



Fall 2026
American River College

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The Parrot



ISSUE #211
FALL 2026

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



FLYING WITH PCR : From Control Rooms To New Horizons

BY AHMAD ZABI RAMIN, ESL 325

One year ago, I started a new life in the United States. I came with hope, experience, and confidence. Back in my home country, I was a technical director in television. I worked

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**Got a Funny ESL Story? Pick up ARC Gifts!
See page 2 for details.**

FATIGUE BECOMES PURE ENERGY

BY SELENE PEREZ, ESL 325



With a heavy burden of single parenthood, she transforms herself from a regular mother to a fearless warrior. She was in a comfort and worry-free life until it drastically turned. She faltered, but she has a secret weapon to success.

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Got a Funny ESL Story? Pick up ARC Gifts!

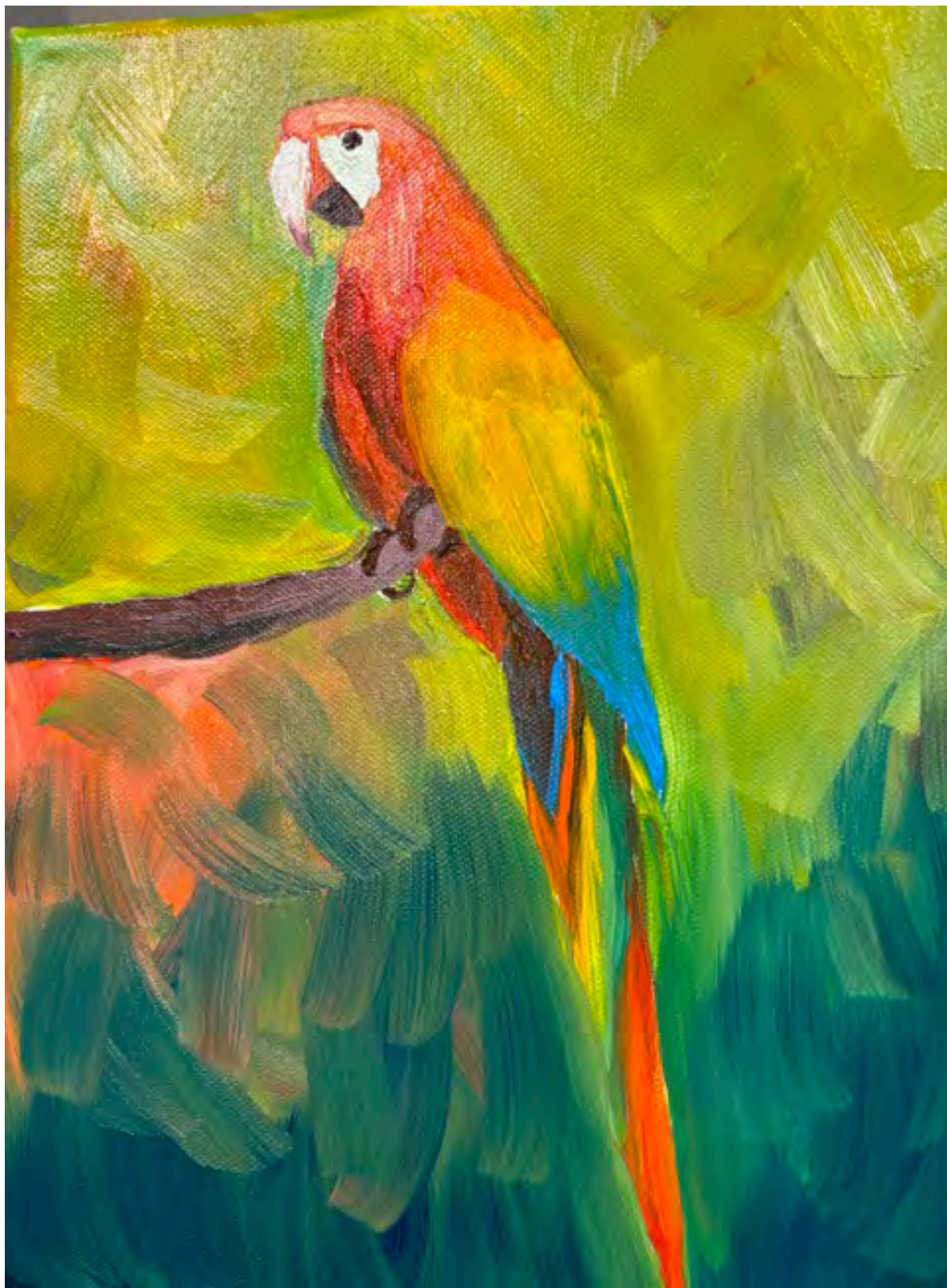
The Parrot wants to hear from **YOU**—students, staff, faculty, and administrators!

Tell us about a funny or memorable moment you've had while learning or teaching English.

Send your story to TheParrot@arc.losrios.edu.



As a BIG thank-you, receive a gift from *The Parrot*.



Original work by ESL tutor, the talented Iryna Hai

Susan Pezone Memorial ESL Scholarship Recipients

SCHOLARSHIP

Rawda was awarded the Susan Pezone Memorial ESL Scholarship in May 2026. *The Parrot* asked her about her life and plans and what this scholarship means to her. Read what she had to share!



Where are you from?

I am originally from Syria. I lived in Jordan for 10 years before coming to the United States through the IOM refugee resettlement program sponsored by the American government. My family waited about six years for our case to be approved before we were finally able to come to America. That experience taught me patience, resilience, and hope — and also how to become very good at waiting.

I have four children and two granddaughters. When I first arrived in the United States, life was very challenging. I struggled with many responsibilities while trying to support my family, adapt to a new country, and learn a new language. Sometimes learning English felt like solving a mystery because one word can have five meanings depending on the situation.

Everything started to change when I began studying at American River College in Spring 2024. College gave me a new sense of purpose and confidence. Financial aid and student support programs helped me focus on my education instead of constantly worrying about money. Later, getting a job at ARC also helped me become more stable and hopeful about my future.

What languages do you know besides English?

Besides English, I speak Arabic, which is my native language. I have now been in the United States for almost four years, and on June 1, I will complete four years here. During this time, I have worked very hard to improve my English and continue my education. I hope to transfer to a four-year university in the future and continue growing academically and professionally. Sometimes I surprise myself when I start thinking in English without translating first. Other times, I mix Arabic and English together and create a completely new language.

THE PARROT

I enjoy writing in both Arabic and English because writing allows me to express my experiences, emotions, and goals. As someone learning English as a second language, writing has helped me grow both personally and academically. I also enjoy reading books that discuss life, identity, and personal growth. One of my favorite books is *Thus Life Taught Me* by Ali Al-Tantawi. His writing style is often described as deceptively simple because his words feel easy to read while carrying deep wisdom and meaning. His work helped me appreciate the beauty of language and thoughtful writing.

How do you feel about receiving this scholarship?

Regarding Professor Susan Pezone, although I did not personally know her, I read about her and learned that she was a caring and inspiring professor who truly supported students and education. I feel honored to receive a scholarship that carries her name and legacy.

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

I would like to thank my family, my professors, and everyone who supported and encouraged me throughout my educational journey. Their kindness and belief in me gave me strength during difficult times and motivated me to continue moving forward.

I would also like to thank American River College for giving me the opportunity to grow both academically and personally. I especially appreciate the ESL Lab and the professors there because each one has added a distinctive flavor to my English learning journey. Their support, patience, and encouragement helped me become more confident in myself and in my ability to communicate in English. They also taught me that making mistakes is part of learning — although sometimes my pronunciation still surprises everyone, including me. Receiving this scholarship means so much to me. It is not only financial support, but also encouragement and recognition for all the hard work and challenges I have faced. This scholarship gives me

more opportunity to continue my education and move closer to my dreams. I feel truly honored and grateful to receive it.

Do you have a quotation that you like that inspires you?

One quotation that inspires me comes from the Holy Qur'an:

"And say, 'Work, for Allah will observe your work—and so will His Messenger and the believers.'"

-Qur'an

This quotation reminds me to work hard, stay sincere, and continue striving for a better future with faith, patience, and determination.

PEOPLE WHO INSPIRE ME

BY KATERYNA ANDROSHCHUK, ESL 47

OPINION ESSAY



Inspiration is a good way to achieve goals. People can be inspired by many things such as charities, personal experiences, or other people. In my life, I'm inspired by people. There are a few people in my life who inspire me.

First, I'm inspired by an extremely interesting and strong explorer named Ranulph Fiennes. He had a very noble goal of raising money for charities. For this, he went on many expeditions. All of his expeditions were extremely difficult and took a very long time. For example, he was in a three-year expedition from 1979 to 1982 called "The Trans-Globe Expedition." After seven expeditions, he found the lost middle-eastern city of Unbar, in Oman. He also faced health problems during his travels. For instance, he once got frostbite on his left hand. Three years later, he had a heart attack and was in a coma. But despite all these problems and difficulties, he achieved his goal. In summary, Ranulph Fiennes inspires me not to give up during difficult moments.

The second person who inspires me is my best friend, Yulia. We have been friends for around fifteen years. She had difficult life experiences, but she overcame them, and now she has a wonderful life. When we met, she was married and worked as a salesperson. But her husband left her, and she stayed with her two children. Many people give up in similar situations but not Yulia. She decided to study to become a manicurist, and a few years later, she opened her own beauty salon. She worked very hard and was able to earn enough money for a car and a house. During all these years, I haven't seen her sad. She is always smiling and active. Overall, I'm so happy to have a friend like Yulia, and she inspires me a lot.

The main person who inspires me is my husband. We have been married seventeen years. He always takes care of our family. He works hard so that our children and I have everything we need. When we first got married, he often worked long hours and slept only a few hours a day. I see how much he does for our family, and it inspires me to become a better person. He also inspires me simply because I love him, and I hope I inspire him, too. With him, I feel safe like behind a stone wall. Roman always supports me and makes my life happy. Indeed, I'm inspired by my husband because next to him I can dream and achieve my goals.

In conclusion, I'm very happy to have people who inspire me such as the explorer Ranulph Fiennes, my best friend Yulia, and my husband Roman. I hope that everyone can find people who inspire them.

MATILDA

BY KHRYSTYNA LOZYNSKA, ESLL 310

I enjoy watching good old movies, even if I've seen them many times before. I love rewatching half of them with my children. One of my favorites is *Matilda* (1996). Its tagline is "Somewhere inside all of us is the power to change the world." I've watched it more than five times. I watched this film a month ago with my children. The film was directed by Danny DeVito, who also produced, narrated, and starred in the movie. The film star is actress Mara Wilson as the title character. She is best known for her child roles in films such as *Mrs. Doubtfire* and *Miracle on 34th Street* (another one of my favorite Christmas movies). *Matilda* is a family classic for all generations. This is a witty, superbly acted, and brilliantly shot comedy. A story that is at once darkly funny and touching, about a brilliant girl who overcomes neglect and tyranny through her intelligence, inner strength, and a little magic. I really like it. I would give this movie 5 out of 5.

MOVIE REVIEW



THE 5 LOVE LANGUAGES

BY LILIIA YERMOLAIEVA, ESLL 310

One book I really like is *The Five Love Languages*, by Gary D. Chapman. I've read this book about 3-4 times in Ukrainian, but I would like to read this book in English because it is the original language.

This book is for married couples and for people who want to build a strong and healthy relationship. The book is about the different ways people give and receive love. It teaches how to understand each other's needs and build more loving relationships. I would give it 5 stars.

BOOK REVIEW



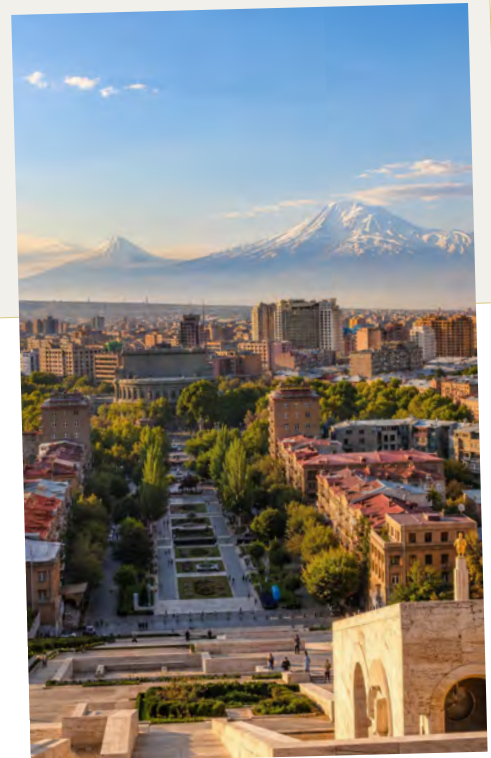
YEREVAN: MY FAVORITE PLACE

BY SIRARPI ARSHAKYAN, ESL 37

DESCRIPTIVE
PARAGRAPH



My favorite place is Yerevan. Yerevan is the capital of Armenia. It is my hometown. Yerevan is a small but very beautiful city. There are many old and new churches and lots of parks. There are many beautiful restaurants and cafés. You can walk in Yerevan at evening and enjoy that beauty. It is very colorful and beautiful at night. In some restaurants you can enjoy traditional Armenian music. And also, you can smell the aroma of Armenian barbecue and fresh baked bread lavash. It's very delicious and very tasty. You can watch a colorful fountain dancing to Armenian music. It's very beautiful and romantic. People sit there and enjoy it. I really love Yerevan. And finally, I would like to recommend that everyone at least once visit Yerevan and see that beauty.



PANJSHIR VALLEY

BY SADAF AZIMI, ESL 47



My favorite place is the Panjshir Valley because it is peaceful, beautiful, and full of nature. I visited Panjshir two times with my family, and I still remember the fresh air and the sound of the fast river every morning. The village has tall green mountains, cold clean water, and many mulberry and peach trees. In summer, the rooftops of the houses were covered with orange dried peaches, and the village looked colorful and beautiful. The houses were mostly made of clay with brown wooden doors and classic decorations inside. Many people kept cows and sheep. The local food was very delicious because the people made fresh milk, cream, and butter by hand. Sometimes we sat near the river with women and washed fresh mulberries in the water before eating them. The people wore beautiful traditional clothes, and everyone was kind and friendly. Panjshir is one of the most beautiful places I have ever seen, and I hope to visit it again one day.

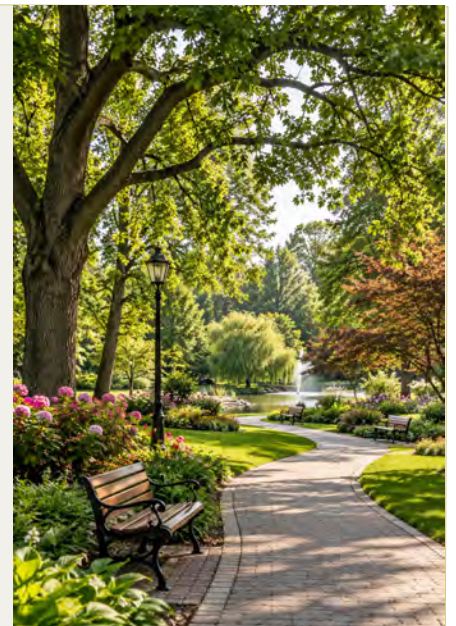


DESCRIPTIVE
PARAGRAPH

A CLOSE-BY PARADISE

BY YULIYA TOKAR, ESL 37

My favorite place is the park across from my apartment. I like to go in my free time with my family. I enjoy the birds singing and the wind blowing through my hair. The air smells fresh and clean. I can touch the soft grass, tree leaves and cool benches. I often see airplanes flying in the sky. My children like to run and play on the playground. I relax when they play because I can read a book, think, or talk with other people at that moment. Sometimes, we have small picnics there and enjoy spending time together. The park is a beautiful and peaceful place for me.



DESCRIPTIVE
PARAGRAPH

MY FAVORITE HOBBY

BY LILIIA KHOLOD, ESL 47

HOBBY CORNER

Everyone needs a hobby to relax and enjoy life after a long day. Many people choose different hobbies such as sports, music, or art. A hobby helps people reduce stress and feel happier. It also allows people to spend their free time in a positive way. In my opinion, hobbies can improve both mental and emotional health. I have tried many activities in my free time. However, one hobby is more meaningful to me than the others. It brings me peace and knowledge. It also supports my education. My favorite hobby is reading books because it helps me relax, improve my English, and learn new things about the world.

First of all, reading books is my favorite hobby because it helps me relax. After a long and busy day, I often feel tired and stressed. When I open a book, my mind slowly becomes calm. Reading helps me forget about my problems for a while. For example, novels allow me to escape into another world. In addition, reading creates a quiet and peaceful atmosphere. I like to read in the evening when everything is calm. This activity helps me feel safe and comfortable. As a result, my stress level becomes lower. Indeed, reading is a healthy way to relax my body and mind.

Another reason why reading is my favorite hobby is that it helps me improve my English. As an ESL student, practicing English is very important for me. Reading helps me learn new vocabulary every day. When I see a new word, I write it down and check its meaning. In addition, reading helps me un-

derstand grammar in real sentences. This improves my writing for college classes. Indeed, reading increases my confidence when I speak or write. Over time, my English skills become stronger. For these reasons, reading is very helpful for my language development.

Finally, reading books is my favorite hobby because it helps me learn new ideas and informa-

tion. Books teach me about different cultures and traditions. They also help me understand people from other countries. When I read, I learn about history and real-life experiences. For example, I learned about a real disaster in Boston from a book about a molasses flood. In addition, books teach important life lessons. Some books help me become more

patient and understanding. Others motivate me to reach my goals. As a result, reading helps me grow as a person. Indeed, reading plays an important role in my personal development.

In conclusion, reading books is my favorite hobby for many important reasons. It helps me relax after stressful days. It also improves my English skills and supports my education. In addition, reading allows me to learn about the world and other people. This hobby has a positive influence on my daily life. I believe reading makes me a better student and a better person. It is an activity I truly enjoy. I will continue reading in the future. Reading gives me peace and knowledge at the same time. Reading is not just a hobby for me; it lights my mind like fireworks and opens endless doors to the world.





**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!

Fall 2025



Student Health & Wellness Center
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available to currently enrolled students!

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Therapy and Advocacy:

Meet with a Student Health and Wellness Center (SHWC) therapist or advocate, **in person or virtually**.



Online Therapy:

Talk to an online licensed therapist during the day, **evenings, and weekends**.



Gender Health Center: Free therapy services (in-person or virtual) for those who identify as **SGL/2SLGBTQIA+** or **questioning**.

FREE Mental Health Services

WHAT MENTAL HEALTH SUPPORT WORKS BEST FOR YOU?

	Los Rios SHWC	BetterMynd
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Available during traditional hours	✓	✓
Available during evenings and weekends	✗	✓
Remote appointments (Zoom)	✓	✓
Walk-in / emergency visits	✓	✗
Ability to select therapist based on demographics, identities, lived experiences, and specialties	✓	✓
If therapy isn't the right choice for you, maybe peer support is. Access 24/7 online peer support through Togetherall .		

FREE Physical Health Services

- Health and illness assessments
- First aid for minor injuries and illness
- Over-the-counter medications
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- Pregnancy testing
- Sexual health concerns/education
- Covid self-tests
- Condoms (male and female) and lubricant
- Flu A/B testing
- Flu vaccine
- Strep throat testing
- TB risk assessments
- Health requirements for academic programs
- Immunizations/titers*
- TB skin test*

*Low Cost



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Pick up your **FREE Party Safe Toolkits** at your Student Health and Wellness Center!

- Narcan
- Fentanyl Test Strip
- Drink Cover
- Drink Spike Test Strip

*Currently enrolled students



FLYING WITH PCR

BY AHMAD ZABI RAMIN, ESL 325

ARTICLE

Continued from page 1



for a company that streamed major entertainment events like football premier league matches, cricket leagues, Buzkashi tournaments, concerts, talk shows, news, and documentaries. I believed my skills could help me find a similar job here, but life had a different plan.

For months, I applied for jobs on websites like Indeed. I applied again and again, always hoping for good news. Instead, I received rejection after rejection. After a lot of trying finally, the only job I could land was at a gas station. It was honest work,

and I was grateful to have income, but every night behind the counter felt very far from the production control rooms where I once worked with pride.

One evening, when I was just starting my shift, a woman came into the store. I thought she might be drunk. She picked up an alcoholic drink and brought it to the counter. As required by law, I politely asked for her ID, but she refused.

I explained the policy again, calmly. She became more annoyed. After a few tense moments, she finally gave me her ID. I scanned it and tried to hand it back, but somehow the card slipped from my fingers and fell to the floor, it was a small accident, but her reaction was not small.

She suddenly became very angry. Her face turned red. She shouted at me and threw the money to my face. The bills hit my chest and fell to the counter. She used bad words and walked out of the store.

At that exact moment, the owner of the gas station walked in. He saw only the last few second the angry customer and the money being thrown. He did not ask me what happened. He did not give me a chance to explain. He fired me immediately. Just like that, my job was gone.

There was a time when I was the one giving orders. Back home, inside the PCR (the Production Control Room) I was at the top of my profession. I had never flown an airplane before, but working in PCR felt like flying. When I put on the talkback headset and sat in front of twenty camera feeds, there

was a feeling of flying in between those feeds and monitors.

"Camera three, ready, taking three."

"Replay ready, taking replay, give this one more time from camera 4."

"Stand by graphics."

"Floor manager, cue the host."

In those moments, I felt powerful and completely in control. The show moved with my voice. My fingers switched between cameras with perfect timing. I directed camera operators, guided announcers, and commanded the floor team.

Everything depended on me. Slowly, without noticing, that power changed me. I became more confident but also more arrogant.

During the first season of the Buzkashi League, our team worked day and night. Buzkashi is Afghanistan's national sport. In this game, strong horse riders compete to grab a goat carcass and carry it across the field. It is fast, rough, and full of chaos. At the time, I only saw it as a sport. I did not know it would later become a lesson for my life.

In our office, there was a quiet man named Qayoum. Most people barely noticed him. He was

invisible; no one mentioned his name in meetings. He was never invited to our success parties. Usually, we only called him when we needed tea, coffee, or cigarettes from outside.

But Qayoum had special knowledge. He knew exactly where every piece of equipment was located. From the smallest converter to the largest broadcast hardware, he knew exactly where it was. If you asked for something, he would bring it within minutes.

One day, during the Buzkashi season one, an expensive Blackmagic color-grading monitor fell from his hands and broke. When I saw the shattered screen, anger filled my chest. I did not ask questions. I did not listen. I fired him on the spot.

At that time, my words in the company were very powerful. No one challenged my decision. Qayoum quietly left. After that day, I never saw him again. Later, I heard he might have gone to Iran, like many of our people who run out of options and work construc-

tion to survive.

I did not think much about it. Until the day I lost my own job. In the United States, I had just started my new life. I was living on the small savings I brought from home. I could maybe pay one or two more months of rent. I did not have a car. I did not even have a mobile phone yet. My cousin used to drive me to work and pick me up.

But on the day I was fired, I could not even call him.



So I sat outside on the side of the road.

One hour passed. Then two. Then more.

For eight hours, I sat there watching cars drive by. The sky slowly changed color. People came and went. For the first time in many years, I felt completely powerless.

No cameras.

No headset.

No authority.

Just silence.

In that long silence, painful thoughts began to return. I remembered the PCR. I remembered my confident voice giving orders. And then, very clearly, I remembered Qayoum.

I saw his quiet face in my mind.

I remembered how quickly I had judged him.

I remembered how easily I had fired him.

Sitting there on the side of the American road, I finally understood something that success had once hidden from me: power is temporary, but kindness stays.

That day of humiliation became my teacher.

It taught me patience.

It taught me respect for every worker especially the ones people do not notice.

Most importantly, it taught me how to begin again with humility.

Life is very much like Buzkashi.

Today, you may be the rider holding the reins. You may feel strong, fast, and in control. But tomorrow, life can change suddenly, and you may find yourself being dragged by circumstances you cannot control.

So be kind while you have power.

Be patient while you have authority.



ESL
CENTER

ENGLISH FOR YOUR WORLD

Build confidence. Expand opportunities.
Achieve your goals.



*Learn
English.
Change
Your Life.*

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SPEAK CONFIDENTLY

Improve your
speaking and
pronunciation.



UNDERSTAND MORE

Build strong
listening, reading
and vocabulary.



WRITE EFFECTIVELY

Develop clear
writing for school,
work and everyday
communication.



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study abroad and
connect with the
world.

We speak
Arabic, Farsi,
Dari, Russian,
Ukrainian, Spanish,
and more.

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Open On Campus in the LRC

Monday	9:00 am - 5:00 pm
Tuesday	9:00 am - 5:00 pm
Wednesday	9:00 am - 5:00 pm
Thursday	9:00 am - 5:00 pm
Friday	9:00 am - 2:00 pm



Join Us Today!

YOUR JOURNEY TO CONFIDENCE
STARTS HERE.



FLYING FAR: A FOND FAREWELL

Summer 2026 marked a transition time for The Parrot ESL Newsletter as long-time staff member Tuyet “Snow” Le ended her service as part of the production team. Over the years, Snow contributed so many different articles, from personal essays to interviews to many kinds of puzzles, jokes, recipes, international holidays, and poetry. She made a heartfelt contribution, and her consistent positivity, thoughtful creativity, and professional work ethic will be missed. We asked Snow to reflect on her long tenure with The Parrot, and here is what she had to say.

I started working for *The Parrot* in 2019 when I was still an ESL student. As my first job, it gave me invaluable experience and wonderful memories. I loved every second I spent editing drafts, writing articles, brainstorming new ideas, and interviewing people. However, the time has come for me to say goodbye to *The Parrot* and start a new journey.

I fondly remember Professor Bracco, the founder of *The Parrot*. I learned so much while working with him. My time at the *The Parrot* office began with conducting short interviews, recording *Parrot Voices*, and drafting layouts using InDesign. When the COVID-19 pandemic hit, we transitioned to remote work. Although I missed seeing my colleagues every day, the experience taught me how to navigate online settings and master useful digital applications. I will always

miss those days and the time I spent collaborating with Alaa, Dai, and Manny. They are wonderful colleagues and friends, and our time together at *The Parrot* built a lasting bond between us. Among all our publications, my favorite pieces to work on were the restaurant reviews, Parrot Pallet, and the special international issues.



When I look back at my time here, I fondly remember our trip to the Korean restaurant ([featured in Parrot Issue 161 on page 20](#)). Meeting up with the staff and Professor Hoggan

to try Korean food was such a highlight, and we had a great time together. As time went by, we became more than just colleagues and professors—we became like a family, working together to build a newsletter that brings ESL students closer. During my time in charge of the “Parrot Pallet: Arts and Artists” section, I had the privilege of interviewing many amazing

artists and exploring their work. My "Vietnam" issue was one of the most successful articles I created, and I am so glad I could share my traditions and culture with ARC students.

This job gave me the opportunity to gain real-world experience in America, meet incredible new people, and master various software tools. I am incredibly grateful to have been a part of such an excellent team.

Although I cannot continue my journey with *The Parrot*, I wish all the best to this wonderful newspaper where every ESL student matters. I look forward to reading more and more beautiful articles in *The Parrot* in the future.



EXPLORE CALIFORNIA: PHOTOGRAPHING THE HARVEST MOON

BY PARROT STAFF EMANUEL MADRID

EXPLORE



Photographing the Harvest Moon was more than just taking a picture; it was an adventure I had been planning for weeks. I wanted the moon to rise directly behind the iconic cooling towers at Rancho Seco, so timing and location had to be just right.

When the evening finally arrived, the sky was more cloudy than I had hoped. For a while, I wasn't even sure the moon would appear. Then, through the clouds, its warm golden light slowly emerged above the landscape.

That uncertainty made the moment even more rewarding. After all the planning, driving, waiting, and watching the sky, I finally captured the image I had imagined.

Sometimes photography is about being in the right place at the right time, but just as often, it is about patience, preparation, and hoping nature gives you a small window to make the photograph happen.



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

PILLARS IN MY PARADISE

BY SELENE PEREZ, ESL 325

LEAD ARTICLE

Continued from page 1

I take pride in pushing myself to the point of exhaustion; ironically, it is that very fatigue that fuels me, never a reason to quit. There is no room here for complacency. It is 8 p.m. My third shift of the day has started, and I am fighting against exhaustion. My coffee pot starts whistling, telling me, "I am here to help you for the next few hours." That fatigue mutated to pure energy. I question myself: what should I do first? For my last shift, my to-do list is three miles long. I faltered for a moment, and I thought of

him every time. He will never let me quit; he will give me an encouraging speech. But he is gone forever, and I am alone with this terrifying load.

However, I am not alone; I have my inner power and my children that remind me of my purpose and resilience. I want to achieve my professional dream and am determined to accomplish it. Despite immense exhaustion, the loss of a partner, the weight of solo parenting, as a determined mother I am going to pursue my long delayed professional dream, finding strength in my capacity and my children.

Eighteen years have passed since my first attempt to get a college degree here in the United States, but I had to put it on hold against my will.

First, back then I was undocumented, and it was difficult to afford a college education. Even though I got a scholarship, it was not enough to cover the tuition. Therefore, I stopped attending college and changed my path and priorities. In 2025, I decided to enroll in college with my husband's support and with a clear mindset to graduate. My life has changed; I am in the middle of a hurricane because my husband passed away unexpectedly, leaving me as the sole provider. This tremendous responsibility

has left me feeling unprepared, but I know I am stronger than I ever thought possible. I will rebuild my family and dreams. With so much to do, I have a jumble of feelings, but I am invoking the inner power that was silent for a long time to guide me back to the path of graduation. To make my dream

come true, I have developed a system to cover some necessities at home and at school. I try to do homework everyday little by little. I delegated responsibilities at home, so I am not burnt out. These small changes have helped me to balance my load. It's still not easy, but I have faith that everything is going to be great. This faith is an energy that transforms me into a warrior to accomplish my professional goal and be a resolute mother.

While I have found my inner power, my children fulfill my life and motivate me to push through



exhaustion and earn my degree. My children have opposite personalities, but they are united in encouraging me in this chapter. When I come back home from work and I open the front door, my gentle daughter is always there to ask me in her sweet, polite voice: "How was your day, Mom? How was your class?" She is the smart pillar in my paradise; her thoughtful and comforting words make everything seem possible. My other spark is my fearless son. He used to be a rebellious and careless boy who did not like school. Now, seeing my dedication, he has matured and changed for the better. He is the strong pillar in my garden. He does so many house chores and has improved his grades amazingly. My beautiful family sees that hard work is necessary to reach a goal. I cannot believe that before, they were once my weakness, but now, they are my strength; their support is the spark that lights my fuel.

No matter what is happening in your paradise, you should invoke your inner power, trust your capacity, and find support in your loved ones to overcome obstacles. I did all of this and am on my way to achieving my goals. To be honest, I had doubts

about my capabilities; my jumbled emotions were winning for a moment until I realized that I have weapons to fight back those insecure emotions. I have learned that exhaustion is not a limitation, and I have transformed it into motivation. Life is tough, but love and effort make a difference. The events in my life changed me drastically, making me more resilient and aware of my own inner strength.



GUIDED PATHWAYS
MILESTONE CERTIFICATES

Health
Sciences



BE BILINGUAL

USE YOUR LANGUAGES!

ECE

CIS

coming soon:
Admin of
Justice

Requirements:

- Take additional language classes in advanced ESL
- Pass the intro classes in your field
- Complete the certificate application
- Finish the remaining courses for your AA or Certificate.

Culinary
Arts



Bus Tec



Scan this QR code
for more info:



Attention ARC
Students and
Employees

Unlock your **FREE 3-year LinkedIn Learning membership** using the QR code below - courtesy of Professor Heidi Bennett.

What's in it for you?

- Earn badges & certifications in tools like **Microsoft Office** and **Adobe** - display them proudly on your **LinkedIn profile**
- Learn at your own pace and boost your skills in **programming, generative AI, marketing, design, and more** - in over 35 languages!
- **No limits** - take as many courses as you'd like.



- Scan the QR code above to unlock your free membership to LinkedIn Learning



- Scan the QR code above to register for free courses and discover tips and tricks on making your profile stand out!

Questions?

Stop by  **El Centro** in the Unite Center for more info

Have a tooth problem?

Need help?

No dental insurance?

Here are some resources:

WellSpace Health: 916-737-5555

One Community Health: 916-443-3299

Refugee Health Clinic: 916-874-9227

Elica Health Centers: 855-354-2242

California Northstate University: 916-686-8914 (Dentistry School)

Sacramento District Dental Society: 916-446-1211

Emergency Dental Sacramento: 916-318-0911 (open on week-ends and accepts walk-ins).

Some of these places may require a fee. Call for information about cost.

You can also look on <https://cityhub.findhelp.com/> with your zip code.



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.

OUT OF THE CAGE

PARENT TO PARENT PROGRAM AT ARC

Being a student and parent brings unique challenges that only another parent truly understands.

At American River College, a special resource called Parent to Parent (P2P), in partnership with the Mentor Collective, enhances the students' experience by connecting CalWORKs students with a mentor from within the program. Students are paired with someone invested in their success--a person ready to listen, inspire, help navigate challenges, and recognize opportunities.

Additionally, P2P mentors serve as a critical part of a student's success team by serving as a proxy for your dedicated counselors and the CalWORKs program. Mentor Collective's online platform provides training and resources for students' mentors and makes it easy for mentors and mentees to connect.

To enroll in P2P, scan the QR code or call: **(916) 484-8059**



Mentee Registration



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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/academics/the-parrot-newsletter>