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American River College

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The Parrot



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



The Children's Champion: Cheryl Watt & the Child Development Center at ARC

BY SAYED EDRES SADIQI, PARROT STAFF WRITER

"You really don't know that you want to be a teacher until you have seen a classroom in action; it may be different than you think."

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NEW YORK CITY: THE MOST LINGUISTICALLY RICH DESTINATION ON EARTH - OVER 700 LANGUAGES SPOKEN!

If you're planning a trip to New York City, you're not just stepping into the world's busiest metropolis—you're entering the most linguistically diverse place on the planet. Here, more than 700 languages are spoken every single day!



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**Got a Funny ESL Story? Pick up ARC Gifts!
See page 3 for details.**

FUNNY STORIES LEARNING ENGLISH

The Parrot is happy to share the following true stories from ESL students who responded to last month's invitation to share a funny story about learning English. They will each receive a small back pack and some cool ARC swag! Thanks to each of them for sharing their stories, and enjoy a laugh or two or three!

While reviewing feedback in a paragraph for my ESL 47 class, my teacher told me to use a colon. I was using phone translation to help me. At the same time, my husband walked by. Then I asked him, "What does *colon* mean?" He said seriously, "Do you know *large intestine*?" In my mind I wondered what that meant. How did my professor want me to add intestine to my paragraph about Chinese dumplings? I pointed to my computer showing my paragraph to my husband, and he said, "Ohhh, this is a punctuation mark!" We were both laughing. Then he explained to me. There is a medical term "colon" and that word has the exact same spelling as "colon," the punctuation mark.

–Yue Ming, ESL 47

In my first high school ESL class, I somehow scored 12 out of 10 on an assignment. I was convinced my teacher had made a math mistake, because in my home country getting more than 100% is something only your mom thinks you're capable of. There's no such thing as extra credit back home; you either get the points, or you don't. So, being the honest and slightly confused student I was, I walked up to my teacher and politely let her know she had accidentally given me two bonus points. She smiled and said, "No mistake, you earned extra credit." I blinked. Extra... what now? We had a few minutes chat where she explained this magical loophole in the American education system where doing more actually gets you more. I nodded like I understood, but deep down, I also felt a little foolish but hey, apparently in the U.S., being an overachiever comes with perks. Who knew!

–Dr. Nazia Mostafa

Counselor, STEM HomeBase

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, the first 10 people will receive a bag full of ARC swag, complete with:

a stylish lunch bag
a portable speaker
sunglasses
campus goodies

Courtesy of the ARC Unite Center. Don't miss your chance to share a laugh and grab some cool gifts!



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

MY FAVORITE BOOK

BY ANTONINA HLUSHNIUK, ESL 47

BOOK REVIEW



Have you ever heard of a book that took your breath away? I did, and it was, "I Survived the Great Molasses Flood, 1919" by Lauren Tarshis. This book is about a unique girl who came to America from Italy to build a new, happy life. There are several reasons why I like this book.

The first reason why I love this book is that Tony and Carmen showed me a good example of true friends. When Carmen and her papa came to America, their neighbors were the large Grasso family. This family was very friendly, so the boy Tony quickly became friends with Carmen. Later, he became her

best friend. They went to school together, and after that spent time together too. Although Carmen did not like molasses, Tony offered her to try to taste it for free. Carmen also encouraged Tony to study well. Apparently, she helped him with his homework. Tony was a sensitive and caring friend. He does not leave Carmen alone in any situation. In addition, Tony was ready to help her especially after the death of her father. He tried to cheer up Carmen and read her a book before going to bed. Tony became a special friend for Carmen, and she called him "Wild Boy." In my opinion, this true friendship can grow into great love.

The second reason why I love this book is that I really like Mrs. Grasso as one of the heroes of the book. Mrs. Grasso was Tony's mother. She also showed great attention to Carmen's family when they came to America. Mrs. Grasso set a good example for me of a good housewife, a loving mother, and a generous woman. She cooked delicious meals for her family. She also often treated Carmen's family to her dishes. Mrs. Grasso is a very kind-hearted, and useful person. When Carmen's father was sick, she tried not to leave him to help overcome this deadly disease. After the death of the Carmen's father, Mrs. Grasso took Carmen into their home, although her apartment was crowded. She really loved Carmen as her own daughter and said, "Carmen's a gem." Mrs. Grasso gave Carmen new boots. I began to respect her even more because Mrs. Grasso organized a delicious dinner in honor of Carmen's return from the hospital with a wonderful surprise for her with her grandmother Nonna. Indeed, I really like this character because Mrs. Grasso is a very loving mother, a generous person, and she had a compassionate heart.

The third reason is that this book encourages us to be responsible in our work because horrible di-

sasters occur due to human negligence. In contrast to generous and caring people, the author showed a greedy company. This company built a huge molasses tank with a poor design. They didn't even do a test after construction. The tank started leaking and leaking for three years. The company didn't even care about its employees and the people who lived near the tank. In the end, the tank exploded into pieces. Sticky molasses flowed through the streets. The streets were like a tsunami. It caused great devastation and misery for people. This exam-

ple encourages us to care not only about ourselves but also about people.

In conclusion, Tony and Carmen showed me a good example of true friends. I love the character of Mrs. Grasso very much, and the terrible example of a greedy company encourages people to be responsible at work. That's why I love the book, "I survived the Great Molasses Flood, 1919" by Lauren Tarshis very much. In my opinion, the characters in this book encourage us to be kind and care about other people.

I CAN ONLY IMAGINE

BY OLHA LAMPIKA, ESLL 310

MOVIE
RECOMMENDATION

I would like to recommend the movie *I Can Only Imagine*. It is one of the films that remains on my list of the best. I love true stories, and this film is based on a real one. It tells about Bart Millard, the lead singer of the Christian band MercyMe, and how his difficult childhood and painful memories helped him write a beautiful song that changed and continues to change the lives of many people today.

This movie touched me deeply because it is about real life — about pain, forgiveness, and hope. Bart grows up with a violent father who doesn't believe in him. He feels lost and broken, just like many people sometimes do. But later, his father changes. Watching that moment made me cry — first from sadness, then from joy. I felt close to the story because I also know how it feels when life gives you hard challenges, but love and faith can heal everything. The film shows that miracles can happen, and forgiveness can bring peace to the heart.

I Can Only Imagine is not just a movie — it is a message of hope. It teaches us that even after great pain, life can still be beautiful. If you want to feel deep emotions, believe again in goodness, and

understand the power of forgiveness, I truly recommend watching this film. It will touch your soul and stay in your memory for a long time.



MY PILLOW

BY ROCIO OCAMPO, ESL 350

POETRY

White as a cloud
Soft as a cotton
Fluffy like a marshmallow
In you I can rest
Every day, every night
My head on you feels like traveling in the sky
A sky full of white pillows
How not to be happy
If you are always there
On my tired days
In my sad days
Also my happy days
You are like a friend
When I need a hug, I come to you
When I need to cry, I come to you
In my days of illness
You are there, to hold me
Like a mother hugging her baby
Just giving love
Stroking my hair
Just giving love
I'm thankful to have you in my life
I found more than just rest and comfort
I found love
How not to love you
You are more than something
very special in my life

FUTURE GOALS

BY CRYSTAL XU, ESL 37

NARRATIVE ESSAY

Do you like living life without planning or do you like making plans for your future and following the steps to achieve your goals? I like to make different plans to achieve my goals. There are three goals for my future. Two of my short-term goals are losing weight and learning English. One long-term goal is to transfer to a college to start my dream major of accounting.

I have a short-term goal for my summer plan: It is to lose ten pounds. I went back to China two months ago and ate too much. Now, I am a little bit fat. I have to make a schedule to continue my goal of losing weight. First, I will try to eat two meals a day and eat more healthy with more protein in my meals. Second, I will do some exer-



cises. I try to go to a park to play ball with my dog for half an hour four times a week. Lastly, I think it helps to lose weight if I drink eight cups of water a day and get eight hours of sleep every day.

My second goal is to improve my English skill. I

studied English for a long time in my country, but I had never thought that I would come to America. Now, I need to plan to improve my English. First of all, I will change my phone language to English. Second, I will watch a lot of English movies. Another good way to learn a new language is to go back to school, learn and study in class, and use English all the time. I am learning English at American River College now. Lastly, an important thing to help me learn English is to be around people who speak English.

Barrington Irving is from our textbook — *Pathways: Reading, Writing, and Critical Thinking Foundations*. He built a dream to make an airplane and flew around the world. Maybe for some people, they think that it's impossible and hard to achieve, but he did it! I think it is similar to me. He asked companies for airplane parts. Then I can, step by step, put words to make sentences and finally write full essays. I am doing it now.

My last goal is a long plan and maybe will take a few more years. I want to finish and get a college degree. Now, I am studying at ARC, but I don't want to only stop at ARC. I want to go to a UC for my future. For example, I need to get about 90 units with different classes in my major. Math, language, human history, and science. Also, I try not to get Fs in my classes. Lastly, I will meet with an ARC advisor every semester to make sure I follow the steps to get a transfer plan.

In conclusion, I heard some people say: "Achieving goals is hard and impossible." But I don't think so. Life is possible step by step to reach your dream.

MOMMY CAKE

BY DIANA TKACHENKO, ESL 47

OPINION ESSAY

I like many cakes that my mom bakes, but I have my favorite, and it is called "Mommy Cake." I don't know who made that name for the cake, but the recipe comes from my grandmom. It's a delicious cake to me because it has really soft texture like butter and honey cookies that melt in your mouth. This cake reminds me about my childhood. My mom usually baked it on my birthday, and it was a very happy time. All our popular cakes can be bought in a grocery store, but that cake cannot. She made the cake layers with honey, and they smell like ginger bread. She made the cream with butter, semolina and sugar. It wasn't very sweet. Then we had a very difficult time, and we couldn't eat the cake for about 12 hours because it needed to rest. I want to say that the cake has a lot of calories, so you need to be careful. In the morning, we had our lovely time enjoying soft pieces of cake with a cup of tea or coffee with milk. Our time we made two cakes because we thought that one cake would be too small for us. However, it was mistake, and we gave it to our friends.



Indeed, my mom bakes a lot of delicious desserts, but I live for a favorite Mommy cake from my mommy.

TOP KABOB

BY DIANA AFGHANZOI, ESL 47

OPINION ESSAY



Many Afghan people love beef kabob because it is easy to make and full of flavor. Beef kabob is a big part of our culture and brings family together. Every single family gathering of Afghans has beef kabob in it. This food is a big part of the culture in our country. It has an easy process to make. You just need to have red meat, garlic, onion, water, and some spices. When I was a little girl, my uncle was adding some other spices that I didn't recognize, but it made the kabob special. We can make different types of beef kabob with a little change in ingredients. For example, using ground meat and onion to make shami kabob. We usually eat it in dinner and is one of the expensive foods in Afghanistan. We can also eat it in lunch, but it should be a special occasion. It can be made in different shapes like square long pieces with bones and long. It is very juicy and flavorful, and you will feel good after eating it. It has a strong joyful smell that we recognize from far away. In Afghanistan, we have a famous street that has the best and flavorful kabob. Indeed, kabobs are delicious and famous in every Afghan party or family invitation, but beef kabob is one of the top at the list.

PLENTY OF PELMENI

BY ALENA EMELIANOVA, ESL 47

OPINION ESSAY



I'm from Russia, and one of my favorite foods from my country is homemade *pelmeni*. *Pelmeni* are small dumplings filled with meat and onions, and they are very popular in Russian families. This dish is important in my culture because my family often made it together, talking and spending time happily. The ingredients are very simple: flour, eggs, water, meat, and onions. People usually boil a lot of *pelmeni* and eat them with sour cream. My grandmother always made *pelmeni* with chicken meat, and they were most delicious. When I was a kid, we made *pelmeni* together with my parents, sister, and my grandmother. The kitchen was warm, and the smell of meat and onions filled the air. This dish is not only very tasty for me but reminds me of my childhood. Sometimes I helped my grandmother to roll the dough and cut small circles. But most often we had a "conveyor belt": the children made balls of dough, grandpa rolled out flat cakes, grandma put the filling in and rolled up the *pelmeni*. Grandma always had *pelmeni* in the freezer. When someone came to visit, she cooked homemade *pelmeni*. They are not expensive, but they take a long time to make, so they are special. Indeed, homemade *pelmeni* are my favorite food because they taste like love and family.

MANTU WITH MOTHER

BY MARZIA RAHIMI, ESL 47

OPINION ESSAY

My favorite food from my country is *mantu* . *Mantu* is a traditional Afghan dish that looks like small dumplings. It is filled with ground meat, onion, and spices. The dumplings are steamed and served with yogurt and tomato sauce. I love *mantu* because it has a soft texture and a wonderful smell. The yogurt makes it taste fresh, and the tomato sauce gives it a little sour flavor. Sometimes I add dried mint and red pepper on top to make it even more delicious. One time, during Eid, when I was about ten years old, I helped my mother make *mantu* for our family. I remember folding the dumplings carefully, but a few of them opened while cooking, and we laughed a lot. That day, everyone said my *mantu* was tasty even though it didn't look perfect. Since that time, *mantu* has been my favorite food because it reminds me of that happy moment. Now, when I eat *mantu* , I feel close to my family and my country. It takes a long time to make, but the taste is worth it. Every bite of *mantu* makes me feel warm and happy inside.



MALIDA: TRADITIONAL AFGHAN DESSERT

BY NABILA SULTANI, ESL 47

Malida is one of the most special and traditional desserts from Afghanistan. This dessert is very special because people usually eat it on holidays, weddings, and special parties. At the beginning, *malida* has the shape of bread before it is broken into small pieces. It is made with wheat flour, sugar, and sometimes ghee or butter. The texture is soft, crumbly, and slightly sweet. Its color is golden, and the smell of cardamom, bread, butter, and ghee is amazing. People make it by roasting the wheat flour with oil and cardamom until it becomes soft and fragrant. I have not eaten *malida* for four years, but when I imagine it, I remember the winter mornings my mother used to prepare it for our breakfast. It is not expensive, and I would enjoy it at home or at celebrations. One time, during Eid, when I was a little girl, my mother made a big bowl of *malida* for all the family. I helped her mix the warm bread and sugar with my small hands, and it made me feel so happy. The sweet smell filled the house and made everyone smile. Even now, when I smell cardamom, I remember that special morning with my family. Indeed, *malida* is a delicious Afghan dessert, and I love it very much. I miss eating it very much.



OPINION ESSAY

HOW DO YOU SPELL LOVE? G-O-L-U-B-T-S-I

BY NADIYA KIPORUK, ESL 47



I come from Ukraine, and one of my favorite dishes from there is *golubtsi*. Most Ukrainians in my country like *golubtsi*. They are made from cabbage leaves, boiled rice, fried onion, carrots, and tomato sauce. People also add ground meat, but my family and I don't like them with meat. *Golubtsi* are sour, tight rolls, triangles, or cones. I flood them with tomato sauce, and I cook them in the oven. I used to cook them in a pot on the stove. Once, I made them in the oven, and my family really liked them. I often cook them, especially for the holidays. We eat them anytime. I often cook *golubtsi* a lot because my niece really loves to eat them. I give her them too. *Golubtsi* are a

tasty and healthy food. It is not expensive food because the ingredients are not expensive. My daughter loves them very much. She studied in another city, and when she came home, I made *golubtsi*. She said to me, "I was driving home and I smelled *golubtsi*. I knew you made them for me." Some people cook lazy *golubtsi*. Indeed, *golubtsi* is my and my family's favorite and delicious dish all the time.

OPINION ESSAY

MY COFFEE

BY ZUKAA RAJJOUR, ESL 350

POETRY

Make me something nice, and show me the coffee pot,
For blond coffee heals the head and its cup.
How can we burn you with fire and then bring you down?
And you are the consolation when the heart is disturbed.

For you, if you are absent, from Sana'a there are eyes for it,
And last night I never closed my eyes.
I watch the morning, sitting and waiting for it,
And I send my past tape, I fold it and close it.

I say: Who preserves history for its generations?
Worry, grief, plague, and illness.
As for the good, it has its place and its scope,
It's worth we honor, with deep admiration.

O coffee pot above the embers, luxurious with its charm,
From you are generosity and pride, and a smile is its shield.
Your scent brings joy and a soul that trembles,
And the sound of your pouring is healing and tranquility for
its crescent moon.

You are the meeting place, the gossip, and the pampering.
Your cup holds glory. Who wouldn't know that?
If I were given the choice between all the glory and its con-
ditions,
I would choose your pampering and a cup of coffee.

OPINION ESSAY

MY BLESSED LIFE

BY ZAHRA NOORI, ESL 47



THE GRATEFUL GULL

Have you ever thought that it is very important to be thankful for something in your life? Different people are grateful for different blessings in their life. I am thankful for my mosque, my cat, and the ability to walk.

First of all, the mosque is a very holy place for me. The mosque is more than just a building where we pray. It is a place of peace like a piece of heaven. It is where we come together as a community to worship Allah and support each other. For example, during Ramadan, the mosque becomes a place of charity, and everyone brings food to share with those people who need. I feel gratitude that I have such a special place in my life. The mosque helps me to remember the importance of kindness and helping others. It shows me that faith is not just about praying alone, but also caring for the people around us, and working together to build a better world. It's also a place where I can recharge spiritually when

red eyes. For example, her eyes at night become like a laser. At first, I was nervous about having a pet and didn't know how to take care of her. But my cat helps me feel better by gently coming to me and purring softly, making me feel safe. Now, I am so grateful for her, as she is my little friend and brings so much happiness into my life. She is very

friendly. For instance, when I go home, she already waits for me in front of the door. She has soft hair like a pillow. Luna doesn't like to sleep in her house. In addition, when I go to bed, I put her in her house, but after five minutes I feel something under my feet—she stays calm and then jumps suddenly into my face! She is just about six months old, but she seems like a big cat because she eats a lot. Indeed, I love my cat very much. She makes me laugh, so I don't feel tired when I'm at home alone. And I'm lucky that I have Luna.

“Every prayer is a seed that grows into something beautiful.”

Last of all, one of the abilities that I'm really grateful for is my ability to walk. The ability to walk is a precious and empowering skill that many of us rely on every day. It connects us to the world, allowing us to travel from one place to another with ease and independence. It's very important for me that I can walk without anyone to help me. For example, many people do not have this blessing in their life. They need someone to help them to move. Furthermore, one of my close relatives—her name was Sameera—when she was born, she didn't have a foot. When she was a child, she wanted to play like us, but she couldn't. She was very sad that she always needed someone to help her move. Walking is not just about moving; it's about enjoying your life the way that you like, the things that you like to do. Indeed, the ability to walk is one of the special blessings from Allah to me. I'm grateful that I have the ability to walk all by myself, without anyone to help.

In conclusion, I'm really grateful for these significant blessings that I have in my life. These are very important blessings to me. Without one of these blessings, I think I'm not complete. These blessings help me to become a better person.



I am tired of problems. It's a bit like a garden, where every prayer is a seed that grows into something beautiful. Indeed, I'm thankful that I have this place that I can go to pray and enjoy.

Second, my cat's name is Luna. She is

very beautiful and I love her. She has beautiful and nearly

OPINION ESSAY

THANKS FOR THE GOODNESS

BY PETRO SHVAYKOVSKYY, ESL 47



Do you have anything to be grateful for in your life? In my life, I have to give thanks for the goodness of God and my friends. I am grateful for my car, my apartment, and my musical ability.

First of all, I'm happy with my American car. In America, it is important to have a car because I need to drive everywhere. In Sacramento, distances are long and public transportation is very limited. My car is small size and economical. I like the purple color of my car. The brand of my car is Toyota Prius. This car is hybrid. In America, Toyota is a very popular car, and there are probably the most of them there. I'm grateful to my friend Serhey for he helped buy me this car. This car helps me in my life in Sacramento. I like to drive on California rivers with my car. I am grateful to own my Toyota car.

Second, my apartment is important for my family and me. The apartment has three bedrooms, two bathrooms, a kitchen, and a living room. My family is happy living in a big home. We have a laundry room and many closets in the apartment. In the apartment, we have a new kitchen, and my wife and father-in-law often cook delicious food. My father-in-law makes very delicious dumplings for the weekend. My daughter loves to bake something sweet. I don't eat much sweet food because I have diabetes. My son Luka has a good place to play in the living room. He likes to play with Sony Playstation. I am grateful for my apartment for me and my family.

Next, music is an important ability for me and my wife. I have music talent. I like to play musical

instruments and sing. My wife also plays the cello and piano well. She studies at ARC. In Ukraine, I studied music in school and sang in a men's choir



and church choir. Sometimes I played on the guitar in church bands. My wife and I love playing music together. I really like playing musical instruments. I am grateful to God for my music ability.

Indeed, I am very grateful for my car, apartment, and musical ability. These are important and necessary in my life and my family. I thank my friends, family, and God for allowing me to have such goodness in my life.

MY FAVORITE SPORT

BY LIZA ANDRIVTSA , ESL 47

HOBBY CORNER

My favorite sport is volleyball. Sports are an important part of a healthy and active life. They help me stay fit, build teamwork, and have fun. I enjoy playing it at school, with friends and youth my church, also sometimes at the beach. I believe that having a favorite sport is a great active for me, volleyball is that sport.

I first started playing volleyball in middle school. At first, I didn't know the rules very well, but I learned quickly. My coach helped me understand how to serve, pass, and spike the ball. I enjoyed every practice because it was fun and full of movement. The more I played, the more I fell in love with the game. I liked how every player on the team had a role. We had to trust and support each other. That made me feel like I belonged to something important. Volleyball also helped me become more confident. It was more than a game, it was a way to grow.

One reason I love volleyball is because it's such a fast and exiting game. You always have to be alert and ready to move. The ball can come to you at any moment, and you have to react quickly. I like the sound of the ball hitting the court and the cheers from the ream. Every match feels like

a new challenge. Sometimes we win, and sometimes we lose, but it's always worth it. Volleyball teaches me to never give up. Even when we're behind, we keep trying. That makes every point we score even more special. The excitement keeps me coming back.

The next reason, I like about volleyball is that it builds strong friendships. When you play on a team, you learn to work together. You have to



communicate, trust, and support one another. We cheer each other on, whether we win or lose. I've met many of my best friends through volleyball. We share memories from games and practices that bring use closer. Teamwork is one of the best

sports. Everyone plays a role, and every role is important. Volleyball taught me how to be a better teammate. These lessons help me in life, not just in sports.

In conclusion, volleyball is my favorite sport for many reasons. Volleyball has taught me teamwork, discipline, and confidence. Every time I play, I feel happy and alive, Volleyball will always have a special place in my heart. It's the sport that brings out the best in me.

OPINION ESSAY

FAVORITE HOBBIES

BY RAWDA SHAHADA, ESL 47

HOBBY CORNER

"Hobbies are great distractions from the worries and troubles that plague daily living," Bill Malone. Most people around the world have many different hobbies; traveling, drawing, playing soccer, riding bikes, and many more. What are your favorite hobbies? For me, my favorite hobbies are hiking, listening to podcasts, and spending time with my family.

First of all, one of my favorite hobbies is hiking, it is like a journey in nature. I enjoy hiking because it lets me escape the busy world and spend time in nature. When I hike, I get to walk through beautiful forests,



climb hills, and see breathtaking views from the tops of the mountains. There is something peaceful about being surrounded by trees, listening to the wind, and watching the birds fly. Hiking also gives me a good workout. The fresh air and physical exercise make me feel refreshed and healthy. Furthermore, hiking allows me to challenge myself while also feeling calm and connected to the Earth! In short, walking long distances is a significant activity. It makes me feel accomplished by going on long distances and allows me to clear my mind while enjoying the time in nature.

Next, another hobby I enjoy is listening to podcasts. Podcasts are a great way to learn new things

and relax at the same time. I can listen to podcasts while doing other tasks, such as cleaning or cooking, which makes it easy to fit into my day. In addition, while my daughter and I are in the car, we choose an agreed-upon topic and listen to it and discuss it all the way until we reach our destination. There are many different types of podcasts, so I can choose topics that interest me such as history, technology, or storytelling. I recently started listening to podcasts in English, and I hope it helps improve my English. Moreover, listening to podcasts helps me expand my knowledge and stay curious about the world. Sometimes, I even listen to podcasts about hiking, which gives me ideas about new places to explore. Overall, podcasts are a fun and useful way to learn, and they make my day more enjoyable.

Last of all, spending time with my family is the next special hobby that brings me happiness. Family is very important to me, and I love the moments we share together, whether we are having dinner, watching a movie, playing games, or even going hiking together. I always feel connected and happy when I'm with them. These moments help me build strong bonds with the people I love and create memories that last a lifetime. Spending time with family also reminds me to appreciate the simple things in life: laughter, love, jokes, and support. No matter how busy life gets, I would always find time to spend it with my family, and it is the best hobby I can do because being around the ones I love brings me joy and comfort.

In conclusion, hiking, listening to podcasts, and spending time with my family are hobbies that make my life more enjoyable and meaningful. These hobbies are a reminder of what truly matters in life; taking care of myself, learning new things, and cherishing the people around me. Together, they create a perfect balance that makes everyday feel special.

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DREAM DESTINATIONS

OPINION ESSAY

BY *MARIANA TEMERIVSKA, ESL 37*

I want to share about my three dream vacations. I want to go to France, New York, and Ukraine. The first place I want to visit in the future is France. I want to see the most important landmark in France – the Eiffel Tower. I imagine myself with my husband walking around France and eating in expensive restaurants. About the second place, I like drawing, so I would like to be at a museum. In New York, I want to see all the pictures created by famous artistes. I hope the most popular artist can teach me more about art. Third, I want to visit Ukraine. I want to see my family, and I want to visit my teacher who created beautiful things, like sewing field. I want to have my own business and open a company or an atelier. The most interesting dream vacation is the last one because in Ukraine I studied in the sewing field.

I really want to open my own company where people can come and have clothes made with love and attention to details. In the future, I will improve my skills and will study more. I'm confident that my future will be bright because I see my dream in front of me and I never give up. To achieve this dream, I'm ready to carry it out step by step.

EUROPEAN VACATIONS

OPINION ESSAY

BY *TETIANA KONSTANTYNOVA, ESL 37*

I have three dream vacations. Almost two years ago, I was in a very old Bulgarian city. I don't know the spelling of its name in English, but it's not the most important thing. There are very old buildings in that city. There is a beach on the Black Sea, too. Therefore, I want to go there again. The second vacation is a beach on the Black Sea in Odessa, Ukraine. It is really beautiful and calm. However, I have never been there in the winter, so I wish to go there again. The last vacation is in my home village. There are beautiful fields near a small river. There is a really beautiful view of the night sky. The last vacation is my favorite because I was with my friends. I want to go there with my friends again.



**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!



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

Scan QR Code to Join the Zoom!

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

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



NEW YORK CITY: THE MOST LINGUISTICALLY RICH DESTINATION ON EARTH - OVER 700 LANGUAGES SPOKEN!

THE LANGUAGE ROOM

Continued from page 1

That's right—this buzzing city is home to more than 10% of all the world's languages, making it an unparalleled melting pot of global cultures. And what's even more fascinating? This rich tapestry of languages goes back to NYC's very beginnings.

From 18 Languages to 700: A Journey of Words Across Centuries

Historians say that the earliest community of 400 to 500 New Yorkers—dating back to the 1600s—already spoke 18 different languages. Today, that

number has exploded. You can hear everything from Spanish and Bengali to Mixtec and Kuranko on a single walk down Roosevelt Avenue in Queens.

According to Ross Perlin, a linguist and co-director of the Endangered Language Alliance, NYC may be hitting its peak language diversity. In his words, "New York City—the most linguistically diverse city in the history of the world—may be hitting peak diversity."

How Did New York Become So Multilingual?

The story begins with the Lenape people, the In-

igenous group whose language gave us the name "Manhattan." Over time, languages from enslaved Africans, European settlers, and international traders were added to the mix. And that was just the beginning.



As immigration grew in the 1800s and 1900s, the city transformed into a global hub. Refugees, workers, and dreamers from across the world brought their languages—and their lives—into the five boroughs.

Today, you can hear Seke, a rare language from

Nepal, spoken in Brooklyn. Or listen to West African dialects and Indigenous Latin American tongues spoken openly across the Bronx, Queens, and beyond.

A Hidden Crisis: Many Languages Are Disappearing

While New York's linguistic diversity is awe-inspiring, it's also under threat. Experts warn that more than half of the world's 7,000+ languages may vanish within the next 100 years—many without ever being recorded. Even in NYC, languages like Lenape are in critical danger. There's only one known native

speaker left. Language loss is a result of centuries of colonization, displacement, and, now, rising urban living costs.

Preserving NYC's Language Landscape

But all is not lost. Organizations like the Endangered Language Alliance (ELA) are working to document and support these at-risk languages before they disappear.

Their projects include creating detailed language maps of NYC, where even little-known dialects are cataloged. The ELA also works directly with immigrant communities to help revitalize their native languages.

A Sound Installation That Speaks Volumes

One of the most inspiring efforts happened in January 2023: a public art installation called Anchor-
age, Babel in Reverse, in Brooklyn's DUMBO neighborhood. It featured hundreds of recorded voices, each one representing a different language spoken in NYC.

As you walked by, you'd hear a chaotic mix of

voices. But standing directly beneath one of the speakers, you'd listen to just one clear language, telling a story, poem, or cultural fable.

Many of the voices were speaking endangered languages, offering a haunting and beautiful reminder of the voices we might soon lose.

Why This Matters to You as a Traveler

If you're visiting NYC, you're stepping into more than a city—you're walking through a living museum of human communication and cultural resilience.

The languages spoken here aren't just words—they're windows into the history, identity, and dreams of people from every corner of the globe.

And every neighborhood, every street corner, and every subway ride has the potential to connect you to a world you didn't even know existed.

Source: <https://www.traveller365.com/articles/New-York-City-The-Most-Linguistically-Rich-Destination-on-Earth-Over-700-Languages-Spoken>

ARABIC PROVERBS

BY MOHAMMED EL MRANI, PARROT STAFF WRITER

PROVERBS

Proverbs are short sayings that carry deep wisdom. They are like little mirrors showing how people think about life. I enjoy comparing Moroccan and Arabic proverbs with English ones because they often share the same values in different words.

One Arabic proverb says, "Drop by drop, the river grows." It means that small efforts eventually lead to success. In English, there is a similar saying: "Slow and steady wins the race." Both remind us to be patient and consistent.

Another Moroccan saying goes, "Who plants good,

finds good." It's similar to "What goes around, comes around." It shows the importance of kindness and honesty. Growing up, my grandparents used proverbs in daily conversations to teach lessons without sounding too serious. When I translate them into English, I notice how wisdom crosses borders and unites cultures.

Proverbs remind us that humanity shares the same hopes and struggles. Whether in Arabic, English, or any other language, they teach us to live with patience, respect, and compassion. They are small sentences with big hearts.

Fall 2025



Student Health & Wellness Center
 Located Between Student Center and Community Rooms

Learn More About Your LOS RIOS STUDENT HEALTH AND WELLNESS SERVICES

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**Try it Out
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Our vision is to **empower** students with the knowledge, skills and resources to support their **physical and mental wellness**, so they may **achieve** their educational and life goals.



Peer Support: Safe, **anonymous, peer-to-peer** platform 24/7, ability to filter to find their global community



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



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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?

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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

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- Flu A/B testing
- Flu vaccine
- Strep throat testing
- TB risk assessments
- Health requirements for academic programs
- Immunizations/titers*
- TB skin test*

*Low Cost



For more information and to make an appointment, scan here!

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



INTERVIEW WITH CHERYL WATT: CHILD DEVELOPMENT CENTER SUPERVISOR AT ARC

INTERVIEW

BY EDRES SAYED SADIQI, PARROT STAFF WRITER

Continued from page 1

First of all, thank you very much for giving us the time and opportunity to have an interview with *The Parrot Newsletter*. To start our interview, can you tell us a little about your educational background and what inspired you to go into the field of early childhood education?

Thank you for having me. It's a pleasure to contribute to *The Parrot Newsletter*. In response to your question, I have an AA in Early Childhood Education from American River College, and a BA in Human Development from Pacific Oaks College. I started working professionally with children right after high school at a family childcare program. At that time, it was more about taking an available job, but the more I worked with children, the more I realized it was where I belong.

It is great to know that you found the field where you have passion. Now, please tell me, what motivated you to pursue leadership in child development, and how did your career journey lead you to becoming the Supervisor at ARC's Child Development Center (CDC)?

It's my pleasure. I would say that I started at the

ARC CDC as a student in 2001, and I fell in love with the program. I have always been drawn to working with children and families, and I loved the idea of also supporting students as they navigate education and raising children. I worked as a classroom teacher and the CDC clerk prior to becoming the supervisor.

Wow, that is amazing. So, it is about 25 years since you joined CDC as a student. We are really lucky to have such an experienced person leading

ARC CDC. Now, would you share what are some of the key benefits offered by the CDC for student-parents at ARC?

Thank you. The CDC supports student families by providing care for children while parents/caregivers

are in class, working, as well as study time. We serve student families, Los Rios staff, and community families with children ages 12 months through 5 years. We operate a California State Preschool Program (3–5-year-olds), as well as an infant toddler program (12–36 months).

During the day, children participate in learning activities that promote social-emotional and aca-



demic growth. Children receive breakfast, lunch, and an afternoon snack daily.

We also connect families with both on-campus and off-campus family services as needed.

It is great to know that. Can you also share what are the eligibility criteria for student-parents' kids to enroll for childcare at ARC?

Student families interested in childcare should complete an application, which is available in our office or on our website. A complete application is required to enroll or be placed on our waitlist. Required documents include items like birth certificates, proof of income (work, cash aid, or however the family is supported financially), employment verification, class schedule, etc. CDC enrollment is based on family size and income, with low-income families being served first.

Thank you, there are some ARC students who are interested to work at ARC CDC. So, my question is, how can a student who wants to work as student help get a job at CDC? What are the eligibility criteria?

Great question! The CDC employs many students – they play an important role at the center, and we are always happy to share our passion for children with the campus community. Students interested in working at the CDC can complete a one-page interest form, which can be picked up in our office. The CDC is only able to hire students that have Federal Work Study, and we give priority to students that are ECE majors (Early Childhood Education).

That was helpful information. What kinds of developmental activities or curriculum approaches do you and your team focus on to support children's growth?

Sure, the ARC Child Development Center utilizes an emergent curriculum, which means we observe children's play, learn their interests, and then design classroom activities around those interests. This process allows children to explore learning concepts (math, science, literacy, etc.) in a way that interests them, and therefore will be more meaningful. Because we know that parents are a child's first and best teachers, we gather information from families about their children's development prior to enrollment and use that information to inform curriculum as well.

It is great that the activities and class room designs are based on children's interests. I believe

this is a great method that helps children learn more while playing too. As an experienced person in the field of early childhood education, what advice would you give to ARC students who are interested in pursuing a career in early childhood education?

I think a student's first step would be spending time in an

early learning classroom. ARC offers classes that allow students to do observations and spend time learning at the CDC or in a community program. You really don't know that you want to be a teacher until you have seen a classroom in action; it may be different than you think.

I totally agree with you. Let's get out of the official side of the interview and learn more about you personally. So, what are your hobbies that you love to do when you have free time?

I am happy to share interests, but I don't have much free time! When I'm not at work, I enjoy spending time with my family outdoors. We enjoy camping, walking in the woods, and spending time at the ocean.

”

We really enjoy working with children and families, even when it's hard, and it's often hard!

”

Oh, that is interesting to know that we both share kind of similar hobbies. I am also a nature lover. I really love to explore the nature, spend time in the woods, oceans, and overall, I love outdoor activities. As the final question of our interview, I would like to ask, is there anything else that you want to share with our readers?

I would also like to share that the Child Development Center is a very special place. We have teachers that have worked here over 25 years, which is very rare in early education. We really enjoy working with children and families, even when it's hard, and

it's often hard! But it's worth it, and I am proud to lead this team as they conquer the challenges of daily childcare and education.

Cheryl Watt, once again thank you very much for giving us the time and the opportunity to interview you, and I highly appreciate the valuable information you have shared with our readers in this interview.

The pleasure was all mine, and I also thank you for giving me the chance to share about myself and the ARC CDC with *The Parrot* readers.

ALL EARS ENGLISH

BY MOHAMMED EL MRANI, PARROT STAFF WRITER

PODCAST REVIEW



When I first started learning English, I often felt lost listening to native speakers. They spoke so fast and used expressions that I couldn't find in my textbooks. One day, a friend told me about the [*All Ears English* podcast](#). I decided to give it a try, and since then, it has become one of my favorite tools for learning English naturally.

The podcast is hosted by two cheerful American teachers, Lindsay and Michelle, who speak clearly but at a real conversational speed. Each episode focuses on helping English learners sound more confident, natural, and friendly. They discuss idioms, pronunciation, small talk, and even cultural topics like how to connect with people in the U.S. I really enjoy their positive energy. Sometimes I listen while driving or cleaning, and I feel as if I'm chatting with friends.

What makes [*All Ears English*](#) special is its focus on real communication instead of boring grammar drills. They teach phrases like "break the ice," "hit it off," or "pull someone's leg," and they explain when and how to use them. I often repeat the phrases aloud to improve my pronunciation and rhythm.

Thanks to this podcast, I've gained more confidence when speaking. I can now understand more native speakers and use expressions that sound natural. I recommend [*All Ears English*](#) to anyone who wants to go beyond the classroom and experience the real language of everyday life.

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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



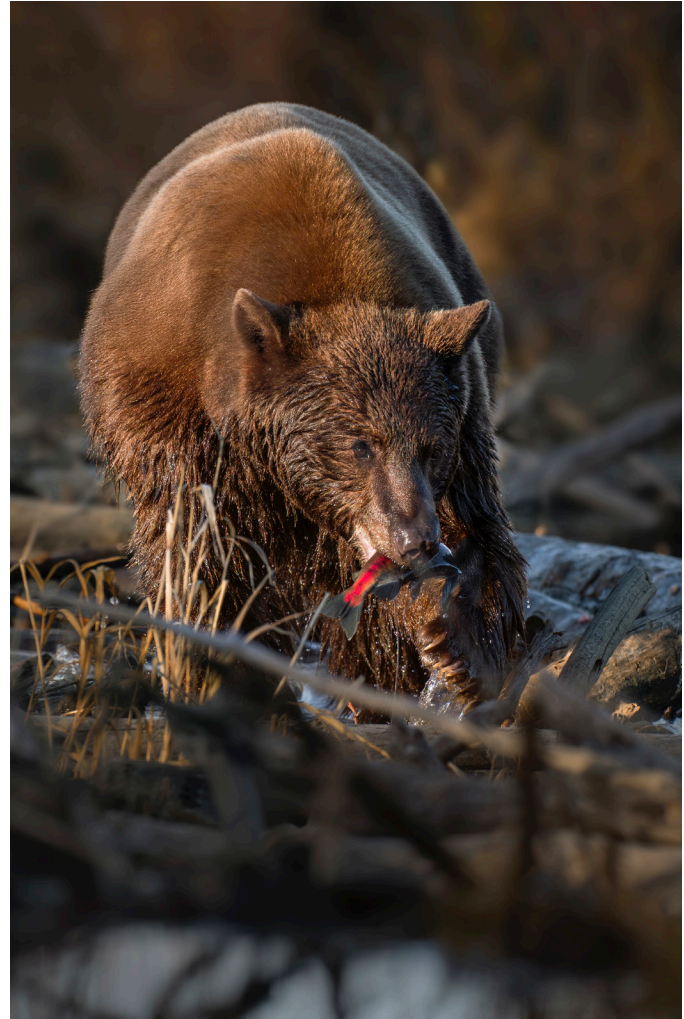
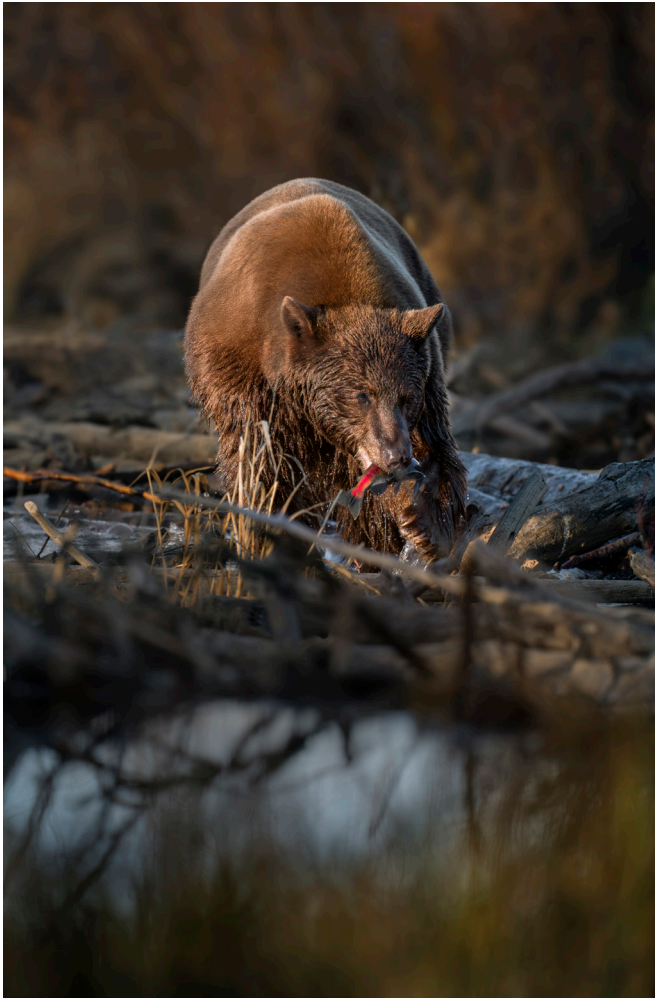
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Bear-ly Believe It!

BY MANNY, PARROT STAFF WRITER

EVENT



Last Saturday, I had one of the most unforgettable experiences of my life — photographing wild bears at Taylor Creek in South Lake Tahoe. Every fall, this beautiful area becomes one of nature’s most exciting stages: salmon swim upstream to spawn, and black bears emerge from the forest to fish for their next meal.

When I arrived early in the morning, the crisp mountain air carried the scent of pine and damp earth. The sun filtered softly through the trees, illuminating the golden colors of autumn. I

wasn’t alone — photographers from all over the world had gathered along the creek, each of us with our cameras ready, waiting for that magical moment when a bear would appear. There was a quiet sense of anticipation, mixed with awe and respect for the wild creatures we hoped to see.

And then it happened. Out of the brush, a bear stepped into the shallow water, its fur glistening in the morning light. With impressive precision, it reached down and caught a salmon — nature’s drama unfolding right before

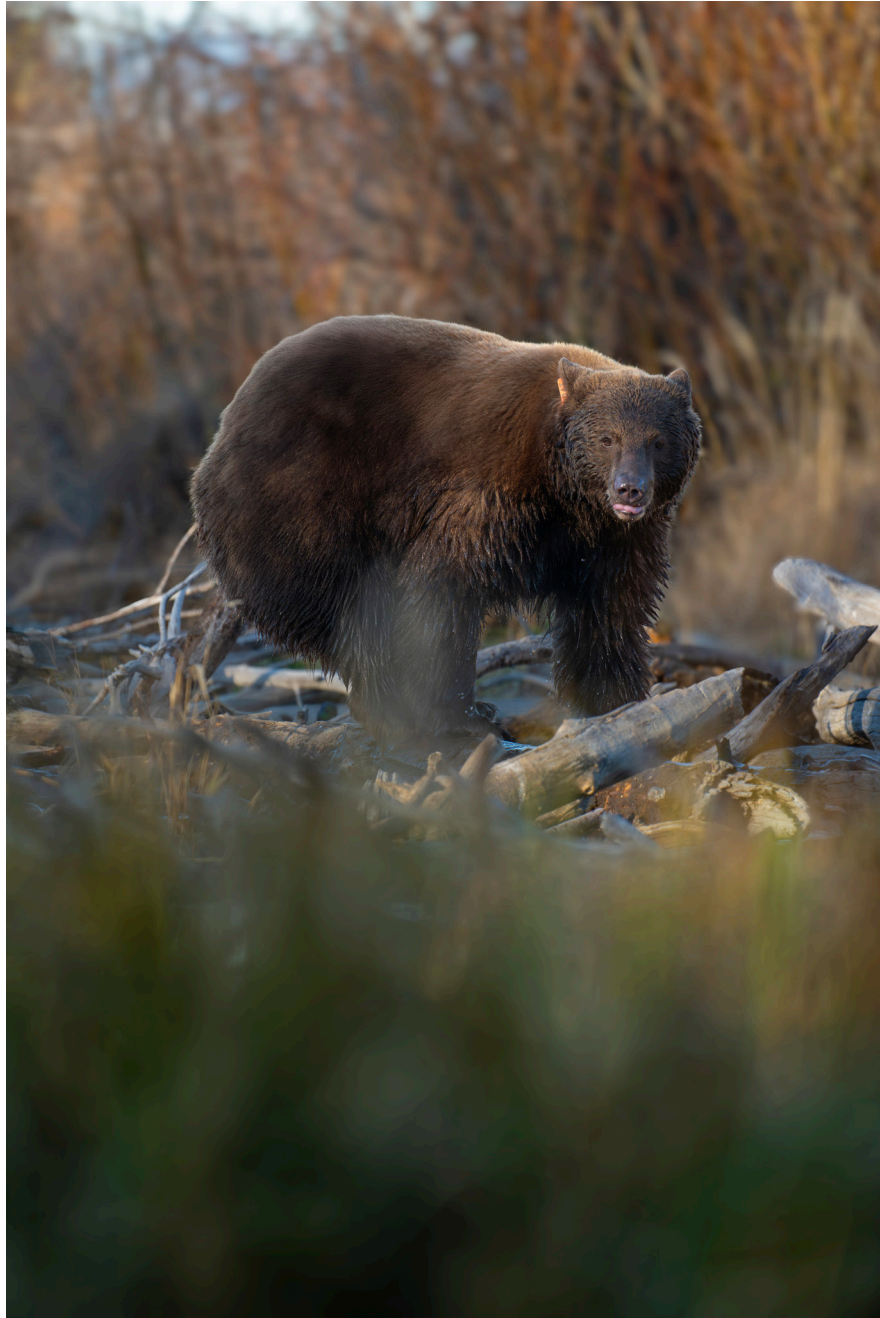
our eyes. My heart raced as I clicked the shutter, trying to capture the power, grace, and raw beauty of the moment. For a few minutes, it felt like time had stopped.

The experience reminded me why I love photography so much. It's not just about taking pictures; it's about connecting — with nature, with light, and with the emotions that moments like this awaken. Surrounded by the sound of rushing water, the clicking of camera shutters, and the quiet whispers of fellow photographers, I felt like I was part of something much bigger.

Taylor Creek is a major attraction in Lake Tahoe this time of year, and it's easy to see why. Watching the bears fish while surrounded by such breathtaking scenery made me feel like a National Geographic photographer — immersed in the wild, documenting life as it truly is.

If you ever get the chance to visit Lake Tahoe in the fall, don't miss this experience. You might

just come home with more than photos — you'll carry a piece of the wilderness in your heart.



Follow me on [Instagram.com/emrrado](https://www.instagram.com/emrrado)

APP REVIEW: *FREE4TALK*

BY MOHAMMED EL MRANI, PARROT STAFF WRITER

ENGLISH IN A MINUTE

When I began studying English seriously, I realized that reading and writing were not enough; I needed to speak. Unfortunately, I didn't always have native speakers around me. That's when I discovered *Free4Talk*, a free platform where people from all over the world gather to practice speaking English.

The app is simple and user-friendly. You can create or join virtual voice rooms, and each room has a topic like "Travel," "Daily Life," or "Job Interviews." I have met people from many countries, Brazil, Japan, Turkey, and even Morocco, like me! We share stories about our cultures, food, and dreams. Speaking with strangers at first felt strange, but soon I felt more comfortable. The best part is that everyone understands the difficulties of learning a language, so we encourage each other.

Sometimes, the internet connection or sound quality is not perfect, but the benefits are much greater than the problems. I use *Free4Talk* at least twice a week to keep my speaking muscles active. I also learn about world cultures, accents, and lifestyles, which makes me more open-minded.

In my opinion, *Free4Talk* is more than an English-speaking app; it's a global classroom. It helps me improve my confidence, pronunciation, and fluency while making international friends. For any ESL learner who

wants real conversation practice, this app is a wonderful choice.



Attention ARC
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Employees

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A BEAUTIFUL GLANCE INTO INDIAN CULTURE: A PRE -WEDDING (*DHOLKI*) CELEBRATION OF LOVE AND UNITY

BY ASILA SADIQI, PARROT STAFF WRITER

CULTURE



Recently, I had the honor of attending a very special pre-wedding celebration hosted by one of our Indian colleagues for a dear Afghan friend who is getting married at the end of this month. The event was called a *dholki*, a traditional Indian pre-wedding party that brings together friends and family to celebrate the bride before her big day.

The moment I arrived, I could feel the warmth and joy in the air. Our colleague had opened her home to around sixty guests, and the atmosphere was filled with music, laughter, and a sense of togetherness that only true community can create. The tables were full of delicious Indian dishes such as biryani, *nihari*, chicken *tika masala*, desserts, dry fruits, and fresh fruits that truly reflected the hos-

pitality and generosity of Indian culture. Every dish was made with love, and every flavor told a story of tradition.

When the bride entered the room, surrounded by four other girls holding a beautiful scarf above her head, the room lit up with excitement and blessings. Guests congratulated her one by one as she took her seat in a beautifully decorated place made just for her. Soon, the traditional ceremony began. There was a plate of henna (*mehndi*) and fresh leaves. Each guest took a small piece of henna and placed it on the leaves which are placed on the bride's hand, symbolizing happiness and a colorful married life ahead.

Then came the moment of sweetness--literally. Guests offered sweets to the bride, wishing her a future full of joy, kindness, and love. The bride, in turn, shared a large plate filled with flowers and glass bangles (bracelets), giving them to everyone as a token of gratitude and blessings. Many people brought gifts, and you could see the love and respect shining in everyone's eyes.

After the ceremony, we enjoyed the incredible food and then joined in the dance party that lasted for more than two hours! The energy, rhythm, and smiles on everyone's faces made it unforgettable.

This experience deeply touched me. It reminded me how beautifully Indian culture honors marriage, not just as a union of two people, but as a joining of families, hearts, and traditions. The way they celebrate their daughters before marriage with so much love, joy, and pride shows the strength of their family values and the warmth of their community.



English Conversation Group

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

Want to practice speaking English? Join our friendly group!

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

Check "Events" for **more locations and times** at www.saclibrary.org.

Topics:

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

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

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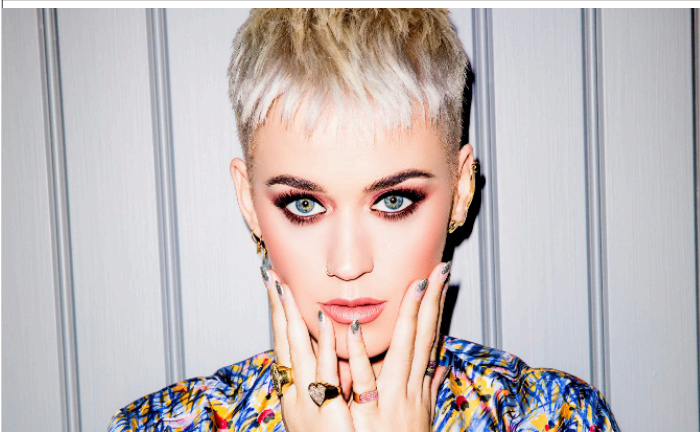
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 Askhb-lac@arc.losrios.edu

EMBRACING NEW LAYERS WITH KATY PERRY'S "ROAR"

BY EDRES SAYED SADIQI, PARROT STAFF WRITER

MUSIC REVIEW



When I first arrived in the United States in 2016, my musical world was deeply rooted in the familiar sounds of Afghan songs and, to some extent, the rhythmic, culturally resonant melodies of Indian music. Both of these musical traditions felt like home because they shared cultural threads that I understood. They were part of the world I was raised in, and they carried the poetry and emotions I could easily relate to.

As I gradually immersed myself in life in America, the idea of connecting with English-language music felt like stepping into unknown territory. I was unfamiliar with the cultural nuances and the lyrical stories, and it was challenging to find that same emotional connection I had with Afghan or Indian songs. Yet music, as it often does, became a bridge, a way to understand and embrace a new cultural landscape.

Taking a music class at American River College was a turning point. As my English improved, I began to appreciate the layers of meaning in English-language songs. That's when Katy Perry's "Roar" resonated with me on a whole new level. It wasn't just about learning the words; it was about feeling the story behind them

and recognizing the universal emotions they carried.

As someone who writes Persian poetry, I've always believed that lyrics hold a poet's soul. "Roar" became a song that showed me how music can transcend language and culture, connecting me to a new community. It wasn't just about listening to American songs; it was about embracing a new version of myself that could appreciate and connect with multiple cultural layers.

Finally, I think "Roar" is a testament to how music can empower us to find our voice in new places. It's



about layering new experiences onto the foundation of who we are. I'm still connected to my Afghan and Indian musical roots, but now I also feel at home roaring along to a song that helped me embrace a broader cultural identity. Through music, I've found a way to enrich not just my own life, but also to connect and share with others.

Photo sources:

1. https://www.imdb.com/title/tt3476586/media-viewer/rm3246005760/?ref=tt_ov_i
2. <https://www.theguardian.com/music/2017/jun/11/katy-perry-interview-witness-album-glastonbury>

**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

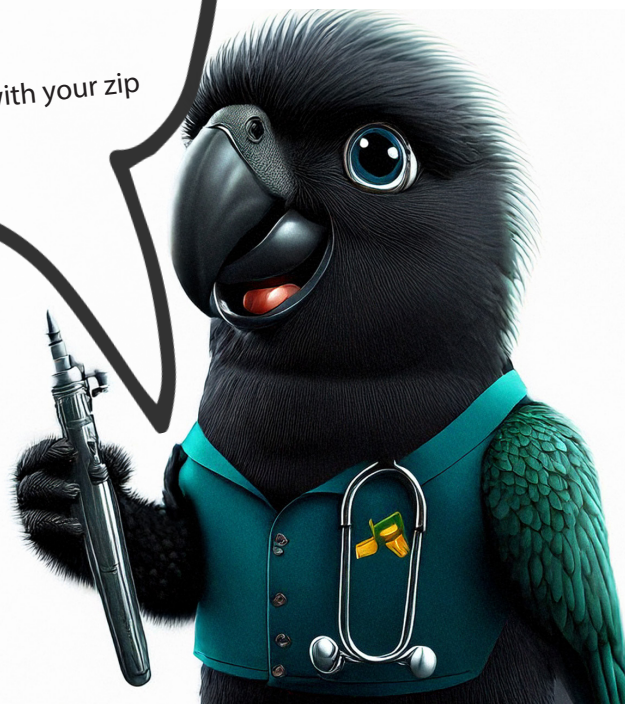
California Northstate University: 916-686-8914 (Dentistry School)

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.

The Parrot Spreads Its Wings at Natomas Center!

EVENT

BY MANNY, PARROT STAFF WRITER



Last week, *The Parrot* team proudly participated in the welcoming event at American River College's Natomas Center, helping new students discover the many activities, groups, and departments that make ARC such a vibrant community.



Representing *The Parrot* were Edres, Asila, Professor Hoggan, Liza, and myself. Together, we engaged with incoming students, sharing information about our newsletter and how they can get involved. Many students stopped by our booth, picked up our colorful fliers, and scanned our QR code to explore *The Parrot* online.

It was a fun and energetic day filled with conversations, laughter, and a shared excitement for the new semester. Events like this remind us how important student connection and communication are—and *The Parrot* is always here to give students a voice and keep our campus community connected!



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>