tried making a cake. I mixed up salt and sugar, so it turned out awful. It was funny, though, and I had a good laugh. I tried again and the cake came out great. My friends loved it. Now, I'm more careful when I cook. I learned that even if something goes wrong, I can fix it. Now I enjoy cooking for my family.

Anastasiya - ESL G31
Opinion Paragraph



Odes from ESL 350

Ode to BMW

By Anonymous

*Eyes of feline grace
 Glowing like diamonds from dusk till dawn
 Deep growls yearning for speed
 Elegant bodyline luring you in
 A deep sense of thrill fills you
 Aggressive yet luxurious
 Intoxicating yet alluring
 Driving through endless roads
 A journey truly better than the destination
 Our bodies intertwined
 Like gears in a race
 Motor oil dripping down my driveway
 A constant reminder of its enticing presence
 Bavarian Motor Works
 Fueling my very passion
 An ode to my Persian heritage
 I was born with you in my blood*



Ode to Rainbows

By Pei Li

When I look up into the sky after rain
 High, high up there
 I can see you
 like paint pouring out from a pail
 So colorful, so bright
 A breathtaking piece of art
 Angels holding paint brushes
 coloring the gray and boring world
 down below the clouds.
 Following the sunshine
 comes a ray of happiness
 People look up
 just to take a quick glance at your beauty
 You brighten up their hopes, their dreams
 After the rain, comes a rainbow.

My Dream Trip

The first place that I want to go is Rome. This is a city in Italy. Rome has a long history. This city has many beautiful buildings. I want to see chapels, churches, castles, and museums. Rome has many interesting places for walking tours. However, the weather in this city is not good in winter.

The second place where I want to go is Seoul. It is the capital of South Korea. I don't know a lot about this city, but I want to experience Asian culture. Seoul has many music festivals, fashion shows, and fan meetings with K-pop idols. Seoul is the biggest city in South Korea, and Seoul's underground is very famous. However, traffic in this city is horrible, and the air is so dirty. I haven't visited this place before, and I don't know when I will have enough money to buy a ticket.

The third place that I want to visit is Hawaii. It is in an ocean. These are some

islands. Hawaii has perfect weather, many beaches, warm water, and a lot of sunny



days. However, rent in Hawaii is so high, and tours are expensive. I have never visited Hawaii before, but when I go on my dream trip, I will do this.

**Hanna K. - ESL 37
Opinion Writing**

Nice Places

Cancun is a good place to visit. It is a part of Mexico. Cancun has a beautiful ocean. In hotels, they serve very delicious food. However, if you speak Spanish, it will be much easier to communicate with the personnel in the hotel. I was in Cancun ten years ago, and I loved it there. However, Cancun is not a safe place to walk around. Cancun is a nice place, but I would not visit this place again.

Uzgorod is my favorite place for a vacation. Uzgorod is a part of Ukraine. I was born there. I spent all my childhood in Ukraine. There are beautiful mountains and rivers. People are very nice and polite. Uzgorod has nice schools. I love everything about Uzgorod. But, it is hard to make money there, so a lot of



people move to different countries for a better life.

**Roxi - ESL 37
Opinion Writing**

A One-Day Vacation with My Sons

Are you tired of the noise and stress of the city and daily routine? I am. Two months ago, by looking at my boys, who were bouncing off the walls with energy, I knew that they were, too. I decided to take them on a day trip to a peaceful lake in the mountains. Our one-day vacation to the lake was a perfect way to escape from the daily routine, have fun, have a picnic, and create lasting memories as a family.

First, we needed to make some preparations. I started by deciding on the location and activities we wanted to do. I chose a lake in the mountains that offers swimming and fishing. My boys jumped for joy. Before we left, I checked the weather forecast to make sure it was a sunny and warm day. To make sure we had everything we needed for our day at the lake, I made a list of necessary items and loaded up the car. I also packed snacks and drinks for the trip. For example, my boys love to eat homemade breadsticks and drink lemonade. We were ready to hit the road.

Once we arrived at the lake, we found a comfortable spot on the shore and set up our chairs and blankets. Then, I applied sunscreen to my boys to protect them from the sun, although they hate it. I made sure that my boys were wearing their life jackets before we got into the water. We started swimming. After that, they took sand toys and started to play with sand. For instance, my boys love to make tall sand castles. Then we took a break for a picnic and had some snacks. It was the perfect way to refuel and recharge our bodies. I saw four happy eyes, and it made me happy.

At the end of the day, my boys and I were really tired, but we made sure to clean up

the area and pack up any trash. We changed into dry clothes, and I decided on a nearby restaurant for dinner. My boys love McDonald's, but we did not go there this time. I chose "Olive Garden". On the way home, my boys asked me: "How about tradition?" They remembered that every time on the way home, we stop by for ice cream to end the day on a sweet note.

Our day trip to the lake was a perfect way to escape from the daily routine and create lasting memories as a family. When you plan a trip, just be sure to plan ahead and come prepared with everything you need for a fun and safe day on the water. This one-day vacation is a reminder that sometimes, all we need is a little time away from the noise and stress of the city to recharge and appreciate the simple pleasures in life.

Yuliia Makovskiy - ESL 47
Narrative Essay



Huge Pet

Do you think about having an elephant as a pet? It isn't common. In parts of the world, indigenous people use them to take a ride and help with moving heavy things. I don't like elephants as a pet because they are over-sized, eat a lot, and live in a special place.

The first reason is that the size of elephants is too big. They are very huge. I can't take it with me wherever I go. I need a special vehicle to move.

For example, my friend has a dog as a pet. When she goes walking, she can take it with her, and she can take it in her car and go shopping. In addition, when she is going to travel by airplane, she puts it in her basket and coordinates with them for her trip. I'm sure I can't do this. In my opinion, the size of pet should not be so large that it can't be with you.

The second reason is that elephants eat a lot of food. It is very normal, when you have a large body, to eat many foods. Experts say each elephant needs the equivalent of 130 pounds in one day. Moreover, they spend 18 hours a day eating. Providing this amount of food is very hard and impossible. Furthermore, I think I would need a lot of money. In my opinion, when we choose animals as pets, we must think about all of that.



The third reason is that elephants live in a special place. If I plan to have elephant as pet, I must prepare a place that can support it there. Veterinarians say it likes to be cool because if it is not wet, insects will sit on its body, and it will be annoyed. Then they like wrapping their bodies in mud to protect themselves from insects and sunlight. In these conditions, can I provide a suitable environment for it? The answer is definitely no.

In sum, the elephant is huge, has a good appetite, and needs a special place; therefore, I don't want it as a pet. In my opinion, I must choose an animal as a pet that lets us enjoy it and that can be comfortable.

**Mitra Sayad- ESL 47
Opinion Essay**



A Scary Experience

Have you ever had a frightening experience? I have had one in my life. It happened in the summer, early in the morning, in 1979, at a beach in Alexandria, Egypt. That day is still in my memory now. My best friend and I were fishing underwater with a harpoon. We always went fishing together because it is important to have a good partner to protect each other in case of muscle tension or tiredness. You must use special suits for that to protect your body from the change in temperature underwater.

The important thing is choosing the best area for fishing underwater, you must have experience to know how to discover caves and holes in rocks to catch fish or octopuses; and you need to have experience to use the harpoon under-

water to shoot the fish in a good place in their body. That day we caught a lot of fish and octopuses, but suddenly we saw a shark. It was big and almost two meters long, but it was far from us, about three meters or more. So, I felt frightened at this moment because it was the first time that I saw a shark from a short distance in the water.

We were shocked by this situation and confused. We thought about how to escape from it before it attacked us. We decided to leave the area completely to avoid him, but at the same time, we wanted to keep our catch. It was difficult to do that because the shark already smelled our catches, so he went toward the catches and began eating the fish. We saw

the jaw of his mouth, so we worried at this moment. We left the rope that was holding our catches, and we began to get out of this area by swimming away quickly.

We began swimming towards the shore for our safety, and saw the shark eat all the catches. When we reached the land, we felt safe, happy, and alive. It was a great feeling. After a few minutes, the shark left the area and got away. At the end, the current and the waves pushed the remainder of our catches to the

shore, but it was just trash. In conclusion, that experience was very scary but at the same time was exciting and rarely happened at the beaches of Alexandria.

I felt that I was



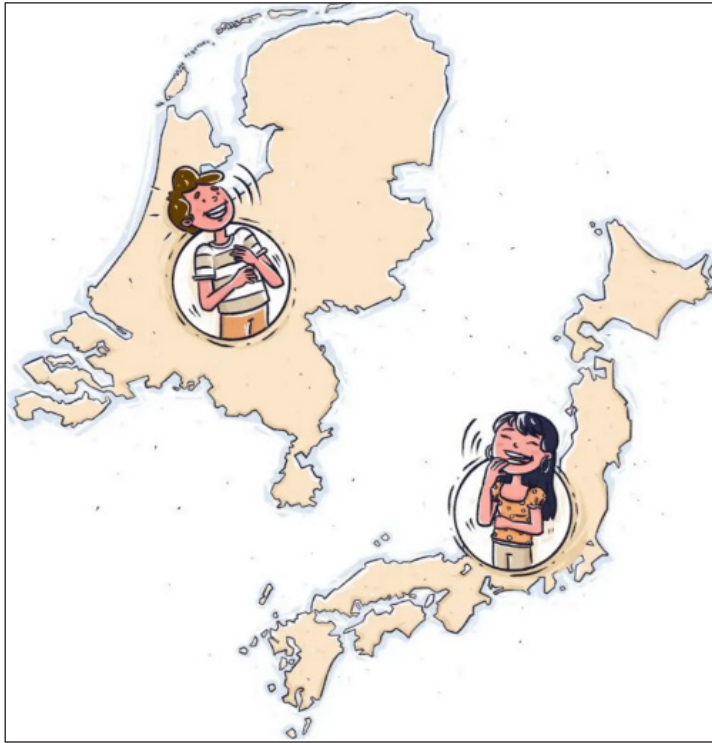
lucky because the shark did not attack us. We learned that in the future we must be careful when we go fishing under water. I think experience taught me a lesson on how to behave wisely in critical situations. Sometimes you can see wonderful views of life underwater, like colored fish and colored coral reefs.

**Nabil Kirolos – ESL 47
Narrative Experience**

Creating Laughter across Cultures

The laughter industry is an integral part of the cultural fabric of different societies worldwide. It is manifested in various arts, such as improvisational comedy, stand-up comedy, comedy cinema, and skits. These art forms express social and political concerns in a satirical manner, allowing for light criticism of reality.

In Arab culture, the art of storytelling, which includes elements of humor, is part of the cultural heritage. In Western culture, comedy television shows and stand-up performances have gained great popularity as a means of entertainment and laughter. In India, Bollywood comedies have played a major role in shaping popular culture, while in Japan, unique forms such as "Rakugo," a traditional comedy story art, have developed.



After this introduction, the following question comes to mind: What is the relationship of the joke to the local culture? Why is a joke funny in one place and not funny in another?

A joke often reflects a particular culture's shared values, beliefs, and experiences. They are based on local cultural references and references that can be understood and resonate with members of that culture, making them funny and meaningful. Jokes also use local language and dialects, which can add an extra layer of humor for those who understand the subtle con-

notations of the words and phrases used.

For a joke to be funny, it must bring in several elements of the socio-political context when jokes deal with sensitive topics or situations known within the culture, making them relevant and influential. Jokes also sometimes evoke certain historical events or cultural traditions, which enhances the emotional connection with the audience. All of this is framed by what is

called cultural intersectionality. Without that cultural commonality, the joke becomes meaningless. Therefore, the joke loses its luster when it is transferred literally to a different cultural context. Linguistic differences, cultural sensitivities, and differences in values and beliefs are all realities. As for the process of transmitting laughter and humor, it depends largely on familiarity with the cultural and social context in which the joke is told, and this explains

why audience responses to the same joke differ from one place to another.

The following are examples of Arabic and English jokes that may not retain the same effectiveness when translated due to their dependence on the language, culture, or local dialects:

Arabic joke:

"رمقلا مهبشت اذاامل": ذيملتتل ذاتسأل لاق
 "ذاتسأل اي ليلل ايف عيضأ يننأل": ذيملتلا در
 "رمشلا ايف قرم رمظت لكنأل،ال": ذاتسأل لاق

The same joke translated into English:

The teacher asked the student, "Why are you like the moon?"

The student replied, "Because I light up at night, teacher?"

The teacher said, "No, because you only show up once a month."

In Arabic humor, the student's positive expectation and the teacher's humorous response with indirect criticism are essential. However, some impact can be lost in translation because the linguistic structure and rhythm may differ.

English joke:

Why don't scientists trust atoms?
Because they make up everything.

The same joke translated into Arabic:

تارذلابءاملعلاقثيال اذامل
ءيش لك نوكت امنأل

In English humor, humor is based on a pun between "make up" meaning "نويوكت" and "make up" meaning "قالتخا." When translated into Arabic, the joke loses the play on words and, therefore, a large part of its comedic effectiveness.

In conclusion, a joke is an artistic element shaped and colored by the colors of the local culture from which it emerges. It reflects societies' social, political, and historical values and serves as a bridge for communication and emotional engagement. However, when these jokes are transmitted across cultures, they can lose their luster and impact due to differences in language, cultural context, and local references. This shows how humor, although universal in its essence, needs a common cultural soil to flourish and produce laughter and joy.

Parrot Staff Writer: Mohammed El mrani

Canvas Problems



[Canvas](#)

Canvas is the learning
management system for
Los Rios

"Canvas" was the most difficult word that I ever heard when I started college at ARC. I tried to find it in the dictionary, but it did not provide me with a good meaning. I was confused and really worried about Canvas. I was panicking about how to work with it. At the time, I nearly lost my mind, and I was thinking of giving up. I had come from Afghanistan, where women like me were prohibited from learning and working. I'd come to Sacramento for an education opportunity, but I was having so much trouble with technology. I wanted to feel good about my new school, but all day and night I was thinking of Canvas and how to be able to work with it.

I reminded myself that I came from a war country where I couldn't go to college. I had to work hard to reach my goals. But there was

a big question in my mind. I had a lot of challenges with Canvas. Canvas is an online application where students communicate with their professors and classmates. Teaching modules, grading and material are posted on it. Canvas is software that can be uploaded onto your phone and laptop. However, working on Canvas by phone is more difficult than by laptop. There are many icons in Canvas such as Home, Announcements, Modules, Syllabus, Assignments, Grades, Google Drives, and more others.

Becoming familiar with Canvas takes time. However, I didn't have enough time because I was overloaded with my daily lessons, assignments, and discussions that I had to do on Canvas. Sometimes I missed my assignments because I was not familiar with Canvas and its applications. When I missed one of my assignments, I emailed my professor and requested her to give me more chances. Next day, in the class, the Professor asked me why I didn't work on my assignment because she had re-opened it. I was shocked because I didn't have enough knowledge of Canvas to know that she had re-opened the assignment. I could not even get the second chance to do the assignment, even though my professor gave me permission. This happened due to lack of proper knowledge of Canvas.

There should be an orientation for ESL Students and others who are not adapted to Canvas technology. I think if the ARC student support center provided orientation for new students, it would help them to not suffer a

lot with Canvas. Spring 2023 was the toughest time for me. It was my first semester, and I had to integrate with the new educational system, and Canvas was the major problem. Canvas caused me to lose sleep, due to thinking of due dates and how to submit work, see my grade, and see feedback from the professor. I hated it. But unfortunately, Canvas was the main communication platform of learning. However, as time passed, my motivation and determination to achieve my goals motivated me to learn to use Canvas. There was no one to teach me Canvas, so I had to learn how to use it myself. I still have minor problems, but after all those hardships, I am now able to work on Canvas.

Leaving home and learning new technology is hard. I struggled to learn about Canvas. I am thinking of a Canvas orientation for new ESL students and have shared the idea with decision makers.

I don't want others to suffer from Canvas like I did. My message to new students is to be motivated and to focus on how to achieve goals. Also, it is crucial to have someone to guide students in using Canvas. My Canvas problem is not solved completely, but I have learned how to use it well enough. With the school's help, you can, too.

Parrot Staff Writer: Asila Sadiqi

GETTING INTO CANVAS





Parrot Pastimes - My Hobbies

The Joy of Exploration: My Passion for Discovering New Places

In a world filled with beautiful landscapes, vibrant cities, awesome untouched natural views, and hidden gems, there's a hobby that fuels my soul and ignites my



Mumbai

sense of wonder - the art of exploration. For me it's not just about visiting new cities or tourist hotspots; it's more about walking in my dreams in real life and venturing into the unknown, embracing the unfamiliar, and savoring the thrill of discovering places that are often overlooked. Ever since I can remember, I have always loved going to nature, visiting new cities, traveling to different countries, and meeting with people worldwide.

I think one of my favorite aspects of exploring new places is the opportunity to immerse myself in the beauty of nature and forget about the world I am leaving behind when coming to nature. From serene lakes nestled amidst towering mountains to dense forests where sunlight filters through the canopy, nature's wonders never cease to amaze me. There's something magical about the rustle of leaves in a forest or the sound of

waves crashing on a pristine beach that resonates deep within my heart.

Beyond the natural beauty, exploring new places allows me to connect with diverse cultures and communities. This is a great way of learning from other cultures and sharing my culture. For me, when engaging in conversations with locals, every encounter enriches my understanding of the world and how others are handling life and gives me the ability to compare their ways with the ways we handle life's challenges. It's a reminder that our planet is a tapestry of cultures, each with its unique stories, history, and traditions.

I believe one of the most exciting aspects of exploration is the unpredictability of it everything. Often, the best experiences come when you least expect them. It might be seeing a view that you were not expecting,



Agra Fort in Agra, India

stumbling upon a charming café tucked away in a quiet alley, or witnessing a breathtaking sunset from an unplanned viewpoint. These serendipitous moments are what make exploration truly magical.

Every new place I visit becomes a chapter in the story of my life. I cherish the

memories of hikes through lush forests, laughter-filled picnics in scenic parks, and the awe-inspiring architecture of ancient cities. Photography has become an indispensable part of my explorations, allowing me to capture moments in time and share the beauty I encounter with others.

As I embark on my adventures, I hope to inspire others to step out of their comfort zones and embark on their own journeys of discovery. There's a world waiting to be explored, and each person's unique perspective can contribute to the collective tapestry of human experiences.

Exploring new places is more than just a hobby of mine; it's a passion that nourishes my soul and fills my life with unforgettable moments. Whether it's a tranquil park close to where I am living or a bustling metropolis in a

see nature. Let's uncover the wonders of our world, one step at a time, and celebrate the beauty of discovery together.
Happy exploring!



Golden Gate Park - San Francisco, California



Imambara in Lucknow, India

far-flung corner of the globe, each place I visit holds the promise of new adventures and the potential for personal growth.

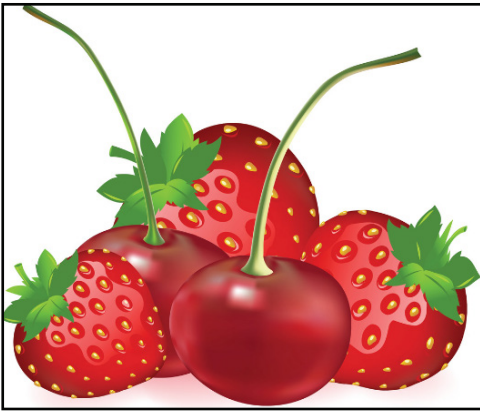
Life is very short and never tells us when the end is. So, I invite you to join me on this journey of exploration. Take any opportunity that you have. Go out, alone, with your loved one, with your friends to wherever you like to



Herat Citadel in Herat, Afghanistan

Parrot Staff Writer: Sayed Edres Sadiqi

Begginer Reading Comprehension



A Red Berry

Mary ate a blueberry. She loved blueberries. Then she ate a blackberry. She loved blackberries. Then she ate a strawberry. She loved strawberries. Mary was confused. A blueberry is blue, so you call it a blueberry. A blackberry is black, so you call it a blackberry. A strawberry is red. So, why don't you call it a redberry? Mary asked her mom. Her mom didn't know. She asked her dad. Her dad didn't know. She asked her little brother. "Because a red berry is a cherry!" her brother said.

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

<https://www.eslfast.com/supereasy/se/supereasy009.htm>

Can you answer these questions?

1. What is the color of blueberries?

- A) They are red.
- B) They are blue.

2. How many pieces of fruit did Mary eat?

- A) She ate a blueberry and a banana.
- B) She didn't eat any fruit.
- C) She ate a cherry.
- D) She ate a strawberry, a blackberry, and a blueberry.

3. Why did Mary ask about the strawberry?

- A) Because she didn't eat the strawberry.
- B) Because she likes it.
- C) Because the strawberry is red, but it is not called a red berry.

4. What did her brother say about the red berry?

- A) It is a cherry.
- b) It is a cranberry.



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



Merry Christmas

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!



Abdel Al-Mesiri's "My Intellectual Journey: Seeds, Roots and Fruits"

A book review by Mohammed El mrani



"Abdel Wahab Muhammad Al-Mesiri" (October 1938 - July 3, 2008) was an Egyptian thinker and social scientist known for his books and research. He became an honorary professor of English and comparative literature at Ain Shams University in Egypt starting in 1988, and he held teaching positions in several other Arab and international universities. Al-Mesiri was born in the Beheira Governorate in northern Egypt. He joined the English Department at the Faculty of Arts, Alexandria University, in 1955, where he was appointed a teaching assistant upon graduation. He later traveled to the United States in 1963, where he obtained a master's degree in Comparative English Literature from Columbia University in New York City in 1964 and a Ph.D.

from Rutgers University in New Jersey in 1969.

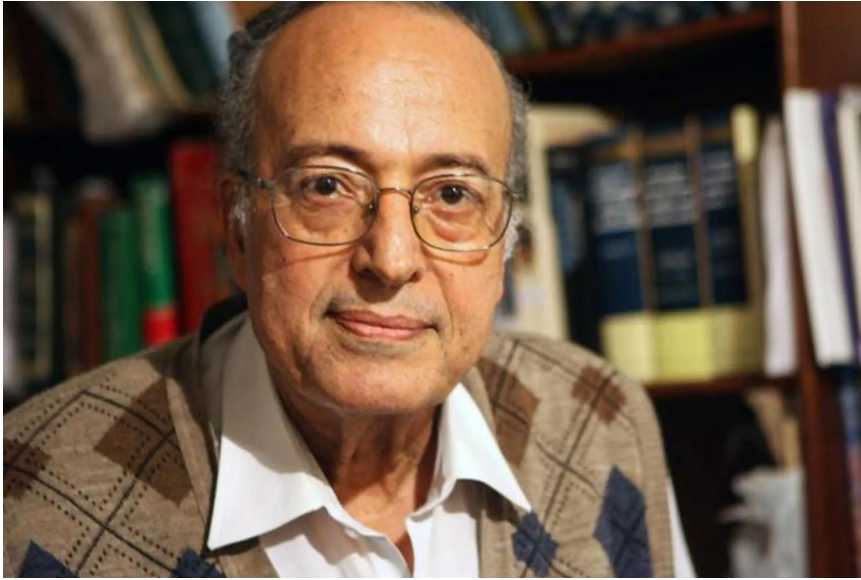
His book *My Intellectual Journey: Seeds, Roots and Fruits* was published by Dar Al-Shorouk (Publishing House) in 2008 and is 762 pages in small font. It is a biography of the thinker Abdel Wahab Al-Mesiri, as it narrates the development of his thought without committing to a chronological sequence of the events of his life. The book is divided into two parts: "Formation" and "The World of Thought."

In the first part, "Composition," Al-Mesiri reviews the influence of his upbringing in a bourgeois family in Damanhour (an Egyptian city), as well as the human values on his formation, then his move to the city of Alexandria for university studies, where he was introduced to Marxist thought, and talks about his experience in the United States and his encounter with academic life in addition to his intellectual orientations.

The second part, "The World of Thought," covers various topics such as cognitive and analytical models, the beginnings of his thoughts' "fruits," and his relationship with the world of literature and art.

Among the most prominent ideas dis-





book that deserves to be read. Despite its large size, the reader will feel energized due to its distinct style, the depth of its ideas, and the humor of its positions.

cussed in the book in great detail, we can find the following:

- Islamic relativism: Al-Mesiri believes that believing in relativity includes recognizing the existence of one absolute God's word and that all human efforts remain relative to this absolute.
- New modernity: Al-Mesiri calls for adopting a new modernity that combines science and technology while preserving human values and the spiritual dimensions of existence.
- Compassionate society and contractual society: He compares the compassionate society, whose relationships are based on compassion and empathy, and the contractual society, which is based on interests and contractual relationships.
- Compassionate distribution of wealth: He cites examples from Egyptian society that show how compassion contributes to the distribution of wealth, as in wedding traditions or work relationships that go beyond the economic dimension.

The book is distinguished by its easy, deep, and often sarcastic style. It is an autobiography that links ideas and personal life experiences. The book includes quotations that reflect his vision of modernity, happiness, joy, holidays, and standardization in philosophical and moral judgments. It is a truly useful and enjoyable





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!



Some More Parrot Fun

Finding Hidden Words

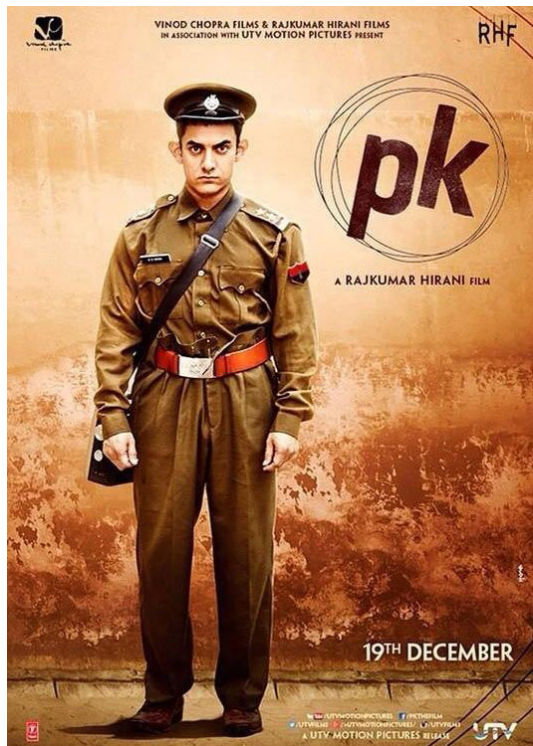
Find 6 Words Hidden in the Picture



Challenge:
Find 6 hidden words.

See the answers on page 29.
Click [here](#) to see more fun stuff.

Continued from page 1



who steals his necklace, which is the key for him to return home. He has no choice but to live on earth and to start a search for his necklace to return home. The first thing he learns from humans on Earth is how to steal. So, he steals clothes to wear and to look like others. To feed himself, he tries different ways of providing food for himself, which is both funny and at the same time has a strong message to the audience. The way he started living among humans was a bit odd since he was learning and living at the same time, and people started to call him PK. In India, people who are not that smart or have a mental issue and are not "normal" are called "PK."

Anushka Sharma, the lead actress in the movie, plays a journalist. She notices the strange behavior of the alien and after several meetings with him, she gets to know the whole story of the alien and decides to help him to find his necklace and go home. Overall, the film shows how humans are living on Earth from an outsider's perspective. PK faces various cultural, societal and particularly religious challenges as he tries to understand human

behavior, beliefs, and practices.

Aamir Khan acting as PK, the innocent and curious alien, goes way beyond expectation in this movie. The film became famous for its satirical take on religion, superstitions and the blind faith prevalent in the society. In this film, as an alien, PK questions the established norms and rituals, and calls out all the absurdities and contradictions that he sees in religious practices. That is why he received widespread acclaim for his depth and sincerity and great performance as PK.

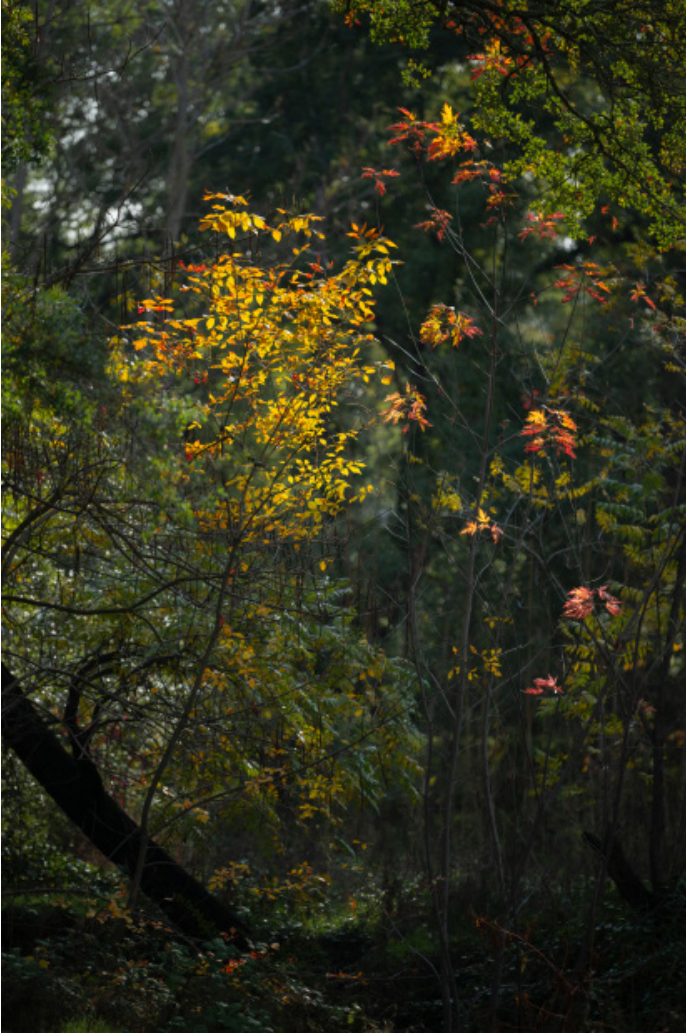
However, "PK" received some criticism for its portrayal of certain religious beliefs, with some finding it controversial or offensive. Despite this, the film was a massive commercial success and resonated with audiences for its bold storytelling and impactful message. Personally, I watched this film 5 times as I found it such a comic and meaningful movie. I think, in this film Aamir Khan asked so many questions that so many people have in their minds about different religions, religious practices, superstition, blind faith, or, as I like to call it, "hereditary faith," norms and rituals that we have in our societies that might not make sense to many people, yet nobody dares to talk about them or ask questions. It is really a greatly entertaining movie with lots of messages that invite the audience to love each other no matter what religion or ethnicity they belong to.

Parrot Staff Writer: Sayed Edres Sadiqi



Explore California

The Fall: A Colorful Season



The fall season, also known as autumn, is one of the four temperate seasons on Earth. It marks the transition from summer to winter, and it is characterized by the shedding of leaves from deciduous trees and the changing of colors in foliage. In the Northern Hemisphere, autumn starts in September and ends in December.

This month, I had the chance to go around the Sacramento area and capture the beautiful display of colors only fall brings. The best spots to view and appreciate this

beautiful foliage of changing colors are usually up in the mountains. Taking the 395 Highway arguably gives you the best views to enjoy the beautiful colorful trees all over the road.

The season may not last long, but it truly is the most wonderful time of the year, at least in my opinion!

By Manny

Around the World



Let Lorot tell you about the fascinating differences between America and other countries when we go to some places and need to use a public restroom. They are free in the U.S.



However, in some cities around the world, you have to pay a fee to use public restrooms. That sounds uncomfortable. Let's check out the names of those cities and why they do it. Click [here](#).



Paying before using the bathroom is very common in Mexico.



Restaurant Review

SOL CUBANO

Sol Cubano is a restaurant located in North Highlands, California. It offers a variety of Cuban, Caribbean, Latin, and Spanish dishes. According to the reviews on Tripadvisor, Sol Cubano is a small, cozy, and family-owned restaurant that serves quality food. The restaurant has a rating of 4.5 out of 5 stars on Tripadvisor. Some of the popular dishes include Cuban sandwiches, *bistec*, *ropa Vieja*, *Vaca frita*, and *tostones*. The restaurant is vegetarian-friendly and serves breakfast, lunch, and dinner.

We had our parrot staff, Snow and Manny, go and try some of the delicious Cuban cuisine *Sol Cubano* offers and share with us a little bit of their experience.

Snow: "The restaurant is decorated beautifully with many pictures of Cuba's scenery. Sol Cubano is a clean restaurant with a welcoming owner. I loved the *flan* dessert because it is so sweet and creamy. It is different from other flans I've tried at other restaurants."

Manny: "Sol Cubano really brings a different flavor to Sacramento. From a welcoming environment to exquisite and fresh food, it all makes you feel like you are not in Sacramento, in a good way. We tried the famous "Cubano" sandwich, which is made with a long Cuban bread roll, which is sliced in half and filled with roasted pork, ham, Swiss cheese, pickles, and mustard."

Other dishes available are: *empanadas* (chicken or beef pie), *bistec empanizado* (breaded sliced top sirloin steak and onion), and *fricase* (chicken and potatoes in an exquisite tomato sauce).

So, if you are looking to try out something new, or you are craving something fresh and exquisite, *Sol Cubano* is the right place for you.

Location: 5734 Watt Ave #4752, North Highlands, CA 95660

Hours: Wed-Sat 10 am to 8 pm. (They're closed on Sundays, Mondays, and Tuesdays).

Reviewed by The Parrot Staff Writers



Words of a Feather Compound Nouns

Definition: A **compound noun** is a noun made up of two or more words. Each word makes up part of the meaning of the noun.

Compound nouns can be written three ways:

A single word / Two words / Hyphenated

haircut *rain forest* *self-esteem*
toothpaste *ice cream* *son-in-law*

Two-word proper nouns can also be classified as compound nouns. Remember that proper nouns name specific people, places, and things:

Angkor Wat, Atlantic Ocean, Eiffel Tower
Nelson Mandela

Single-word compounds and hyphenated compounds are easy to spot, but two-word compounds can be tricky. Ask yourself, "Would I find both words together as a single entry in the dictionary?" For example, if you compare the phrase *cold water* with the compound noun *ice cream*, you can see the difference. In the phrase *cold water*, *cold* is an adjective that describes the noun *water*. However, *ice cream* is a compound noun because *ice* is not an adjective describing cream. The two words work together to create a single noun.

When a compound noun is a single word, make it plural by adding *s* to the end. If the compound noun is hyphenated or composed of two separate words, remem-

ber to add *s* only to the word that is plural.

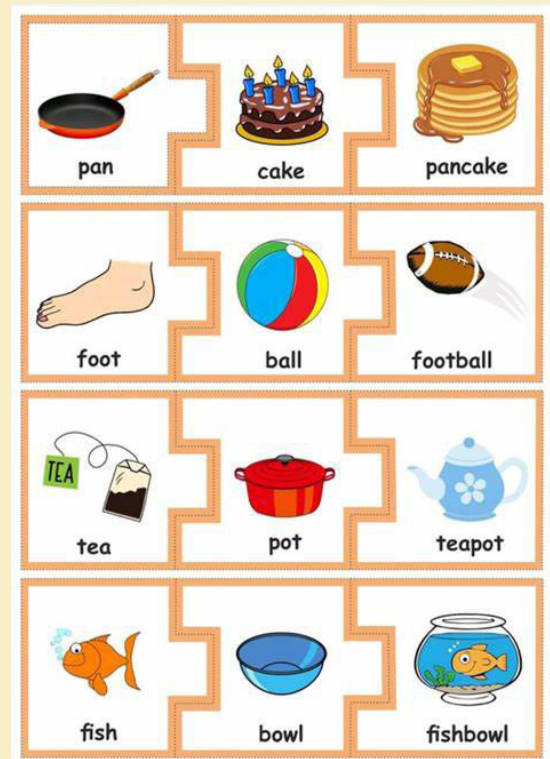
one mother-in-law = two mothers-in-law
(There are two mothers, not two laws.)

one director general = two directors general
(There are two directors, not two generals.)

Other compound nouns are neatly tied together with a hyphen. These are called hyphenated compound nouns, and examples include:

father-in-law - X-ray - merry-go-round

<https://www.englishgrammar101.com/module-1/nouns/lesson-6/compound-nouns>



Editor's Note: Want technical analysis of compound nouns? Go to page 32!

Poem

The Ball Behind Our National Pastime

By Jonathan Plazola - ESL 350

*A sign of brighter days
Sunny spring and summer
Warm June nights
Getting smacked with a wood bat
A dog-preferred choice of an odd snack
A smooth touch around the fingers
Rolling around the green grass
As well as fresh infield dirt
The sound of landing in a mitt
You're so small but so grand
Drawing thousands upon thousands
Attracting peanuts and cracker jacks
From infants to senior citizens
Young strong athletes make a career of you
Oh, you're so white and clean
Red seams around
Scent of leather
The lovely baseball*



Rigoberto's Riddles

What do you get if you cross an apple with a Christmas tree?



A pineapple.

Silly Vasily's Chuckle Chamber



Source: <https://www.pinterest.com/pin/4644405858730265/>



Continued from page 1

ethic, and most particularly her commitment to the empowerment of Afghan women regarding health-care. I had the opportunity to interview Dr. Mary Aryanpur.

Here is the interview:

Can you tell us about your journey as an activist and women's doctor in Afghanistan? What motivated you in this field?

Dr. Aryanpur: As a female doctor in Afghanistan, my goal has been to serve women, especially those in rural areas. Women in rural regions have limited access to healthcare facilities and medical services, making it challenging to provide adequate medical care and enough medical staff. Due to the lack of access to treatment and medical issues, the rates of diseases and maternal and infant mortality are high in these areas.

These women face various difficulties which require them to receive health and psychological counseling, and I have been providing these services for them. The achievements and results of our efforts have been significant reasons for us to continue in this direction, and it will always be so.

What are the biggest challenges or obstacles you have faced as a woman in Afghanistan? And what made you go forward?

Dr. Aryanpur: As a woman in Afghanistan, I have faced significant challenges in pursuing my goals. These challenges include economic and security issues in the country, cultural obstacles, and resource shortages, among others. Despite these difficulties, my strong determination and motivation to serve human beings have encouraged me to keep mov-

ing forward and striving in this direction

What are your specific issues or concern for the current socio-political and economic situation in Afghanistan as an activist and leader for Afghan women in Afghanistan?

Dr. Aryanpur: I have a lot of concerns about the current situation in my country. Security and economic issues are causing harm to all people in Afghanistan, especially women. The current economic situation in the country may lead to a short-

age of medical resources and equipment, the lack of a skilled workforce, and insufficient financial resources to improve the healthcare system in the community. These factors can have a negative impact on the quality of healthcare and medical services.

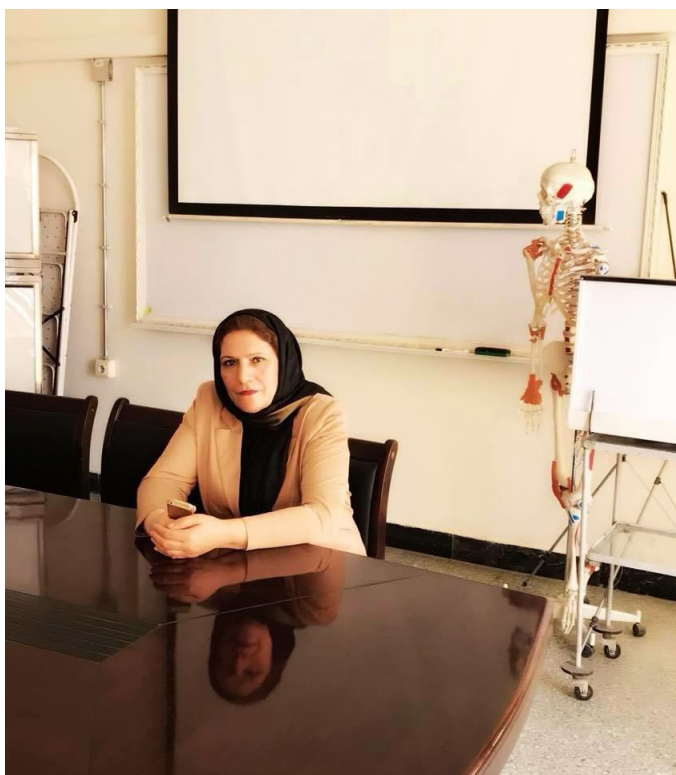
What strategies or initiatives have you implemented to empower women in Afghanistan and promote gender equality?

Dr. Aryanpur: For empowering women in Afghanistan, I have implemented strategies that include in-

creasing access to education, improving healthcare services, developing women's leadership skills, supporting economic empowerment, and advocating for policy changes. These efforts aim to address the challenges women face in Afghanistan and work towards creating a more just and inclusive society.

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

Dr. Aryanpur: Support from both local and global levels is crucial in this regard. Such support includes backing from community leaders, the government,



and international organizations, as well as access to education and training programs, networking opportunities, and mentoring.

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

Dr. Aryanpur: In Afghanistan, there have been many changes that affected the country's politics and economy. These changes include wars, instability, and economic difficulties. Unfortunately, these situations have had a big impact on the people's lives and the country's development.

During times of war and instability, it becomes harder for people to get the healthcare they need. Many hospitals and clinics get damaged or destroyed, making it challenging for people to access medical help.

Moreover, the country faces economic problems like high unemployment, which means many people struggle to earn enough money. This also leads to a lack of funds to improve the healthcare and medical services available to the people. Because of all these challenges, some skilled medical professionals may decide to leave Afghanistan to find better opportunities elsewhere. This creates a greater need for medical staff within the country. In such difficult times, my plan is to focus on raising awareness about these issues, working together with relevant organizations, empowering local communities, and adapting to the changes happening around us. By doing so, we can strive to make things better and provide better healthcare and support to the people of Afghanistan.

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

Dr. Aryanpur: I am delighted to share a heartwarming success story that has had a positive impact on the lives of women in Afghanistan. Through the establishment of a women's health clinic (doctor's office) in a remote village, quality healthcare services and reproductive health promotion have been provided. This initiative has reduced maternal and infant mortality rates, empowered women to make

informed decisions about their health, and created local job opportunities, enabling them to achieve economic independence. Overall, this success story demonstrates the power of targeted actions in improving the lives of women in Afghanistan.

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

Dr. Aryanpur: My interests include reading and writing. These creative activities allow me to express my thoughts and find peace amid the challenges of my work. Additionally, I enjoy spending time in nature, like going for walks. This gives me a sense of tranquility and connection to the world around me. As for my favorite childhood experience, I have fond memories of spending time with my family. We would gather together in the evenings, share stories, laugh, and enjoy delicious homemade meals. Those moments of unity and warmth instilled in me a strong sense of belonging and the value of family and community.

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

Dr. Aryanpur: My message to Afghan women inside Afghanistan and migrant women in different countries is this: Believe in your own power. Always strive to learn and develop your skills. Embrace your unique experiences and perspectives, and make use of your abilities. Put in effort and hard work. Connect with other women in your community because your contribution is valuable, and together, we can create a brighter future for Afghan women.





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

Cross-Stitch Christmas Ornament

**Materials:**

Red 14-count Aida cloth
Embroidery hoops - 3", 6"
White embroidery floss
Felt scrap
Ribbon
Free cross-stitch pattern

Tools:

Hot glue gun

Embroidery needle

Scissors

Instructions:

Step 1: Thread your needle with two strands of white embroidery floss together.

Step 2: Put the red Aida cloth in the 6" embroidery hoop and cross-stitch the pattern. Do the stitches in rows, starting with the top row. Remove from the hoop.

Step 3: Add the pattern to the 3" embroidery hoop and trim off some of the excess fabric with scissors. Tighten the screw on top.

Step 4: Fold over the edge of the cloth and hot-glue it to the inside of the embroidery hoop.

Step 5: Cut a circle of felt slightly larger than the inside of your embroidery hoop and hot-glue it to cover the stitches.

Step 6: Tie a piece of ribbon to the top of the embroidery hoop to finish.

Source and video: <https://diycandy.com/cross-stitch-diy-christmas-ornament/>



Answer



Film, Movie, Tickets, Sequel, Candy & Preview

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?

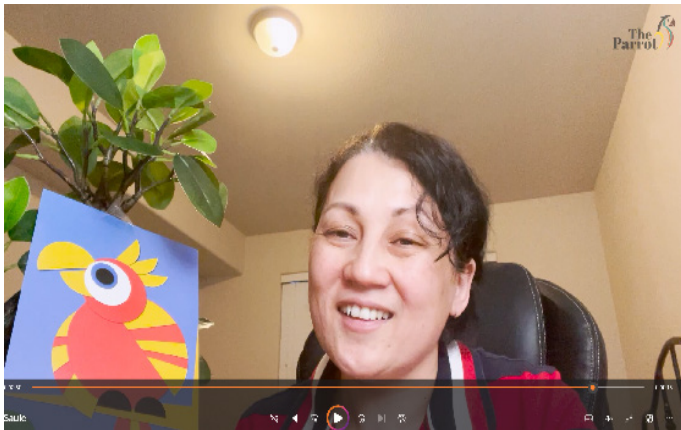
There are several ways that you can help Starting Point to help children. You can put together a welcome basket, assemble a backpack with supplies, help buy shoes, assist with lessons and program development for SPARK (Summer Program for Arts, Recreation and Knowledge), or even coach and support a soccer 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.

"What Surprised Me About the USA"



"I am a student at American River College and have been studying here since January 2022. Today, I want to tell you what surprised me in America. The first thing that surprised me was the good roads..."

-Saule Saidabulova, from Kazakhstan

Click on Saule's photo and hear his story.

"Today, I will be telling you about my life and about my ministry. Four years ago my father died, and after that I started thinking about life..."

-Erik Lotkovskiy, from Ukraine

Click on Erik's photo to hear his moving testimony



"My Ministry in My Church"

Hark, the *Herald* Angels Sing: A Noun before Another Noun Is Still a Noun

by ARC ESL Professor David N. Evans

This essay seeks to debunk a widely held superstition in traditional grammar: that a noun turns into an adjective when it is placed before another noun in the same noun phrase. If a word has the function of modifying a noun in a sentence, the traditionalist parses it as an adjective. Regarding the phrase *the cold November rain*, an 1877 textbook states, "*The, cold, and November* are adjectives modifying *rain*" (Reed and Kellogg 39); a 1931 textbook states that "*any word which modifies a noun or its equivalent is an adjective*" (House and Harman 80); and a 1947 textbook claims that "other parts of speech may readily function as adjectives," adding, "This is especially true of nouns" (Pence and Emery 94). Many teachers today are heirs to this traditional view. A 2016 TESOL textbook asserts that "it is common to have multiple nouns functioning as adjectives: *a computer technician job announcement*" (Folse 63). Yet empirical considerations against this view abound (see Quirk, et al.; Payne and Huddleston). On logical, lexical, morphological, and syntactic grounds, the view is deplorably incorrect.

From a logical standpoint, consider what happens when we take a noun phrase like *water bottle* and add an additional noun at the end of it, such as *dispenser*, to form *water bottle dispenser*. The traditionalist, who believes a noun becomes an adjective when used to modify another noun, will be forced to say that *bottle* is at once a lexical noun and a lexical adjective in the very same phrase! He must parse *bottle* as a noun insofar as it is modified by *water*, and as an adjective insofar as it modifies *dispenser*. In other words, the traditionalist's parsing entails the logical contradiction that *bottle* in the

phrase *water bottle dispenser* both is a noun and is not a noun.

From a lexical standpoint, some word forms are indeed categorized both as lexical nouns and as lexical adjectives. Native speakers will immediately recognize the part-of-speech differences of *musical* and *Australian* in *The Australian band played a musical number*, on the one hand, and in *An Australian attended the musical*, on the other. Now, consider the radical ambiguity of the phrase *musical appreciation*. If *musical* is parsed as an adjective, *musical appreciation* refers to appreciation of music. But if *musical* is parsed as a noun, *musical appreciation* refers to appreciation of musicals (e.g., *Fiddler on the Roof*). The possibility of the latter reading should be lost on the traditionalist, for whom *musical* can only be an adjective when modifying a noun.

From a morphological standpoint, English has a variety of affixes, such as *-ness*, whose "primary purpose," according to the *Oxford Reference Guide to English Morphology*, "is to derive nouns" and which "prefer (but are not confined to) adjectival bases" (245). It should trouble the traditionalist, therefore, that when an adjective like *smooth* (as in a *smooth surface*) is made a noun by the addition of the *-ness* affix, the derived word form (*smoothness*) is not prevented from appearing before a noun in a noun phrase (as in *smoothness specifications*), where he thinks it ought to be sucked back into being an adjective.

The *-ing* affix can also be used to derive nouns from verbs, and the nouns thus formed can enter into attributive-noun constructions. In the phrase *a fishing pole*, *fishing* is used as an

attributive noun; the phrase means "a pole for fishing." The traditionalist, who does not parse an attributive noun as a noun, presumably understands something else by *a fishing pole*—perhaps "a pole that is fishing." It's hard to say what the traditionalist understands by *napping blanket, running shirt, reading glasses, parking garage*.

From a syntactic standpoint, six points need to be made. (Please note that the asterisk is used here to denote that an example is ungrammatical.) First, if it were true that a noun became an adjective when placed before another noun in the same noun phrase, it should be possible to form comparative constructions with the alleged adjective. Yet, as is pointed out by Quirk et al. with respect to *bus station*, both the *-er* comparative (**a busser station than that one*) and the analytic variant (**a more bus station than that one*) are ungrammatical.

Second, although most attributive adjectives can be transposed to form the complement of a copulative verb like *seem* and be modified by an adverb, like *wonderfully*, or intensified by a degree word, like *very*, this does not hold true of attributive nouns. While we can speak of *a luxurious hotel* and *a luxury hotel*, only with *luxurious* can we have the other constructions: *a wonderfully luxurious hotel; a very luxurious hotel; The hotel seems luxurious*. With *luxury*, those other constructions are ungrammatical: **a wonderfully luxury hotel; *a very luxury hotel; *The hotel seems luxury*.

Third, most adjectives are able to be used as object complements in the object-complement construction, and this holds true for attributive adjectives. Thus, in reference to a pleasurable cruise, one can say, *I hope they keep it pleasurable*. However, when the related attributive construction involves an attributive noun, that noun will not work in the object-complement construction. In reference to an ocean cruise, one cannot say, **I hope they keep it*

ocean.

Fourth, when placed before another noun in the same noun phrase, a noun can itself be premodified in that position. Consider the phrase *a dirty diaper bag*. Does it refer to a bag of *dirty diapers* (*dirty* modifying *diaper*) or to a diaper bag that is dirty (*dirty* modifying *bag*)? The phrase is structurally ambiguous. Yet the traditionalist, parsing *diaper* in that position as an adjective, will be unable to account for the "dirty diaper" meaning—unless, as seems unlikely, he wishes to hazard an account of adjective modification by other adjectives.

Fifth, the behavior of a sequence of nouns in attributive position is markedly different from that of a sequence of adjectives in attributive position. Whereas it is rare for there to be more than three adjectives (not separated by commas) before a noun, it is common for attributive nouns to be strung together, and there seems no limit to how many may be strung together. Here is an easy example with five attributive nouns: *a Wurlitzer pipe organ sheet music distributor*.

Sixth, coordinated attributive nouns do not behave like coordinated attributive adjectives. Whereas coordinated attributive adjectives can optionally have their conjunctions replaced by commas (thus, *a smooth and slippery surface*), coordinated attributive nouns cannot: *a peanut butter and jelly sandwich* cannot be changed to **a peanut butter, jelly sandwich*. Interestingly, in what may be called distributive cases, such as *I saw black and white cars* (on the reading "I saw black cars and white cars"), the adjectives can be rearranged: *I saw black cars and white*. That transposition is unavailable to attributive nouns. We can say, *I saw hamburger and taco vendors*, but not **I saw hamburger vendors and taco*.

Against the onslaught of all this reasoning, the traditionalist does have one respectable

counterargument: if attributive nouns can be coordinated with attributive adjectives with no perceptible violation of grammatical parallelism, then attributive nouns are similar enough to adjectives to be considered adjectives themselves. This objection has a certain plausibility to it, since one can indeed make acceptable coordinations between attributive nouns and attributive adjectives in certain cases: *He likes classical and country music*. However, such coordinations are more the exception than the rule. Often, coordinating attributive adjectives with attributive nouns is outright ungrammatical: **He likes funny and horror movies*.

In sum, the notion that a noun becomes an adjective when placed before another noun in the same noun phrase is incorrect. The same mistake is made, unfortunately, by some dictionaries. This is where the mistake becomes truly deplorable, for the traditionalist will appeal to such dictionaries to justify calling attributive nouns adjectives. There is a dictionary that categorizes *weather* as an adjective in the phrase *weather report*, for example. However, caution should be advised. Since there is *no noun* that cannot be used in attributive-noun constructions, there ought to be no noun in such a dictionary that is not also listed as an adjective! Even morphologically derived nouns, such as *smoothness*, would need separate dictionary entries as adjectives, given that, as discussed earlier, phrases like *smoothness specifications* are possible.

Some textbooks do speak, a bit more safely, of nouns acting *like* adjectives rather than *as* adjectives (see Kolln and Funk; Raimés). Still, this may cause misunderstanding. As a great linguist recently put it to me, "The fundamental fallacy is a confusion of category and function. Adjective is a lexical category, as is Noun. Modifying a noun is a function" (Hankamer). Would it be illuminating to describe a

bungee cord as *parachute-like*, or a parachute as *bungee-cord-like*, simply because each can function to break the fall of a person who has jumped off a tall bridge? No. They are different types of things and perform this function in different ways. Similarly, adjectives and nouns are different, and attributive nouns do not perform the function of modifying nouns in the same way that attributive adjectives do. The sane approach is to study the differences as well as the similarities and to let each category of thing be what it is.

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Out of the Cage

Refugee Career Pathways – Application Assistance for Refugee Students

Tuesday, December 19, 2023

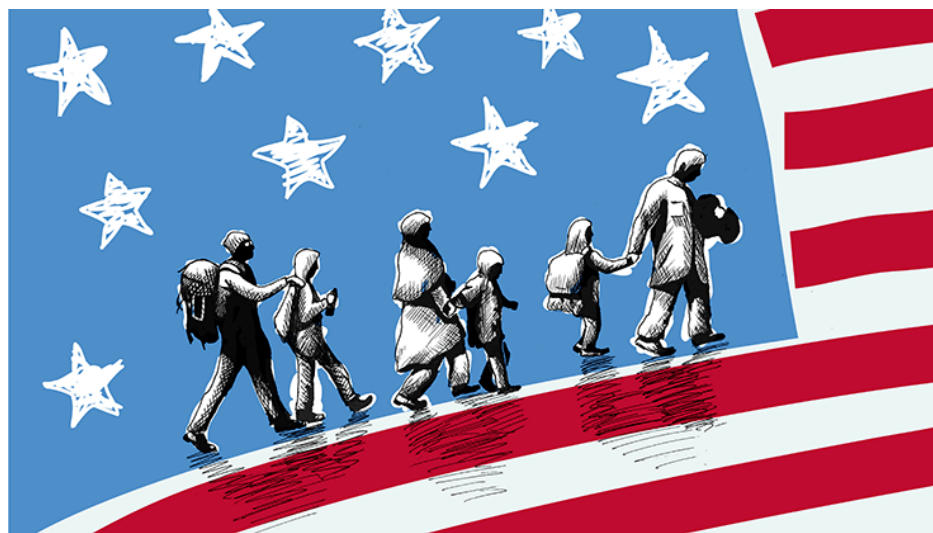
2:00 to 4:00 pm

Get assistance with college navigation steps: application to the college, navigating financial aid, Canvas support, and eServices support.

Assistance is available in English, Dari/Pashto, Russian/Ukrainian, and Spanish.

Every Tuesday from 2:00 to 4:00 pm at the Ethan Way Center, 1410 Ethan Way, Sacramento 95825.

When you arrive, please call (916) 563-3255 for someone to come open the door (the building is locked to the public).



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**

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