

# The Parrot

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

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## Dana Brittingham-Garrido: At Your Service

**Parrot:** Hello, can you introduce yourself?

**Dana:** Dana Brittingham-Garrido. I am a counselor at American River College, in the Disabled Student Programs & Services, or DSPS.

**Parrot:** Nice to meet you.

**Dana:** Nice to meet you.

**Parrot:** I would like to ask you some questions if you



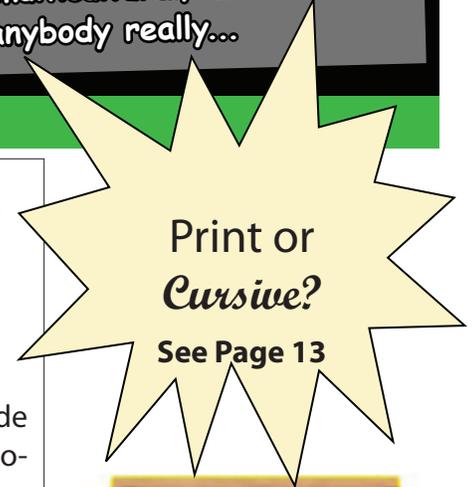
don't mind.

**Dana:** Sure.

**Parrot:** What made you choose this profession?

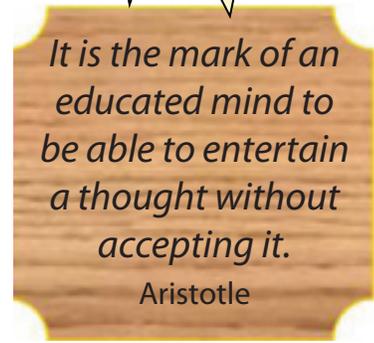
**Dana:** I started working with people with disabilities when I was about 16 and I got interested in sign language at the same time, and so I started learning sign language and at that

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Print or  
*Cursive?*

See Page 13



*It is the mark of an educated mind to be able to entertain a thought without accepting it.*

Aristotle



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## World's First UNDERWATER Post Office Lets Tourists Send Postcards Home From Under the Sea

*MANY of us send friends and family a postcard from our holidays abroad but have you ever sent one from underwater?*

Well now you can.

These stunning images show the world's first underwater post office, which allows holidaymakers to send



This is the world's first underwater post office

their loved ones a message from under the sea.

The amazing amenity is situated off the coast of Hideaway Island, Vanuatu in the South Pacific Ocean.

Vanuatu Post is submerged in the crystal waters 50 meters

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## Student Chirpings

### Auntie's Tablecloth

Receiving a present is a special moment for everyone. People get a present on different occasions such as birthdays, Christmas, or wedding days. All presents are special. If a present is made by someone who we love, it's a very special gift. Like everyone, I have had many different presents in my life. Most of them were just bought in a store or at a flea market. Another type of present was made by the hands of my grandmother and her sister. One of my memorable presents is an embroidered tablecloth. That embroidered tablecloth will always remind me of my dear great-aunt.



There is a place in the world where I grew up. It is a quiet village, Klembivka. I like to visit my relatives there. Since my mom and my grandmother died, I have been visiting my dear great-aunt. Her name is Mariya. She is special for me because she thought about, worried about, and helped me when I was young. Now, when I go to her house, I always look how I can help her. She is eighty-one years old. Once, when my great-aunt knew that I was planning to move to the USA, she gave me a gift. Great-aunt Mariya told me that she had wanted to give me a present that would remind me of her. My dear great-aunt gave me a gift, an embroidered tablecloth.

The tablecloth was for a big dinner table. I didn't expect such an expensive present. I could guess how much time my grand-aunt spent to

embroider that tablecloth. It took more than a few months. I know how difficult it is to embroider, and it requires carefully counting the same amount of thread for each prick of material. My great-aunt chose nice colors for an ornament. On the white cotton material were embroidered beautiful flowers. At each corner of the tablecloth were embroidered red, orange, and blue flowers with green leaves. In the middle of the tablecloth was a red oblong shape. Inside of the shape, there were the same flowers. All the flowers looked real. The great job was done by my grand-aunt. I was so happy to get a present like that.

My memorable tablecloth always reminds me of my great-aunt. She still lives in Ukraine. I like to use that tablecloth for special guests. A table set with the embroidered tablecloth looks like a field with flowers. Therefore, when I use that tablecloth, I tell my guests about my great-aunt Mariya who made that tablecloth.

In short, I will keep that special tablecloth as a family relic. I will give it to my daughter in the future. I believe that my daughter will also remember our great-aunt.

*Nadiya Krainov  
ESLW50*

## Household Chores Solution

It is 7:30 am. The entire family is doing personal work except the mother, who must prepare the breakfast. She calls everybody to come and eat their breakfast quickly, clean the dining table and put dishes in the dishwasher, turn extra lights off and look at the AC monitor, feed the pets, change the baby's clothes and pack the baby's bag, pack lunch for her little daughters and sons, and in the end, prepare herself to go to work or college. Then, in the afternoon, this

poor mother must still do chores to create her family's comfort and health. In some cases, especially in the absence of a mother, this role would be transferred to the father of the family. After a while, these tired mothers' or fathers' spirits will be impacted by the pressure of daily chores or lack of time in the day for their personal affairs. These busy and dedicated mothers or fathers try to have a clean and neat home and a healthy family. However, they are usually nervous, often moody, and always complain about their family life. They

are not satisfied with their lives, and it will have an influence on the other members of the family. First of all, their spouses will be affected, and maybe for a very simple issue, such as cleaning the bathroom or taking the garbage out, they show angry behavior. After that, the children will be affected in two different ways: they will learn to argue with their parents and learn how to deal with a grumbling, unhappy mother or father. So, the efforts of these busy and neat mothers or fathers have an unintended effect. Struggle over home chores gradually makes a big problem for the family's spiritual health, regardless of the country where the family lives or the family's ethnicity. My family had this problem many years ago, but we solved it by taking some simple actions. If you are among the families that have the prob-

lem of completing household tasks, there are three common solutions to this problem.

Sharing the responsibilities is the first solution to the home chores problem. A Chinese proverb says, "Teach a man to fish and he'll eat for a lifetime." So, if you like your family and want them happy and healthy for a lifetime, let them learn how to do

home chores and share the household responsibilities with them from childhood. Although all members of the family may be busy with work, school, and other activities, they can still do their share of family daily chores. In order to involve the family in the daily housework, first of all sit down with them and talk about all the chores that they have to do. Then assign for each member of the family specific chores, regardless of their gender, but by considering their ability, age, and interests. For example, in the USA, I don't have any

outside work except going to college, so most of the time I clean the home and cook. However, sometimes my daughter vacuums the entire home; my son cleans the bathrooms, and my husband does the shopping willingly. Moreover, you can use one of my friend's tactics; she has made a list of chores, and put all the tasks that need to be done in her home onto the list, and then makes a daily chore chart with the help of her entire family to show everyone's responsibility. You can be creative and take preferences into account by letting them do something they like. I have read in an article that of the "big five" household tasks – cooking preparation, meal cleanup, shopping, laundry, and housework – men are more likely to do the first three and least likely to do the last two. Besides, if the chart is not as fair as it should be, don't be hesitant and try



to stay flexible. You can revise it later.

Making a timeline for the chores is the second solution to get rid of the home chores problem. You should have a daily plan for yourself and your family members. Indeed, everyone in the family should pick up her or his personal possessions, and put them in the proper place every day. For instance, I wash the dishes and cook every day, mostly in the afternoon or evening. Indeed, when we do tasks such as our homework or anything else in the family room, we have to pick up our notebooks or other stuff and after that, make it clean. Furthermore, you can make a weekly plan and describe the chore that must be done in your home.

For example, based on my family weekly plan, every week my husband cleans the front yard, and every two weeks he mows the lawn. Meanwhile, my daughter cleans her room and I do laundry besides cleaning the kitchen and the appliances every Friday. We also go to grocery stores every Friday evening or Saturday. Indeed, you can make a seasonal or occasional plan because every season has its preparation requirements, especially in a region with full four seasons. For example, it is one of my family's habits to take clothes of the previous season out of the closet and put them in storage boxes. Indeed, every six months, we clean all the furniture and rugs, particularly before the Iranian New Year.

The last and easiest solution to avoid struggling over household chores is to hire somebody else to do them. Sometimes all family members, including parents, hate housework. In this situation, thinking about a house cleaning team or hiring a maid would be the best strategy, especially if there is no finan-

cial difficulty for the family. If money is an issue, you should make some cuts in your budget, and use the money to hire cleaning help. For instance, I know many families that hire a maid after a newborn baby. Another instance relates to my family. We were seven siblings, so my mother was very busy with us. In spite of the fact my mother didn't work outside the home, we had a maid. She lived with my parents until she died. When she got old, my parents hired another

lady to come to our home, and do the daily housework. Another example is when I was in Iran, I had two jobs and I was really busy at that time, so I hired a maid to clean my house one or two days a week. Having a maid every week forced my daughter, son, and my husband to pick

their clutter up one day before she came.

In conclusion, in today's lifestyle, all member of the family are busy with work, school and other activities; in addition, women, like men, work outside the home in order to support their family financially, or keep their active character in the society. Despite all the improvement in the technology and innovation of the new devices, daily household chores are still a struggling job for most people. Sometimes it makes a problem that is spiritually harmful for a family. Sharing the responsibilities among family members, making a plan for the family, and hiring a person to do the daily home chores are three common solutions to this problem. However, if you think positively and accept that these routine and trivial chores are not really big issues, you can see these solutions as an exercise in cooperation among your family members.

Fariba Darvishi  
ESLW50



## A Cat And Me

We often compare the behavior of people with definite qualities of animals. For example, if a person plays dirty tricks on other people, we usually say, "He is vile like a snake!" or "He is crafty like a fox!" Or if we see an indecisive person, we usually say, "He is cowardly like a mouse!" In members of my family and people who I know, I also notice some qualities inherent to animals. For example, I can compare my husband with a beautiful horse because both are very industrious, noble, discreet, and kind. I can compare my mother-in-law with a squirrel because she is very nimble, and she really works a lot from early morning to late at night. My best friend, Olga, I compare to a shark because she is very brave, and she can stand up for herself and others. As for me, I am not an exception and can also compare myself to an animal, in specific a cat. There are several similarities between a cat and me.



The first similarity between a cat and me is that I really love to sleep, just like a cat. It's not a secret that cats sleep most hours in a day. The duration of sleep is about twelve-sixteen hours per day. So, when I was younger and wasn't married, I could sleep until twelve or one p.m. (of course I went to bed at three or four a.m.). Moreover, when I came back home from Far-Eastern National University in Russia, I always used to sleep two more hours. Good sleep is very important for me because I feel so cheerful and full of energy when I sleep enough. Unfortunately or fortunately, now I don't have this luxury to sleep until twelve p.m. because I have a wonderful ten-month-old baby boy who gets up at seven a.m. hungry and with a dirty diaper. Moreover, I have a lot of homework and housework, but sometimes my dear husband takes our son, goes to the living room, and tells me, "Dear, go have a rest for a couple of hours. I will be with our son."

The next similarity between a cat and me is the love of being independent. Basically, cats are very tender animals, but at the same time they are very independent. As for me, it's not a good quality because it causes some problems. For example, when I lived with my parents, I never reported to my parents where I went and when I would come back. Now I am married, and sometimes I forget to tell my husband that after college I go shopping. After that he scolds me and protests, "I'm worried about you! Where were you?! Why can't you just call me and notify me that you are going shopping?!"

The last similarity between a cat and me is our love of travel. All cats are predatory animals which like to go hunting for mice or birds. Now people who have cats try to keep them at home. My husband's cousin, Inna, even neutered and de-clawed her cat and keeps her cat inside. (I think it's a travesty with animals!) But naturally cats like to climb trees and roofs. They are wanderers, and don't like to sit at home. Of course, I don't climb trees and roofs, (although, when I was a child I did) but I really don't like to sit at home. I like to visit different countries, cities, and new places. I'm so excited when I see something new!

Summing up, there are three similarities between a cat and me. I really love to sleep a lot just like a cat. I love being independent, and I love to travel. In my opinion, cats are one of the most popular or even beloved pets in the world. I can say that they are my favorite animals not only because of the similarities between us, but also because cats are very smart and tender animals.

*Olga Strizheus*  
ESLW50

## Finding Cheap Airline Tickets

Every person in the world desires to see a new foreign land. We have all desired the feeling of anticipation when experiencing far-off exotic roads, going back to our first outside explorations during our childhood. In our modern day, we have several means of traveling from low cost and affordable trains, buses, and automobiles and more distant and higher cost air travel that allows us to take exciting adventures and make great discoveries. Sooner or later, the tempting world of travel turns

to you with an absolutely different side, namely packing clothes

and travel items, and most importantly, the inevitable planning and purchase of a flight ticket. However, vacation planning difficulties rarely stop travelers, since all efforts are always rewarded after the journey begins. Plus, the trip usually provides life-long memories, making up for all the original planning and purchasing of air travel. Certainly, you can apply a traditional method which is to call the airlines or the nearest travel agency that distributes tickets, but in the age of information technology, it is much easier to shop for and buy tickets online. Since nearly everyone owns a computer with the internet at home, getting online and buying tickets will take no more than a couple of minutes. It will be simple to find the best deal buying airline tickets online if you follow these simple steps.

The first step to finding the best deal for airline tickets is to buy your tickets in advance. For this reason, the first step you take is to find the most popular sites with a maximum amount of airline providers. In my opinion the best sites are [kayak.com](http://kayak.com), [expedia.com](http://expedia.com), [orbitz.com](http://orbitz.com), and [cheapflights.com](http://cheapflights.com). Then,

after you determine your approximate departure date, you can prepay for your ticket 4-5 months prior to your departure at a much reduced rate. When buying tickets a few days or weeks before departure, you buy them at a more expensive retail rate. The difference in price can be very substantial. Cheap plane tickets are bought up quickly, and the closer to the date of departure, the higher the ticket's price. Therefore, in order to get affordable tickets at the lowest price, it is more economical to

book in advance and not hesitate in prolonging the trip airfare search.



From my personal experience, I estimate that I saved \$400 from my round-trip to Moldova last summer, mainly because I bought my tickets five months in advance.

The second step to finding the best deal for airline tickets is to buy your ticket for an unpopular day and time. Usually, tickets for departing flights on Wednesday, Thursday, and Saturday are cheaper, while the tickets for the flights with departures on Friday, Sunday, and Monday are more expensive because more people fly on weekends. So, the first decision to make is to decide which day and time is more convenient for you and then go online and purchase it. For example, when I took a vacation to LA last year, I had the choice of paying less by flying on a less-in-demand flight day and time instead of flying on a popular day and time schedule. Of course, my boyfriend and I decided to be flexible and save money by flying on the less costly early morning flight.

The third step to finding the best deal for flight tickets is visiting or calling a local AAA office which has specialists that help plan and save

you money during trip planning. First, you need to either already be a member or join their service, typically costing less than \$80, which also includes automotive emergency towing and assistance. Second, you can either call or stop into a local office and meet with a vacation customer service rep, who will assist you to find the best package deal available. Finally, after deciding your trip itinerary, you are ready to vacation!

In summary, the best way to purchase air tickets is to consider all of your options based on

convenience and cost. Buying your airfare tickets in advance is the most certain way to save the most amount of money. In addition, if you can travel at an off-peak time, you will save a considerable amount on your trip ticket expenditure. Finally, considering a travel agent or booking companies can also be an easy way to plan and save for a trip and buy airfare tickets at a discount.

*Diana Popa*  
ESLW50

## My Survival Towel

Everyone has their own thing that they loved when they were young, something that could remind them of childhood. It could be like a doll or many kinds of toys. I remember when I was eight years old, I had my favorite towel. I didn't use it after I took a shower or washed my hair, but I slept with it every night. I can say that I couldn't live without it at that time until my grandma seized my lovely towel to throw it away.

My lovely towel was not too big and not too small. It was a white towel with red flowers and also looked dirty because I never cleaned it. The towel had four corners and when I had a runny nose, I liked to put one edge of the towel inside my nose. I felt that I could breathe better and after that I did the same thing every night.

I used the edge of the towel to put inside my nose until there was not an edge in the corner anymore. I put it inside my nose every night, even if I didn't have a runny nose because it felt ticklish. That made me feel comfortable until I fell asleep.

Every night was a good night for me with an edge of my lovely towel inside my nose.

After many years of using this towel, it turned from a white towel to gray. All of my snot and saliva on my lovely towel was one part of my life until my grandma took it to clean. After that I felt so mad. I was crying and felt that it was not the same towel anymore. However, I still used it but after the second time that my grandma hid it from me to wash it, I couldn't see it anymore. I knew that my grandma threw it away, and the night after that was horrible for me without my lovely towel.

Until now, I still survive without the edge of the towel inside my nose. Every night is still a good night for me. I should thank my grandma for helping me stop my weird habit, even though I still miss my lovely towel!

*Chanyanuch Laorchawee*  
ESLW50

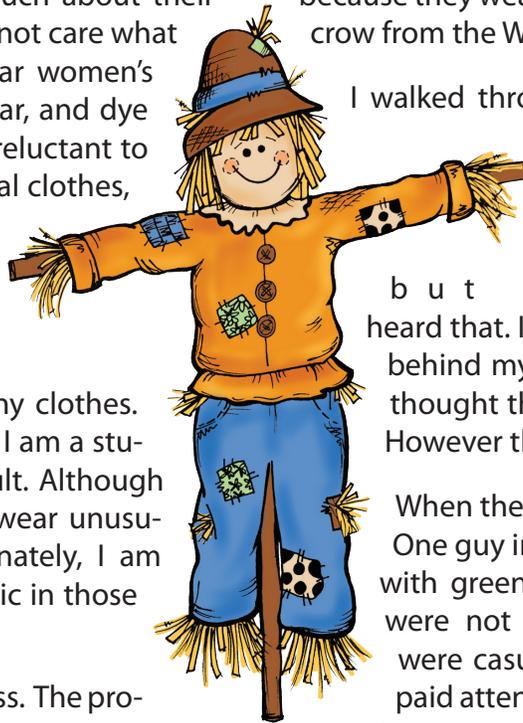


## An Embarrassing Day

Students are not concerned much about their appearance. Some students do not care what they wear. Some guys can wear women's skirts, and ladies wear menswear, and dye their hair different colors. I am reluctant to dress in extraordinary or unusual clothes, and my hair changes color to gray by itself. One day I had an embarrassing day when I wore strange clothes to college.

Young people can walk in funny clothes. This is because they are young. I am a student too, however, I am an adult. Although my mind is still young, I can't wear unusual and funny clothes. Unfortunately, I am very embarrassed to go in public in those clothes.

Last semester I took a history class. The professor said that we would act out the event of the last century. All students dressed in costumes of that time. I had to go with farmer's clothing of the 19th century for a good midterm grade. I wore a straw hat, an old shirt, and awkward pants, and boots. Fortunately, I didn't take a geography class,



because they wear loincloths. I looked like the scarecrow from the Wizard of Oz.

I walked through the entire college because I found a space for my car only at the end of the parking lot behind the stadium. The sun was shining, the birds were singing, but unfortunately I had not seen or heard that. It seemed to me that everyone said behind my back: "How funny, look at him!" I thought the whole world was looking at me. However the earth continued to spin...

When the class ended, I went back to the car. One guy in a skirt walked past me, and a lady with green hair in menswear ran past. They were not my classmates, but their clothes were casual! I was happy because no one paid attention to me. In addition, I passed the midterm and I wore funny clothes in public all day long! I returned slowly to the parking lot, and enjoyed the sun and birds without embarrassing feelings.

*Andrey Arakelyan  
ESLW50*

## Not as Right as I Thought

Before you came to America, had you thought about what your life here would be like? Everybody has varied ideas about life in the United States; especially they might have expected to see something that is more different from their countries. To me, there are two sad aspects and one remarkable surprise that are different from what I had expected before I came to the U.S: attending a university, living in a huge city, and finding Asian food.

First, before I came here to the U.S, I had expected that I would attend a university as soon as possible. Studying at one of the many American universities was my dream, and I had thought about it almost every day before I made the hard decision to quit my college, the

Royal University of Agriculture of Cambodia, to come here. Because my classmates, my friends, my relatives, and my family had expected that I would go to university early, I had been ready to become an American student. Moreover, I had talked to my uncle, whom I live with nowadays, about my education in the U.S. more often than other things. My uncle had said that I would be able to attend a university early because I already knew English. His good point of view had encouraged me to head for the U.S in the following few weeks. However, since I came to the U.S, I have not been to attend a university yet. Also, I have already been living here for three years. Sometimes, I tell myself that I may be a fool who simply made a wrong decision about my education. My classmates, my friends, my relatives, and

even my family kept asking me the questions, "Do you go to university yet, or what is your major?" whenever I meet them. To answer their questions, sometimes, I just ignore them because I do not want them to know that I am still taking ESL and repeating other subjects, such as math, chemistry, biology, etc. Additionally, my uncle just encourages me to go to a community college, American River College, and he always tells me, "You need more time in the U.S before you go to a university." In short, in contrast to what I had expected, I am still studying ESL at American River College.

Second, I had expected that I would live in a huge, world-class city before I left my home country, Cambodia, for the United States. When I was in Cambodia, I loved watching American movies, especially Hollywood movies, and those movies taught me about the extraordinary American civilization which is much greater than my national civilization. Moreover, because of those movies, I had thought that the city would have a lot of tall skyscrapers, no trees, and the city would be crowded by people, cars, and situations that I cannot find in the capital city of Cambodia, Phnom Penh. Since the city is really busy, I also had dreamed of the city that I was going to live in, that it would never get dark in the night, and the streets would never be quiet all day and all night. In addition, because this city is pretty large, I had thought of the varied abilities to take trains to other states around the USA, or imagined that I could find a taxi whenever I want. In contrast, Antelope, which is located north of Sacramento, is quieter than what I had expected. I do not find any skyscrapers in this area, but a lot of kinds of trees are seen. I also have never seen crowds of people on the roads; the image I had does not match the reality. A few people are seen on the roads in the morning and in the evening when they go out running and jogging. Even though I go to restaurants, malls, and other public places, the number of people is not immense. Furthermore, Antelope is a quiet place at night and even in the day; people drive to work in the early morning, and they get home late. Also, I have never experienced taking a train or even a taxicab because they are not popular in this city. Almost all of the people in

this city, Antelope, have their own cars, so they do not simply rely on other rides. In summary, Antelope is not as fancy as the city I had day-dreamed about before I came here.

Third and perhaps most surprising, I had thought that I could not find Asian food to eat in the U.S before I came here. Before I came here, my uncle had told me that his family ate bread or American food. He also said that his family rarely had a chance to eat fresh meat, chicken, and even any Asian vegetable. "We eat a lot of frozen food here," he added. My parents told

## IMMIGRATION



me that they would ship some Cambodian food with their friends to me if I could not find Asian food in the U.S. However, when I first arrived here in the USA, my uncle's family offered me rice and fried rice to eat. I was so excited.

In my new life in this country, my uncle always takes me to other grocery stores, such as Costco, Winco, Belair, Walmart, etc. One day, my uncle took me to south Sacramento in order to get some Asian food. Then, I realized that I could survive because I can find where my Asian food is. Also, a lot of grocery stores in that area have almost the same kinds of food as my country does. It not only impressed me, but it also encouraged me to love America. In brief, it surprised me when I could find a lot of Asian food easily in the United States.

In conclusion, since I have lived in the United States for three years, there are three memorable things that are different from what I had thought. First of all, I had thought that I could attend a university early, but I cannot. Second, I had thought that I would live in a super huge city, but I truly live in a small one; however, the last surprise is I can find a lot of Asian food in this country conveniently. Finally, I would like to inform all readers that you should study about the place where you are going to live seriously before you make your last decision, and then, you are going to enjoy your life.

Bora Hourt  
ESLW310

## A Hands-on Comparison

Most human body parts are in pairs, for example, our eyes, our ears, our cheeks, our nostrils, our hands, our legs, our kidneys and our lungs are present in pairs. They function better when each pair is united, but also work independently. My hands are one of the pairs of my body parts, left and right hands. Although they are not against each other, they have differences in functioning abilities. As far as my hands are concerned, there are three major differences between my right hand and my left hand.

The first difference between my left hand and my right hand is the pace when working. As I am a right-handed person, my right hand is faster than my left hand, unless there is something wrong with it. To shake hands, to receive something from someone or to say "hi" to someone who is not close to me, my right hand takes priority in rising up faster than my left hand. I think my right hand considers my left hand as its younger brother. My left hand also respects my right hand and gives priority to it in most activities. My left hand usually follows my right hand and does something which is allowed by my brain.

The second difference between my right hand and my left hand is the degree of strength. My right hand is stronger than my left hand because it often works hard using its capacity and built tough muscles. If I fight against something or someone, my right hand is chosen to take an action to protect or to attack what opposes me, because the strength of my right hand is more reliable than my left hand in doing that. My left hand does its best in its turn to help its older brother and sometimes it does or tries to do what my right hand does, but it is not strong enough compared to my right hand.

The third difference between my right hand and my left hand is the ability to write or to experience writing. My right hand is active in nature and, in addition to that, it is well-experienced in writing, drawing or charting. In this case my left hand can't help my right hand except to supply materials needed for writing purposes and keeping the book or the paper from moving. This means my left hand promotes comfortable conditions for my right hand in the process of doing paperwork. Sometimes, in extra time, my left hand holds a pencil or a pen to write with, but it is very difficult for it to write even a single word properly and

makes me and my right hand smile, because it is so funny. This time my left hand is offended, complaining that its writing weakness is the result of not having the opportunity to practice previously and it is not natural. I always agree with my left hand.

My two hands, which are the members of my own body parts, give me a significant use. Since I am a right-handed person, there are some differences between my hands. These differences are not structural or physical. The difference is in activities, such as in rates of speed doing something, degree of strength and writing. The differences in these activities are very much related to my nature of being a right-handed man, which is good. Recently, I am doing my best in training my left hand in some activities to make it free from lagging behind his brother, my right hand. If I am successful in doing that, no more complaining, no more weakness and no more lagging behind will take place between my right and left hands.

*Asnake Alemu  
ESLW50*



## My First American School Day

Each one of us has gone through many experiences that have impacted our lives and given us unforgettable days filled with important moments. I believe that the first day I went to high school in the United States is one of those days I will never forget. I was extremely worried, but, at the same time, I felt excited.

I still remember when my host mom took me to the first day of school on a nice sunny Monday morning. I sat in the car and just watched the traffic through the car window with many different emotions. I felt so nervous because this place was so new to me. When the car entered the school, I was afraid and worried about how I would do because I did not know anyone in the school.

After my host mom spoke to the International studies clerk at the front office, she took me to my first period, which was World History class. I felt so excited because I was going to meet a new teacher and new friends. Finally, I arrived at my first class. As I entered into the room there were many students with their eyes on me, trying to get a glimpse at the new kid. The class was calm and quiet. I quickly picked a seat right in the corner that was near the door because I did not want to distract the students and the teacher from their lesson.



Then, I looked around the classroom and saw that the decorations in this class were not the same as in my old school's classes. It was bigger and had a lot of objects, such as maps, books, pictures, and modern equipment that was prepared for teaching and helping students to learn. I thought to myself that this is the reason why people said America is one of the countries with the best education in the world. I tried to catch up

on the lesson from my English teacher, but it was really hard to do on the first day. I just understood a little bit of what I managed to hear. Sometimes, struggling with the language is the one part that makes me feel isolated and want

to be back in my country where people speak the language that I know.

All of my classes went well on the first day even though I faced many problems, such as locker trouble or getting lost. However, I felt so lucky because I had made some new good friends who always helped me during that year. My first day of high school in America was a challenge, and it also became one of my most unforgettable memories.

*Binh Dao  
ESLW50*

## A Great Day of my Life

One day, in May 2008, I went to Mexico, the country where I grew up. I usually go there every year. But I cannot forget the year 2008. I met an older woman who really needed help. Marta Salcedo was her name. She had a terrible disease and no one gave her the help she needed. That day changed the rest of my life because I did something for someone that I didn't know and that made me feel very proud of myself.

My family lives in Michoacan, Mexico. May is a beautiful month in my country. It is because the weather is perfect. It isn't too cold and it isn't too hot. The sun shines every morning and the nights are very beautiful. The sky is full of stars every night. I went there because I had vacation from my job, working at a Mexican restaurant. I was happy in my job but sometimes, like in any job, it was so stressed. I was so happy to go there. When I arrived in my country, everything looked perfect. My family was happy to see me again and I felt the same way. Every year, when I go to Mexico, I usually go to the church. But that day went different than other days.

I am Catholic and I was praying to my Guadalupe Virgin inside of the church. Perhaps, I felt a cold air came through the door of the church and a beautiful voice singing an amazing song behind me. When I turned to see who was singing, I was really surprised. There was a old blind woman. The weirdest thing was that this woman looked a lot like the Guadalupe Virgin. She was wearing a black dress and her shoes were torn and old. She had long and black hair. Her skin was the same color as the virgin of Guadalupe. It was a kind of brunette skin. I was really surprise how much she looked like the virgin. I went where she was to tell her how beautiful she was singing and the only thing that she told me was that she was hungry, and asked me for some money. I saw that the woman was blind and I asked her if she wanted some food instead of money. She asked me if I had not disgust for her because nobody wanted to help her. I couldn't believe what she was asking me. I took her to the church's garden. It was in front of the church. I asked her what she wanted to



eat. She wanted tacos and I left her in the garden and went to buy the tacos and fresh water too. She was starving so she ate in two minutes. I was so sad when I saw how hungry she was. While she was eating, I was thinking what a miserable life that old woman had. She was very grateful to me.

After she finished eating, I asked her if she had family and why she was blind. She told me that she had only one daughter, who did not love her, and she was alone. The terrible disease that she had was diabetes. That was the reason she was blind. I felt really sad about her history, but I had to go, but not before promising her that I would see her again soon. When I told her that, she was very happy and her face had a big smile. When I came back home, I could not stop thinking about that old and poor woman. Whenever I went to church, I brought her food and always talk with her about her life. She told me she suffered a lot in the past and her present but she was happy because she learned that life

is worth it even if your life is not perfect. She always told me that she was really proud of me because nobody never did anything for her like I did. It really made me feel so proud of myself and it helped me to understand how many things we can do to help others who need our help.

Many people around the world are sick, hungry, sad, or lonely and I cannot do something for all of them, but I feel very proud of myself because I tried to help to make somebody happy at least for a couple of days. Whenever I go to Mexico and visit the church, I remember those days and I feel sad and happy at the same time because the woman died a year after I met her. On the other hand, I feel glad because I know I did something for her and she taught me a lot of valuable things about life. For all those days that I spent with her, I really feel proud of myself and it changed my life in a positive way.

Ana Valencia  
ESLW50

## Nestscape -- Articles from The Web

### Does Cursive Need to Be Taught in the Digital Age?

Just like summertime temperatures, the cursive debate is heating up — especially now that the newly established Common Core standards don't include the curly, looped handwriting style children have learned in penmanship classes for generations.

In response, some state legislatures are seeking to make it compulsory, like North Carolina where the senate passed a bill to make cursive a requirement in public schools. Supporters of the "Back to Basics" legislation, which passed 37-8 and also requires North Carolina students to memorize multiplication tables, said that cursive is important to know even in the age of keyboards and digital devices.

"[Students] have the right to know the same types of things we knew when we were coming along," Republican Sen. Austin Allran, the bill's sponsor, told the *Charlotte Observer*.

Those who argue for cursive insist that it teaches fine motor skills, is faster and more efficient than printed handwriting, and that it enhances the creative process and has other cognitive benefits. In addition, many historical documents will be illegible if people can't read in cursive.

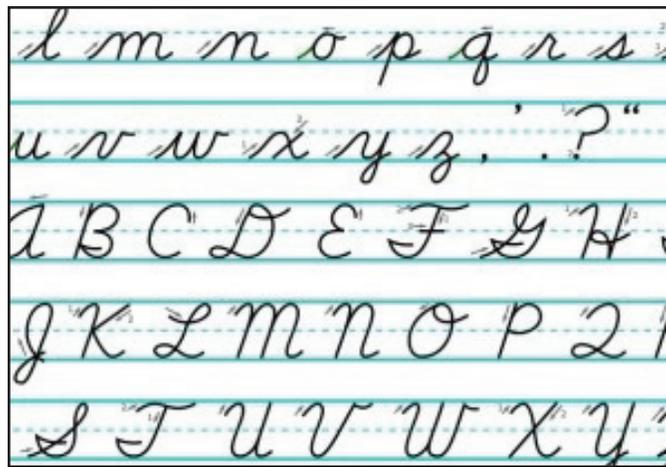
"Cursive writing is a long-held cultural tradition in this country and should continue to be taught; not just for the sake of tradition, but also to preserve the history of our nation," Jimmy Bryant, director of archives and special collections at the University of Central Arkansas, told *The New York Times*.

Opponents say it's time to let cursive be written into the pages of history.

"As we have done with the abacus and the slide rule, it is time to retire the teaching of cursive. The writing

is on the wall," Morgan Polikoff, an assistant education professor at the University of Southern California's Rossier School of Education, argued in a *New York Times* opinion piece.

While the topic is polarizing, there are some people who fall into the middle, like Kate Gladstone, a handwriting expert and educator quoted on the topic of handwriting in publications as diverse as *The New York Times* to the *Journal of the American Medical Association*.



Gladstone believes that cursive *should* be taught in our schools — but only to be read, not written.

"Reading cursive can be taught in just 30 to 60 minutes — even to five- or six-year-olds, once they read ordinary print," Gladstone says. "Writing cursive, however, takes much, much more time and effort to master, even sketchily."

Should educators take the time to teach children how to first draw and eventually to write these elaborate letters when there is so much more substantive curriculum? Gladstone says no because it's not a worthwhile return on the investment of time and energy.

What's more, most adults abandon cursive writing for a hybrid of mostly print letters joined occasionally in a cursive style. In 2012, handwriting teachers were surveyed at a conference hosted by Zaner-Bloser, a publisher of cursive textbooks. Only 37 percent wrote in cursive; another 8 percent printed. The majority, 55 percent, wrote a hybrid: some elements resembling print-writing, others resembling cursive.

"When even most handwriting teachers give up cursive, why would anyone else continue to exalt it?" Gladstone asks.

Handwriting matters, she says, and offers fine motor skills and cognitive benefits whether in cursive or not. But she insists that children should be taught efficient handwriting, which research shows is most legible and efficient when it combines print, or manuscript, and cursive letters.

Cursive isn't required for legal documents, either. In state and federal law, Gladstone says, cursive signatures have no special legal validity over any other kind.

So is the writing on the wall for cursive? Neatoday.org asked its Facebook fans – K-12 educators from all over the country. We got an overwhelming response – almost 800 comments. The verdict? Keep cursive writing in schools. Here's what some of our fans had to say:

- Get the high stakes testing out of elementary schools, and we'll have time to teach cursive writing again!
- The Constitution of the United States is written in cursive. Think about that. I make my kids at least learn to read cursive.
- Not everyone has a computer and printer.
- Absolutely teach cursive. Teach everything possible, exercise those brains, grow neurons, every

little bit of knowledge helps us THINK!

- Handwriting is much more personal and I still prefer it on cards and in mailed letters. I use it for people I really care about on special occasions and other appropriate times. That being said, most of my day-to-day communication, including this post, is on a laptop.
- For most of us, cursive is faster than printing. Speed is often the difference between getting the facts down correctly during note-taking, and trying to figure out or remember what the first part of the note referred to. Since note-taking remains part of the academic experience, and notes are often shared/compared, it's nice to have consistency for readability—especially for one's self.
- I'm glad I learned cursive and know how to teach it. It is much faster for taking notes in a class and you can write really classy thank you notes. Manuscript is important, too, for clarity in filling out forms. Learn both and don't always rely on a keyboard.

*Cindy Long*

<http://neatoday.org/2013/07/22/does-cursive-need-to-be-taught-in-the-digital-age/>

## UNDERWATER Post Office

*Continued from page 1*

from the white sandy shore of the paradise island.

Tourists are able to don masks, fins and snorkels or full diving gear to visit the post office, which was made from a large fibreglass water tank.

Once there they are able to post special postcards which have been treated to make them waterproof.

The postcards are collected daily by dive masters from the island and taken on to postal services to be sent.

Mike Crawford, a dive manager at Hideaway Island for seven years, created the unique post-box.

The 68-year-old said: "The idea for the project came from one of the resort owners and the local post-

master having a few red wines in a local cafe.

"It was made from a large fibreglass water tank and a gable roof was added and holes cut for a counter on one side and an entrance on the other.

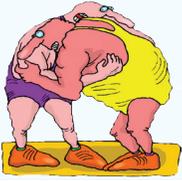
"It had all the logos attached including sponsors and was then secured by chains to rocks underwater.

"Originally we taught four post office workers to dive - however this became too difficult to organise, so the resorts instructors and dive master took over the job.

"A post box was placed next to the tank so that snorkelers or divers could post their own postcards which were specially treated to be waterproof, and collected daily by the dive masters."

<http://www.express.co.uk/news/weird/472166/World-s-first-UNDERWATER-post-office-lets-tourists-send-postcards-home-from-under-the-sea>

# Parrot Warbling



## Grappling with Grammar

### Conditional "IF" Sentences

Conditional ("if") sentences normally have two parts. One part shows a **result** and the other shows a **condition** on which the result depends. The condition is normally preceded by *if*. In "*He gets angry if he doesn't get what he wants*," the result is "*he gets angry*" and the condition (introduced by "*if*") is "*he doesn't get what he wants*". **Notice:** a comma is used with the *if* clause when it begins a sentence. Notice also that there is no comma when the *if* clause is in the middle of a sentence.

There are two main types of conditional sentences: **real** and **unreal**. **Real** conditional sentences refer to situations that are either true or possible. **Unreal** conditionals refer to situations that are untrue, impossible or hypothetical; conditional sentences of this type are often described as being contrary to fact.

#### Unreal Conditionals

There are several types of unreal conditional sentences. They differ according to the time that they refer to, but they are the same in one way: the situations that they show are **unreal, hypothetical, and contrary to fact**.

The first type of unreal conditional is used for **present and future** time and they use this forms:

**EX:** *If he were here today, he'd (he would) help you. / He'd (he would) help you if he were here today. / If you asked him, he'd (he would) help you. / He'd (he would) help you if he asked him.*

The second type of unreal conditional is used for **past** time and they use this forms:

**EX:** *If he had been here yesterday, he would've helped you. / He would've helped you if he had been here yesterday.*

Another type of unreal conditional is used for **mixed times** (different times for the condition and the result).

**EX:** *If she had left yesterday, she would be at home today. / She would be at home today if she had left yesterday.*

<http://www.eslcafe.com>

### Idiom--Attic

#### Common Idioms

Idioms that refer to your actions would be:



- *Rub someone the wrong way* - meaning to annoy or bother. Ex: My younger sister rubs me the wrong way. I find her so annoying!

- *Jump the gun* - would mean to be doing something early.

- *Pay the piper* - means you need to face the consequences of your actions.

<http://examples.yourdictionary.com>

### Beak Speak Th Sounds

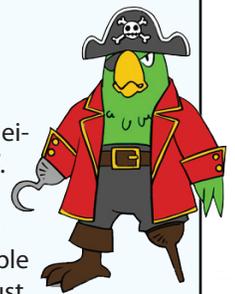
There are two sounds for the *Th*. There is either a **smooth sound** or a **popped sound**. Both are made from the basic *TH* position: the tongue is slightly between the teeth in a relaxed position. Some people can make this sound with the tongue just behind the front teeth.\*

The **smooth sound** of *TH* is only used with common words. **EX:** *the, that, this, there, then, those, these, though, other, rather, mother, father, they, their.*

These words are pronounced with a vibrating or voiced *Th*. Leave your tongue in the *Th* position for a moment and let the sound vibrate as air leaves your mouth. This is a reduced sound and applies to very common words. The words have been smoothed through every day use.

Most words that begin with *Th* are pronounced with the more known **popped sound**. The tongue is between the teeth and the sound pops out as the tongue is pulled backward. **EX:** *think, thistle, thought, thank, you, thin, thick, thrust, thermometer, theory.*

\*In some languages, there is no *Th* or the *Th* is pronounced as a *D* or *Z*. It is important for learners from these backgrounds to master the *Th* sounds. If the *Th* is popped all the time and never voiced, it may also sound like a *D* to people who expect a softer sound. Both *D* and *Z* are made with the tongue touching the roof (which is the top) of the mouth. **To make sure you are making a TH sound, put your tongue slightly between your teeth.**



<http://www.speakmethod.com>

## Some More Parrot Fun Stuff

### Stephen King Movies Wordsearch

Find and circle all of the Stephen King Movies that are hidden in the grid.

The remaining letters spell a secret message.



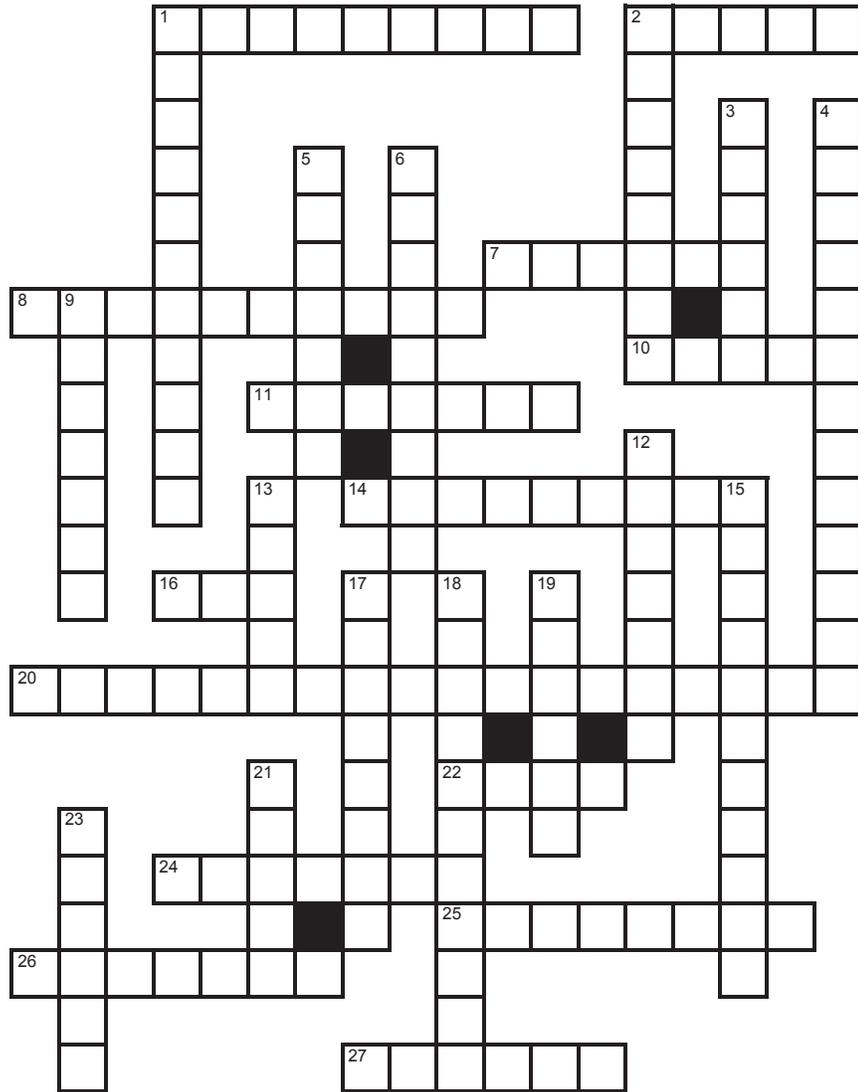
APT PUPIL	DOLORES CLAI-	MISERY	SILVER BULLET
CARRIE	BORNE	NEEDFUL THINGS	SLEEPWALKERS
CAT'S EYE	DREAMCATCHER	NIGHT FLIER	STAND BY ME
CHILDREN OF THE	FIRESTARTER	PET SEMATARY	THE STAND
CORN	GRAVEYARD SHIFT	QUICKSILVER HIGH-	THINNER
CHRISTINE	GREEN MILE	WAY	TOMMYKNOCKERS
CREEPSHOW I	HEARTS IN ATLAN-	ROSE RED	TRUCKS
CREEPSHOW II	TIS	RUNNING MAN	
CUJO	LANGOLIERS	SALEM'S LOT	
DARK HALF	MANGLER	SHAWSHANK REDEMPTION	
DEAD ZONE	MAXIMUM OVERDRIVE	SHINING	

# Parrot Crossword

## Jobs Crossword:

### Across

1. Somebody who catches fish.
2. Someone who digs for metal ore in the ground.
7. A person who paints pictures.
8. A person who makes computer games.
10. A person who helps a doctor.
11. Somebody who fixes teeth.
14. A person who goes to outer space.
16. Somebody who helps sick animals.
20. Someone who builds houses.
22. Someone who cooks food.
24. A person who protects a country.
25. A person who tells us the news.



### Down

26. A person who plays sports.
27. Someone who grows crops.

1. Somebody who puts out fires.
2. Somebody who plays an instrument.
3. Somebody who helps sick people.
4. Somebody who catches criminals.
5. A person who fixes toilets.
6. A person who does research.
9. A person who raises cattle.
12. Someone who cleans buildings.
13. Someone who stars in a movie.
15. A person who drives a truck.
17. Someone who fixes cars.
18. Someone who delivers mail.
19. A person who sings songs.
21. Somebody who flies airplanes.
23. A person who serves food.





## Granny Noetal

Dear Granny Noetal,

I'm a new student here and, while I like the campus, I believe it could be more beautiful. We could plant more flowers in lots of places. I also think we could have some space for a community garden where students could raise vegetables with the purpose of giving them away to needy students in the community. What do you think?

Flora Tombic

Dear Flora,

I like your thinking. Flowers simply add beauty. Women wear them in their hair and men, in my day, wore them in their lapels. Who doesn't like flowers? What kind of flowers, of course, in these days of drought, is important, don't you think? I asked Dan McKechnie of Buildings, Grounds, and Safety



as to programs for beautification and, evidently, it's a bit of a process. For flower beds, bushes, and trees already in place, decisions are made at the administrative level and require planning around long-term maintenance and existing sprinkler systems. New gardening, new projects around new buildings, are designed and proposed by professional architects contracted by the district. As for your idea of a vegetable garden, I love it! So many good things can come out of it: vegetables, of course, but also a sense of community and giving. If you have an interest in all things that grow, have a chat or take a course with professors at our renowned Horticulture Department. Good luck to you, Flora.

Sincerely,

Granny

## Interview with Dana

*Continued from page 1*

time they didn't have many formal classes and so I had to search it out quite a bit. When I was in college, I supported myself by working as a teacher's aide in a classroom with deaf people and then I became a sign language interpreter and studied that. I also drove a bus that picked up university students that had disabilities. I'd drive the bus, go get them at their houses (kind of like Paratransit here) but the university provided it, Cal State Northridge. So I was kind of working in the field and I needed a major and I changed my major seven times before I got to my last major for my Bachelor's, and I didn't like it. I graduated in Audiology and the study of hearing, but I didn't do well. I bartered my way with the head of the department to graduate and had to promise to never to come back and get my master's degree in audiology and I said "no problem". I needed to do something because I was not employable, but at the same time I was learning sign language and was

working as a sign language interpreter, but I thought I'd better keep going to grad school. So I moved to Sacramento, and I did Vocational Rehab counseling as a master's degree and I did my internship here at ARC, and that was 1983, and I've been here happily ever since.

**Parrot:** Wow! Do you like what you do?

**Dana:** I love what I do. Yeah, I feel very very lucky that I have a job that I still like after that many years; that's a long time. For twenty-nine years, I've been working part-time and full-time.

**Parrot:** Wow!

**Dana:** Right, yeah.

**Parrot:** Do you do anything else besides counseling?

**Dana:** I do teach part-time at Sac State, and I've been doing that since 1990. I teach mostly Sign Language I and sometimes Sign Language II. Then on the side I have an antiques business. So I like antiques.

**Parrot:** That's Interesting.

**Dana:** Yeah. My parents were in that business as a part-time business and I kind of inherited it from them, and so I do that. I am not active with it that much right now, but I did have a booth in Roseville, for 14 years and it's kind of fun because it's very different. You know it's very different from working with people and working with things, to see if I can sell them.

**Parrot:** Hmm.

**Dana:** Yeah.

**Parrot:** How challenging is it to work with disabled people?

**Dana:** I think that I just really enjoy it. The challenge is to try to keep abreast of all the new developments; there are emerging populations, one recent emerging population of those people with autism that are coming to college. In the past we had very few identified people with autism that came to college and because those folks got better interventions as children, they are more high-functioning, and so they are coming to college now. So I had to learn about how to work with them and how to best support them.

**Parrot:** Did you have to undergo special training to work with the disabled?

**Dana:** I did constantly, and I am very lucky that we have a statewide group called CAPED, the California Association of Post-secondary Education and Disability, so it's basically all the DSPS offices, statewide. We have a convention once a year, so it's a lot of training that we get from that. I get training and I do some stuff online and sometimes webinars.

**Parrot:** I see.

**Dana:** And then with my colleagues and we do have regional meetings. About every other month, we meet with all the DSPS offices in the region and so usually things come up and we get training there too.

**Parrot:** Ah...

**Parrot:** What is the biggest challenge to work as a counselor?

**Dana:** I think it's just again, a lot of it is again staying abreast of all the differences, because it's not just disabilities but health issues. So being informed about that and also just with our budget cuts it's been more difficult because of our time. Everyone is more stressed out and our time is more limited. Like right now, we are doing registration. We are doing half-hour appointments and so there is not very much cushion. It is pretty tight; our schedule is more booked out.

**Parrot:** Right.

**Dana:** Booked out for three, four weeks and I don't like that. I don't like not having like a cushion of time.

**Parrot:** What qualities do you think a good counselor should possess?

**Dana:** I think empathy. I think willingness to learn. I think willingness to see the potential in the student. One of my things I just enjoy most about my job is watching student come in and working with them for a couple of years and then graduating and moving on and you know going to university or getting employment. You know, kind of meeting their goals. I really like that.

**Parrot:** Is your career different from what you imagined in college?

**Dana:** It's interesting. In high school, I thought I might want to be a high school counselor.

**Parrot:** Oh.

**Dana:** So, I had that little thought but I didn't really pursue it, so I kind of did an around about way I kind of got here. Yeah, I didn't really, I didn't necessarily see myself doing this exactly.

**Parrot:** Hmm

**Dana:** Yeah, it's kind of neat because I was young when I started here. I was twenty-four.

**Parrot:** Wow!

**Dana:** You know, I did my internship when I was 24 years old, so I was pretty young.

**Parrot:** How hard is it to guide the students towards their educational goals?

**Dana:** It's just mostly not as I have training a experience, and I think also that's why I like this job. Through time things have changed, so how we do registration has changed. There's a lot more regulations coming down. We have to do a lot of electronic education plans with students. Now every student in the state is supposed to have one. All these are coming from the governor, with new rules and regulations, so it's keeping up with all of that and at the same time keeping up with the Americans with Disabilities Act and decisions that are made and the impact they have on our students. So there's a lot that I have to keep up with. It's not hard but it's just that it always feels like there is a lot of change happening. You know its constant change but it kind of keeps me awake. Ha, ha, ha.

**Parrot:** It always changes.

**Parrot:** Any advice to students who are still deciding on a major?

**Dana:** I think it's important for students to be able to have a little bit of time to try out some different classes and maybe to take a career class to see what they are interested in. But I think it's really hard when you are 18 to know what you want to do you know and I certainly didn't. I changed my major 7 times before I landed the one that I hated. Ha, ha, ha, but luckily I found grad school and I loved it. It was my niche. But it took me while to find my niche and I think it's very common. Most students need to, and I do encourage them if they don't know, to really focus on general education because that kind of takes care of a lot of options for them in the future. If they can focus, get their math and English done and start to kind of branch out and see what they might be interested in...I think our career classes are very good and that helps our ARC students to try to figure out what their strengths and weaknesses are.

**Parrot:** Right.

**Dana:** I think work experience too, getting some work experience to see what they like and don't like. I think that's very good.

**Parrot:** What should a student do when a counselor is not available before the deadline?

**Dana:** You mean to register?

**Parrot:** Yeah.

**Dana:** Do your best guess, and get in there and register. You know, that's why we are doing education plans, so that students have access and can see it through the ARC college site, what counselors planned out for them. For the next several semesters, and to do their best guess and get in there and if we need to make changes we can always make changes later. It's easier to do that than to try to add in when classes are full. But that's the goal we are trying to set with these education plans for every student.

**Parrot:** Right. Good idea.

**Dana:** Yes.

**Parrot:** What would you recommend to students who want to succeed in college?

**Dana:** I err on the side of not getting too stressed and to try to enjoy your classes, so I say to take maybe a little bit less, especially for students with a disability, because often they may need more time to review or to process. And so if somebody is working 40 hours a week, and trying to come to school full-time and they have a disability, that's really tough; we do have students doing it but it's really stressful. So I think if you are full-time, maybe 1 or 2 classes. If you are working part time, you know, maybe 3 or 4. To kind of enjoy the college experience as much as possible.

**Parrot:** I'd like to ask you some personal questions if you don't mind?

**Dana:** Sure, sure.

**Parrot:** What are you most proud of? In terms of achievements, I mean.

**Dana:** I am proud of completing grad school. I paid

100% of that. I did get a stipend but I worked and paid for all of it. My parents helped pay for my bachelor's degree but I paid for all of grad school 100% basically. I took care of it, and I am proud that I did that.

**Parrot:** On your own.

**Dana:** Yes.

**Parrot:** Wow!

**Dana:** The other thing I am proud of is that I have been asked to participate on a national level. It's called Deaf education and transition for deaf high school students. As they go to college, or they go into work or they graduate from high school what happens to them. A lot of them, unfortunately, have a very low reading level and college is not really an appropriate place where they are going to succeed so there is a big group of them and there is a national summit that I've been invited to. Actually, it will be a total of 4 years that I get to go and participate, and they picked 5 people from each state, and I am one of the people. I'm one of very few people that work at a college, because most are high school principals, or department rehab counselors, some parents, some parents of deaf students, which is really important, but I feel very proud that I'm one of the people who works at a college that is participating in this national summit. Because hopefully that will be a way that we can make some positive changes for this group we feel are very underserved.

**Parrot:** That is a big thing.

**Dana:** Yeah, it's very exciting. We went last year to Austin, Texas, and this year it was in Denver, Colorado, and next year it will be in Washington, DC, and then Atlanta, Georgia. So it's a five-year thing, but I will be participating for four years, so yes, I am very excited about that.

**Parrot:** In your future plans, what will you do when you retire?

**Dana:** Well, I still have about 8 years left here, and my husband is already retired and he would like me to retire, but I feel lucky because I have a lot of time

off as a counselor.

**Parrot:** Really?

**Dana:** I have almost the equivalent of three months off a year. So, I spread it out. I take a lot of three-day weekends. I have a lot time off already. When I retire I am not sure. I kind of like the idea. We have a cabin and so I can see doing some things with the cabin.

**Parrot:** Do you have any hobbies?

**Dana:** I think maybe getting back into the antique business. I might do something with that more. I like art and so I can see myself doing some more art and I love to travel.

**Parrot:** Who doesn't?

**Dana:** Yeah, yeah. I've been lucky. I've been traveling. I have been very lucky to travel.

**Parrot:** Have you had any achievements or goals that you are still dreaming about?

**Dana:** Nothing is jumping out at me. The goals that I have have been reached.

**Parrot:** That's good.

**Dana:** Every once in a while I kick around the idea of a Ph.D. but it hasn't bit me strong enough to do it. I would not mind becoming a certified antique appraiser; that kind of looks interesting.

**Parrot:** I agree.

**Dana:** That's kind of a little bit different. And there are places I would want to travel to.

**Parrot:** Where would you want to go?

**Dana:** We are planning our next trip to Spain and probably Germany. I've been in Germany a couple of times.

**Parrot:** Wow!

**Dana:** I have been to Spain and I will go again with some friends and family. I would love to go to Iceland. I think that's my next one that I really want to hit.

**Parrot:** That is cool.

**Dana:** And I would love to take the train. My husband and I like trains, so I would take a train across the United States and maybe across Canada. I can see doing that.

**Parrot:** I've seen that trip online.

**Dana:** Yeah.

**Parrot:** Looks pretty good.

**Dana:** Yeah.

**Parrot:** Pretty good with cabins, but they are really small, like 5'x 6'.

**Dana:** Oh, yeah, they are tiny; it will be fun.

**Parrot:** I checked out the price, I believe from the Bay Area to Seattle, it was close to \$900.

**Dana:** But you could go in a seat.

**Parrot:** It's like a 11-12 hour ride.

**Dana:** Yes, but you can get up and walk around.

**Parrot:** Yeah.

**Dana:** But we are going one day, soon, get on a train in Davis and go all the way to Chicago, and its two-and-a-half days, but we might get off after one day, in Denver and visit some family and hit it again, but ride the whole thing. We will be doing that pretty soon. That should be fun.

**Parrot:** It sounds like a good idea.

**Dana:** We only live like five minutes from Davis. Just get on the train and just go, but it's a long ride.

**Parrot:** I think we are done.

**Dana:** Ok, I think it's good.

**Parrot:** Last question. Do you read the Parrot?

**Dana:** Of course.

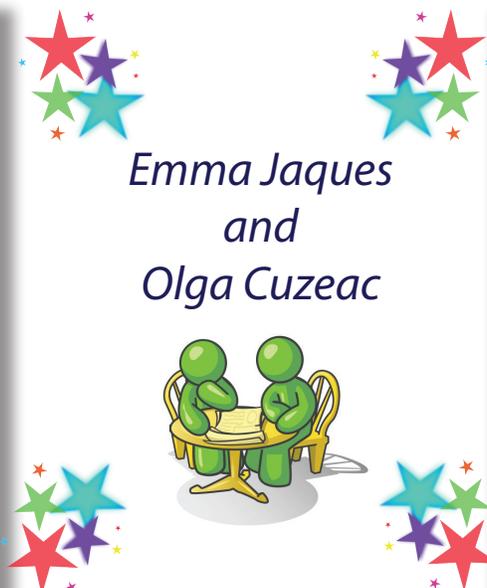
**Parrot:** Great.

**Dana:** I appreciate the honor of the interview, and that you talked to me.

**Parrot:** Thank you.

Alex Zima  
ESL L320

# 'The Parrot Editors'



## The Parrot

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

Issue # 86      Fall 2014

Print or  
Cesvine?  
See Page 13

It is the mark of an educated mind to be able to entertain a thought without accepting it.  
Aristotle

Dana Brittingham-Garrido

**Parrot:** Hello, can you introduce yourself?

**Dana:** Dana Brittingham-Garrido. I am a counselor at American River College, in the Disabled Student Programs & Services, or DSPS.

**Parrot:** Nice to meet you.

**Dana:** Nice to meet you.

**Parrot:** I would like to ask you some questions if you

**Dana:** Sure.

**Parrot:** What made you choose this profession?

**Dana:** I started working with people with disabilities when I was about 16 and I got interested in sign language at the same time, and so I started learning sign language and at that time they didn't have

Continued on page 19

World's First UNDERWATER Post Office Lets Tourists Send Postcards Home From Under the Sea

**MANY** of us send friends and family a postcard from our holidays abroad but have you ever sent one from underwater?

Well now you can.

These stunning images show the world's first underwater post office, which allows holidaymakers to send

their loved ones a message from under the sea.

The amazing amenity is situated off the coast of Hildway Island, Vanuatu in the South Pacific Ocean.

Vanuatu Post is submerged in the crystal waters 50 meters

This is the world's first underwater post office

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**ARC**  
American River College  
4700 College Oak Drive  
Sacramento, CA 95841  
(916) 484-8001

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# Out of the Cage

## Study Abroad!

Thursday, November 13, 2014  
12:15 pm - 1:15 pm

ARC Professors Bill Wrightson and Mark Stewart will discuss opportunities to study abroad this summer in London, England and Florence, Italy. The presentation will highlight the nature and cost of the program, including images of apartments, museums, day trips, as well as details about side trips to Rome (Florence program) and Stonehenge (London program). Information about the academic courses in the two programs will also be covered. Other district faculty may talk about full semester study abroad programs. This opportunity is open to anyone 18 or older.

**Location:** Raef Hall 160

## 17 Seconds National Diabetes Month

Thursday, November 20, 2014  
12:15 pm - 1:15 pm

Every 17 seconds someone in the United States is diagnosed with diabetes. November is American Diabetes Month, so this is the perfect time to learn more about this disease and issues surrounding it. So what is diabetes? Who is at risk for developing diabetes? What are some long-term effects of diabetes? And most importantly, are there preventative measures you can take to lower your risk of developing diabetes? Learn the answers to these questions and more about this ever-growing disease.

**Location:** Raef Hall 160

## Life Cycles: Issues with Your Aging Parent

Monday, November 24, 2014  
12:15 pm - 1:15 pm

Join this on-going discussion series by Barbara Gillogly. These discussions focus on how to balance your own life and remain supportive to your parents' aging process. Additionally, Life Cycles provides guidance towards understanding your role as a caregiver, insight into the stages your parents might experience, how to evaluate proper care for these stages, and how not to lose yourself in the process. Life Cycles discussions are held on the last Monday of the month for this semester.

**Location:** CTL Conference Room

## American River Review Preview

Thursday, December 4, 2014  
12:15 pm - 1:15 pm

Join staff, writers and artists of the American River Review as we unveil a sampling of the exciting student creations that will be featured in the forthcoming 2014 American River Review.

**Location:** Raef Hall 160

## Accelerated College Education program Information session

Thursday, November 6, 2014  
6:00 pm - 7:00 pm

Come learn about all the ACE program has to offer. The ACE program is designed for working or busy students who wish to complete general education classes towards an Associate's degree and transfer. Students in the ACE program are part of a cohort that takes two classes every 8 weeks; these classes meet one evening per week and Saturdays for a total of 12 units each semester.

**Location:** ARC Natomas Center in room N103



## Questions/Comments?

Student Editors: Emma Jaques and Olga Cuzeac.

Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D337 (Davies Hall), call (916) 484-8988, or e-mail [Braccop@arc.losrios.edu](mailto:Braccop@arc.losrios.edu). To see The Parrot in color go to [http://www.arc.losrios.edu/Programs\\_of\\_Study/Humanities/ESL/The\\_Parrot.htm](http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot.htm)