

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



The Parrot



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Inside This Issue

Empowering Students:

Dr. Sabina Simon, ESL Professor



Professor Simon is one of the most motivational ESL professors at American River College (ARC) and has left a profound impact on my educational journey. I am incredibly fortunate to have her as my instructor in ESL 325, a class that has become much more than just a course for me. Her unique teaching methods create an environment where students focus on personal growth rather than just

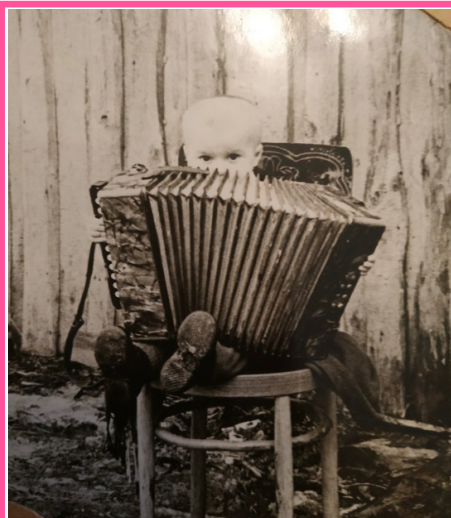
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Marvelous Musician--Mykola Kudymenko

Would you like to contribute to The Parrot?

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When did you begin doing music? Did you learn as a child?

I began playing music in my childhood. At the age of 8, before attending music school, I started playing the harmonica. There’s a photo of me at around two years old, holding an instrument, which I believe symbolizes my destiny to become a musician. In the photo, my parents sat me down and placed the instrument in my hands, though, of course, I couldn’t play anything properly at that age. At 9, I

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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 ESL Assessment 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

POEMS FROM STUDENTS ESL 350

Ode to Clock

By Rebecca Namyenya

Tick-tock, tick-tock, constant breath,
A timekeeper, who is always around.

Inanimate, but full of grace.

You record each moment,

At its own pace.

Your hands of the clock

Move like dancers.

Smoothly going through time,

At a regulated speed.

The hour hand, a powerful leader,

Guides us through the long day.

Oh, Clock. You stand tall on the wall.

Help us keep track of time.

You have numbers on your face

That allow us to read and,

Understand the time.

You serve as a reminder of the

Moments and memories

That have passed and those

Yet to come. Oh dear clock.



Dear clock, you hold,
 The power to shape our lives,
 With your hands, you dedicate
 The rhythm of time, guiding us
 Through each passing moment.
 You teach us the virtue of patience,
 Reminding us that life's pace is,
 Relentless yet beautiful.

So, clock, here's my ode to you

Dear friend,

A tribute to the moments you transcend.
 May you continue to tick and remind us,
 That life's precious moments are to find



Brown Grounds, Breath of life

By Teferi Samuel

A strong smell rises, a sweet embrace,
 A place you know well in the quiet dawn.
 There is a morning waltz in the air as steam swirls,
 The smells mix in a dance that cannot be described.
 Roasted beans are a symphony of taste.
 Ground just right, they are moments to enjoy.
 Each sip a journey of different great tastes and treats.
 Morning, confusion, a light scent and aroma to follow,
 A mix of tastes, arousing the senses.



First sip, a kiss of grace that wakes you up,
With wide-open eyes, they welcome the day.
Some notes are bitter, but the streams are smooth,
Deep inside, a universe shines.

Carefully made dark elixir,
There is a world to dare in its depths.
As dark as midnight but filled with love,
In solitude, it is sought for a sip of comfort.

In a ceramic jar, the brew that holds,
Every morning is new in its curve.
Keeps hands warm with comfort hug,
In a holy place, a morning routine.

Redemption for the soul that is tired of sleep,
Broken dreams are put back together in its warmth.

A dance of joy and a symphony of taste,
In the quiet of the morning, a bright spot.

Oh, dear friend, faithful to my needs,
Things that start end up in your brew.
A beautiful combination of black pellets,
Mornings are a part of who you are.

It is my morning coffee!



MY BED

By Rocio Ocampo

It's now the end of the day
My bed is where I can lay, and the end of a long day
I don't even have to pay
If I go to a hotel I will have to pay
But in my dreams I want to play

In a long day, I can't wait
To finally feel how soft this bed could be
It reminds me of eating a cake
Nothing feels fake in my bed

My bed covered with white sheet as a cloud
Is where I want to stay
Nothing hurt when I am in my beautiful bed
And there is where I want to stay



What Are You Thankful For?

People around the world are grateful for many different things. I am from Baghdad, Iraq. I came to the United States in 2017. I moved to the United States because I wanted a better life with my family. As an immigrant navigating the opportunities in the United States, my heart is filled with appreciation for the significant elements that have shaped my new life. Specifically, I am thankful for the opportunities provided by American River College, the invaluable presence of a car, and the privilege of receiving an education and work.



First, a place in this country that I am grateful for is American River College. I am grateful for this place because getting an education for me is very important. American River College is very big and it has many different classrooms. There are many majors to study at American River College along with the different activities. In addition, there are many beneficial clubs for students. Also, at the college, there are many opportunities for students to better their academics, like tutoring, and laboratories where staff can assist with the school work. There is also help with math classes which is great because it is

a subject I struggle with. American River College is important to me because I want to have a good education. I also want to get my degree and achieve my career goals. In short, I am thankful for American River College.

I express gratitude for various aspects of my life, and one notable element that I am particularly thankful for is my automobile. The significance of my car in my daily routine cannot be overstated. I find myself fortunate to have received assistance from my aunt in acquiring this valuable mode of transportation, and it has become an important asset in my life. My car, a stylish navy blue Kia with two doors, is more than just a means of commuting for me. It serves as a reliable companion that allows me to navigate through the demands of my daily schedule. The smooth and efficient drive it provides enhances my overall experience, making every journey a pleasant one. Furthermore, the financial aspect of car ownership is a considerable factor in my gratitude. I appreciate the affordability of maintaining my car, which has proven to be a practical and sustainable choice. This financial ease not only contributes to my peace of mind but also underscores the practicality of my car ownership. Beyond the convenience of transportation, my car plays a pivotal role in facilitating my professional life. It serves as a reliable means for commuting to and from work, ensuring that I can fulfill my professional responsibilities with ease. The dependability of my car has undoubtedly made a positive impact on my overall work and life balance. In conclusion, my gratitude for my car extends beyond its physical presence.

Next, an opportunity in the United States that I am grateful for is the opportunity to work. I am thankful for this opportunity because it enables me to help my family with living. The financial stability that employment brings allows me to contribute not only to the well being of my immediate family but also to the health and comfort of my mother, a responsibility I hold dear. At my job, I get to help

people with their daily lives. I work with elderly people who struggle to live on their own and do the daily tasks. It's a very humbling experience and feeling to be working this job. It makes me feel very grateful that I have this opportunity to work and assist them. I find great fulfillment in this line of work, viewing it not just as a job but as a rewarding experience that resonates with my values. It is a very rewarding job, in my opinion, and I am hoping to move forward with it as a career. In the future, I hope to obtain my degree to get higher in my position. In brief, I am grateful to have this opportunity and work.

In conclusion, as an immigrant residing in the United States, I express gratitude for the opportunities and resources bestowed upon me. American River College has afforded me the ability to pursue my education, striving toward the real-

ization of my career aspirations. Through employment, I've not only been able to support my family but also contribute positively to the lives of others. Furthermore, the independence and convenience provided by my car have been invaluable. In summary, I am appreciative of the opportunities, education, and resources offered in America, and I am thankful to call this country my home.

**Manar Azeez - ESL 47
Opinion Essay**



What Are You Thankful For?

People around the world are grateful for many different things. For me, I am from Vietnam, but I have been living in the USA for three and half years. Now, it is the time for me to think about giving thanks for all things I have. I am grateful for my house, the shoes from my husband, and the opportunity to study at ARC.



First, I am thankful to have my beautiful house. My house is small. It has two bedrooms, a living room, and a kitchen. I like the kitchen the most. This is where I cook every day for my family. The living room is the place my family enjoys after they finish work. In front of my house, there is a small garden. I plant many flowers in the garden. Every morning when I open the door, I can see flowers and hear the voices of very interesting birds. I feel my house is a warm place. My house is peaceful. Although my house is small, it is suitable for the two of us, and it is a privilege to have my own house. In short, I am grateful to have my wonderful house.

Second, I am thankful for the shoes from my husband. The shoes have a natural color. They are black and the design is simple. The shoes I have were a Christmas gift in 2020. That is the first year I came to America. The shoes are comfortable and light. I wear them when I go to school, go walking, and do exercise. I really like the shoes from my husband. In particular, the shoes show that my husband cares. Emotionally, I am very appreciative of my husband's gift because it is not only his gift for me, but is also his love to share with me. In brief, I am very



happy to have the shoes from my husband.

Lastly, I feel gratitude for the opportunity to study at ARC. I am always thankful for studying English at American River College. This place has such beautiful landscaping. The school is very convenient to many places such as the library, coffee shop, and book store. In addition, it has good teachers so I can study English well. My teachers are professional teachers. They are friendly. My classmates come from many countries, and their native languages are different from my Vietnamese; however, they are nice. We get along so well.

I am learning about many different cultures. The building I study in is really great. ARC gives me the opportunity for me to study and develop skills in the future. I realize that education is a very important part of my life, and learning English is the main key to achieve my educational goals. Indeed, I am grateful for the opportunity to learn at ARC.

In conclusion, I received many things in the past, and I am receiving more now. They are important in my life. I am extremely grateful for



my house, the shoes from my husband, and the opportunity to study at ARC.

**Van Nguyen - ESL 47
Opinion Essay**

Thankful For The USA



People around the world are grateful for many different things. I am from Afghanistan. I came to the USA two years ago. In my country, there is war, and that is why I immigrated to the USA. Now, in America, I am thankful for my house, my car, and an opportunity to have freedom.



First, in the USA, I am grateful for my house. My house is 30 years old. It has four bedrooms, one living room, and one kitchen. It has a big garden in the back. In the garden, we have six trees and a lot of flowers. It cost \$500,000. The exterior of my house is green. Every room in our house has a different color. For example, the color of my room is blue. Our house is very suitable and big for hosting parties. I am grateful to my family because they bought the house. My house is on a very safe street. A lot of markets, schools, and hospitals are very close to my house. I have a big room, and I have a lot of clothes and things in my room. Indeed, I am thankful for my big house in the USA.

Next, I am thankful for my car. My car is a Mercedes Benz. The year is 2018. I bought it one year ago. The color is white. It is a sedan car. The top of the car can be opened. The car is six cylinders. It has the loudest speaker. It has two cameras: one on the back and one on the front. The model is E350. It is a very fast car. My friend and I drive it very fast. In short, I am thankful for my brother for buying this car.



Finally, I am thankful for the opportunity to have freedom in America. I never had freedom in my country. Freedom is a very important feature for Muslim people. For example, three months ago, a woman was killed by the police in Iran. Iranian women experience a lot of violence in their country. I am very happy to move to America. My mother can wear a hijab in the USA. I can go outside. For example, in my country, I couldn't go outside any time I wanted. In America, women and children are free, so they can go to school, university, and shopping. In addition, I am thankful for Trump because he helped the Afghan people be able to come to America. Furthermore, I am thankful for work, and I can work more than 60 hours every week. Indeed, I am grateful for the opportunity to have freedom.

In conclusion, I am grateful for my house, my car, and a chance to have freedom. I am very thankful to live in America, and I have big ideas for the future, and maybe I will even open a company or a store.

Mahdi Zaher - ESL 47
Opinion Essay

A Grateful Immigrant



People around the world are grateful for many different things. I am from Ukraine. I moved to America about one and half years ago. I immigrated to America because there is now a war in my country. As an immigrant, I am thankful for my new apartment, my car, and for the opportunity to study at the college.

First of all, I am really grateful for my new apartment. My new place for living is very good. I like the location of my new apartment. My family and I have a lot of fun spending time together in our new two-bedroom apartment. My daughter has her own room where she can spend time with her dolls and play. Our old apartment was too small, and we had very bad neighbors. They lived below us and always listened to loud music and smoked. I was pregnant, and this smell was horrible, and I felt bad. Our new apartment has large rooms and a beautiful playground, and we have wonderful neighbors. Our neighbors are a wonderful family of Ukrainians with whom we are friends. In brief, I am thankful for my new apartment because my family and I feel comfortable and happy there.

Second, I am grateful for my car. It is small in size and red in color. Its brand is Hyundai, and I have chosen it for a long time, as I have dreamed. In America, it is very important to have a car because you need to drive everywhere. For example, if you have a health problem, you need to go to a doctor's appointment, and you need a car for that. In my country, a car is a luxury, but it is a necessity in America. In Ukraine, I didn't have a car, but I had a garage, and here it's the opposite. At first, I was afraid to drive a car and to go on the freeway, but now I feel pleasure when I drive my car. In short, I am grateful for my car, which helps me in this country, and I feel safe and comfortable in it.

Next, I am thankful for the opportunity to study at American River College. It's great that in America, you can get an education at any age. Education is very important in every person's life. For example, if you do not have an education, it will be difficult for you to find a good job. If you do not have a good job, you will not be able to provide for your family, pay for housing, and everything else. Furthermore, I understand that English is very important in this country. College helps me a lot in learning English language. I learned a lot during my first semester at American River College. I have good, smart, and professional professors who explain the material well. My favorite class is ESL 47 Writing and Reading because I have a very good professor. In summary, I like studying at the college and getting to know and communicate with other students, and I am grateful for this possibility.

Indeed, I am very grateful for my new apartment, my car, and for the opportunity to study at the college. These are important and necessary things in my life, and I am thankful to my new country that I can have it all here. I hope that in the future, I will have a good job and that it will be useful and necessary for this country.

***Ivanna Pnivchuk - ESL 47
Opinion Essay***

Favorite Drinks



My favorite winter drink is “uzvar.” It is a tasty and healthy drink made from dried fruits. You can use any fruit, but usually apples, plums, apricots, and pears. To prepare “uzvar,” you need to add water to the dried fruits and boil for 5 minutes. Some people add sugar or honey to make it sweeter. This drink can be drunk both hot and cold, but I prefer it hot. “Uzvar” has a pleasant fruity aroma. It tastes like compote, but for compote we use fresh or frozen fruits. We usually drink “uzvar” on winter evenings. This drink is very popular in Ukraine and other Slavic countries. Indeed, “uzvar” is one of the most delicious and healthy drinks for me.

Hanna Konstantynova - ESL 47
Descriptive Paragraph

Many years ago when I lived in my home country, my mother always prepared an exceptional drink, and whenever her friends came to our house, they would drink that together. I was very curious about the drink because everyone loved that. The name of this drink is *chawa*. It’s a little bit thick, people drink *chawa* hot and some people drink cold. In my family everyone likes it but my father. The ingredients of *chawa* drink are some exceptional herbal ingredients, for example: anise, carnation, *gur* (a traditional sweet in Afghanistan), milk, green tea, honey, etc.

One time when I was 12 years old, I said to my mom, “I want to try this drink.” My mom prepared to me and gave me a cup of *chawa*. In addition, she added chopped walnuts and almonds to the drink.

Indeed, *chawa* is a popular drink in Afghanistan, and I like *chawa* with pieces of walnut and almond.



Mahsa Bahaduri - ESL 47
Descriptive Essay



What Do You Miss About Your Home Country?

Miss Afghanistan

I come from Afghanistan. I moved to America and I really like this country. I miss my language. When I was in my country, all people used the same language. And now I am not in my country, and I miss many things. I miss my family, my friends, my car, and my culture the most.

First of all, I miss the culture days. We have two cultural days, and these days in my country are holidays. These two days are Eid al-Fitr and Eid al-Adha. All people celebrate these days. These days are special days in my country. I miss those days. When I was in my country, I celebrated these days so well. During these days, we used to go to our relatives house and have fun together. For example, we used to play games with each other because we always wanted to spend more time together. Now we can celebrate these days but not so well. In my country these days all people buy new clothes and celebrate these days. I really love these days. I want to go to my country and celebrate these days again.

Next, I miss my friends. Their names are Khat-era and Rose. I love them so much. We were always together. We always went shopping together, but now I am alone, and I am so sad because I can't see them. They are so kind and lovely. I really miss them. We always went to restaurants together, and we were happy with each other. When we had problems, we always spoke with each other. When we talked together, we had a good time.

Another thing I really miss from my country is my car. My car was so special for me because it was a gift for me. My father bought it for me on my birthday. When my father bought it, we went together. It was white. It was so nice. I felt very good when I saw my car. It was very valuable and special for me. Now I don't have it because I am not in my

country. When my father bought it for me, I was so happy. It was a good gift for me. That car was so expensive. I really miss my car. I wanted to keep it forever, but I sold it because I came to America. My father bought another car for me in America, but I cannot forget that car in Afghanistan. It was a special treasure for me. It was like a diamond to me. That car is no longer with me, but I will never forget it.

Lastly, I miss my family. My family is in Afghanistan, so I can't see them because I am not there. I miss my grandmother, grandfather, uncle, aunt, and cousins. When we were together, we had dinner with each other. We always went to grandmother's house with my whole family. My family are very kind people and treat me very well. I want to go to my country to see my family. But I think I cannot. My family is so special to me. I really miss my cousins, whose names are Khat-era and Rose. They are so lovely, they are so kind, and I really like them. We always went to weddings together. We always celebrated culture days together. They always celebrated my birthday and surprised me. We always made food together. And we always had fun together. They were always with me at every party. My family is very special to me, and I miss them a lot.

In short, there are many other things that are so precious to me that I never want to forget them. I really miss them. I really love them, and I want to see them soon.

Anosha Hakim - ESL 47
Descriptive Essay

Hobby Corner: Fishing

Everyone has a hobby that distinguishes them and helps them spend their free time in a useful and enjoyable way. For me, one of my favorite hobbies is fishing. I don't do it professionally, but I enjoy it as a relaxing activity that helps me relieve stress. Whenever I feel tired or overwhelmed, I head to the lake or river, throw in my line, and enjoy the peace and quiet.

Fishing allows me to take a break from my busy life. It's a time for me to be alone with my thoughts and enjoy nature. I don't worry about catching a big fish or being the best fisherman; I'm happy just sitting by the water, waiting for a fish to bite.

Even though I'm not an expert, I enjoy learning small tips and tricks each time I go. Sometimes, I talk to other people fishing nearby, and they share helpful advice. Slowly, I'm getting better, but for me, fishing is not about skill. It's just a simple pleasure that makes me happy.

In the end, fishing is more than just a hobby. It's my way of relaxing, enjoying the outdoors, and finding peace. Whether I catch a fish or not, I always go home feeling refreshed and content.



Parrot Staff Writer: Mohammed El mrani





Would you like to
contribute to *The Parrot* ?

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

The Parrot welcomes all ESL student
matters!



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 student who deeply values in-person learning because I feel I learn more effectively in a classroom setting. However, balancing work and studies makes it hard to attend in-person classes. Coming from Afghanistan, where societal norms limited my opportunities to pursue both education and work, I'm grateful for the chance to work towards my goals here. Adapting to the U.S. educational standards means taking additional courses to align my qualifications, and this is a challenge I share with friends from Mexico, who also came here with educational backgrounds that don't fully match the U.S. system. One of my friends was a doctor back home, and while she enjoys in-person classes, online classes make it possible for her to keep learning while managing her responsibilities and caring for her daughter.

I also receive many questions from new students who worry that online classes might hold less value or be less serious than in-person classes. From my experience with both, I have found they offer the same quality of education. What do you think is the best way to balance love for in-person learning with the practicality of online classes?

Thanks,

Remotely In-Person

Dear Remotely In-Person,

Thank you for sharing your journey and insights. Many students like you, especially those managing family and work responsibilities, face similar obstacles when trying to pursue an education. Online classes have become a valuable resource for those who must work and take on additional duties while adapting to the U.S. education system.

I spoke to Jasmine and my other friends with different backgrounds, Alexandra and Mohammed from Mexico and Egypt, who have been through similar experiences. Here's what they shared:

"As immigrants with professional backgrounds in our home countries, we have had to adjust to the

U.S. educational standards, often needing to take extra classes to align with American credentials. For example, I (Jasmine) was a doctor in Mexico, but now I need to complete additional coursework to continue my career here. While I learn best in person, the flexibility of on-line classes is essential to manage my work and family responsibilities. For students wondering about the value of online versus in-person classes, rest assured that both types of classes offer the same quality of education and are equally respected. Based on our experience, a combination of both can be very effective, as online and in-person classes are equally challenging and rewarding."

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

Thanks,

Granny Noetal.



Top Places to Visit in the USA: My Bucket List

By Edres Sadiqi



There are so many cities and places that I really want to visit in the USA. Below is my list of places that I would love to visit. Some of the places I have already visited and still I want to go again and again, while there are some places that I'd love to visit in the future.

1. *Maui Island in Hawaii*
2. *Honolulu in Hawaii*
3. *San Diego in California*
4. *Las Vegas in Nevada – (already visited)*
5. *San Francisco in California – (already visited)*
6. *Manhattan in New York – (already visited)*
7. *Philadelphia in Pennsylvania – (already visited)*
8. *Miami in Florida*
9. *Sedona in Arizona*
10. *Boston in Massachusetts*
11. *Washington DC – (already visited)*
12. *Chicago in Illinois*
13. *Seattle in Washington State*



Continued from page 1

scores and points. It's hard to find the right words to describe how skillfully she encourages us to study and learn independently, without relying on AI or shortcuts like cheating. Her passion for teaching shines through every interaction. She builds meaningful relationships with her students, listens to their challenges, and makes time to help each one individually. Punctual, patient, and deeply committed, Professor Simon's dedication to her students sets her apart. I feel truly lucky to be one of her students and to have had the opportunity to interview her.

Thank you for agreeing to this interview, Professor Simon. To start, could you share a bit about your educational background and what inspired

used to promote critical thinking and social justice in the classroom. I'm also interested in curriculum development and the ways that different teaching strategies can engage students from diverse backgrounds.

It sounds like your work has a profound impact on your students. Can you tell me about a memorable experience you have had while teaching?

One of my most memorable experiences was when a student who had been struggling with reading finally found a book that resonated with them. Seeing their excitement and growth was incredibly rewarding. It reinforced my belief that every student has the potential to succeed when given the right resources and support.

Moving on to your educational philosophy, how

Fun Facts about Sabina Simon

A movie you've seen more than three times? *The Mask* with Jim Carey

Go to snack? Cheetos (flamin hot with lime are the best!)

Mountains or ocean? Both (Santa Cruz!)

When you were little, what did you want to be when you grew up? A professional storyteller

you to pursue a career in education?

Sure! I did my bachelor's degree at UC Santa Cruz, my MA at Teachers College in New York, and my PhD at UC Davis. I was inspired to pursue a career in education because I believe in the transformative power of learning. My experiences as a student and my passion for literature played a significant role in shaping my career path.

That's wonderful to hear. What specific areas of education do you focus on in your work?

My primary focus is on educational theory and practice, particularly how literature can be

would you describe your approach to teaching?

I believe in a student-centered approach that values collaboration, creativity, and critical thinking. I strive to create a classroom environment where students feel safe to express their ideas and take intellectual risks. Education should not be a one-size-fits-all approach; it needs to be tailored to meet the diverse needs of learners.

That's very insightful. Given the current trends in education, what changes do you think are necessary to improve the learning experience for students?

I think we need to place a greater emphasis

on social-emotional learning alongside academic skills. Educators should also incorporate technology thoughtfully into the curriculum to enhance learning rather than replace traditional methods. Lastly, fostering a sense of community and belonging is crucial in today's educational landscape.

Those are essential points. What advice would you give to aspiring educators who want to make a difference in their students' lives?

My advice would be to stay curious, remain adaptable, and always prioritize the needs of your students. Build relationships with them, listen to their voices, and advocate for their needs. Education is not just about delivering content; it's about empowering students to become thoughtful, engaged citizens.

Thank you very much for your time.

Interviewer: Asila Sadiqi



English Practice Hour

It will be in person and online.

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

Parrot Fodder: Snacks

“Jalebi”



Jalebi is a popular sweet snack in Afghanistan, India, Pakistan, West Asia, and some parts of Africa. It is called by many different names in different geographical locations, some of the names are *jalebi*, *jilapi*, *zelepi*, *jilebi*, *jilipi*, *zulbia*, *jerry*, *mushabak*, etc. It is made by deep-frying plain flour or all-purpose flour batter in spiral circular shapes, which are then soaked in sugar syrup.

In Afghanistan, it is a popular dessert and is made a bit differently. The Afghan *jalebi* variety does not use any food coloring, and it looks yellow and not orange compared to the kinds made in other countries. It is also thinner and crispier, and Afghan *jalebi* is a lot more famous.



In Afghanistan, *jalebi* is usually served with tea mostly in breakfast time but also at other times of the day. It has a great sweet taste and is mostly consumed at family gatherings, events, and festivals. It is also served at Iftar (Breaking fast) time during the month of Ramadan.

I have so many good memories tied with eating *jalebi* that all go back to my childhood time. The one that I think of every now and then is eating *jalebi* at Iftar (the time when Muslims break their fast during the month of Ramadan). Having fasted all day, not eating or drinking from around 4:00 AM to around 07:00 PM then you get to break your fast and have *jalebi* and tea. Even now as I am writing this, my mouth is getting watery. I really loved having *jalebi* at Iftar and still love to have it at

Iftar in the month of Ramadan. It plays as a quick recharger of my strength in the month of Ramadan. In the other months during the year, I always love to have *jalebi* as a sweet snack with my tea. Here in Sacramento, most Afghan grocery stores sell *jalebi*. It tastes good; however,

it does not taste as good as it is made in Afghanistan. For some weird reason, I cannot find the same taste in all the famous Afghani

food that I tried in Sacramento compared to what I ate in Afghanistan.

A very special memory that I have from eating *jalebi* goes back to when I was either in 6th or 7th grade at school. My mom, who was a teacher, was assigning me to do my school homework before it got dark, and I had to submit it to her for checking. If my submission met all the homework requirements, then she would give me *jalebi* and warm Afghani bread along with green tea as a treat. That was the greatest taste of *jalebi* that I have ever experienced in my life. I won't forget the sweet taste of *jalebi*, the great taste of warm bread and the green tea filled with the love and care of my mom.

The second link shared under Resources contains a YouTube video showing how Afghan *jalebi* is made.

Resources:

1. <https://www.quora.com/What-is-Afghan-jalebi>
2. <https://www.youtube.com/watch?app=desktop&v=SwSXDSSHn8Q>

Parrot Staff Writer: Sayed Edres Sadiqi



Beginner Reading Comprehension

My Favorite Animal: The Cat

I have a favorite animal, and it is a cat. Cats are small, fluffy, and friendly animals. I like cats because they are very cute and fun to play with. Cats are very clean animals. They always wash their fur and keep it soft.

I have a cat at home. Her name is Luna. She is black and white, and she loves to play with her toy mouse. Every day, she sleeps a lot, but when she wakes up, she runs around the house. I like to watch her jump and chase her toys.

Cats also like to eat fish. Sometimes, I give Luna special fish treats, and she is very happy. She purrs when she is happy, and it makes me smile. I love having a cat because she is my best friend.

Parrot Staff Writer: Mohammed El mrani

Can you answer these questions?

1. Why does the writer like cats?

- A) Because they are clean.
- B) Because they are scary.
- C) Because they are big.

2. What is the name of the writer's cat?

- A) Bella
- B) Luna
- C) Max

3. What color is Luna?

- A) Black and white
- B) Brown
- C) Grey

4. What does Luna like to eat?

- A) Chicken
- B) Fish
- C) Carrots



Some People Wonder *What Is the Matter*; Others, *What the Matter Is*: Who's right, Grammatically Speaking? by ESL Professor David N. Evans



And Mama in her kerchief
and I in my cap
had just settled our brains
for a long winter's nap.

When out on the lawn
there arose such a clatter,
I sprang from my bed
to see what was the matter.
Away to the window
I flew like a flash,
I tore open the shutters,
and threw up the sash.

Two powerful syntactic considerations support the analysis of *what* as the subject and *the matter* as subject complement in the question *What is the matter?* First, as Otto Jespersen notes in his 1927 grammar, "we say *What can be the matter?* and not: *What can the matter be?*" (393). That is, when a modal is added to the question, we do not use the order with *the matter* as the subject and *what* as the subject complement; we only use the order with *what* as the subject and *the matter* as the subject complement. Both *what* and

This essay investigates the grammar of the idiomatic question *What is the matter?* There is controversy surrounding where the phrase *the matter* belongs when the question is embedded. Two different word orders for *What is the matter?* have long been used in embedded-question contexts: *I wonder what is the matter* and *I wonder what the matter is*. If we assume that the users of each order are aware of, and do not take themselves to be violating, the rule barring subject-auxiliary inversion (in normal contexts) in embedded questions, the different word orders may be seen to reflect differences in what speakers take to be the underlying syntactic order of the question, prior to question formation. Those who use the embedded-question order *what the matter is* take the underlying order to be *the matter is what*, for *the matter is what* becomes *what the matter is* when, in question formation, the question word (*what*) moves to the front of the embedded question. Those who use *what is the matter* take the embedded-question order to be identical to the underlying order, with *what* as subject and *is the matter* as predicate. There is strong evidence that this latter way of parsing the question is the correct one.

can move to the left in question formation; *what* simply moves slightly farther to the left than *can* moves. The important thing to see is that the auxiliary (*can*) moves to the left of the subject's underlying position. If the underlying subject were *the matter*, then the subject would not move and we would have #*What can the matter be?* But we don't say that. It is clear, then, that the underlying subject is *What* and that *What* moves to the left along with *can*, leaving a question order that is identical to the underlying order.

The second syntactic consideration is more advanced and will only be appreciated by those readers with formal syntactic training. In so-called "subject-to-subject raising" constructions, it may be seen that *what*, not *the matter*, is the subject of the underlying infinitival clause forming the complement of raising verbs, such as *seem*. The fact that we say things like *What seems to be the matter?* and not #*What does the matter seem to be?* indicates that, in underlying structure, *what* is the subject of the infinitival-clause complement of *seem*.

Interestingly, despite being a noun phrase, *the matter* behaves adjectivally in the *What's the matter?* usage. This has long been recognized. In his 1931 grammar, George Curme states, "In a few expressions the definite article is used with the noun to indicate a particular noticeable state of things. . . . 'What's *the matter* (= *amiss*) with him?' 'She has something *the matter* (objective predicate = *amiss*) with her spine" (39). There are three ways in which *the matter* behaves adjectivally. First, it can be the complement of other linking verbs besides *be*, notably *go*. Thus, we can say things like *Many things have gone the matter with it over the years* and *Let me know right away if something goes the matter*, where *the matter* is clearly replaceable by the adjective *wrong*. Second, *the matter* may, like an adjective, be used in object-complement position: *I didn't find anything the matter with it*. Third, like the adjective *wrong*, *the matter* can be intensified by adverbs like *terribly*, *seriously*, and *really*, as in the sentence *I fear that there is something terribly the matter*.

To conclude, although both the word orders (*what the matter is* and *what is the matter*) are found in embedded questions, the natural order corresponds to that found in the root question. The matter is reminiscent of *a piece of cake* in its adjectival usage. In the sense in which one might say *I wonder what is a piece of cake (= easy) for them*, one could not say *#I wonder what a piece of cake is for them*. Not only do many native speakers prefer the order found in *I wonder what is the matter (= wrong)*, but they cannot be said to be ignoring the rule that bars subject-verb inversion in embedded questions. Deep structure is on their side, and they are in the company of such speakers as Clement Clarke Moore, who, in his immortal poem, uses the embedded-question order deep-structurally indicated: "And mamma in her 'kerchief, and I in my cap, / Had just settled our brains for a long winter's nap / When out on the lawn there arose such clatter, / I sprang from my bed to see *what was the matter*" (lines 7-10).

Jespersen, Otto. *A Modern English Grammar on Historical Principles*. Vol. 3, George Allen & Unwin Ltd, 1927.

Moore, Clement Clarke. "A Visit from St. Nicholas." 1862. *Poetry Foundation*. www.poetryfoundation.org/poems/43171/a-visit-from-st-nicholas.



Works Cited

Curme, George O. *A Grammar of the English Language*. Vol. 2, D. C. Heath and Company, 1931.



English Conversation Group

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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.

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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

enrolled in music school to study the [bayan](#), with piano as an additional instrument. I attended music school for 5 years.

What was the first instrument you learned? Second? Third?

After music school, I attended a music college, where I continued studying the bayan, piano, Ukrainian flute, and other musical disciplines (subjects). So, my first instrument was the bayan, the second was the piano, and the third was the Ukrainian flute. Below in the photo, you can see all three instruments.

I understand that you have made an album of music. Can you tell us about that experience? How long did it take you? Did other people help you?

Since 1990, I have recorded 9 albums with the Christian music group Skiniya, featuring gospel songs that glorify God and share the message of salvation. For these albums, alongside other instruments, the bayan, piano, and Ukrainian flute were used in the recordings. The photo below shows the cover of one of the albums, "I Found Joy in Christ."

Is music just a hobby for you, or is it more than that?

I believe that music has become more than

just a hobby for me; it's a significant part of my life. Music serves as a powerful communication tool. Through it, I can share gospel values and bring joy to others.

Do your family members also make music with you?

There are many musicians in my family, particularly on my mother's side, who sing well and play various instruments. The children in my family also have musical abilities. At family gatherings, when we come together, we enjoy singing along with the music.

Here is a video where we play together with Albina, who is also a college student:



[Here is a You Tube link where the group and I performed the song "Smokovnitsa" in Sacramento in 2023. The Youtube is about 7 minutes.](#)





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.

Some More Parrot Fun

Find Hidden Rhyming Word Pairs

1. ailing William _____ ill Bill _____
2. mischievous boy _____
3. unhappy friend _____
4. bashful insect _____
5. comical rabbit _____
6. overweight referee _____
7. obese feline _____
8. unhappy father _____
9. soaked dog _____
10. watered-down red juice _____
11. large swine _____
12. flower that hates to work _____
13. tiny bug _____
14. ill hen _____
15. overweight rodent _____

Answer:

1. ill Bill
2. bad lad
3. glum chum
4. shy fly
5. funny bunny
6. plump ump
7. fat cat
8. sad dad
9. wet pet
10. pink drink
11. big pig
12. lazy daisy
13. wee flea
14. sick chick
15. fat rat



Challenge:

Find an adjective that rhymes with a noun so that the two words together have about the same meaning as the phrase that is given. An example has been done for you.

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

Idioms

Poem

Yam

By Bruce Guernsey

The potato that ate all its carrots,
can see in the dark like a mole,

its eyes the scars
from centuries of shovels, tines.

May spelled backwards
because it hates the light,

pawing its way, padding along,
there in the catacombs.

Source: <https://www.poetryfoundation.org/poems/52999/yam>

10 Thanksgiving

idioms



1

Be stuffed

To feel very full after eating a lot of food.
- *I can't possibly have dessert, I'm stuffed!*



Eat like a bird

To eat a very small amount of something.
- *My girlfriend eats like a bird so I always finish her meal when we go to restaurants.*

6

2

Cold turkey

To immediately (not gradually) and completely stop doing a bad habit.
- *When I got pregnant I quit smoking cigarettes cold turkey.*

Stuff it

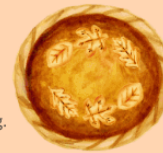
To tell someone to stop talking (informal, not polite).
- *I was shocked when my husband told my mother to stuff it!*

7

3

Talk turkey

To talk seriously about something.
- *I hope everyone comes to the meeting ready to talk turkey.*



Stuff your face

To eat a lot.
- *I stuffed my face during the holidays and gained 10 pounds.*

8

4

Gobble up

To eat something very quickly.
- *Let's get to the party before everyone gobbles up the good food.*



Stuffed shirt

A person who is serious and acts in a very formal way.
- *The office party was so boring because I was seated at the table with all the stuffed shirts.*

9

5

(As) easy as pie

Very easy.
- *Don't worry, skiing is as easy as pie. You'll learn it very quickly.*



the gravy train

In a situation where you make a lot of money without doing a lot of work for it.
- *He's been on the gravy train since he married a millionaire.*

10

Explore California

Hope Valley



My first time visiting Hope Valley in the fall was a very special experience. As a photographer, I was very excited to see the beauty of nature and capture it with my camera.

When I arrived, I was amazed by the bright colors of the leaves. The yellow and orange of the aspen trees were so beautiful, especially against the dark green pine trees. It was like looking at a painting. The light from the sun made everything look warm and glowing. The way the light shone through the leaves made them look like they

were glowing from inside. It was a perfect scene for taking photos.

The air was cool and fresh, and I could smell the leaves and pine needles on the ground. The sound of the leaves under my feet was very satisfying, and the quiet noise of the nearby creek made everything feel calm and peaceful. I felt very relaxed and happy to be in such a beautiful place.

Taking photos in Hope Valley during the fall was not just about capturing beau-

tiful scenes. It was also an emotional and spiritual experience for me. I felt very grateful and inspired by the beauty of nature. It reminded me how powerful and amazing nature can be, and how it can make us feel connected to something bigger than ourselves.

My first visit to Hope Valley in the fall was an unforgettable experience. As a photographer, I found so many opportunities to take amazing photos and enjoy the beauty of the season. The memories and photos from this trip will always remind me of the incredible fall colors and the peaceful, magical feeling of Hope Valley.

To get to Hope Valley from Sacramento, CA, follow these directions:

1. Start in Sacramento and get on US-50 E toward South Lake Tahoe.
2. Continue on US-50 E for about 107 miles.
3. Take the exit toward CA-89 (Markleeville) and merge onto CA-89 N.
4. Follow CA-89 N for approximately 20 miles.
5. Turn left onto CA-88 N toward Hope Valley.

6. Continue on CA-88 N for about 10 miles until you reach Hope Valley.

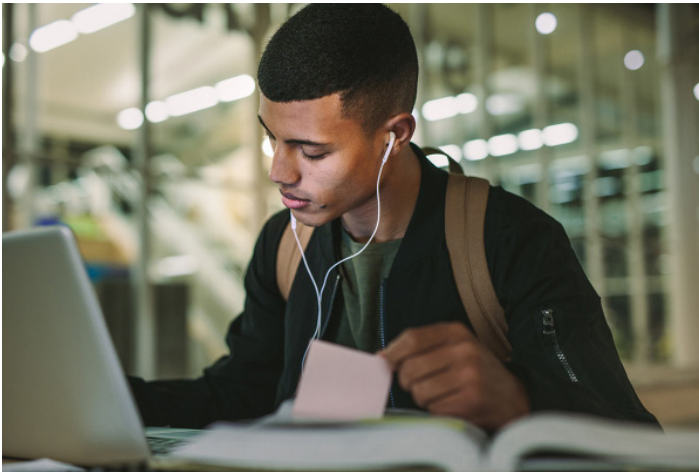
The drive should take around 2 hours depending on traffic and road conditions. Enjoy the beautiful scenery along the way!

If you want to see more of my work, please check out my instagram: [Instagram.com/emrrado](https://www.instagram.com/emrrado)

By Manny

Music Review

Music for the Brain



To an ESL student, writing a paper can often feel daunting. The challenge of expressing thoughts clearly and correctly in a non-native language adds an extra layer of complexity. One effective strategy I've discovered to help maintain focus and boost productivity is listening to instrumental music while I study.

Instrumental music creates a serene and distraction-free environment. Unlike songs with lyrics that can interfere with the thought process, instrumental tracks offer a soothing backdrop that helps to drown out background noise. This is particularly useful when trying to concentrate in noisy settings or busy environments, such as a bustling library or a common room. The absence of lyrics ensures that the music enhances concentration without competing for cognitive resources needed for writing.

Instrumental music, especially genres like classical, jazz, or lo-fi beats, has a way of stimulating creativity. The rhythm and melodies provide a steady flow that can help maintain a writing pace and keep ideas coming smoothly. For us ESL students, this is invaluable as it reduces the cognitive load and allows thoughts to transition seamlessly from the mind to the paper. It can feel like the music sets the pace, guiding you through the writing process without interruptions.

Writing in a second language can often trigger anxiety and stress, especially when under tight deadlines. Instrumental music has a calming effect, which can help to alleviate these feelings. This mental state is crucial for us ESL students who need to juggle language proficiency alongside content creation.

Instrumental music can also help improve focus and sustained attention. The repetitive patterns and lack of disruptive elements in instrumental music help improve focus and sustain attention over longer periods. For an ESL student, maintaining focus is essential to ensure that writing is both accurate and coherent. Instrumental tracks with steady rhythms can help keep the mind from wandering, allowing for longer, more productive writing sessions.

My favorite type of instrumental music is often soundtracks from movies. One that really helps me align my emotions and ideas to write a better paper is "Time To Go Home" by David Arnold, from *The Chronicles of Narnia: The Voyage of the Dawn Treader*. As a matter of fact, I kept listening to it as I was writing this article! It is so beautifully composed that it triggers the inspiration you need to write whatever paper you have to work on.

You can listen to it here: https://youtu.be/rnzYwuWB-bjU?si=anmH6lBK2_n3SiRW

In conclusion, instrumental music can be a powerful tool for us ESL students needing to write academic papers. It creates an optimal environment for focus, fosters creativity, reduces stress, and helps maintain sustained attention. By incorporating instrumental music into study routines, we can enhance our writing process and produce higher-quality work. Whether it's the soothing sounds of classical music or the steady beats of lo-fi, finding the right instrumental tracks can make all the difference in conquering the challenges of writing in a second language.

Parrot Staff Writer: Manny

Book Review

A Writer's Reference

I recently had the opportunity to delve into *A Writer's Reference*, by Diana Hacker and Nancy Sommers, a textbook that has proven to be an invaluable asset for anyone looking to enhance their writing skills, particularly non-native English speakers like myself. As an ESL student at the W340 level, I found this reference book to be a comprehensive and user-friendly guide that addressed many of my writing concerns.

One of the most commendable aspects of *A Writer's Reference* is its organization. The book is divided into easily navigable sections that cover a broad range of writing topics, from grammar and mechanics to research and citation styles. This clear division made it effortless to locate specific information when needed. Each section is thorough yet concise, ensuring that I could quickly grasp the essential points without feeling overwhelmed.

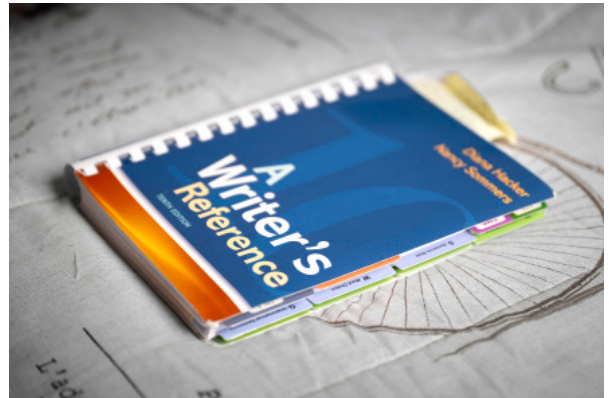
The chapters dedicated to grammar and mechanics were particularly beneficial. As someone striving to improve my English proficiency, I appreciated the detailed explanations and numerous examples provided. The book did an excellent job of demystifying complex grammatical rules and presenting them in a digestible format. The sections on sentence structure and punctuation were especially helpful, enabling me to write more clearly and cohesively.

Additionally, the research and citation guidelines offered in *A Writer's Reference* are indispensable for academic writing. The book meticulously outlines various citation styles, including APA, MLA, and Chicago, which are crucial for producing well-documented essays and papers. The examples and templates provided made it easier to understand and apply these styles correctly, which was a significant advantage for my coursework.

Moreover, the section on revising and edit-

ing was a game-changer. The authors emphasized the importance of multiple drafts and provided practical advice on how to critique and improve one's writing. This section encouraged me to view writing as a process rather than a one-time effort, which fundamentally changed my approach to assignments.

However, the book is not without its challenges. While the content is immensely useful, the sheer volume of information can be intimidating. As an ESL student, I sometimes found myself overwhelmed by the extensive details. It required a bit of persistence and repeated readings to fully digest some of the more complex sections. Nonetheless,

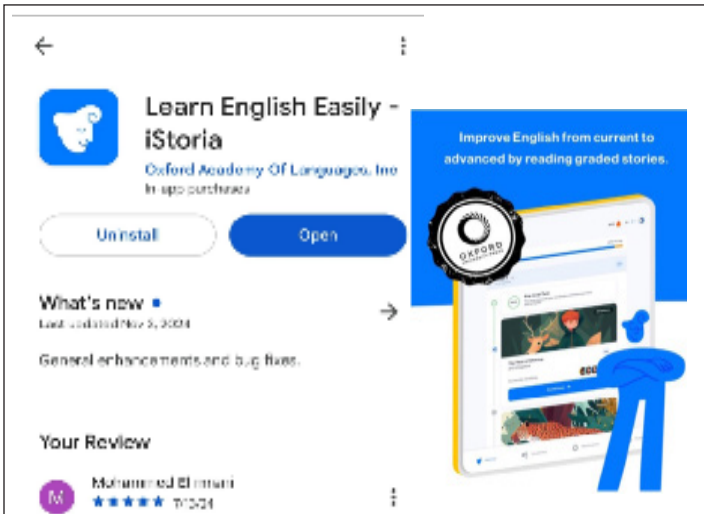


the book's user-friendly layout and indexed topics significantly mitigated this challenge.

To conclude, Hacker and Sommers's *A Writer's Reference* is a must-have resource for any ESL student aiming to improve their writing skills. Its comprehensive coverage, clear explanations, and practical examples make it an essential tool for navigating the intricacies of English writing. While it may initially seem daunting, the knowledge gained from this reference book is well worth the effort. I highly recommend it to fellow ESL students and anyone looking to enhance their writing proficiency.

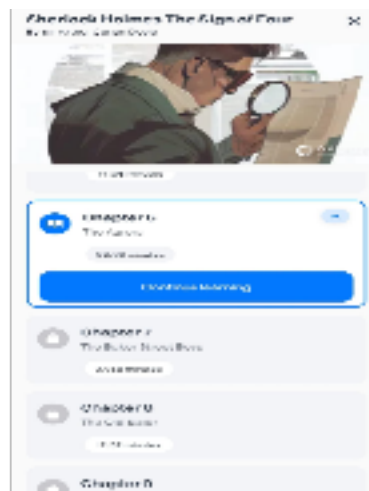
Parrot Staff Writer: Manny

App Review: Istorica

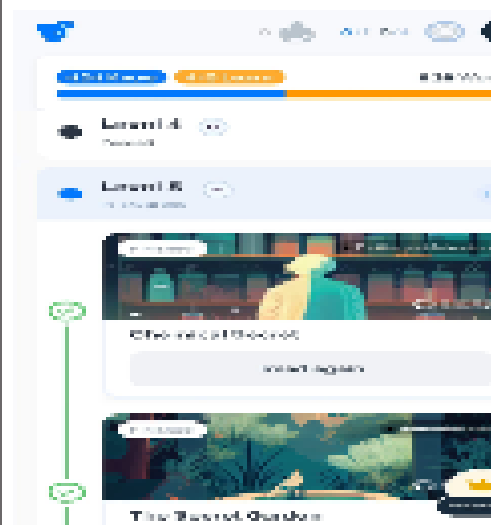


the owners of a paint factory and environmental activists trying to protect wildlife from the factory's toxic waste. The story's events are interconnected to make you look forward to what comes next. When writing this app review, I discovered that I had read more than ten stories, each of which spans between 10 and 13 chapters, which is very motivating and enjoyable, especially when you are making progress in the language through enjoyment. What I liked most about the app is that reading is interactive and fun; you can stop at each word or phrase. Once you click on it, the app provides a detailed explanation of the word in addition to its correct pronunciation without the need to use an external dictionary. To make the app complete in all aspects, it suggests the possibility of listening to the entire story in a well-read voice free of interference.

I've been using the Istorica App for the past four months, and it's safe to say it has transformed the way I enjoy stories. Currently, I'm immersed in a classic Sherlock Holmes tale, and the experience is nothing short of amazing. But what makes Istorica stand out from other reading apps is not just the content but also how it delivers it.



One of the app's greatest strengths is integrating vocabulary learning into the reading process. It uses three distinct methods to help readers remember new terms: context-based learning, spaced repetition, and interactive exercises. This ensures that the new words and phrases you encounter during your reading are reinforced and stay with you over time. It's incredibly useful when reading complex stories like "Sherlock Holmes", where rich and descriptive language is common.

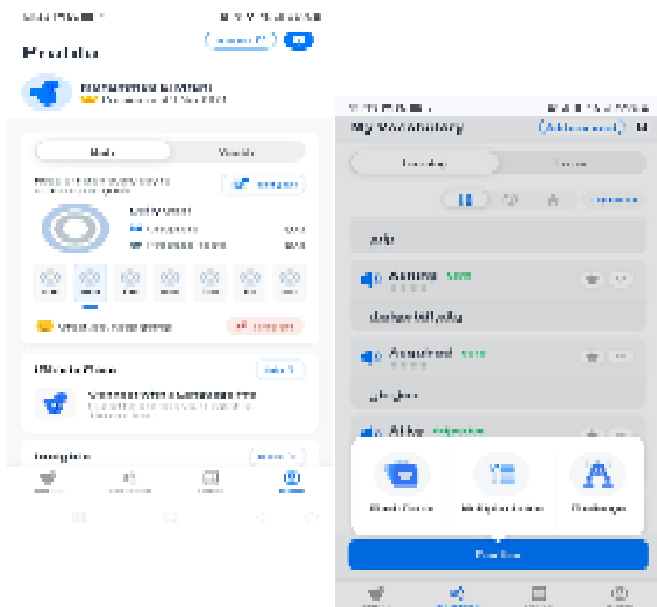


The beauty of the app is that it is easy to use and suggests reading stories based on a level test. When I first passed the test, the program suggested level five, where I enjoyed reading a story called "Chemical Secret", consisting of twelve chapters, about a conflict between

Additionally, Istorica doesn't stop at just reading. After you finish a story, the app tests you with questions related to the plot, characters, and themes, helping you solidify your understanding. This interactive quiz format enhances retention and comprehension, making your

reading experience both fun and challenging.

For those looking to track their progress, the app provides monthly statistics that give insights into how much you've read and your progress in learning new words. These statistics are motivating, as they clearly show your development, whether you're using the app casually or diving deep into language acquisition.



Istorya isn't just an app; it's a learning companion. It has helped me not only improve my language skills but also enjoy stories in a new way. Whether you're reading "Sherlock Holmes" or any other of countless stories available, the app makes learning immersive, fun, and incredibly efficient. If you haven't tried it yet, I highly encourage you to download the free version. And if you love it as much as I do, upgrading to premium is a no-brainer!

Review by Mohammed El mrani

One-Minute Interview

What advice would you give to new students who are starting ESL classes?

Pranjal:

"I think instead of building the grammar part focus more on being more confident."

Mawlood:

"I think only studying in class, reading more books, watching movies, building relationships outside of the class, and also tutoring is recommended for new students."

Malika:

"I think studying, reading news, talking with people, watching movies, reading stories, and tutoring support is beneficial for new ESL students. I took ESL classes."



Esmeralda:

"I personally took ESL classes. Look for support from teachers, resources are useful for new ESL students."

Vali:

"I recommend not only being in class but not interacting with people. It's better to observe."

Parrot Staff Interviewer: Asila Sadiqi



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

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Contact Us

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 Askhb-lac@arc.losrios.edu

Out of the Cage

2024 ARC's Annual Juried Student Art Competition Exhibition In Person Event

**Thursday, November 28, 2024
11:00 am to 3:00 pm**

ARC's Kaneko Gallery will be hosting its annual student art competition exhibition from November 25th to December 12th, 2024. This is a juried competition, and all ARC students are welcome to enter up to three pieces in this competition. There is no entry fee. Entry deadline dates are November 18th & 19th. There will be numerous cash awards.

For more information click [here](#).

The withdraw date for a full-semester class is November 19

Last day to withdraw from a Fall 2024 (second eight weeks alternate) class with a "W" notation on record is November 29, 2024.

QUESTIONS/COMMENTS?

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

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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