

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



# The Parrot



## Disney Fan #1: Professor Grace Freeman



**Hi, Miss Grace. Thank you for being here for the interview with The Parrot. When did you start working at ARC as an ESL professor?**

I got hired in 2000 right after I graduated from graduate school. I was an Instructional Assistant at American River College in the ESL lab. I started working at ARC in 1996. I think not many people wanted to work in the evenings, but I was in graduate school. So, it was a perfect schedule for me to go to school in the daytime, then go to the lab in the

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## Want to Learn More? Write by Hand!

**Would you like to contribute to The Parrot?**  
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If you're like many Americans, it has been a while since you've spent much time writing by hand.

Writing by hand seems old-fashioned today, when text messages have replaced handwritten letters and notes. Electronic keyboards offer benefits that have increased our productivity. Many schools are introducing computers as early



**Continue on page 30**

# Susan Pezone Memorial ESL Scholarship

## Recipient: Raihana Siddiqi, Spring 2024

*The Parrot* would like to congratulate Raihana on receiving this scholarship, and we would like to thank her for taking the time to introduce herself.

### ***Where are you from?***

I am from Kabul, Afghanistan.

### ***What languages do you know besides English?***

I know Dari, Pashto, and Urdu.

### ***How long have you been in the U.S.?***

I have been living in the United States since 2017.

### ***How many semesters have you studied at ARC?***

I have studied for six semesters at ARC. I have been studying at ARC since August 2021.

### ***What is your major?***

I haven't decided yet, but I want to study ultrasound or ECE (Early Childhood Education).

### ***Do you want to transfer to a 4-year college?***

Yes, I do.

### ***What are some of your hobbies?***

My favorite hobby is reading books. Walking and writing are also my hobbies.

### ***How do you feel about receiving this scholarship?***

I feel very pleased about receiving this scholarship and I appreciate this because it helps us continue our studies.

### ***This scholarship is in memory of Professor Susan Pezone. Did you know her?***

Unfortunately, I didn't know her but I appreciate her help.

### ***Do you enjoy writing (in English or other languages)?***

I enjoy English writing, especially when I write essays. I enjoy that.

### ***Is there a book or writer that you really love be-***

### ***cause the writing is so good?***

Yes, I know an Afghan writer whose name is Hunaira Sadib. She wrote a book about Negahe e Zan, a book about Afghan women.

### ***Who are some people that you want to thank for helping you in your educational journey? How have they helped you?***

First of all, I thank my kind husband. He is my biggest supporter. Without his help, I would never have started my studies. The second is my friendly professors who work too hard to teach us. My professors helped me write essays and taught me about grammar and how to speak.

### ***Do you have any funny personal stories about learning English?***

When I started my first semester of ESL 37, the professor told us to write an essay. I opened my husband's computer and copied his essay, the essay in ESL 315, and I pasted it into my assignments. The next day when the class started, the professor showed my essay to all the students and told them this was cheating. On that day I was laughing a lot because I didn't know about the essay. This is my funny story and I will never forget it.



## The Susan Pezone Memorial ESL Scholarship



### The Susan Pezone Memorial ESL Scholarship

Thanks to the generous donations of the family and friends of Professor Susan Pezone, the ESL Department at American River College has established a **\$500** scholarship to honor the memory of Professor Susan Pezone, a dear ESL colleague, who passed away in Fall 2020. Professor Pezone was a wonderful teacher, colleague, and writer, who is sorely missed.

#### Requirements:

This scholarship will be awarded to three ARC ESL students who have the same **love of learning and writing** that Professor Pezone showed in her teaching and in her own writing, with preference going to students who have already completed a **minimum of 24 units in ESL at ARC before the start of the Fall 2024 semester.**

#### Timeline:

The application time period for the Fall 2024 scholarship will be from Oct. 1 -31, 2024, and the the winner of the scholarships will be announced in early May 2024. The application closes on October 31, 2024 at 5 PM.

**Application:** Please see the next issue of *The Parrot* or ask your ESL professors for a link to the application starting October 1. The link will not be available until then.

*"I love words though they sometimes get the better of me. Being a writer has always been my dream. For me, writing is kind of like studying a language. I know I'll never master it, but it doesn't matter because it's so much fun along the way." --Susan Pezone in A Collection of River Rock Writing: Sacramento (page 65)*





FOLSOM LAKE COLLEGE  
EL DORADO CENTER | RANCHO CORDOVA CENTER

# ESL Travel & STUDY



## London

### JUNE 2025



“How to Write an Essay or Research Paper”

## ARC Informational Meetings

Online (QR Code): Sept 24, 2-3 PM

In-Person (ESL Center): **Oct 1, 11-1 PM**

ZOOM



Professor Diana Tinoco has been teaching at Folsom Lake College for 20 years. She earned an undergraduate degree from UC Davis and a master's degree from CIU on the east coast. She has taught overseas and at Sac City College and Sierra College. Currently, she also serves as the chair in her department, a coordinator in the Sacramento region, and a board member in the Folsom community.



**Diana Tinoco - FLC Professor - [TinocoD@flc.losrios.edu](mailto:TinocoD@flc.losrios.edu) - 916-608-6661**

For more information on how to qualify, visit: [https://docs.google.com/presentation/d/1dcnBNdt0ENclgZMwG52-nt9\\_wE7sQ\\_IAo5VyY-cV22Qg/edit#slide=id.g28765b55433\\_0\\_359](https://docs.google.com/presentation/d/1dcnBNdt0ENclgZMwG52-nt9_wE7sQ_IAo5VyY-cV22Qg/edit#slide=id.g28765b55433_0_359)



## My New Life in the U.S

Do you ever think about what it takes for an immigrant to adapt to the U.S? I had several thoughts and experiences about that, just like in the poem "Amphibians" by Joseph O. Legaspi. In my new life in the U.S, I had to adapt to so many new things like new rulers, a new community, and food. However, two of my hardest adaptations were adapting to a new language and culture.

First, I had to adapt to a new language.

When I started to learn English, I was surprised how my native language was so different from English. For example, Ukrainian language has gender attached to the words, unlike the English language, so it was hard to adapt. The new English sounds were quite different than my language. For

instance, learning the "th" sound and sounding it out was so hard that I thought I would break my tongue. Whenever I would try to say the "th" sound it would like the letter "t" confusing people when I said words like *thanks* or *thought*. Furthermore, in English one word can have multiple meanings. As an example, the word *present* was confusing at first. In these sentences, *They are planning on to present an award to him tonight* and *I got a present for you*, the word *present* has the same spelling but different meanings, which used to confuse me. Many years have passed since I moved to America and I thought I got better at the English language, but I still

have a lot to learn. Just like the Amphibians adapted and toiled to the new environment place, I was also dealing and struggling with the life in the U.S.

Culture was the second thing I had to adapt to. I didn't know much about recycling, people's behavior, and holidays. When I came here, I did not even know what recycling was, because in Ukraine we never recycled. We would just throw away everything together.

Now, I am used to recycling and it comes automatically. I separate garbage now from recycling and green waste. However, the best part about recycling is I can make money from it. Also, when I first came to the U.S, I did not understand people's behavior.

For example, al-

most everyone around me was so helpful to me regardless of my language barrier. If I ask people to help me, they will help me at no cost. It confused me in the beginning because if people were acting like that in Ukraine it meant they want something from you. Eventually, I figured out that it is a part of this culture. Besides that, I had to get used to holidays here that I had never celebrated before. For example, holidays include President's Day, Halloween, Memorial Day, etc. In Ukraine, I only celebrated New Year, Easter, Independence Day, and Christmas. Anyway, as I continue to live here, I became similar to the amphibians in the poem. I blended in by



adapting to the culture, getting a job and my license, similar to how the Amphibians used their comodule do adapt.

In conclusion, learning another language and getting used to the culture are never going to be easy. The process of adapting to a new life in the U.S is always going to be a challenge, but the longer I live here, the easier it gets. Throughout my life here, I have struggled through learning the language and adapting to the culture, such as their holidays and lives in general. In the end, it's up to you whether you choose to adapt to survive or to be a baby Amphibian in the sea forever.

**Roxi Kanbre**  
**Opinion Essay- ESL 47**

## Amphibians

[Joseph O. Legaspi](#)



In Greek, amphibian means  
"on both sides of life."

As in: amphibians live  
on land and in water.

As in: immigrants leave  
lands and cross waters.

While amphibians lay

shell-less eggs,

immigrants give birth  
to Americans.

In water, gilled tadpoles  
sprout limbs. On land

amphibians develop lungs.

Immigrants develop lungs.

Breathe in pine, fuel  
and cold atmosphere.

Amphibians' damp  
skin oxygenates.

Immigrants toil  
and slumber deathly.

Their colors brighten.

They camouflage.

They've been known to fall  
out of the sky.

Completely at home  
in the rain.

## What Does It Mean to Be Successful?



What is success for you? For different people, success means different things. Some people find money, a well-paying career, equals success. But some people think differently about success. For them being a person of good character is success. Or having loving and healthy relationships, especially in the family, is success. I do not agree that having a lot of money or a well-paying career equals success, but I believe if you are a good person who has healthy relationships with people and most importantly you love your family, then that is success.

Good character is a measure of success. People care more about whether you are a nice person to be with, not about how much money you have. For example, it doesn't matter how expensive your car is if you drive impolitely or aggressively on the road. If your worth depends on who you are, not what you have, then you will always have peace with yourself. Your inner peace gives you freedom from working to get a lot of money to feel complete. To be a good person you need to be disciplined and it's really hard work.

Healthy relationships are a measure of success. To build relationships you need to spend time. You can't have true friends if you are not investing your time and strength into

them. "Don't have 100 dollars; have 100 friends" a Ukrainian proverb says. It's so true! I am sure about it. Back in Ukraine, I had a desire to help young people who were graduating from orphanages. I didn't have any money for that, but my friends and my family helped me to do it. Money will disappear but relationships stay forever. It is a blessing to have dependable friends who will come to you in difficult times and help you.

Loving your family is a measure of success. Kids will remember the time that you spend with them, not the expensive stuff that you bought for them. I was so happy when my daughter Grace asked: "Daddy, please play with me". She never asked me: "What did you buy for me?" She would be upset about having a lot of toys but not spending time with her father. It's hard to be close to the family and at the same time invest a lot of time in your work. I am grateful for my sweet wife because when I was interested in starting my own business, she told me that she didn't need more money and she wanted more time to spend with me and our children. So, she is okay with the job that I'm doing now because I can be at home more. Marriage will be successful if your spouse knows he/she is most important in your life, not your career.



Some people think money and career are the most valuable because you can buy what you need, but money cannot buy happiness and true relationships with your family. Many billionaires and successful businessmen have said that their biggest regret in life was not spending more time with family. I will choose family if I have to choose between money and career. Success is not when you have a lot of money or a well-paid career, but I believe success is when you are a good person who has healthy relationships with people and most importantly you love your family. In the end of your life, only your family and the people you love will be with you.

**Andrii Rozvodovskyi - ESL 55**  
**Agumentative Essay**



## One Sunny Day

Every Saturday Eric comes to the park to paint a picture, but on this day something went wrong. There are a lot of people in the park. A noisy family with two kids sat on a bench. They paid no attention to their screaming babies. The man sat down under a tree and started playing the guitar. Children kicked the ball. The dogs barked and began to fight nearby. A group of friends had a picnic on this sunny day. Some people just went for a walk. Are all the people in the park so noisy? No, they are not. A young man sits at a table and works on a computer. He does not pay attention to the noise around him. Eric tried to concentrate, too. He looked at the bird. She flew over the park. He also noticed a beautiful swan. He swam in the lake. Eric watched the leaves slowly fall from the trees. This helped him continue working on the painting. Why did not Eric go home? Because it was a beautiful sunny day and sometimes Eric loves being part of this noisy community.

**Anna Suchkova**  
**Descriptive Paragraph – ESL G41**



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# My English-Learning Journey

By Sayed Edres Sadiqi

This is the story of my English-learning journey, or I can say more generally, my journey of learning a second language besides my native language, which is Dari. I can communicate in Dari, Pashto, English, Urdu, and Hindi now. Learning a new language might be easy for some people and for others may be so challenging. It always depends on the person's interest and motivation to learn a new thing. If a person is interested in learning a new thing and has motivation, that helps them. "Hard work always pays off." I have experienced this in my life, and I deeply believe in it.

Seeing so many second language learners at ARC trying to learn English and at the same time taking classes towards their majors reminded me of my struggle in learning English many years back. It caused my mind to go back to the many challenges I faced to be able to communicate in English. Since I personally went through the same journey as so many ARC students are going through now, I thought that it might be interesting for some English learners and even for some it might be inspiring if I shared my story of learning English.

So, in this article, initially I will talk about my educational history and will link it with learning a new language. Then I will discuss what happened, that I started learning English and

finally will share the strategy I used to learn English in my English-learning journey that might be helpful to you.

## ***My Educational History***

Many people might not even remember when they were in their first grade at school, but I remember it well. I remember it because a very huge thing happened that year that affected my life and education to this point. I was in first grade and six months passed from the time I started school that the Taliban took over the country (Afghanistan) for the first time. My teacher, Marzia Jan, got banned from school and was no longer allowed to come and teach at school. I along with all my classmates was forced to wear turbans to come in the class. So many other bad changes in school and in our life happened that year, not all of which I can mention in this article.



Even though all these bad things happened in the first year of my educational journey, it never stopped me from working hard and doing well in all my classes. Starting from the 1st grade I was the second-to-top student of my class till I graduated from 12th grade, when I still was the second-to-top student of my class. I loved all the science subjects like math, chemistry, biology, physics, etc. and was so interested in learning new things every day in those subjects. However, from the start, I never liked language subjects, like English, Arabic, etc. I also didn't like history and geography either. I was always struggling with English, history and geography

and putting a lot more effort on these subjects because I was not interested in learning them. So, that is why learning these subjects was more difficult for me than the science subjects that I loved. I thought after graduation from school I will go to university and will do my bachelor's degree in civil engineering, but the life circumstances put me in a totally different path that I had ever thought about.

### ***My English-Learning Journeys***

Life does not always go as you planned. When I graduated from school, considering my family priority, I had to start working to help my family financially, so I got a job. It wasn't long before my job and my school back-ground helped me to

get a scholarship to go to India for 8 months and get some job-related training. That was the first time I felt the need of English language skills in my life and that was when

I got trapped into learning English. To keep up with my job, I had no other option than to learn English because the training was an essential part of my job, and my future promotions depended on it. So, no matter what, I decided to learn English. I remember the first training class I attended, the lecturer talked for about one hour, but because I didn't know the language, I did not even get the topic he was talking about. When the lecture for each day was finished, I asked for help with my very broken English. I asked the trainer to help me find the topic of the day in my training



manual, so I could go home and read and learn it from my chapter. The trainer highlighted the topic and showed me the pages that I needed to study at home. I had a desktop computer and an English-Persian dictionary installed in it. I started reading the chapter by highlighting the English words I did not know the meaning of. I found 115 words in one page that I didn't know! It was embarrassing and at that moment I realized I had a very challenging mission that I needed to go through in order to keep up with my work. My mission was to learn English and try my best to not fall very behind from the training classes I was taking at that time and learning English at the same time. Hence, I sat

and thought for a few minutes on what to do. I developed a strategy that helped me learn English and attend my classes. The strategy I developed helped me a lot in that period of time and even now that strategy is helpful to me in improving my language skills.

### ***My English-Learning Strategy***

The strategy I developed and used to learn English was pretty simple and easy. However, putting the strategy in practice is neither that simple and nor that easy for many new language learners. My strategy was to highlight new vocabulary words from my class readings and also from any source I was reading. Then, I looked to find the translation from English to Dari/Persian. After that, I learned the spelling and the meaning of the words and put them back into the context of reading to understand the reading. Finally, the most important part of



my strategy was to use the new words I learned every day in my daily communication. If some words were not used in my daily conversation, I tried to do some writing to use the new vocabulary words. I do accept that learning new vocabulary words and at the same time trying to use them would be challenging for some people or even some would argue that it is not possible at that level to use the new words accurately. But that was not important to me. I kept reminding myself about my mission of learning English. Even if I was not using proper grammar or vocabulary words, I had enough courage to use whatever I knew to communicate with my fellow classmates and trainers. During the initial days, my communication was full of errors and mistakes, but every time I made a mistake using improper language or grammar, I was corrected and that itself was a lesson and helped me a lot to learn English. I really learned English from the mistakes I made in my communication with people and gradually my English got better and better. Within 3 months' time, my English improved so much that I felt I needed to enroll myself in an English-speaking class where I could improve my English and learn academic English speaking. I enrolled in a 3-month English speaking class at Heritage Institute of Language in India. That was the first and the last English class I ever took in my life. Since then, learning English has been a personal journey for me. I still use the same strategy to improve my language skill. I capture new words, learn them, put them into reading context, use them in my daily communication and use the new things I learn in my writings.

The life lesson I learned from my English learning journey is this: if you want to learn a new language, first you need to be determined to learn, then you need to do lots of readings from different sources to improve vocabulary, and finally you need to put in practice what you

learned by communicating and using what you learned in your daily communication and writings. This will help you learn the language faster and better. Below is the formula I used to learn a new language.

Determination to learn language + hard work in improving vocabulary + courage to communicate what you learned + learning from mistakes = fluency in speaking a new language

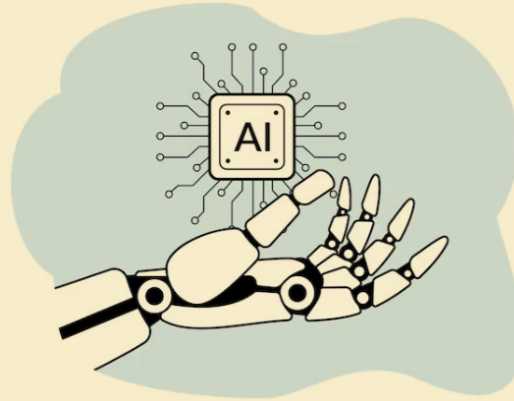
Thank you for reading my story.



## *AI Can Play a Crucial Role in Learning*

Enter the world of machine learning, where the future is shaped by AI intelligence. To realize what the time ahead looks like, it's helpful to review our history. So I would like to give a brief history of computers and artificial intelligence. Just two decades ago, punch cards were the primary means of computer storage, and mobile phones in the 90s had tiny green or white displays. Yet, over time, computers rapidly evolved, becoming essential tools in our daily lives. Throughout history, scientists have attempted to build machines that have the same intelligence as humans, known as artificial intelligence (AI) which is processed by machines, particularly computer systems. There are many tools included in it, such as language processing (ChatGPT, Grammarly, Google Translate), robotics, computer vision, and more. In addition to providing valuable feedback and recommendations, AI-driven platforms can assist language learners in learning, practices, and proficiency, and can be very beneficial to ESL students.

Some language professionals fear that if students use AI, they may not appreciate human values anymore due to fear of reflection, and a lack of human relationships. Students can be more independent and may not need any more humans for learning a language because they have AI tools like ChatGPT for self-tutoring and learning. It is essential to recognize the supportive role of AI in education, by working alongside human instructors and others. AI algorithms can efficiently analyze assignments or other performances, providing valuable feedback to both students and instructors. For example, when I need to edit my assignments for grammatical and spelling errors, I use Grammarly tools because Grammarly offers real-time suggestions for grammatical and spelling errors, this process can build



better and clearer papers. Meanwhile, it can speed up professors' performance too for check-ups and grading. Moreover, AI can offer significant benefits outside of the classroom, such as in research, and other fields. For example, researchers can accelerate knowledge advancement and uncover deeper understanding across a variety of disciplines and areas. In addition, people can use artificial intelligence technologies to simplify tasks and increase productivity. For example, a friend of mine is a professional and has developed a robot program to manage multiple tasks for large companies, and because of that receives multiple salaries. Rather than being concerned about AI, the Education Department should work on improving learning and working environments with AI metaphors and becoming more creative. It is possible to find ways to manage AI risks. At least schools would be able to create some guidelines for using and providing training and awareness programs. To keep the value of humans, and build good relations among the students, instructors, and AI, instructors should work and assist alongside AI in learning a language.

There is concern that relying on artificial intelligence for language learners would lead to cheating, and students would not spend enough time on learning material compared to students who do not use AI. How intelligent and curious a student is affects how they use AI, they usually like to use it to learn a language, not to cheat. AI tools can be really helpful for students who are learning English as a second language. It helps expand knowledge using new tech, is available everywhere, and gives quick responses and results. When I don't know words, it's tough to find a paper dictionary and even harder to quickly find word meanings in one, so to save time and get good results I can use Google Translate, which can be accessed anywhere

and anytime from my phone or other electronic devices. If AI is banned for students, it could cause friction between students and teachers because students deserve the freedom to learn, so instead schools should find ways to control and prevent cheating, as well as explain to them the pros and cons of using AI and encourage them to use it effectively.

Professors and language scholars may not support AI technology since they have studied and researched for many years to learn a language, but now they will substitute it with AI, which may cause their retirement. Professors and language scholars can benefit from AI in many ways, such as updating

teaching methods to make learning more engaging for students since the new generation is more likely to adapt to the new learning model. It is therefore necessary for instructors to incorporate fresh and useful information into their lectures by using some new teaching

techniques along with AI. Asher College AI-enabled educational resources, such as virtual labs and simulations, helped me visualize complex concepts and develop theoretical scenarios while studying the A+ program. These new methods were very interesting to me and other students because it was an updated method with scenarios, and practice felt like a person helping me to learn and memorize my lessons, while still imagining those scenarios in my head. As we live in a modern world, people do not want to adopt the old ways of teaching and learning because we can take advantage of the new technology and use it to our advantage. Humans will enjoy many benefits and facilities if AI is allowed to grow, especially for learners. If we adapt to new technology (AI) our country will keep its position among the most advanced countries; otherwise, other countries like China are powered by new tech, and



may overtake us. For example, among other things, Squirrel AI is revolutionizing how Chinese learn, and more than a million students registered to learn Chinese. So, professors and language scholars can update their knowledge and adjust to the new environment of education in supporting AI.

As technology advances while we can gain an advantage in our lives, professors and language scholars can gain an advantage from AI in a variety of ways, allowing them to deliver better lectures faster and more efficiently. Schools must provide material and instruction on how to use AI, as well as manage how to prevent cheating among students. The way students and other learners use AI depends

on whether they use it in useful ways for positive purposes or misuse it for negative purposes. They should understand the benefit of AI platforms because it can provide a good outcome for people who are looking to learn. Artificial intelligence can simplify people's daily lives, save them time and money, and help them perform their duties. If we do not use AI, other countries like China will use it to improve

and change people's lives, which will make them a powerful and important nation. On the other hand, Americans will lose out to China in modern technology if they restrict AI for users, especially for language learners. As a result, we should support AI tools like ChatGPT, Google Translate, Grammarly, and more to improve language learning for ESL students and keep our position among the most advanced countries.

**Mohebullah Ghafoori - ESL 325**  
**Persuasive Essay**



## What Do You Miss About Your Home Country?

### The Things I Miss in Thailand

I come from Thailand. Right now, I live in the USA because I followed my mom. I came to the USA when I was 18 years old. I lived in Thailand, I lived in Surin city with my grandma. I miss many things in Thailand, for example, park, dog, apartment, and food. The things I miss most are a special day, the night street, a toy, and my friends.

First, there is a special holiday that we call Loy Ga Tong. This is one day to make people happy. This day people eat *bai tei*. This is a vegetable in Thailand. We put it on the water or river, and we call this *ga tong*, and "Loy" means floating *ga tong* on the water. We can make *ga tong* for yourself or can buy it too.

It's very cheap. At night, people light a candle and put it on top of the *ga tong*. Then, a lot of people go to have *ga tong*, and go on the river. When people look at that, it makes people clam down, and let bad things go with the river. Sometimes we can enjoy this day because it's fun and can bring blessings to people. After that, people go for a walk and get food at street food. It's good weather and cold because it's at night. On this day they sell special things only on this day. For example, they sell *foy tong*, which are desserts on this day. They also had other desserts, it's *boui loy*. It's a kind of soft ball made from flour, and you eat it with coconut milk. In summary, this day is a special day for some people, and also brings you closer to your loved ones.

Next, Night Street is one my favorite locations. This location is like a food festival or food market, but they do it every day. Night Street is organized for people who like to walk at night. Night Street has a lot of food. For example, there is Thai



food, Korean food, American food and strange food like fried bugs too. This location is made to enjoy food because it's not hot at night, and also has good weather. Between buying food or eating food, we can also walk too. Walking while buying food gives people time to select the best food. For Thai, food is much cheaper, so people enjoy their food. People who sell food are really friendly and cook more food for you, if you want for free but not too much.

Some places you have to be careful because some people sell food too expensively. They see people came on vacation and have a lot of money. Overall, the Night Street is my special place, and also is my favorite location for people who like to eat food at night.

Another thing I really miss from my country is a toy. When I was young, I really needed this toy. This toy was really expensive. My grandma bought it for me on my birthday. I'm so glad that I finally I got this toy. I really enjoyed this toy. When I went to play with my neighbor, I shared this toy with them. When I went outside, I always brought this toy with me. But two years later, I lost this toy. I don't know where is it, and I was really sad. It made me unhappy and bored with everything. And I promise my grandma, when I got something important I'll take care of that as best I can. As a result, this toy is a thing that I really miss in my country.

Lastly, I miss a lot of friends and one of them is Make. He is a man and he is 19 years old, and is going to be 20 soon. He is not my first friend, but he is the one of the best friends in my life. I found him at Roi-ed city when I had to move city and school. I met him because I played card game with him. He is kind of smart and really intelligent with every-



thing. For example, when he has a problem, he goes to fix that problem in a fast and correct way. He likes to take his time in order to benefit himself in the future. For instance, when he has to work to make money or people want him to help them, he can help too. He likes to save money because his family didn't have too much money. For example, he likes to go on vacation and go shopping with friends. He

also likes to watch movies, but he doesn't pay alone because he shares with his friends to pay for a low price. He really likes to exercise. For instance, he eats only good food like chicken or vegetables and also eats red rice or brown rice too. In sum, Make is definitely someone worth being friends with.

Indeed, these things are what I miss the most in Thailand. I can live with out these things, but if I go back to Thailand, I'll got to meet my friends, and go places that are only in Thailand.

**Weerakorn Suchatrai - ESL 47**  
**Descriptive Essay**

## Afghanistan

I'm from Afghanistan. I lived in Afghanistan for just 18 years. I came to the USA 2 years ago. I miss everything in my country. For example, I miss the language, food, weather, and houses. The things I miss the most are my relatives, my friends, my foods, and the traditions.

First, I really miss my relatives. My relatives are truly kind. Relatives are very important. When I was in my country, I always went to my relatives' home. For example, I always went to my cousin's home. We had a good day. And my grandfather is very important to me. I miss my grandfather and cousins a lot. We have a good relationship. I want to see my relationship in the future. A relative is the most valuable and important thing. It is a relative who helps when we need help. All my relatives are in Afghanistan. When I was in Afghanistan, we had a very good and friend-



ly relationship with our relatives. We are a very big family. We used to travel together and spend happy days. Indeed, my relatives are very important and special to me, and always have a special place in my heart.

Next, friends are very important. When I was in my country, I had many friends. They were very kind, lovely and honest. When we were together, we had a great time and we had fun. For example, Khatra is my cousin. She is also a good friend. We were always together. She looks like my sister. She is very special to me. I love her. I think a friend is very important in our lives because we need good friends. For example, when we have a friend, every time we feel sad, we can tell everything to our

friend. Friends can help us. One time, when I had a problem, I felt sad, so I went to my cousin. I told my problem to my cousin. She helped me. She was honest with me and always told me what things were good and what were not good. In my opinion, a friend should be like that. Also, we need a friend for

our heartache, so that we can easily share our heartache with them. All of us humans need a friend. A friend is someone who always helps us when we need help, and I miss my friends in Afghanistan.

Another thing I really miss from my country is the food. I really love the foods of the country, because they are very delicious. I have a lot of memories of my country's food. For example, when I was in my country, I was 17 years old, and we had a party. And for the first time I cooked food and I didn't ask anyone for help, but I cooked it by myself. I couldn't believe it! The food I cooked was delicious. Everyone liked the food I had cooked. In Afghanistan we have many delicious foods, but some foods are very popular. For example, people love manto, Bolani, and Kabuli pulao. Also, when we have a special day, we often cook these dishes. For example, during Eid, New years, and when we visit our relatives, we cook our special foods. Like Manto, Bolani, Kabuli pulao and some popular foods like these. These foods are very delicious. I really like these a lot. I like all the food of my country. But I like rice and beans the most. They are one of my favorite foods. American food is different from the food of my country. Some vegetables are similar, but not all vegetables. In brief, I really miss the foods of my country.

Finally, tradition is very special, and I miss the traditions in Afghanistan. For example, In my country we have three traditions. The first tradition is Eid. It's a special day in my country. On this day, we celebrate Eid. We muslims have two Eida from a religious point of view, Eid and Eid al-Adha. These are two of our religious traditions. On the day of Eid all the people are happy. Everyone buys new clothes. They also go to each other's home on this day, and we also cook special food. For example, on Eid we cook *manto*. On Eid, we should also buy fruit. In addition, when we go to a relative's home, they prepare drinks, fruit and some things to eat. Another tradition is the same. For example, Eid al-Adha is the New year, and we celebrate It the same as Eid. All the people celebrate the same way. Because this is one of our customs, like In America, I celebrate New Year's and Halloween in

the same way. I think this tradition is very good. We should keep our tradition. When people celebrate the traditions, they are happy. They had a fun day. It's very good for people.

I really miss being in my country. I love my country. It's very special for me. In particular, I especially miss my friends, tradition, foods, and relatives. Now I'm in the USA. I can't see my relatives. It's very hard for me. In the USA, I have a different culture and language. In my country I had a lot of friends. And still American food is different from my country's food. I want to see my relatives and friends again, and I want to eat the food of my country. It's my dream.

**Lida Hakimi - ESL 47**  
**Descriptive Essay**





## Snack Corner - Shornakhod Herati (Afghan Chickpea Snack)



One of my favorite snacks is *shornakhod herati*. I love its taste, and it's also a healthy choice since it doesn't have any oil or unhealthy ingredients. I eat it about once a week. I first fell in love with this snack when I was living in Kabul, but it wasn't the same as when I visited Herat. There was a special vendor in Herat named Mama Zaher, known for making the most delicious *shornakhod*. Every time my family picked me up from the airport, I would ask them to stop by Mama Zaher's stand before we even went home. No other *shornakhod* compared to his.

*Shornakhod* has become popular at Afghan gatherings in Sacramento as well, and I see it served at many parties. Interestingly, it's also quite popular in India and Pakistan. This simple yet flavorful snack holds a lot of memories for me and reminds me of my trips back to Herat. For better understanding please use the below link to learn about *shornakhod*, a healthy and priceless snack.

Here is the video link: <https://www.youtube.com/watch?v=p1QITMU1auM>

**Here are the ingredients and Instructions for preparing shornakhod.**

### **Ingredients:**

- Chickpeas
- Onion
- Cloves of garlic

- Salt (to taste)
- A pinch of baking soda
- Grape vinegar
- Apple cider vinegar
- Dried mint
- Red chili powder

### **Instructions:**

1. Prepare the chickpeas:

- Rinse the chickpeas thoroughly under cold water.
- Soak the chickpeas overnight in a large bowl of water. If short on time, use the quick soak method: boil the chickpeas for 2 minutes, then let them sit, covered, for 1 hour.

2. Cook the chickpeas:

- Drain and rinse the soaked chickpeas.
- Add chickpeas, chopped onion, and some salt in a large pot. Cover with fresh water and bring to a boil in a steam pot. Reduce the heat and simmer for about 1 to 1.5 hours, or until the chickpeas are well cooked.
- Then add a pinch of baking soda and cook the chickpeas for another 5 minutes in a steam pot. This helps achieve a smooth, well-cooked texture.

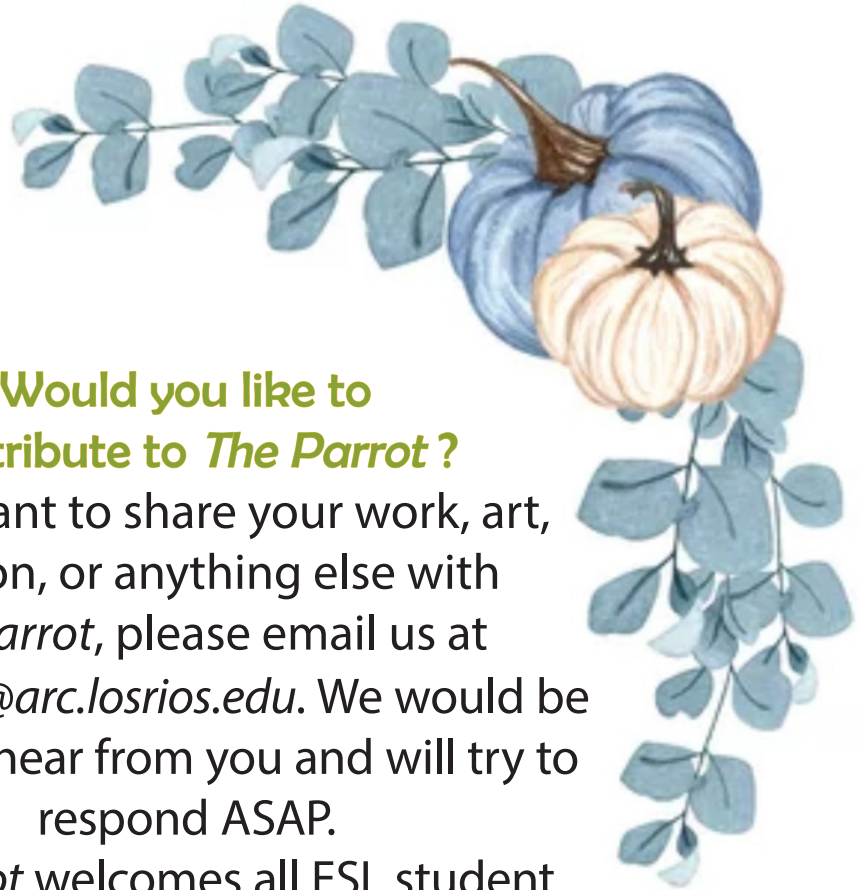
- Take the cooked chickpeas in a large bowl.

3. Prepare Vinegar:

Prepare the vinegar in a separate bowl with drained mint, chili, and salt to use as individual tastes differently during serving.

Enjoy your *shornakhod herati*!

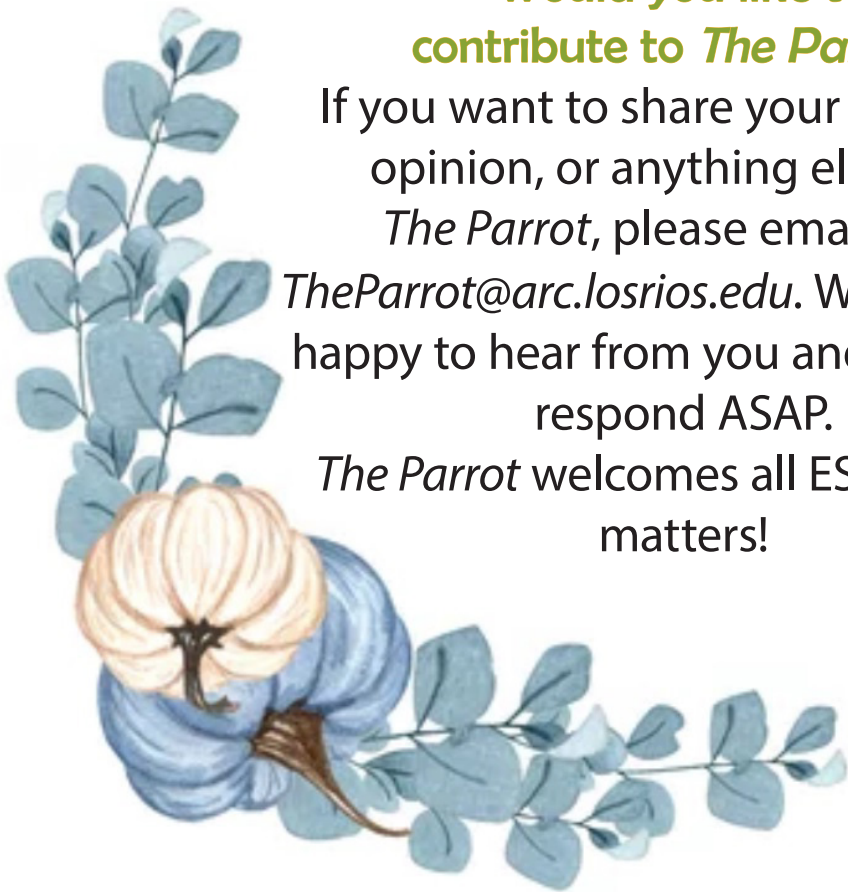
**Parrot Staff Writer: Asila Sadiqi**



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

If you want to share your work, art,  
opinion, or anything else with  
*The Parrot*, please email us at  
[TheParrot@arc.losrios.edu](mailto:TheParrot@arc.losrios.edu). We would be  
happy to hear from you and will try to  
respond ASAP.

*The Parrot* welcomes all ESL student  
matters!



## Granny Noetal

**Welcome to the Granny Noetal Column! Our student staff is pleased to share valuable tips and advice to support you on your academic journey at ARC.**

Dear Granny,

*I am a parent student, but I have so many appointments for my kids and family members and I need to see a counselor at ARC to help me with my education plan, and also I need help with choosing my major. I have some questions regarding transfer classes as well. I need to talk to a counselor once or twice in a semester, but every time I go to the counseling department, they are booked two weeks out. What do you think I should do to manage all these and not wait for two weeks for an appointment? —Struggling Student.*

Dear Struggling Student,

I really understand being a parent and going to school at the same time is challenging. The good news is, I asked Sayed Edres, who is working with *The Parrot* and is a parent student as well, to answer your question. Here is his answer to your questions:

When I started my education at ARC, because I came from Afghanistan the system was totally new for me. I faced similar problems multiple times. It has been two years since I started at ARC. I got familiar with lots of resources that are available at ARC to help students. Luckily, there is a department at ARC called Calworks and EOP&S. There are so many programs to help the parent-students there. A parent-student can enroll in that department and get help from their program. Some of the good benefits they can get

from enrolling with the Calworks and EOP&S departments are getting a counseling appointment in the same day or next day and getting a priority registration date to pick classes earlier than other students. Eligible students can get the money they spent on their books from the county via the Calworks department, and finally they can also enroll in the parent-to-parent mentorship program of Calworks to be linked with a mentor who speaks their native language and can give assistance with any questions during their educational journey at ARC. I have gotten a great deal of help from the Calworks department so far and I am sure every student who needs assistance will be helped there.

Dear Readers,

I hope Sayed Edres was able to provide satisfying advice to the parent-student question. I am thankful for the information and experience he shared with us. If you are a parent and a student at ARC, you can enroll in ARC Calworks and Parent-to-Parent program of Calworks department and get assistance whenever you need. Or if you need some advice, please share your question with us at:

Granny Noetal

[TheParrot@arc.losrios.edu](mailto:TheParrot@arc.losrios.edu)

Thanks,

Granny Noetal



## Top 10 Communicators Shaping Our World

In today's interconnected world, effective communication is more critical than ever. As a communication major, I've had the opportunity to study and observe various styles of communication that have profoundly impacted audiences globally. Whether through speeches, media appearances, or written work, some individuals have mastered the art of communication, leaving a lasting impression on their audiences. Here, I present the top ten communicators who have made remarkable contributions to the field of communication.

1. **Steve Jobs**, co-founder of Apple Inc., was known for his charismatic presentations and visionary communication style.
2. **Barack Obama**, former president of the United States, has long been recognized for his eloquent speeches and ability to connect with diverse audiences.
3. **Oprah Winfrey**, media mogul and talk show host, is famous for her empathetic and engaging interview style.
4. **Simon Sinek**, author and motivational speaker, is known for his TED Talk on "Start with Why" and his ability to inspire and influence with his ideas.
5. **Brené Brown**, researcher and author, is renowned for her talks on vulnerability and courage, which resonate deeply with audiences.
6. **Malala Yousafzai**, Nobel Prize laureate and activist, has been celebrated for her powerful speeches advocating for girls' education and human rights.
7. **Tony Robbins**, motivational speaker and author, is known for his dynamic seminars and persuasive speaking style.
8. **Nelson Mandela**, former president of South Africa and anti-apartheid revolutionary, was admired for his inspirational speeches and leadership during his fight for equality.

9. **Elizabeth Gilbert**, author of *Eat, Pray, Love*, has been praised for her engaging storytelling and thought-provoking talks.

10. **Sheryl Sandberg**, former COO of Facebook and author of *Lean In*, is known for her impactful communication on leadership and women's empowerment.

In conclusion, these ten communicators have each demonstrated exceptional skills in conveying their messages, influencing their audiences, and shaping public discourse. Their diverse approaches to communication from public speaking and media presence to written works illustrate the power of effective communication in driving change and inspiring others. As students and practitioners in the field of communication, we can learn valuable lessons from their achievements and strive to apply these principles in our own endeavors.

*Parrot Staff Writer: Asila Sadiqi*



**Continued from page 1**

evenings. First, I was an Instructional Assistant and then a professor.

**How do you like it?**

I love my job. I've been teaching for 24 years. My favorite part is the students because I find that ESL students are very motivated and hard-working.

They're usually really dedicated to learning. So, if I do my job, and I'm teaching students who want to learn, it makes my job easier. When you come to the United States and you want to learn English, you realize that learning English will make your life easier and better. I think that's really wonderful because I'm helping a student's life get better, or

helping them feel more confident, or maybe they're going to get a better job. Some students come to the US with their children. They sometimes have to rely on their children to learn English more quickly. Those students rely on their children to help

with translating and everything. Once the parent becomes more confident, then they're like, "Now I can be the parent." It sort of changes their relationship so that they don't have to rely on their child to help them.

**Have you ever taught someone who didn't know even a single word of English?**

No, I haven't. Even if they don't know a lot of English, they'll know something like "help," "no," "yes," "thank you," and I've only taught at the community college or university level. I've never really taught the very beginning level students -- maybe those students are at adult schools.

**What do you find the most difficult to teach ESL students?**

I think writing. One of the most difficult things is if they didn't have an education in their country, or maybe they started school but stopped when they were, like, 10. They didn't have the full experience until they were even 18. It can just be a real challenge to do that if you don't know how to do it in your first language, and trying to do it in a second language is even more challenging.

**Well, a lot of people have heard that you're a huge Disneyland fan. As a fellow Mouseketeer, may I ask how many times you have been there?**

I think in 6 years I might have gone there about 100 days. That doesn't count the previous times, like when I was a child or teenager. I grew up in California, but my family

didn't really start going until I was a teenager. Then I married my husband, and he loves Disneyland, too. So, we went there often after we got married. Maybe 2 or 3 times a year -- we usually go for 3-5 days each time. When we had children, we would go because of the kids.



It became the easiest place to go because it was familiar for us, we've been there so many times. A lot of people are like, "Oh, aren't you so tired of it?" I was like, "No. It's our favorite park." Even though my kids are older, it became the same for them, a familiar and fun place for them.

**When and why did you fall in love with Disneyland? Was there a magical moment for you that made you fall in love with it?**

I don't know. I think it's because I love the movies, Disney movies and Disney music. I remember the first time I went I was 7 or 8 years old, and my grandma took me. It was just a really special memory to have with my grandma. We loved watching the fireworks, seeing the parade, meeting Mickey,



and seeing the castle. Then, I started to connect things that I had seen in my favorite movies, and now I could see it in this place. I feel like it's still magical.

**Who's your favorite Disney character?**

My favorite is Mary Poppins. I love Julie Andrews, also. I love Dick Van Dyke. I love the story of Mary Poppins, that she comes to help the family. She does spend time with the children, but the real message of the movie is that she's trying to help the parents. She wants Mr. and Mrs. Banks to love their children and give them their love and time!

**If you could use a time machine and go back in time, would you choose to work at Disneyland?**

Yes, I would. It's sort of funny now, because obviously, I've been teaching for a long time now. I talk about how, when I retire, I want to go work at Disneyland. I don't need to go back; I'll just go and work there. My daughter just turned 18. She graduated in May, and she plans to work at Disneyland. That's exactly what she wants to do.

She knows exactly where she wants to work. She definitely has her eyes set. She's going to beauty college. She would love to work with the princesses, with the performers, and help with their makeup and hair. Something related to beauty, that is what she wants to do at Disney. Maybe to be an apprentice in the Bibbidi Bobbidi Boutique in Fantasyland.

**Do you have a go-to food when you go to Disneyland?**

So, in California Adventure, we almost always go to Aunt Cass's Café. They just changed the name, and it's in San Fransokyo, and it has sourdough bread from San Francisco. My family loves sourdough

bread! We almost always go there, and they sell whole loaves of bread. I love going to the Plaza Inn, too, which is close to the castle, and they have fried chicken and mashed potatoes, and it's so good. It's such a big plate. They give you half of a chicken and mashed potatoes and usually green beans. I also like the iced coffee in Star Wars Land - Galaxy's Edge.

**When are you planning to go to Disneyland again?**

I'm going in October. I usually go every 2 months. In October, I'm going with some friends, no children. This one's going to be a girl's trip.

**In your opinion, what do you think makes Disneyland so special and unique to Americans?**

I think for a lot of people, it is the story of Walt Disney. For those who have really studied his life, I feel like he really is the American Dream. He grew up working hard, and he liked to draw. He was the original voice of Mickey Mouse. Then, he decided he would come to California and tried to make cartoons. He worked hard but still had a lot



of failures. He'd filed bankruptcy before he came to California. He had a lot of people tell him this isn't going to work. However, he just kept trying, and he kept working. Then eventually I think his brother came and said, "Let's try to make this happen." I don't even think that they realized how successful they were going to be. I think maybe their dream started small, but then, like, after the crazy success of Snow White, yeah, then it was, like, "Whoa, this is way bigger than we thought it was going to be." So, I think for people, especially Americans who see or know about his story, they realize you don't have to be a farmer because your dad is a farmer. You



can have big dreams. You can try new things and keep trying. I feel like Disney is the American Dream come true. Also, there are so many references to fairy tales in the stories and films, whether to princesses or other characters. We love the music. The music is so recognizable. I feel like Disney is a big part of our culture. Even if you don't go to Disneyland, you still know and recognize Mickey Mouse.

**Why do you think some people don't want to go to Disneyland?**

Well, the number one reason is usually money. It wasn't so expensive 20 or 30 years ago. When I talk to people, and they're like, "Oh we can never go, it's just so expensive". It is expensive -- I agree. The second reason is that it's crowded, and that's stressful for some people. Some friends I have talked to said it's a one-time thing for them, and they don't want to go back. That's okay -- it's not everyone's cup of tea.

**How about souvenirs? Do you collect any Disney memorabilia? If you do, what kind? Which ones?**

My husband would say bags, which is true. I like purses, backpacks and bags; I have multiple ones from Disney. For me, it's useful. I use the bags for my classes. Jewelry is another really big one for me: earrings. It's hard to find jewelry, though. I love spirit jerseys. These are new long-sleeved shirts that they've started selling the last few years. They're like big sweatshirts. On the back, most of them say Disneyland, but I have one that says "the happiest place on earth."

**Do you have a favorite Disney villain?**

Maybe Ursula from Little Mermaid. She's wicked, and I love her song, "Poor, Unfortunate Souls." Poor Ariel -- so naive and easily tricked. I'm not really a villain fan.

**Do you have any other thoughts or stories you would like to close with?**

Well, I would like *Parrot* readers to know that if you want to go to Disneyland, there are a couple of strategies that I've used for making it more affordable. The first is to book through Costco Travel. They have packages for Disneyland, and you can get your hotel, your park tickets, and your parking, and airline tickets if you're going to fly. Costco offers full packages with some good deals. The other one that I've used is called [getawaytoday.com](http://getawaytoday.com). They offer payment plans. So, let's say you want to go next summer, you know, like in 8 months. You can

book your vacation now and then you can make monthly payments. Then in June, you're ready and most of your travel expenses have already been paid for. This travel company offers a layaway plan.



**Interviewer: Phong Nguyen**

## Beginner Reading Comprehension



### Shih Tzu

Today, I will tell you about my pet. I have a puppy and his name is Sampson. He is 2 years old. He has black hair and big black eyes. His breed is Shih Tzu. I love him a lot. He loves me a lot, too. How do I know it? Because he always waits for me to come home. I go to the park with him. I feed him. We play together. He always runs after me. He follows me around the house. My family treats him like family. I'm happy to have him in my life.

*Parrot Staff Writer: Phong Nguyen*

### Can you answer these questions?

#### 1. How old is the puppy?

- A) He is 2 years old.
- B) He is 4 years old.
- C) His birthday is today.

#### 2. What is the puppy's name?

- A) He is a Shih Tzu.
- B) He has big black eyes.
- C) His name is Sam.
- D) He is Sampson.

#### 3. Why does the puppy love his owner?

- A) He follows his owner around the house.
- B) His puppy goes to the park with him.
- C) The puppy always waits for him to come home.

#### 4. Does his family love Sampson?

- A) Yes, they treat him like family.
- B) No, they don't like him.





## Movie Review of "No Escape" - 2015

Parrot Staff Writer: Tuyet Le



It has been a long time since I watched an intense movie. I was surfing Facebook when I saw a trailer of *No Escape* (2015) by **Director John Erick Dowdle**, which was about my country – Vietnam. It made me want to watch it. Fortunately, I have a Netflix account and was able to watch it at once.

The title sequence of the movie was not so attractive to me, but I wanted to try it, and I loved it. A man relocated his wife and two lovely daughters to Thailand to work because he got an offer from his company. They did not want to move there, but they had a finance issue. The movie started to get intense when the man left his hotel to find an English newspaper. Everyone looked at him as a stranger because he was an American. A group of police were fighting against a group of civilians. He panicked and tried to find a way back to his family. When he came back, those civilians invaded the hotel where he was living. They tried to kill all Americans, and that made me so scared, and I could not understand at first. They went to every room to



search for Americans and killed them with guns or hammers. His wife heard the terrible voices and was terrified. I could feel my heartbeat extremely fast, too. They managed to get out of the hotel and run away from those killers; however, they did not give up searching for the American man and his family because he was one of the men they wanted to kill to stop the project in Thailand. Their family had to run to many places to escape from those killers. I was terrified when I saw those killers invade the U.S. embassy and kill all the people there. There was a "no escape" place for them.

I love how the movie led me from one surprise to another because I could not think of anywhere else to escape from this terrible place. To me, Thailand is a tourist destination, but I gave up my thought to go there after this movie. I know it is not a real event and Thailand is a safe place to visit; however, it is just my decision not to go there. At







Con thuyền này đang ở Việt Nam!  
Hạ vũ khí xuống!

**Translation:**

***This boat is in Vietnam. Drop your weapons.***



to a kid. If anyone wants to watch an action movie, *No Escape* is an excellent choice.

the end of the movie, they found their escape place. They were on a boat and tried to go to Vietnam's border. At first, the army pointed their guns toward them and warned them not to enter into Vietnam illegally. They did not turn back because the killers from Thailand were chasing after them. They had no choice to turn back so the army let the boat cross the border to Vietnam. Once the boat was in Vietnam's territory, the Vietnamese soldiers pointed the gun toward those killers to protect the American family. I love the end of the movie because it made me proud of Vietnam, which is a safe place to stay.

To me, it is a meaningful movie because you can see the humanity when Thai residents tried to help his family to escape. On the other hand, the killers were dangerous and showed no mercy even



## English Practice Hour

It will be in person and  
online.

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

# RECIPE: KOMBUCHA

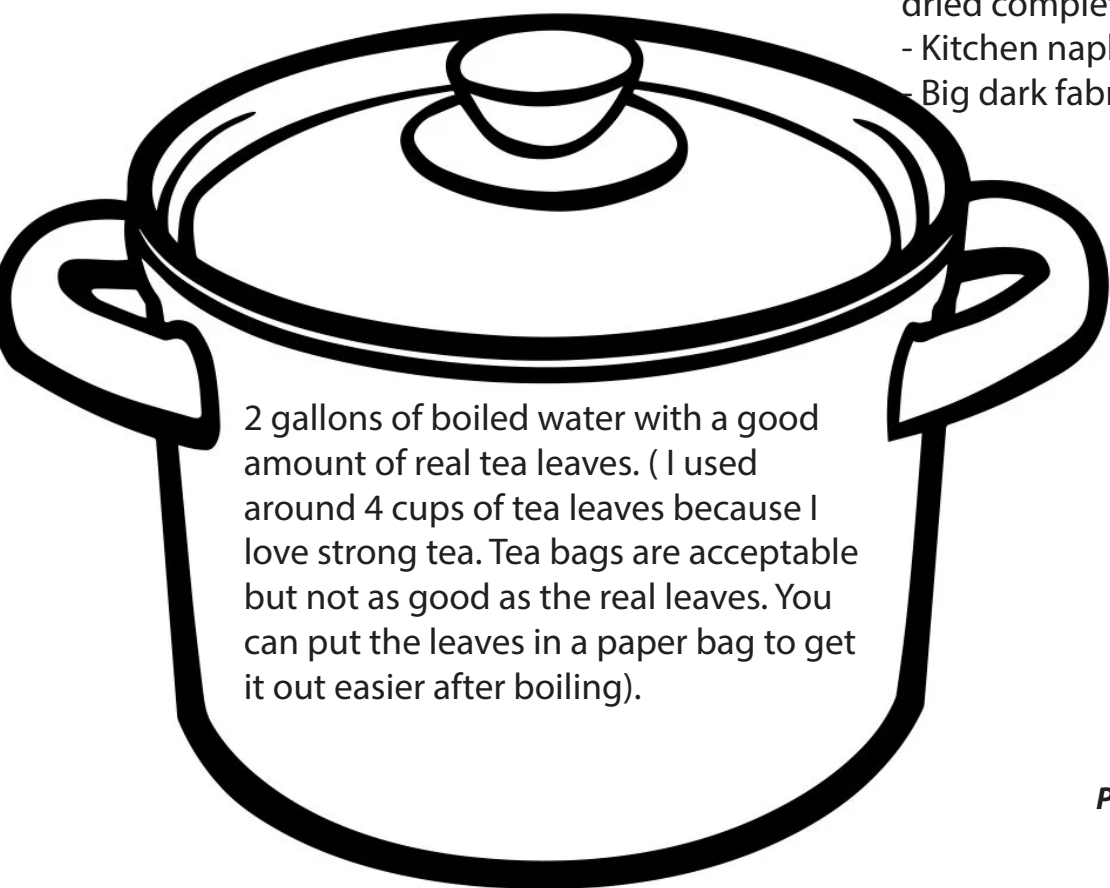


Green Tea Kombucha



## Prepare:

- A big live SCOBY (stands for Symbiotic Culture of Bacteria and Yeast)
- 2 medium 3-gallon glass jars or 1 large 5-gallon glass jar
- The jar must be washed, cleaned, and dried completely.
- Kitchen napkin (paper)
- Big dark fabric (to cover the whole jar)



2 gallons of boiled water with a good amount of real tea leaves. (I used around 4 cups of tea leaves because I love strong tea. Tea bags are acceptable but not as good as the real leaves. You can put the leaves in a paper bag to get it out easier after boiling).

*Parrot Staff Writer: Snow*

## In the pot:

- After the tea is boiled, let it stand for at least 10 minutes, and then filter out the tea leaves.
  - Add 4 cups sugar and stir to dissolve.
  - Add the correct amount of filtered water (around 2 or more gallons in this case).
- Note: Test the tea temperature. It can't be too hot.
- Use boiled water to disinfect any utensils that you used during the process.



Hibiscus Kombucha

## In the jar:

- Pour the mixture into the jar after it has cooled down.
- Add the SCOBY on top.
- Leave the napkin on top of the jar, and then close the lid loosely.
- Cover the jar with dark fabric. Leave the jar(s) in a dark and cool place.
- Check back after 3-4 weeks. When you don't taste any sweet, the fermenting is done. Otherwise, you will need to wait another week to check it again.

\* You can store the kombucha drink in the fridge or mix with juice. It gives you more [benefits](#) than you know.

\* You can try different kinds of tea to have different flavors.

\* If you try hibiscus kombucha, your SCOBY will be dyed pink or any color depending on the tea you use.

*My uncle-in-law is a kungfu master who always seeks for something organic and good for the body. He taught me how to make kombucha. At first, I thought it was vinegar, so I refused to drink or try it. Later on, I found its benefit, which is beyond what I thought. I have started growing the kombucha myself.*





## English Conversation Group

● ● ● *Fridays 5:00-6:00 | North Natomas library*

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

All languages and levels welcome. No registration. Meet new people and share experiences. This is not a class; it's more a social group for practicing.

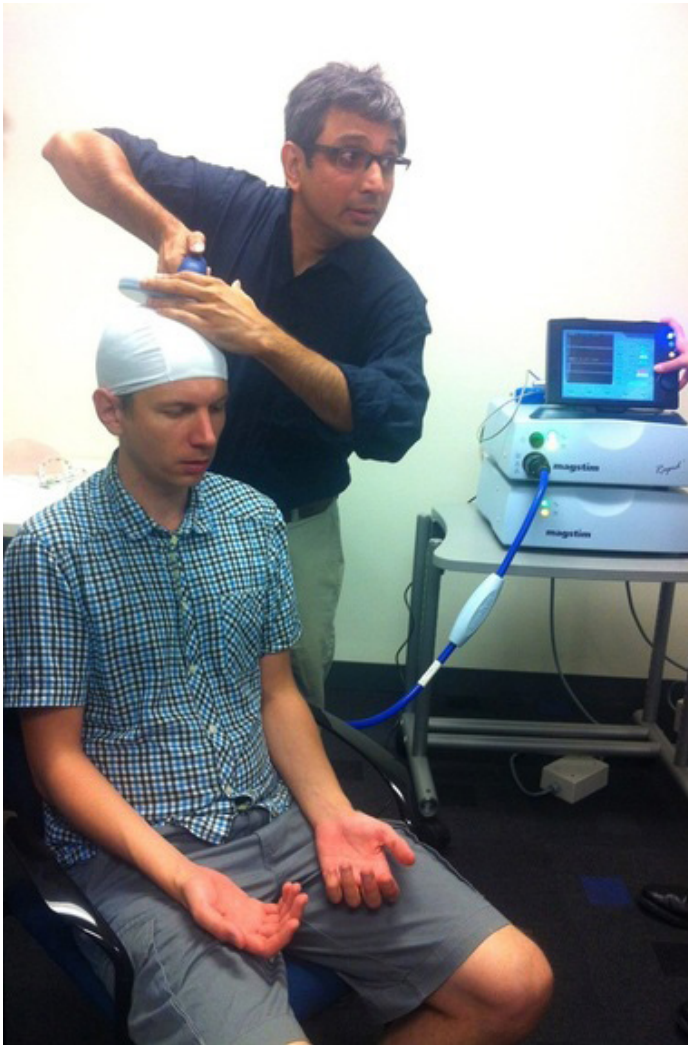
Check "Events" for **more locations and times** at [www.saclibrary.org](http://www.saclibrary.org).

#### **Topics:**

- Everyday life & things to do
- American culture
- News, pop culture
- Other...You help decide!

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

*Continued from page 1*



as preschool, so some kids may learn typing before learning to write by hand.

But is this a good idea? Research is showing that writing by hand has surprising benefits, not only for children but also for adults.

***Handwriting is more work, and that's a good thing!***

Studies show that tracing out ABCs, instead of typing them, leads to [better recognition](#) and understanding of letters. Writing by hand also strengthens kids' [memory](#) of words, laying the foundations of literacy and learning. In adults, taking notes by hand during a lecture, instead of typing, can lead to [better understanding](#) of material.

"There are actually some very important things going on during the embodied experience of writing by hand," says [Ramesh Balasubramaniam](#), a neuroscientist at the University of California, Merced. "It has important cognitive benefits." Recent research suggests that handwriting's power comes from how it forces different brain systems to work together.

***Your brain on handwriting***

Both handwriting and typing involve moving our hands and fingers to create words on a page. But handwriting requires a lot more coordination between the motor and visual systems. This seems to engage the brain in deeper ways that support learning.

"Your fingers have to, individually, do something different to produce a recognizable letter," says [Sophia Vinci-Booher](#), an educational neuroscientist at Vanderbilt University. "Your visual system must continuously process every letter as it's formed. With each stroke, your brain compares the new script with mental models of the letters and words, making adjustments to fingers in real time to create the letters' shapes," says Vinci-Booher.

***That's not true for typing.***

To type the word "dog" your fingers don't have to trace out the form of the letters — they just make three simple movements. In comparison, it takes a lot more brainpower to write than type.

"There seems to be something fundamental about engaging your body to produce these shapes," says [Robert Wiley](#), a cognitive psychologist at the University of North Carolina, Greensboro. "It lets you make associations between your body and what you're seeing and hearing," he says, and this may help the mind access ideas in more ways.

This is especially important for learning in kids, but it may help adults, too. Wiley and others worry that if we give up handwriting for typing, then it may seriously change how we all learn and think.

**What might be lost**

The clearest consequence of screens and keyboards replacing pen and paper might be on kids' ability to learn the building blocks of literacy — letters.

"Letter recognition in early childhood is actually one of the best predictors of later reading and math attainment," says Vinci-Booher. Her work suggests that learning to write letters by hand is crucial for learning to read them.

Research suggests kids learn to recognize letters better when seeing different handwritten examples, compared with uniform typed examples. This helps [develop areas of the brain used during reading](#) in older children and adults, Vinci-Booher found.

Stopping handwriting instruction in schools could mean that those skills don't get developed as well, which could impair kids' ability to learn down the road. "If young children are not receiving any handwriting training, which is very good brain stimulation, then their brains simply won't reach their full potential," says van der Meer. "It's scary to think of the potential consequences."

Many states are trying to avoid these risks by requiring cursive instruction. This year, California [started requiring elementary school students to learn cursive](#), and several other states are trying to do the same. (So far, evidence suggests that it's the writing by hand that matters, not whether it's print or cursive.)

**Slowing down and processing information**

For adults, one of the main benefits of writing by hand is that it simply forces us to slow down. Because writing by hand is slower, it forces you to process the information. "You make the information your own," she says, which helps it stick in the brain.

What happens if we have computers write more for us? It's possible that this might free up our minds to do other kinds of hard thinking, he says. Or we might be sacrificing a fundamental process that's

necessary for the kinds of learning experiences that enable us to learn and think at our full potential.

Balasubramaniam stresses, however, that we don't have to stop using digital tools to enjoy the power of handwriting. So far, research suggests that writing with a stylus on a screen activates the same brain pathways as writing on paper. It's the movement that counts, he says, not its final form.

Editor's Note: This article was adapted from "[Why writing by hand beats typing for thinking and learning](#)," by Jonathan Lambert published May 11, 2024 at npr.org.





## Restaurant Review

### Chicha Peruvian Kitchen Midtown



We recently had the pleasure of dining at the new Chicha Peruvian Kitchen & Cafe, in Midtown Sacramento, and it was an exceptional experience from start to finish. The moment we walked in, we were greeted with a warm and welcoming atmosphere that made us feel right at home.

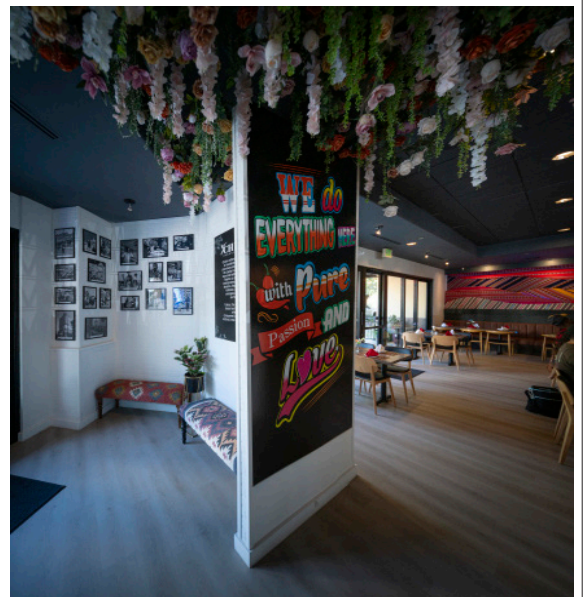


The menu offers a fantastic variety of traditional Peruvian dishes, and everything we tried was absolutely delicious. The *Lomo Saltado* (fried steak with fried veggies and egg, served with white rice) was perfectly seasoned and cooked to perfection, while the *Arroz Con Mariscos* (white rice served with fried shrimp and crab) was bursting with fresh seafood flavors. Don't even get me started on the homemade chocolate cake! It was the perfect sweet ending to a delightful meal!



The service was top-notch, with friendly and attentive staff who went out of their way to ensure we had a great dining experience. The owners, Giancarlo and Marleny, are exceptional people who always made sure we felt welcomed. They were knowledgeable about the menu and made excellent recommendations.

Overall, Chicha Peruvian Kitchen & Cafe in Midtown is a must-visit for anyone looking to enjoy authentic Peruvian cuisine in a cozy and inviting



setting. We can't wait to return and try more of their amazing dishes!

[1501 16th St Suite 101-102, Sacramento, CA 95814](https://www.chichaperuvian.com/)

## Some More Parrot Fun

### Find Hidden Animal Words

**Example:** Marc owns a sporting goods store. (cow)

1. Cuba won the gold medal, and America took the silver. \_\_\_\_\_

2. To and fro goes the pendulum. \_\_\_\_\_

3. Eating oatmeal was Charles' favorite thing to do. \_\_\_\_\_

4. "Ski down the beginner's slope," said the instructor. \_\_\_\_\_

5. They do good work. \_\_\_\_\_

6. The politician said, "We, as elected officials, are employees of the public." \_\_\_\_\_

7. Susan came late to the party. \_\_\_\_\_

8. If your answers differ, retry the problem. \_\_\_\_\_

9. Sara made Eric apologize for being mean. \_\_\_\_\_

10. Magnus ate a whole bowl of popcorn while watching the movie.  
\_\_\_\_\_

11. Noah entered the ark with his family. \_\_\_\_\_

12. Chris' new-found prestige really has gone to his head. \_\_\_\_\_

13. Steffi should be pleased with the results. \_\_\_\_\_

14. Jesse allowed only four goals the entire season. \_\_\_\_\_

15. John scraped his elbow on the pavement. \_\_\_\_\_

15. ape

14. seal

13. fish

12. tiger

11. hen

10. gun and owl

9. deer

8. ferret

7. camel

6. weasel

5. dog

4. kid

3. goat

2. frog

1. cat

**Answer:**

### Challenge:

Hidden in each sentence is the name of an animal. Each can be found either in the middle of a word or by combining the end of one word with the beginning of the next. Underline the animal name in each sentence. An example has been done for you.

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

# Poem

## Aurora Borealis

*By Angelica Warrior*

Blues and greens,  
an ocean in the sky.  
Purples and pinks  
flutter O'so high.

This is the beautiful Aurora,  
that shines in the sky only on a few lucky nights.

She dances and swirls,  
beckoning the stars to join in.

Like the Milky way spilled across the night.  
These cosmic lights illuminate the Northern atmo-  
sphere.

The great Aurora Borealis doesn't come out to play  
often.

I count myself lucky to have glanced at its beauty.

So every year I go out into the night,  
stare up at the stars in the heavens above,  
and pray to our creator that I might have a glimpse,  
of the great lights once more.





# Explore California

## Mount Tamalpais



Mount Tamalpais, or “Mount Tam,” in Marin County, California, is a must-go for nature lovers and people who love to hike. It is packed with stunning views with panoramic vistas of the San Francisco Bay, the Pacific Ocean, and some of the most beautiful hills around the Bay Area. When the fog rolls in, you’re in for a great treat if photography is your thing. There are a lot of hiking trails, including Dipsea Trail, Summit Loop (a very challenging 13 mile hike), and Steep Ravine Trail (which features waterfalls and beautiful greenery). Mt. Tamalpais is great for wildlife viewing and bird-watching. There are several parking lots around the park, and most of them charge a parking fee.

Mount Tamalpais is open all year long, but in my opinion, the best time to go is around summer, so you can enjoy the magnificent views of the fog rolling in and covering the hills like a sea of clouds. To get there from Sacramento, it takes roughly two hours and thirty minutes.

I took the photo above about a month ago, on one of my many visits to this wonderful place. The camera I used was a Nikon z8, paired with my new gorgeous 400mm telephoto lens!

**By Manny**

# Grammarly

## App Review



Grammarly is a popular writing assistant that helps users improve their writing by catching grammar, spelling, and punctuation errors.

I've been using it for quiet a while now, and I thought I'd share my thoughts on it. Here are a few things I like about it:

1. **It's great for grammar checks:** This is probably the main reason why I use it. Whenever I'm writing an essay or an article, I like it to run it through Grammarly to check any grammar, punctuation or spelling errors. It's not 100% perfect all the time, but it gets the job done and helps you improve your workflow.
2. **Suggestions:** The app offers suggestions on how you can structure a sentence better. This is particularly important for when you're just learning English, and you're writing a text and you want to structure it like a native speaker would.
3. **Tone Detection:** Grammarly can analyze the tone of your writing, helping you ensure your

message comes across as intended.

There isn't much I can say about cons, except that maybe the premium version can be a little expensive, about \$12.00/month. However, considering how helpful it is for us students and writers, I think it's worth every penny.



**Staff Writer: Manny**

# Music Review

## Carlos Vives



Carlos Vives is a renowned Colombian singer, songwriter, and actor. Born on August 7, 1961, in Santa Marta, Colombia, he is celebrated for his unique blend of traditional Colombian music styles like *vallenato*, *cumbia*, and *champeta* with modern genres such as Latin pop, reggaeton, and dance-pop.

Vives has sold over 20 million records worldwide and is one of the best-selling Latin music artists of all time. Some of his most famous songs include "La Gota Fría," "Fruta Fresca," "La Bicicleta" (a collaboration with Shakira), and "Robarte un Beso" (with Sebastián Yatra). He has also won multiple Grammy and Latin Grammy awards.

In addition to his music career, Vives has acted in several popular Colombian telenovelas, including "Gallito Ramírez" and "Escalona". He is also involved in various social and philanthropic activities, particularly through his foundation, [Tras la Perla](#), which focuses on improving the quality of life in his hometown of Santa Marta.

There are two of his songs that are my favorites, "Carito", which is a fun song about an old teacher he used to have a crush on when he was in middle school, and "[La Foto De Los Dos](#)", which is a song about immigrating to a foreign land and leaving a loved one behind, and coming back home only to find out that that person is no longer alive. This song particularly resonates with me because I left my grandma behind when I came to live in the United States, and when I went back, we didn't have much time together before she passed away.

If you are interested in knowing how "Colombian Culture" sounds, I highly recommend listening to this guy. Amazing song-writer with amazing sounds.

**Staff Writer: Manny**

Source: [https://en.wikipedia.org/wiki/Carlos\\_Vives](https://en.wikipedia.org/wiki/Carlos_Vives)



## Indian Idol Podcast Article

When it comes to entertainment, different people have different choices. No one can claim that their choice of entertainment is the best and it should be chosen by everybody else. Each person has their own taste in entertainment based on their likes or dislikes. Personally, watching TV, which includes watching movies, series, TV shows,

and even watching some YouTube programs, has been a great source of entertainment for so many years. I am originally from Afghanistan. There are so many cultural similarities between Afghanistan and India. I think that is the reason that so many Afghans in Afghanistan watch Bollywood movies, Indian TV series, and Indian TV shows in Afghanistan. One of my favorite podcasts is Indian Idol (Hindi TV series) which is a singing reality TV show in the Hindi language produced by Sony TV of India.

Indian Idol, a reality show of Sony TV, is one of the best singing competitions that people around the world watch every year. Music has been a great source of entertainment and a great platform to recharge my soul. Besides listening to music, in my free time, I play the tabla which is a rhythmic instrument in Indian classical music. Since I can communicate in Hindi and Urdu, and have lived in India for a while, and there are lots of cultural similarities, including musical similarities between Afghanistan and India, Indian music has been my favorite music from the time I can remember myself. In this article, first, I will provide a little bit information about the history or the background of the Indian Idol podcast. Second, I will talk how this reality TV show works and finally will share some of my favorite Indian Idol title winners, who are the products of this reality TV show, and now they are super stars in the Indian music industry.



### Indian Idol History

Indian Idol is an Indian version of the British show Pop Idol. Indian Idol has been a Hindi singing reality show of Sony TV since 2004 and is produced by Miditech Studios. The production takes place in Mumbai, Maharashtra, India and broadcasts on Saturdays and Sundays by

Sony TV, and also digitally it is on air on the SonyLIV application. 14 seasons have been produced and broadcast so far. The most recent season, which was season 14, was judged by Kumar Sanu, Shreya



Goshal and Vishal Dadlani. Vaibhav Gupta won the Indian Idol trophy for the season 14th.

### Show Design

Indian Idol is designed in a way to discover the hidden musical talent across India. Indian Idol follows 7 steps. The first step is called Auditions. Auditions take place in several different cities across India and online to allow more participation. Contestants are selected based on their singing talent and performance in front



of judges. The second step is the Theatre round. The selected contestants from the audition round perform solo or in groups. Considering their performance, judges decide to eliminate or pass them to the next round. The third step is “top contestants”. In this step, 12-15 contestants are chosen to perform live in front of judges each week and compete with each other. The 4th step is “Gala Rounds/Live Performances.” In this step, contestants perform live each week in front of judges and live audiences. Judges provide feedback, but public votes via SMS or online platforms decide who stays and who gets eliminated. Step 5 is “Mentorship” where contestants are mentored by experienced musicians or vocal trainers to enhance their skills and prepare them for better performances. Step 6 is “the grand finale.” In this step, a few remaining contestants compete for the Indian Idol title. The winner is decided based on the combination of public votes and judges’ scores. The final step is “Prizes.” The winner receives a cash prize, a contract with a music label and so many other rewards like cars, a recording deal, etc.

## Favorite Winners



My favorite Indian Idol title winners are the best of all the best 14 trophy winners so far. However, I must accept that in the last fourteen seasons, there were lots of contestants that didn’t get into the final round, but they were my favorite singers. Since there are so many, I can’t talk about each one of them here. My favorite Indian Idol contestant who has won the trophy is Pawandeep Rajan, season 12 in 2020-2021. He is a multi-talented musician. He can play guitar, piano, etc, and has a great voice on the top of it all. I think the Indian Idol trophy is a well-deserved title for him. My second favorite Indian Idol trophy winner is Salman Ali. He won season 10 in 2018. He is my favorite singer because he

has a unique voice. Below I share two links. One link for each of my favorite Indian Idol winners’ performance during their contest. Click and listen to enjoy!

1. [Pawandeep Rajan](#)
2. [Salman Ali](#)



Overall, Indian Idol is a great reality show. If you are interested in Indian music, it is a must watch show that you need to add in your schedule.

Sources:

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**Parrot Staff Writer: S. Edres Sadiqi**



## 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.





**Zoom Hours**  
THU - 10am to 5pm  
FRI - 8am to 2pm

**Scan QR Code to Join the Zoom!**

# **ESL Center FA24 Open On Campus in the LRC!**

**Monday to Thursday  
9:00 AM to 5:00 PM**

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



# LANGUAGE & COMMUNICATION HOMEBASE

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- ✓ Monday-Thursday  
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- Communication
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- English
- English as a Second Language
- Journalism
- World Languages

Located in the Portable Village Room 613B

Contact Us

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 Askhb-lac@arc.losrios.edu





# FOLSOM LAKE COLLEGE

# LONDON, ENGLAND

ENGLISH AS A SECOND LANGUAGE (ESL) - SUMMER 2025

## PROGRAM DATES:

- May 26, 2025 Online instruction begins.
- June 6, 2025 End of online instruction.
- June 7, 2025 Depart from SFO or SMF.
- June 8, 2025 Arrive in London, in-person learning.
- June 28, 2025 End of program, depart London.

## YOUR PROGRAM INCLUDES:

- Accommodation in twin-or triple-bed rooms in a student residence in London including shared kitchen and living facilities, use of on-site laundry, linen and towels, weekly cleaning services, and free WIFI, with a max travel time of one hour to the AIFS Center.
- Orientation on arrival with experienced AIFS staff covering topics such as general acclimation to London, safety and security, cultural differences, travel, money, a local area walking tour, and an afternoon welcome tea.
- Oyster card travel pass valid for unlimited use of London's public transit zones 1 & 2, for the duration of the program.

- A guided half-day walking and sightseeing tour of London.
- Academic and cultural enrichment visits: the British Museum; the Treasures of the British Library exhibition; the Museum of London Docklands; the Black Cultural Archives; the Museum of the Home; the Imperial War Museum.
- A faculty-led visit, and activities, at Borough Market.
- A guest lecture (topic to be decided).
- A guided walking tour of the architecture of the City of London financial district.
- Ticket to a seated matinee of a London theater production.
- Standing ticket to a theater production at Shakespeare's Globe Theater.
- An experienced team of AIFS student services staff available to assist and answer questions and provide general guidance, organize program visits, and supervise housing.
- 24-hour emergency contact and on-call service.
- Comprehensive medical insurance policy.

## FEES

Based on an enrollment of 12-15 participants, the fee per person is \$4,345.

This fee excludes airfare and ground transfers, passport or visa fees if applicable, meals other than those listed, personal expenses, Folsom Lake College tuition and/or administrative fees, textbooks, additional field trips or excursions required by the Folsom Lake faculty and anything else not specified.

These fees are guaranteed not to change as a result of fluctuations in the \$ exchange rate.

## DEADLINE TO APPLY & PAY

**\$450 DEPOSIT:**  
November 1, 2024\*

## FINAL PAYMENT DEADLINE:

April 11, 2025\*\*

\*Students who withdraw after March 13, 2025, but on or before the final payment deadline may receive a refund for all fees paid less the \$450 deposit and any non-refundable deposits paid by the student or by AIFS on the student's behalf.

\*\* There are no refunds for students who withdraw after this date. Enrolled students who have not paid in full by this date are responsible for the full program fee.





### ACADEMICS:

- ESL 315 (6 Units): Intermediate-High Integrated Reading and Writing
- ESL 325 (6 Units): Advanced-Low Integrated Reading and Writing

*This travel study program is open to all ESL students in Los Rios colleges.*

### FACULTY: PROFESSOR DIANA TINOCO



Professor Diana Tinoco has been teaching English as a Second Language (ESL) at Folsom Lake College (FLC) since 2005. She graduated from UC Davis with a bachelor's degree in Linguistics and earned a master's degree in Teaching English as a Second Language (TESOL) from Columbia International University (CIU). After college, she lived and taught English abroad for several years in three different countries. In addition to her teaching responsibilities, she is also the department chair at FLC and the regional coordinator of the Capital Area Chapter of CATESOL where she serves as a conference coordinator and a presenter. Professor Tinoco is very involved in her community. She has served on the board of two youth basketball leagues in Folsom: FYBA and NCBA. She is a visionary and a leader who is passionate about educating and giving back to her community.

### VIRTUAL INFO SESSIONS:

Join ESL professor Diana Tinoco at one of the following \*in-person or virtual meetings to learn more about this program and how to apply. Scan the QR code below to join by Zoom! All times are listed in PST.

Friday, August 30  
 • 10am-11:30am

\*Wednesday, September 4  
 • 11am-12:30pm (ARC ESL Center)

Friday, September 6  
 • 9:30am-11am

Thursday, September 12  
 • 6pm-7:30pm

Friday, September 13  
 • 10am-11:30am



### FOR MORE INFORMATION, CONTACT:

#### **Diana Tinoco**

Professor, English as a Second Language (ESL)  
 Folsom Lake College  
[tinocod@flc.losrios.edu](mailto:tinocod@flc.losrios.edu)  
 (916) 949-9524

Offered in partnership with



## Out of the Cage

### Interview Skills 360: Prepare, Impress, and Succeed (CRC Work Experience) - Online Event

Friday, September 27, 2024

12:00 to 1:00 pm

*Do you break into a cold sweat at the mere thought of interviews? You're not alone! Interviews can be nerve-wracking, but the good news is they don't have to be. Like any skill, interviewing is something you can learn, practice, and master. Imagine walking into an interview room with confidence, knowing exactly what to expect and how to impress. Sounds like a dream, right? Well, it's about to become your reality!*

#### ***In this workshop, you'll discover:***

- How to Set Yourself Up for Success: Before you even step foot in the interview room, we'll show you how to prepare like a pro.
- Strategies for Answering Common Questions: Tired of tripping over those tricky questions? We've got the perfect formulas to help you respond with ease and much more...

Open to all Los Rios students. Hosted by CRC's WEXP program.

Contact: Cameron Whitfield - whitfc@crc.losrios.edu

Register on [Handshake](#)

### NEW WORKSHOPS!

**Parrot Opportunities - online workshop Monday, Sep. 30 at 1-2PM**

**Careers in ESL - on-ground Thursday, Oct. 24 at 1-2PM**

**RAD Time Management, English Wednesday, October 16 3:30 - 4:30 pm**

**Where?: in the L&C HomeBase, Portable Village 613B.**

### QUESTIONS/COMMENTS?

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

Faculty Advisors: **Patrick Hoggan and David Evans**

Please let us know what we can do to improve *The Parrot*. We appreciate any and all feedback you are willing to give us. Contact us at [TheParrot@arc.losrios.edu](mailto:TheParrot@arc.losrios.edu).

To see previous issues of *The Parrot*, go to [https://arc.losrios.edu/](https://arc.losrios.edu/academics/the-parrot-newsletter)

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