

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



# The Parrot



ISSUE #184  
FALL 2024



Inside This Issue

## I Love Helping Students: Kaira Bradley

**Student Support Specialist at Language and Communication HomeBase**

*Thank you very much, Kaira, for giving us the chance for an interview. This is Sayed Edres from the Parrot newsletter.*

*Can you share a bit about yourself and your educational and professional background with us?*

My name is Kaira Bradley. I went to Sacramento State University right after high school, studied public relations and communications. I received my bachelor's in communications, and I have my master's in higher education leadership and policy. I decided to do that because I was a peer mentor, and I just fell in love with helping students.

**What has inspired you to work as a student support specialist at American River College?**

I am a first-generation college student, and I was from a low-income family. So, even though we had all that set up against us, our mother always encouraged us to go to college, so I knew I was going to college from a young age. It was always something to look forward to. Even though my mom encouraged me, she never went to college herself, so I was very new to the whole college experience, being a first-generation student. I had a peer mentor, and that person helped me so much with all the things I wouldn't have known because no one in my family went to college, so having that peer mentor really set me on a great path and then that inspired me to become a peer mentor myself. Hence, I

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

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# 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 winner of the scholarships will be announced in early May 2024. The application closes on October 31, 2024 at 5 PM.

**Application:** Please submit your application [here](#).

*"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)*





## What Does It Mean to Be Successful?



Everyone needs success to achieve their goals. Achieving one's goals in life is valuable. Some people think that having money is success. And some people think that you must have a good career to be successful. But true success is finding happiness and fulfillment in what you do.

We can enjoy our movement with money. For example, if we're interested in traveling, we need to go on the trip of our dreams, we must have enough money. So, we can enjoy the best place. If we want to try painting, we need money to buy art supplies, take classes, and showcase our work. So, we can make art and feel happy making something new. If we want to study in the best university, we must have money. So, we can get a high-quality education, learn from top professors, and get a good degree that opens doors to your future.

Having a good job in life is a sign of success. For example, having opportunities for

growth and development. Feeling interested in your duties. Having a good job brings peace of mind, economic security, and respect from society. When you have a good job and love your work, it doesn't matter what your job is, what matters is that you enjoy it. For example, if you are a business owner, you meet different people every day. When you feel like you have a good job, you are sure about two main priorities: first, being satisfied with your business, and second being satisfied with the services you provide to your customers. This leads to success and prosperity in your work.

Finally, with enough money, we can create our own independent work and be our own bosses. We can pursue our passion. We'll have the freedom to make our own decisions and work at our own pace. We'll be proud of what we achieve and enjoy the results. We'll be financially secure, dependable and able to provide for ourselves and our loved ones. We'll also help others in need and give back to our community.

Success is not just about money and a good job. It's about being happy and fulfilled in our lives. Money helps us enjoy life, but it's not the only thing that matters. We need to invest time and effort in our passions and interests to feel truly successful. When we do what we love, we feel happy and successful. Success is about finding happiness and fulfillment in our lives, and we need to follow our passions and interests to be successful.

***Shaqayeq Qaderi - ESL 55***  
***Opinion Essay***

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)





# 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  
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 (916) 949-9524

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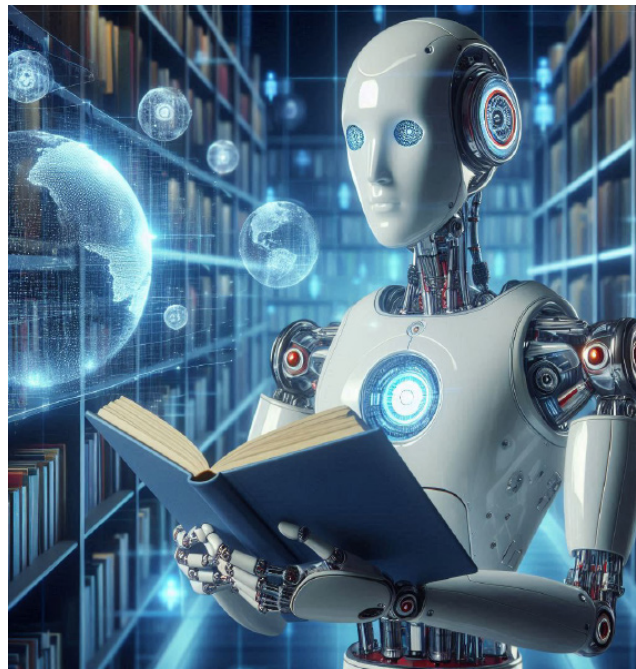


## Students in the AI Era

Technological advances are a double-edged sword. As the writer Mark Kennedy said, “All of the biggest technological inventions created by man—the airplane, the automobile, the computer—say little about his intelligence but speak volumes about his laziness.” Technological advances have been making big improvements for the past century. What was impossible in the past has become a reality in the present. This is the case of Artificial Intelligence, also known as AI, which by definition of the Britannica dictionary is, “the ability of a digital computer or computer-controlled robot to perform tasks commonly associated with intelligent beings.” In other words, it is a technological tool capable of processing and providing cognitive information immediately. This technology seeks to imitate humans in their way of learning, thinking, analyzing, and solving problems. Artificial intelligence has been used for all types of technological advances, such as robotics, computing, health, finance, education, etc. Although AI is a powerful tool for technology, it can be, for many reasons, lethal for the educational development of students.

First, the use of AI has been incorporated rapidly into our daily lives, which has made us more dependable on this technology. When we use Siri, Alexa, Google, etc., to set reminders or add an event to our agenda, we rely on them and not on our memory or intellectual capacity. How did people in the past remember important dates or learn without the use of technology? Back in the days when humans did not have smartphones or access to a technological assistant, they had to use their memory to remember important appointments, special

dates, anniversaries, and even more complicated matters, like math, chemistry, physics formulas, laws, quotes, books, etc. Their investigations were based on books, articles, and scientific facts. Things that can be trusted. Things that can be proven. An article from NYU states, “Relying too heavily on AI assistance may detract from genuine human thought processes. The uniqueness of human thinking, with its intuitive leaps and emotional nuances, risks being overshadowed by machine-generated algorithms.” This suggests that human thinking and analysis processes are null when the use of AI is abused.



Second, when we see the high number of students using AI, it raises the question: why do students feel the necessity of using AI to do their work? There could be many reasons, including a lack of vocabulary. They may not be engaging in what they are doing. And the easiest path to take, in this case, using AI, is always the one that attracts the most. We have become accustomed to wanting to have everything easier, like when we ask Siri to tell us what time it is without the need for us to look at the clock. The reason is because we want the answer quickly, we do not want to waste our time looking at the clock. The use of technology has become an example of our lack of curiosity to investigate on our own. Instead, we believe everything we see and hear without questioning anything. We rely on technology so much that we tend to doubt ourselves. We do not feel capable of doing something without asking for the answers or using AI to correct us. Our generation has become one that does not feel the urgency of thinking critically. In the article “Are we losing our ability to think critically?” by the author Samuel Greengard,

he declared, "One thing is certain. In the digital age, critical thinking is a topic that's garnering greater attention. As reading and math scores decline on standardized tests, many observers argue that it's time to take a closer look at technology and understand the subtleties of how it affects thinking and analysis." Humans are thinkers by nature, and we must exercise our brains to do what is meant to be: an incredible machine capable of analyzing, creating, questioning, and processing information that makes it larger and less vulnerable to misinformation. However, students are choosing to use AI instead of trying to learn on their own merit. Trusting AI to do our work can be dangerous. Dr. Dan Guernsey, in his article, "There Is No AI Shortcut to Education," mentioned, "Allowing students to dodge traditional learning methods with AI will have uncertain and potentially harmful results. The same could be true of educators' dependence on AI for student assessment and lesson planning. In education at least, it is quite possible that AI will work against natural human development and provide not a shortcut to human formation but a short circuit." Neither teachers nor students should get their work from AI as the only resource for their investigation. It is imperative that curiosity and the need to learn go beyond the desire to not try and not investigate.

Oposing viewpoints claim that the use of AI technology must be implemented and accepted in an educational environment. They claim that the use of AI software detectors, like Turnitin, is a waste of money because they are not 100 percent accurate (Prothero). They state that teachers should show their students how to use AI to help them with their academic writing. Although it is true that



the use of technology has helped a lot by reducing the time that teachers used to take to review any academic writing, because it helps them with that process, allowing students to rely on AI is a way to go backwards in the advancement of human knowledge. An article from the National Library of Medicine states, "With the recent advancement in information technology, the current infosphere has become increasingly vast to the point of overload. While human society is rapidly and constantly making ground-breaking advancements on the front of AI and digitalization, we are still struggling to understand our own minds

clearly. There is much to explore about the nature and functions of the sophisticated human brain and its remarkable subjective products such as awareness, attention, perception, and thinking." It is true that the advances in AI technology cannot be stopped. But as humans, we need to look out for our mental health. Excessive use of AI not only makes people lazier but also more dependent on it for everything. This causes our brain to go into procrastination mode

because we are confident that if we need to write an academic paper, we just need to ask Chat GPT about it or other similar sources, and it will only take a few minutes to write it for us. People need to not only seek out technological ways to make their lives easier but also learn how to make their brains smarter and able to think, reason, create, and write with their own words and ideas. When writing essays, professors and teachers want their students to demonstrate what they have been learning, their thinking, and their ability to be creative. When we read, research, and try to write an essay, our celebratory activity increases and increases our intellectual





capacity because we learn from the information we are receiving when reading. On the other hand, when using AI, our brain does not carry out this cognitive activity that is necessary for the development of our ability to think critically and our intellectual knowledge.

Although the use of artificial intelligence can go beyond what teachers and students can control, we must remember that the human brain is capable of creating and writing without AI help. The excessive use of artificial intelligence is creating a generation that is dependent on technology; in everything they do, it is leading them to the point of distrusting what their own minds can create, and it is making them a generation insecure about their cognitive abilities. Using AI to write an academic document is an example of our lack of intellectual ability, ability to investigate, and critical reasoning. AI is not only being used for advances in finance, robotics, medicine, science, mathematics, etc.; it is being used as a way or tool to cheat when writing any academic document, violating many ethical pillars for human beings, among which is honesty, which may be one of the most fundamental for human coexistence.

**Erika Madrid - ESL 325**  
**Agumentative Essay**

## Ways to Improve English

As for me, the best way to learn English is to study a language at a school or college. I decided to study English at ARC. In my opinion, ARC is the most popular college. The professors are the best, too. My children finished college. I heard a lot of good things about ARC. Now, I enjoy reading books and doing my homework assignment. Especially, I like listening to my professors in classes. Reading books help me to understand the culture of America and its history. Also I think speaking with Americans can help me to improve my pronunciation. I like to talk with American friends. Though I can't understand everything, I always enjoy the conversation. I thank God for this wonderful opportunity to study English in college.

**Alisa Lysenko – ESL37**  
**Opinion Essay**



# What Do You Miss About Your Home Country?

## The Things I Miss in Vietnam



I am from Vietnam, but I have lived here in the United States for three and a half years. I miss many things and people in Vietnam. In my heart, I ask myself when I can see them or have them again. I particularly miss my family, my friends, my motorbike, and traditional food.

First, I miss my family. My family gave me a warm place to live. They all supported and encouraged me when I was sad and felt down. My parents worked hard to take care of me. During my high school, my mom always ironed my uniform, and she also washed my clothes. My dad took me to school in the morning, and he picked me up from school in the afternoon. After I came back from school, my brothers and sisters helped me to do homework in the evening or at night. We went to church together for Sunday morning mass. After church, my sisters and I stopped by the local market to buy vegetables and meat. After that, we helped mom to prepare lunch and dinner. My family had a beautiful and gentle dog. He was a part of my family. He had yellow fur with a big face and big ears. When I cleaned my house, and I mopped the floor, he would walk around the house. He would see me and stop. Then, he looked at me with friendly and lovely eyes. When my friend came to visit me, he usually barked to welcome them. Indeed, I really remember and miss my parents, my siblings, and even our dog.



Next, I also miss my friend. They were my classmates and close friends. We had known each other and played together seventeen years ago. We understand each other very well. Every weekend, we went to a mountain for hiking. We also went to the gym together in the evening. My friend, Miss Hau, visited my family very often. My family really liked her. She is a very smart person. She graduated as a lawyer and pharmacist. She also had a sense of humor. She liked to talk. She told me a lot of funny stories and made me laugh. In brief, I really miss my good friends in Vietnam.

Another thing I really miss from my country is my motorbike. My motorbike was the first transportation that I used. The motorbike was a gift from my parents. They bought and gave it to me on my eighteenth birthday. My motorbike had a natural color. It was light black. It was convenient and helpful to me. I could ride it to work, school, and shopping. My motorbike was not only a valuable gift, but it also was an unforgettable souvenir from my parents. In short, it was one of the greatest things in my life.

Finally, I miss my favorite foods. There are many finger foods in my home country. I could find them on the way from my house to school and back. I could find banana cake, dumplings cake, and green bean cake there. I also liked to get Vietnam milk tea and rice rolls. However, my country had mostly small restaurants. They sold a box of rice with any meal you want. I think they were very traditional and special. The small restaurants were nice, but I really miss my mother's cooking. She prepared food for me to go to work everyday. My mother cooked dry rice very well. I like the dishes of rice with chicken wings or fried fish. I really miss meals that my mother cooked as well as the other traditional foods in Vietnam.

In conclusion, my family, friends, motorbike, and traditional foods are the missing parts of my life in America. I wish I could see and have my family, friends, and motorbike with me, and eat my favorite traditional food again..

**Van Nguyen - ESL47**  
**Descriptive Essay**



## My Past Life

Some people immigrated to different countries for different reasons. Everyone loses something. For example, they lose their profession and place of life. All the time when I lived in my country, I dreamed about immigrating to other countries. But I could also imagine how hard that would be. I think that for Yo-Yo Ma in "Open to Experiences: An Interview with Yo-Yo Ma" by Elizabeth ten Crotenhuis, it was easy. I miss two things in my past life. They are my husband's parents and our dog whose name is Simba.

When we immigrated to the United States, I "lost" my husband's parents. They didn't die, but they remained in Ukraine. In Ukraine, my family lived with my husband's parents. For us, this was not a problem, or it was not a challenge. We loved living together and helped each other. When I gave birth to our twins, my mother-in-law helped me all the time. She stayed with the boys and spent as much time with them as was necessary for my rest. She gave me time to sleep after sleepless nights. Also, my mother-in-law helped me with my elder daughter. She took her to school and picked her up.

When I had time off from the children. I could work on my sculpting work or just relax. My parents also came to our place and we had a good time together. I loved our night time together. We had nicely set tables with food. Next, we had tea or coffee with candy. Also, we talked about our life and our children. Our parents had a big house and everyone had their own room. That time was the best for us. But when we arrived in the United States, everything changed. We lost time together. We can't meet together and hug each other. Yo-Yo Ma's immigration experience was different than mine. Maybe he didn't lose as



much when he come to the United States with his whole family. He didn't lose his parents like me. He didn't lose his sister like me. He grow up in this country. He is an excellent cellist. His life is better than mine because he came here when he was a little child, and he had his parents and sister with him.

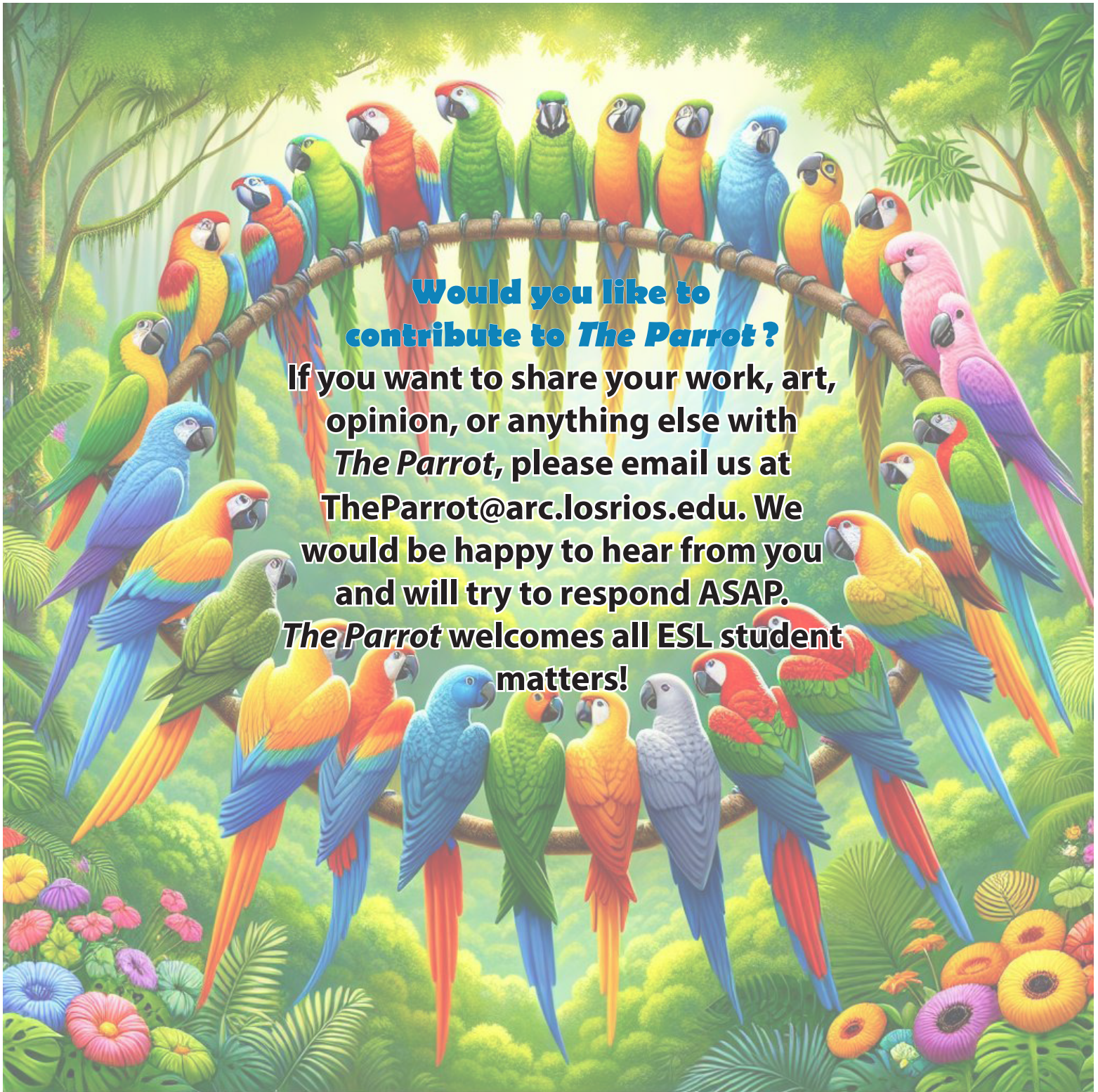
The second thing I miss is our dog. When we lived in Ukraine, we had a big dog named Simba. He is a Golden Retriever. When I had our twin boys, I bought this dog. My dream was to raise our twins and dog together, like friends. When our boys were two years old, they played with our dog Simba all the time. I wanted to teach them that: "Dogs are people's friends." But this dream ended, for we need-

ed to go to another country. We left him in our country with grandparents. We could not take him with us combine. And we could not get another dog here, because we don't live in our own house. In "Riding Freedom" by Pam Muñoz Ryan, Charlotte loses her horse Freedom, who died. And she missed her. She did not have the opportunity to buy a second horse or get another one like us. But we dreamed of one thing together, to have our own place and animals in it.

In conclusion, I want to say that it is very difficult to be away from our parents. I miss them a lot. Try to be together. We should cherish the time we spend with our parents. Also, I and our children miss our dog. We ask relatives who remained in Ukraine to send photos and videos of our dog. It is not so easy to start a new page of life in a new country combine. But we are trying to get used to the new life.

**Viktorii Vynniuk - ESL 47**  
**Descriptive Essay**





**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!**



## Top 10 Best Cakes

1. Chocolate Cake
2. Red Velvet Cake
3. Vanilla Cake
4. Cheese Cake
5. Black Forest Cake
6. Lemon Cake
7. Pineapple Upside-Down Cake
8. Funfetti Cake
9. Banana cake
10. Coffee cake



Source: <https://tropolite.com/blogs/top-10-best-cakes>



## 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.

# Every Child Matters

## Orange Shirt Day

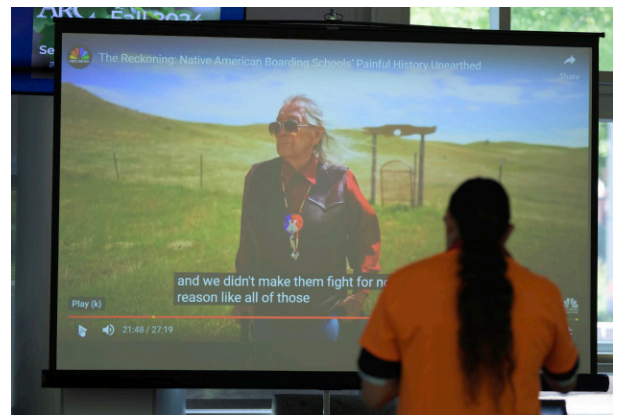


On September 30, I attended the Orange Shirt Day event that was taking place at the ARC Student Center. Orange Shirt Day raises awareness about American Indian boarding schools and their multi-generational impacts. It honors the experiences of tribal nations in the U.S. and Canada and celebrates the resilience of AI/AN peoples. It's aimed to honor the children who survived boarding schools and remember those who never made it home. In the event, a lot of people were not only wearing their orange shirt, but they also were wearing special clothing that were native of their tribes.

Prof. Jesus Valle hosted the event. He brought a projector from which he was showing several videos talking about the horrific experiences some native American tribes had to go through.



He was very passionate about the cause. Also, there were moving and powerful testimonies shared from some people from the crowd.



I personally was shocked to see and hear about all the things Native American people have gone through. From being torn apart from their lands, to being put in concentration camps where the goal was to take away their identity from them, the fight of the native American community has been shaped by suffering and hardship, yet it has always been defined by its strength and resilience, and its unwavering hope for a better future.





The event concluded with a song and a drum presentation that brought the attendees together in a symbolic circle of unity. This convergence encapsulated the movement's core principles of unity, solidarity, and tribute, acknowledging the strength of child survivors while memorializing those who did not return home.

**Parrot Staff Writer: Manny**

# Podcast Speak English Channel



Podcast Speak English is a YouTube channel for learning English through conversations. This channel provides a creative method for mastering English. The YouTube channel "Podcast Speak English" offers content aimed at helping viewers improve their English skills through engaging podcasts. The channel features a variety of episodes that include insightful interviews, discussions, and practical conversations to help language learners enhance their listening and speaking abilities. It's beneficial for beginner, intermediate, and even advanced learners who want to improve their comprehension and fluency in everyday situations. The videos are designed to be informative and accessible. They use real-life examples and simplified language to make learning English an enjoyable experience. The channel also emphasizes vocabulary building and understanding the nuances of the language. This channel greatly helps me with vocabulary and English expressions because of its special method. They start every episode with what they call a "Vocabulary Preview." This part covers the essential vocabulary you will deal with during the conversation, and they try to use it in most everyday situations. After that, they start the discussion with a topic, usually extracted from another native conversation or part of a movie or radio show. I like two things about this channel

the most. The first is that the conversation focuses on daily language use, and the second is that the channel is built on the listening method, which suits my auditory character. This means I benefit from the videos while driving, waiting, or even before sleeping.



The "Podcast Speak English" YouTube channel is a valuable resource for improving your English skills, especially if you're focusing on listening comprehension, vocabulary, and speaking confidence. The

podcasts provide exposure to natural spoken English, which is crucial for understanding different accents and styles. The content is centered on real-life situations, making it practical for learning everyday phrases and language structures. By listening to these discussions, you can also improve your pronunciation and learn to mimic the intonation of native or fluent speakers. To make the most of the channel, you can take notes on new vocabulary, repeat sentences for practice, and engage actively with the material. This approach will help you gain confidence in your speaking abilities and improve your overall language understanding.

**Parrot Staff Writer: Mohammed El mrani**



## 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,

*If I have some health issue related to memorizing lessons in class, do you have any advice for it? I have tried to write it down, but I cannot catch up with the lesson.*

*Short-Term Memory Student*

Dear Short-Term Memory Student,

First, I am so sorry to know you can not remember the lesson in class after going home. Here is my advice:

1. Since you are an ARC student, go to the DSPS center and ask for a document to give to your primary-care doctor. You should ask your doctor to sign and identify your short-term memory issue. After that, you can go back to the DSPS center and ask for an appointment with the counselor. They will have multiple ways to support you such as extending your test time, or giving you a different test date, etc.
2. You should have a voice recorder with you to record the lesson in class (make sure to notify your professor about it). When you go home, you can use it to learn again or remember better by playing it multiple times.
3. You may google to find some puzzle games which help improve your memory.

I hope this helps.

Dear Readers,

I hope we were able to provide satisfying advice to the student question. I am thankful for the information and experience he shared with us. 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



**Continued from page 1**

can help other “first gen” students. From there on I always just worked at Sacramento State, so when it was time to get my master’s, I was like, “I want to work in higher education,” so I came here.

**We want to know what your primary responsibilities are as a student support specialist and how a student can find you and get support from you?**

Okay, currently that is my role. I’m a student support specialist in the Language and Communication HomeBase. My role in the HomeBase is to hire all the staff that the students interact with daily. I provide workshops on different resources that

directly interact with students.

**Some people find it challenging to work with students, especially working in a community college which is a diverse environment and there are students from different countries around the globe. However, some people find it rewarding. What aspect of your work with students do you find most rewarding?**

I would say, once you help a student and they let you know that you’ve assisted them in some way on their educational journey, that is rewarding. I will say student services is a thankless job sometimes. Some students don’t even realize what you do for them daily. It’s mostly rewarding for myself



are available to students, and I’m a case manager. I make sure that our students that use the HomeBase can graduate in a timely fashion. We help with all the things that can help them persist to graduate. Students can find me in the HomeBase in Portable Village room 613B.

**We think lots of students are looking for this kind of person to help them get hired. So, is there any student success history or achievement that you are especially proud of?**

I would just say my career thus far. I’m just especially proud to be working at American River College. This is a great college. I’m excited to be in this district (Los Rios) and I’m just excited to be “student-facing.” I like interacting with students, so I’m happy that my job gives me the opportunity to

to just know that I was once in the place of the students that I’m helping, and it is difficult working with different students. However, like you said, it’s very rewarding. I think that the rewards outweigh the difficulty of it all.

**Can you tell us, who or what has been a major influence in your career or personal life and how that has shaped what you are today?**

So, I would like to say that it is my mom. Because she’s the one who instilled in me that education is key and without her, I wouldn’t have been encouraged to explore school or explore my higher education goals. I also love all the professional mentors that I have had over the years. They are too many to name, but they all have encouraged my progress in



my journey thus far.

***Are there any books, movies, or experiences that have had a significant impact on your perspective?***

This is a great question. I love books. A movie that has inspired me in my life has been "Akeelah and the Bee." I saw that film when I was a young girl, and it affirmed to me that it is cool to be smart. It is also a family favorite. A book that has inspired my life has been *I Know Why the Caged Bird Sings*, by

Maya Angelou. One of my favorite quotes: "Pursue the things you love doing, and then do them so well that people can't take their eyes off you".

***What are some of your long-term career goals or aspirations within the field of student support?***

***What do you want in the future?***

I would love to become president of a community college one day like Dr. Cordoza. She's a huge inspiration of mine and one of my mentors. She's awesome to talk

to, and she really cares about students. So, I would say, I want to become president of a university one day. All the presidents that I have worked under in my journey have been amazing and they encouraged me a lot.

***In your free time, what are some of your favorite hobbies or activities you enjoy doing?***

I enjoy going to work out classes. I enjoy listening to music and going to art museums.

***What advice would give to someone interested in pursuing a career as a student support specialist?***

I would say, do it for your love of the students, do it for your love of the work because we're definitely not doing it for the money. But I would just say, make sure that it is something that you truly enjoy because like I said it can be a thankless job, so you have to find joy in it in some ways. It's something that I love to do because I know I'm making a difference even if I'm not always told that I am.

***Finally, is there any question or is there anything that you want to share with Parrot readers that we didn't cover in our questions today?***

Not really, but I would say, make sure to come to our events and workshops that we have. We do workshops that are specifically for ESL students, so this is the place to get all the help you need.

***What are some of those workshops? Can you name some of those workshops or share more information about the future workshops, so I can share it in***

***the Parrot? This newsletter is especially for ESL students (the second language learners) and they get info about the next workshops and then they can attend.***

For sure. So, we're having a workshop on the *Parrot* on September 30th, and then we have a writing/reading-across-disciplines workshop that's going to be happening in October. So, stay on the lookout. We send our weekly newsletters out every Monday and students who are in our Canvas shell should get that information weekly.

***Thank you, Kaira, for your time and for the great***

**"Pursue the things  
you love doing, and  
then do them so well  
that people can't  
take their eyes off  
you."  
--Maya Angelou**

*information you shared with us in this interview.*

*Have a great rest of your day.*

You too, thank you so much.

**Interviewer: Sayed Edres Sadiqi**



## Sweet Memories: A Journey Through Moroccan Traditions

Moroccan cuisine is known for its delicious variety of snacks and sweets, often served during teatime or special celebrations. Growing up in Morocco, sweets were an integral part of my childhood and youth, and nothing brings back memories of family gatherings, Ramadan, and celebrations quite like **Chebakia**, **Kaab el Ghazal**, and **Ghriba**. These sweets were more than just treats; they were a part of our culture and heritage, shared across generations.

### **Chebakia**

My earliest memories of *Chebakia* are from Ramadan. I remember my mother and aunts coming together in the kitchen, turning it into a bustling workspace filled with the aromatic scent of roasted sesame seeds, honey, and spices. As a child, I would sit on a high stool, watching as they meticulously shaped the dough into beautiful flower-like forms before deep-frying them to a golden perfection. *Chebakia* was a symbol of celebration for me—a taste that signified iftar after a long day of fasting. The sticky sweetness of honey and the nutty crunch of sesame seeds left a lasting impression, and the warmth of those family moments still echoes in my mind.

### **Kaab el Ghazal (Gazelle Horns)**

When I think of *Kaab el Ghazal*, I think of *Eid*. These crescent-shaped almond cookies were always present at our home, carefully arranged on a large silver tray, ready to be offered to visitors. As a young child, I remember trying to help my grandmother roll out the dough and shape it around the fragrant almond paste filling, but my fingers were often too clumsy. The delicate floral scent of orange blossom water that flavored the almond filling was enchanting, and it was impossible to resist sneaking a piece before they were even ready. As I grew older, I perfected the technique under my





grandmother's guidance, feeling a sense of pride each time I managed to shape a perfect "horn." *Kaab el Ghazal* became a tradition for me—something I continued to make each year as a connection to my family and our shared heritage.

### Ghriba

*Ghriba* cookies were a constant throughout my youth, and they were always present during teatime as well. The simple, crumbly texture of these cookies was something I loved. My favorite was the *Ghriba Bahla*, with its cracked surface and tender bite. I have memories of my aunt making large batches of coconut *Ghriba* and almond *Ghriba* for special occasions, like weddings or family gatherings. I would often help by pressing the dough balls slightly before placing them on the baking tray, anticipating the wonderful aroma that would soon fill the house. The first bite of a freshly baked *Ghriba* was always magical—soft, slightly chewy, and perfectly sweet.

From childhood to youth, these Moroccan sweets shaped my understanding of family, tradition, and culture. Each one represents more than just a culinary experience; they symbolize love, community, and the continuity of customs that have been passed down through generations. *Chebakia* brings the spirit of Ramadan, *Kaab el Ghazal* brings the warmth of Eid, and *Ghriba* represents the everyday comfort of family gatherings over a pot of mint tea. To this day, making these sweets connects me to my roots, and sharing them with others is a way of passing on a piece of my Moroccan identity.



**Parrot Staff Writer: Mohammed El mrani**

## Beginner Reading Comprehension



### Buying a Used Car

I do not have a lot of money. So, I decided to buy a used car for myself. It was a hard decision. If you do not have a lot of money, you will not have a lot of choices. I bought a used car. The model of the car is Nissan. It is a black SUV. I like my car, but I need to fix many things because it is a used car. I will save more money. In the future, I will buy a new car.

*Parrot Staff Writer: Phong Nguyen*

### Can you answer these questions?

#### 1. Why did he buy a used car?

- A) Because it is his hobby.
- B) Because he likes a used car.
- C) Because he doesn't have a lot of money.

#### 2. Does he have a lot of choices?

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

#### 3. What kind of car is it?

- A) Honda.
- B) Toyota.
- C) Nissan.

#### 4. What does he want to do?

- A) He wants to buy a new car in the future.
- B) He wants to fix his car.







## 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!

# Some More Parrot Fun

## Find Number and Word

	<u>Number</u>	<u>Word</u>
1. $1,000 - 229 =$ not feeling well	_____	_____
2. $5,285 + 1251 + 1199 =$ the opposite of buy	_____	_____
3. $70,000 - 34,999 =$ not secured	_____	_____
4. $314 + 215 + 181 =$ petroleum	_____	_____
5. $0.5731 + 0.2003 =$ hola	_____	_____
6. $0.09 - 0.07 =$ a place for animals	_____	_____
7. $188,308 + 188,308 =$ to laugh in a silly way	_____	_____
8. $2,000 + 95 + 700 + 250 =$ foot apparel	_____	_____
9. $1080 - 272 =$ Robert's nickname	_____	_____
10. $0.20202 + 0.20202 =$ Santa's laughter	_____	_____
11. $926 \times 2 \times 2 =$ an empty space	_____	_____
12. $3544 + 3011 + 550 =$ synonym for dirt	_____	_____
13. $801 - 163 =$ to ask earnestly	_____	_____
14. $101 \times 5 =$ a call for help	_____	_____
15. $.3 \times .3 =$ the opposite of stop	_____	_____

15. .09; go  
 14. 505; SOS  
 13. 638; beg  
 12. 7105; soil  
 11. 3704; hole  
 10. 0.40404; hohoho  
 9. 808; Bob  
 8. 3045; shoe  
 7. 376616; giggle  
 6. 0.02; zoo  
 5. 0.7734; hello  
 4. 710; oil  
 3. 35001; loose  
 2. 7735; sell  
 1. 771; ill  
**Answer:**



### Challenge:

Do each math problem on your calculator. Then, turn the calculator upside down to find an answer for each of the following clues.

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



# Explore California

## Stargazing at Silver Lake, California



Located in the Eldorado National Forest, Silver Lake is a great picturesque destination that offers a serene escape from day-to-day hectic routine.

With an elevation of 7,200 feet, this destination is perfect for amazing stargazing as its remoteness minimizes the light pollution from Sacramento and surrounding cities. Silver Lake isn't only good for stargazing though, the place is great for fishing, hiking and camping in either the East or West Campgrounds. Silver Lake is located near Kirkwood Ski Resort, off Highway 88 in Amador County, and it is about a 2-hour drive to get there from Sacramento.

The best time to see the Milky Way from there is from June to mid-September.

Taking this photograph took some planning ahead of time. I first checked the weather to make sure no rain or overcast skies were going to be in my way. Also, I got there early enough to find the perfect spot to create a visually pleasing composition of the scene and the Milky Way. I used my Nikon z8 with my 24-70mm lens mounted on a tripod to achieve long exposure photos without any blur or shakiness.

**By Manny**

## Book Review

### “En Agosto Nos Vemos” by Gabriel García Márquez



I recently finished reading “En agosto nos vemos” (*We’ll See Each Other in August*) by the renowned Colombian author Gabriel García Márquez. This captivating novel is a quintessential representation of magical realism, a genre that seamlessly blends fantasy and reality.

The story unfolds in Colombia, where the author masterfully weaves together themes of love, family, history, and social commentary. García Márquez’s writing style is breathtakingly beautiful, with poetic language that transports readers to the lush landscapes and vibrant cultures of Latin America.

The characters in the novel are intricately crafted, each with their unique personalities, quirks, and struggles. The protagonist, in particular, exhibits remarkable strength and

resilience in the face of adversity.

Although I encountered some challenges understanding the magical realism elements, I found the book engaging and thought-provoking. García Márquez’s use of symbolism and metaphors added depth and complexity to the narrative.

I highly recommend “En agosto nos vemos” to literature enthusiasts and those interested in exploring the works of García Márquez. However, readers unfamiliar with magical realism may find certain sections perplexing.

*Rating: 4/5 stars.*

**Parrot Staff Writer: Manny**



# LANGUAGE & COMMUNICATION HOMEBASE

## HOURS

- ✓ Monday-Thursday  
8-5pm
- ✓ Friday 8-4:30pm

## SERVICES


- ✓ Workshops & Orientation
- ✓ Support Resources & Referrals
- ✓ Counseling Appointments
- ✓ Snacks, Study space, Lounge Area, Fun events

### Included Majors

- ASL-English interpreting
- Communication
- Deaf Culture and American Sign Language Studies
- English
- English as a Second Language
- Journalism
- World Languages

Located in the Portable Village Room 613B

Contact Us

 (916) 484-8974

 [Askhb-lac@arc.losrios.edu](mailto:Askhb-lac@arc.losrios.edu)

# Music Interview

## Qawwali: Music for the Soul



Unless you speak Persian, Hini, Urdu, or Dari, you probably have never heard of *Qawwali music*, so I'd like to introduce it and explain what it means to me. [AsiaSociety.org](http://AsiaSociety.org) gives this definition: *Qawwali* is a form of devotional music that expresses the mystical Sufi practice of Islam in South Asia, mainly in areas of Afghanistan, Pakistan, and India. The term *qawwali* comes from the Arabic word "qaul," meaning "to speak" or "to say," thus emphasizing the importance of words of these songs.

For me, *Qawwali* is more than just music. It's a gateway to deep inner peace and spiritual connection. Whether it's the melodies of Malana, Afghan, or Indian *Qawwali*, this genre always brings me a sense of calm and serenity. When I listen, I feel grounded, as if I'm connecting to something far greater than myself.

*Qawwali* carries layers of meaning, inducing emotions that go beyond words. It feels like a form of spiritual worship, where I can let go and just be. One of my most memorable experiences with a local *Qawwali* concert was at the *Shah Nizamuddin Shrine* in Delhi, India, in February 2019. The music moved me so deeply that I cried, overwhelmed by a sense of joy and connection. By the time I returned

home, I felt lighter, free from the weight of depression, and filled with peace and optimism.

This is the power of *Qawwali*. It's more than just music. It's an experience that can change your mood, lift your spirit, and offer new perspectives. I encourage everyone to listen to *Qawwali* at least once. It might just open your heart in ways you didn't expect.

**Parrot Staff Writer: Asila Sadiqi**





# Parrot Past Time: The Joy of Bird Watching



Bird watching, or birding, is a captivating hobby that connects us with nature, fosters curiosity, and promotes relaxation. With over 10,000 bird species worldwide, this pastime offers endless opportunities for exploration and discovery.

## Why Bird Watch?

1. **Connect with Nature:** Bird watching encourages outdoor exploration, helping us appreciate the beauty and diversity of our natural surroundings.
2. **Stress Relief:** Observing birds can be calming and meditative, providing a healthy escape from daily worries.
3. **Exercise and Adventure:** Birding can involve hiking, traveling, and exploring new environments.
4. **Social Benefits:** Join local birding clubs, attend festivals, and share experiences with fellow enthusiasts.

## Getting Started

1. **Invest in Binoculars:** A good pair (7x or 8x magnification) is essential for spotting birds.
2. **Field Guides:** Choose regional guides to help identify species.
3. **Spotting Scope:** Optional, but useful for closer views.

4. **Camera:** Capture memories and aid identification.

## Tips for Beginners

1. **Start in Your Backyard:** Observe local birds, learn their habits, and identify species.
2. **Download Birding Apps:** Utilize apps like Merlin Bird ID, eBird, or Audubon Birds.
3. **Be Patient:** Bird watching requires time, attention, and quiet observation.

## Birding Etiquette

1. **Respect Habitat:** Avoid disturbing birds or their habitats.
2. **Keep a Safe Distance:** Avoid stressing birds with close proximity.

Bird watching is a rewarding hobby that combines exploration, education, and relaxation. Whether you're a seasoned birder or just starting out, the world of birds offers endless fascination and joy. Grab your binoculars, head outdoors, and discover the wonders of the avian world!

**Parrot Staff Writer: Manny**

# UBER

## App Review



The Uber app is a ridesharing business model that challenges the old model of ridesharing, which has been functioning for so many years. Before the Uber app, people needed to stay on a busy street corner and wave to taxi to book a cab and commute from one location to another. It was even more complex and sometimes impossible to do so in a rural area or in a quieter neighborhood where there were few roving taxis. People needed to call a local car service in the more peaceful area and request a pickup.

Now, there is an application called Uber app that can be installed on any smartphone. It allows users to request rides 24/7 for almost any location.



Like so many other applications and new tech that we use nowadays, the Uber app has some pros and cons for riders and drivers. Below, I share some of the pros that the Uber app brings to the lives of riders and drivers, and then I will share some cons that riders and drivers face when using the Uber app for their commute.

### Uber App Pros

Undoubtedly, the Uber app has brought lots of options, ease, and accessibility to riders and Uber drivers. Here below I mention some of the pros that the Uber app brought to the life of riders and drivers:

**Accessibility:** Anyone with a smartphone can download the app for free. The app requires riders to be wherever they are and can get them a ride in minutes.

**Cashless:** There is no need to pay cash for your ride, which is good for both riders and drivers. The passenger's and driver's credit cards are linked with the app, and payment is processed through the app.

**Professional Services:** Since the drivers are getting stars for their services from the riders, they keep their cars clean and well-maintained. Drivers with low customer satisfaction can be removed

from the app permanently. Drivers can also rate passengers based on their behavior, and passengers with bad attitudes can be blocked from using the Uber app.

**Security:** Uber is a very secure ridesharing platform because it requires the person's full



identification and credit cards when making an account as rider or driver. Having the driver's and rider's complete information can help get hold of them in case Uber needs them.

**Competitive Pricing:** Uber rides are much cheaper than old taxi cabs. However, there is another ridesharing app called Lyft, which is a well-known competitor with Uber, and the pricing of both are usually the same.

**Surge Pricing:** The surge pricing model is good for the drivers, but it has been argued that the riders are not happy with it, as it can get expensive for them sometimes.

**Flexibility to Work:** Uber is a great platform for drivers to work whenever and wherever they want. Drivers can turn on their app and start working, then turn it off when they are done, 24/7.



### Uber App Cons:

Usually, there are some cons to everything new replacing an old model. Uber has also some cons for the riders and drivers. Below I will mention some of the Uber app cons for the riders and drivers:

**Controversial Labor Practices for Drivers:** Uber drivers are not guaranteed minimum wage, while they have to supply and maintain their own vehicles. Some drivers argue they are not making even minimum wage after Uber gets its cut.

**Surge Pricing:** Riders are not happy with the surge pricing as it costs them too much in rush hours. Some drivers argue that sometimes Uber gets its cut by more than 25%.

**Negative Impact of Pricing Competition:** By the competition among the ridesharing companies like Uber and Lyft, the earnings for the drivers are being pushed down. Drivers

need to work long hours to address their family needs, which could be risky for the drivers and the riders.

**Unknown Destination:** The drivers do not get the ride destination when they are accepting their rides. Sometimes, the rider is taking the driver to a far rural area where the driver cannot get the rider back to the city, which can be a waste of time and money for the drivers.

**No benefits for drivers:** Drivers do not get any holidays, sick leave, or any sort of benefits from Uber. They do not even get unemployment benefits or medical.

Overall, the Uber app has brought many options, ease, and accessibility to people's lives. It serves as a great business model for the riders and drivers. People are a lot more satisfied with Uber compared to the old taxicab and old local ride-sharing services. Uber is still working to make it more

convenient and accessible in rural areas as well.

Sources:

1. <https://www.facebook.com/photo/?fbid=649788060519057&set=a.649787990519064>
2. [https://www.uber.com/en-AU/blog/melbourne/pool-service-fee/?u-click\\_id=a87572a7-8ce1-4f1b-87c0-5b4bb782bda5](https://www.uber.com/en-AU/blog/melbourne/pool-service-fee/?u-click_id=a87572a7-8ce1-4f1b-87c0-5b4bb782bda5)
3. <https://www.goodmorningamerica.com/travel/story/uber-launch-es-new-verification-riders-record-ride-feature-113794129>

**Staff Writer: Sayed Edres Sadiqi**

# One-Minute Interview

## Staff Interviewer: Sayed Edres Sadiqi

After you have completed all your classes at ARC, what universities would you like to transfer to?

### Shamla Mangal

My major is International Relations, and the top 3 Universities that I have on my list to transfer are:

1. UC Berkely
2. UC Davis
3. Sacramento State University

### Humaira Sarbaz

I would like to transfer to Sacramento State University. It is the only university nearby that offers nursing, and my major is nursing.

### Nelly Batista

My major is Biology, and the universities I would love to transfer to after I am done with all my classes here are:

1. UC Santa Cruz
2. UC San Diego
3. Monterey Bay State University

### Shakiba Ayoubi

The universities I would love to transfer after completing all my classes here at ARC are:

1. Sacramento State University
2. East Bay State University
3. Los Angeles State University.

### Najibullah Zaki

My major is Automotive Technology here at ARC, and I am planning to transfer to Mechanical Engineering, and the universities I would like to transfer to are:

1. Sacramento State University
2. Pittsburg State University



# The Man from Snowy River:

## Discovering the Poem behind the Film

- by Professor David Evans



To watch the The Man from Snowy River Main Trailer, [CLICK HERE](#).

When I was a youngster, the movies I liked the most invariably had two things in common: an awe-inspiring hero and uplifting music. It did not matter whether a movie was meant for kids; if it had a hero I could look up to and a soul-stirring soundtrack, I would become an instant fan. Two examples of somewhat sophisticated films that I loved as a five- and six-year-old are *Chariots of Fire* (1981) and *The Man from Snowy River* (1982), each of which has an awesome hero and a breathtakingly beautiful soundtrack.

The second of these films came to mind recently when I learned something about the film that I didn't realize as a kid: it is based on a poem with the same title, a poem that was written ninety-two years earlier! It was in 1890 that Australian poet Andrew Barton ("The Banjo") Paterson wrote the poem "The Man from

Snowy River." Though Paterson wrote many other well-loved poems, this is the one for which he is most famous, especially among Australians, who even have a microprint edition of the poem printed on their ten-dollar note.

Predisposed though I was to like the poem, I must admit that it was not love at first read. Its rhythm was not immediately apparent to me, it has some words I didn't know, and, worst of all, it is entirely missing the love story in the film! Only a few characters are identified in the poem, and among them the hero's bride-to-be is not to be found. Nevertheless, the poem has (idiom alert) grown on me. It has brought me to a whole new appreciation of the film, which I now see gives depth, background, and trajectory to the story *kernel* given by the poem.

In the poem, a valuable young horse (a colt)



that is the offspring of a champion racehorse (named “old Regret”) runs away and joins a mob of wild horses, and a group of cowboys (“stock men”) is organized by an old man named Harrison, to whom the colt belonged, for an arduous ride aimed at recapturing the colt. Besides Harrison, only one other character is named in the poem—“Clancy of the Overflow,” a legendary horse rider, himself the subject and title of another celebrated poem by Paterson.

The man from Snowy River does not go by a more specific name in the poem, and it is not until the eighth stanza (out of thirteen total stanzas, eight lines apiece) that he acquires that appellation. Initially, he is just identified as a “stripling,” or young man, with a horse that old Harrison deems unfit for the ride. Clancy vouches for the young man and convinces Harrison to let him come along. In the end, it is the man from Snowy River who recaptures the colt, he being the only rider who can give chase to the wild horses over even the most treacherous terrain.

Clancy vouches for the man from Snowy River because he knows how strong the riders are in the high country, from which the man from Snowy River hails. On this point, as on the others just related, the poem and the film correspond. But the film contains much, much more. In the film, the man from Snowy River goes by the name of Jim Craig. He knew Clancy from his time in the high country, Clancy having been a friend of his late father, who dies, at the outset of the film, in an accident caused by a stampede of the very mob of wild horses spoken of

above.

After his father dies in the accident, Jim comes to Harrison’s “station” (cattle farm) in the lower country in search of work and, while employed there, falls in love with Harrison’s daughter, Jessica. It is Jim and Jessica’s relationship that gives such wonderful depth to the film. The details of their bonding are best left unmentioned. If you haven’t seen the movie *The Man from Snowy River*, do yourself a favor and watch it. The scenery is outstanding, the dialogue is easy to follow, and the soundtrack by Bruce Rowland is bound to give you the chills.

Quite serendipitously, while doing some research on the poem and movie, I learned that it is currently being played in Australia, forty-two years after its original release, with live symphony-orchestra accompaniment! Once in a great while, this happens with movies whose soundtracks are widely adored. For example, *Top Gun: Maverick*, whose soundtrack was composed by Hans Zimmer, was recently played with live symphony-orchestra accompaniment at the Royal Albert Hall, in London, and Tom Cruise himself attended the event and introduced it. Similarly, the actors who played Jim Craig and Jessica Harrison (Tom Burlinson and Sigrid Thornton) attended some of the recent performances of *The Man from Snowy River* in Australia and spoke live to sold-out audiences. If only this were happening in the U.S., too!



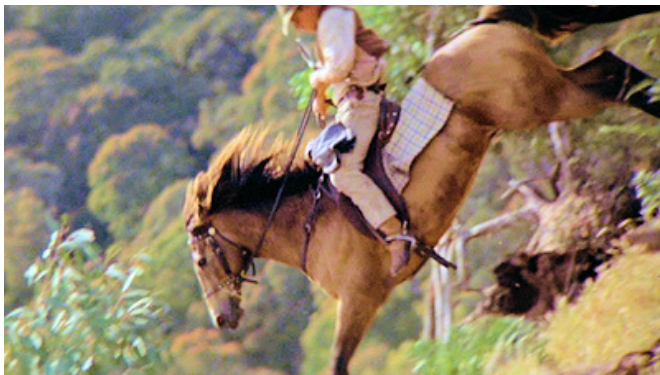




Regarding the poem, here is a tip on how to hear the rhythm of it. It is considered a “bush ballad,” “the bush” referring to the undeveloped woodlands of Australia, where the story is set. Ballad meter is normally written in alternating iambic lines of four and three beats, respectively. Some of you will recognize the following example, from a famous hymn:

a MAY | zing GRACE | how SWEET | the SOUND  
that SAVED | a WRETCH | like ME

The “iambic” lines above consist of “feet” (syllabic units) that have an unstressed syllable followed by a stressed syllable; the unstressed syllables are written in lowercase letters and the stressed syllables in all caps. Now, in “The Man from Snowy River,” we have much longer lines. Instead of alternating lines of iambic tetrameter (4 beats) and iambic trimeter (3 beats), we have alternating lines of iambic heptameter (7 beats) and iambic pentameter (5 beats), most of the lines even beginning with an additional unstressed syllable.



That said, there is a second level of rhythmic structure here—a structure that would be called “dipodic” in prosodic literature—and this corresponds to the basic ballad meter discussed above. The stressed syllables of the iambic feet are slightly more stressed in every other foot. At this dipodic level of structure, instead of alternating lines of 7 and 5 beats, we have alternating lines of 4 and 3 beats, as before. The pattern given below can be applied to every pair of lines in the poem. If you are a musician, you can tap your feet to the bold, underlined syllables. Enjoy!

there was **MOVE** | ment **AT** | the **STA** | tion  
**FOR** | the **WORD** | had **PASSED** | a **ROUND**

that the **COLT** | from **OLD** | re **GRET** | had  
**GOT** | a **WAY**



Listen: [The Man from Snowy River's Main Theme](#)

Listen: [The Man from Snowy River's Jessica's Theme \(Breaking the Colt\)](#)

## The Man from Snowy River

There was movement at the station, for the word had passed around  
That the colt from Old Regret had got away,  
And had joined the wild bush horses - he was worth a thousand pound,  
So all the cracks had gathered to the fray.  
All the tried and noted riders from the stations near and far  
Had mustered at the homestead overnight,  
For the bushmen love hard riding where the wild bush horses are,  
And the stock-horse snuffs the battle with delight.

There was Harrison, who made his pile when Pardon won the cup,  
The old man with his hair as white as snow;  
But few could ride beside him when his blood was fairly up —  
He would go wherever horse and man could go.  
And Clancy of the Overflow came down to lend a hand,  
No better horseman ever held the reins;  
For never horse could throw him while the saddle girths would stand,  
He learnt to ride while droving on the plains.

And one was there, a stripling on a small and weedy beast;  
He was something like a racehorse undersized,  
With a touch of Timor pony — three parts thoroughbred at least —  
And such as are by mountain horsemen prized.  
He was hard and tough and wiry — just the sort that won't say die —  
There was courage in his quick impatient tread;  
And he bore the badge of gameness in his bright and fiery eye,  
And the proud and lofty carriage of his head.

[CLICK HERE](#) TO READ THE FULL POEM.





# How to sign up for **ESL Assessment**

1. Scan the QR code below with your phone, or click on English as a Second Language (ESL) Assessment if you are on a computer.
2. Read all the information and then scroll to the bottom of the page to choose if you want an in-person or an online session.
3. After you choose in-person or online, sign up using your student ID number and birth date.



Need help?

[esl-assessment@arc.losrios.edu](mailto:esl-assessment@arc.losrios.edu)

## 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!**

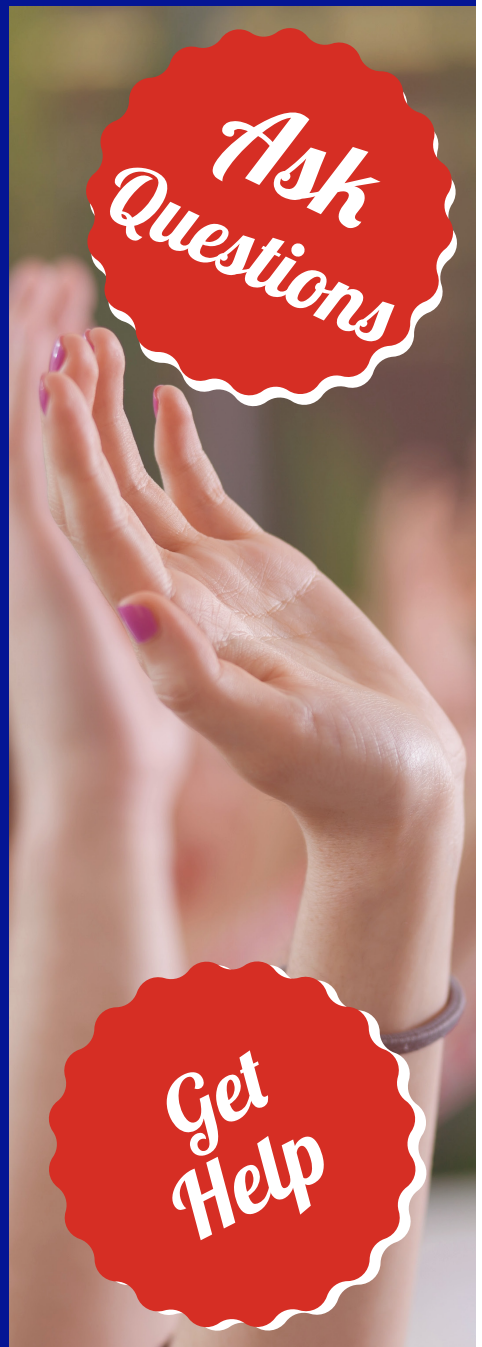
**Monday to Thursday**  
**9:00 AM to 5:00 PM**

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!



*Ask Questions*

*Get Help*



## Ode of Who I Am?

By Eman Amanuel G.

I am useful for many things

if someone respects me.

Also, I am very dangerous

if someone does not show me hospitality.

I am not a bad person for all,

I must give service as I am a colonel.

My mission is to protect everyone

from unnecessary hurt.

I have a Motto to service for all without  
race, age, ethnicity, language, and religion.

If you ignore me as if I am weak

I don't mind attacking you as my enemy.

There is no mercy for those who are mindless

I change you to powder as an ash.

I am proud of myself as a commander

you don't resist my lightning and thunder.

my odor is infinite

like different color harmony

such as red, yellow, and black.

Let tell you my desire to all

don't touch this wire

Let me tell you,

I am Mister Fire.



## The Evening Power

By Olha Holovchenko

It is closing time.

The doors of day are shutting down.

I hear the sound, it is splashing. Wow.

The sun is gone in a pool like a dime.

Begins another time:

Cold air is blowing in the blood stream.

The hair style, like leaves in a bin.

The air freshness touches skin.

The tingle running tries the wind.

No people watch or catch or read.

All sights on ground, zero attention need.

I am feeling free, at the end of the sky.

Go closer, it is enough to fly.

It might be yours, another try.

Horizon line is not that far.

The day's door closed,

For now. It is just another time.

## Out of the Cage

### CSU Fall 2024 Admissions & Application Assistance

CSU Initial Application Filing period is from Oct 1, 2024 to Nov 30, 2024. In this session, you will get an overview of the CSU application and be able to ask questions.

A Sac State representative will be hosting these virtual sessions, though all Los Rios students applying to any CSU campus are welcome to attend.



Workshop schedule.

WORKSHOP	DATE	TIME
<a href="#">CSU Fall 2024 Application Assistance</a>	Tues, Oct. 1	11:00 AM - 12:00 PM
<a href="#">CSU Fall 2024 Application Assistance</a>	Tues, Oct. 8	3:00 PM - 4:00 PM
<a href="#">CSU Fall 2024 Application Assistance</a>	Thurs, Oct. 17	12:00 PM - 1:00 PM
<a href="#">CSU Fall 2024 Application Assistance</a>	Wed, Oct. 23	9:00 AM - 10:00 AM
<a href="#">CSU Fall 2024 Application Assistance</a>	Mon, Oct 28	12:00 PM-1:00 PM
<a href="#">CSU Fall 2024 Application Assistance</a>	Tues, Nov. 5	1:00 PM - 2:00 PM
<a href="#">CSU Fall 2024 Application Assistance</a>	Wed, Nov. 13	12:00 PM - 1:00 PM
<a href="#">CSU Fall 2024 Application Assistance</a>	Thurs, Nov 21	2:00 PM - 3:00 PM
<a href="#">CSU Fall 2024 Application Assistance</a>	Tues, Nov. 26	11:00 AM - 12:00 PM

### 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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