



Spring 2022

THE PARROT



ISSUE # 163

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

Farah Aljouja: ELLIS Club Vice President



The Parrot: How long have you been at ARC?

Farah: I have been here for 3 years.

The Parrot: What is your major and your main goals for the future?

Farah: Nursing. This will be my final semester. After that, I will go to Sac State.

The Parrot: I understand that you are a new officer in [ELLIS Club](#).

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Why do People Eat Donuts?

p. 30

"The optimist sees the donut, the pessimist sees the hole."

Oscar Wilde

Why You Should Learn to Say 'No' More Often

By Kristin Wong

Humans are social animals who thrive on reciprocity. It's in our nature to be socially obliging, and the word no feels like a confrontation that threatens a potential bond. But when we dole out an easy yes instead of a difficult no, we tend to overcommit our time, energy and finances.

"The ability to communicate 'no' really reflects that you are in the driver's seat of your own life," said Vanessa M. Patrick, an associate professor of marketing at the C. T.

Bauer College of Business at the University of Houston. "It gives you a sense of empowerment."



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Student Chirpings

Holidays in Ukraine

The holiday is something more special than ordinary everyday life for a person. On this day a person can relax with family and friends. Every country and nationality has its own religious or traditional holidays and celebrations. In my country, Ukraine, they celebrate three holidays and celebrations: Christmas, Easter, and weddings.

The first celebration that I want to talk a little about is Christmas. Basically, it is celebrated in the same way as in many other countries with a Christmas tree, gifts, and a family dinner, but I want to note one feature of the holiday in my country. Twelve traditional dishes are prepared on Holy Evening, which is then eaten during the celebration of Christmas. The twelve-course menu includes traditional *kutya* (threshed wheat with honey, nuts, dried fruits, and poppy seeds), *uzvar* (dried fruit compote), *vareniki* (dumplings), baked fish, cabbage rolls, pickled mushrooms, stewed potatoes or vegetables, two types of salad,

roasted duck with oranges, fruit jelly and a traditional Christmas sweet pie. These dishes are usually prepared by a grandmother with her daughter and granddaughter. This tradition brings three generations very close together.

The second holiday that is important in our country is Easter. On Easter morning before dawn, all people visit the temple or church. People who go to the temple carry food to be blessed and consecrated in baskets. This is a custom among Orthodox believers. Christians go to church. Together with the children, they participate in the choir and glorify the Resurrection of Christ. All three days of Easter, when people meet, they exchange the words, "Christ is Risen", "Truly Risen"! On these days of celebration, people meet with their friends and relatives whom



they have not seen for a long time. Easter most often falls in April or early May. Often this is associated with the revival of nature because everything seems to be resurrected.

The third celebration that is merrily celebrated in my country is a wedding. A marriage ceremony is very important in our country because a new unit of society is being born. Since our country is multinational (Bulgarians, Moldavians, and Russians), the customs during a wedding are different for each nationality. This can be the ransom of the bride at the beginning of the wedding ceremony, and theft at the end of the wedding evening, as well

as the mother-in-law riding a cart down the street. The main thing for all nationalities should be a blessing from their parents, then a wedding in a temple or church. The parents of both parties are also responsible for cooking. Up to 200 guests can be invited to the wedding. Another important moment at the wedding during the congratulations is for the guests to say the words of blessing, well-being, and to wish for many children.

In summary, Christmas, Easter, and weddings are very important in life. Christmas, Easter, and weddings bring a lot of good and kind meanings. There is a lot of fuss and various problems in life, but thanks to the holidays and celebrations, we have many exciting moments. Christmas, Easter, and weddings are associated with awakening, resurrection, and the birth of a new life. All these celebrations are wonderful and are an essential part of the life of all people in Ukraine, so they should not be forgotten.

Liia Radieva

ESL 47

Descriptive Essay

Holidays in Vietnam

In Vietnam, there are celebrations throughout the year. Each month has typical events and celebrations. Every celebration has a great meaning, and they are times for people to rest, gather, and enjoy themselves. The most special celebrations in my country are Tet, Valentine's Day, and Women's Day.

First, Tet is a big and important celebration in the year because it brings us hope for

a good start to a prosperous new year. Also, it is an opportunity to reunite, gather together, and enjoy dinner together. One day before Tet, members of the family prepare special meals with many dishes. Women in the family make Tet cakes from rice, pork, lard, ba-



nana, green beans, and black beans, then wrap them in a banana leaf. They are then boiled for 7-9 hours. These cakes are shared with everyone in the family. On January 1st every year, people usually gather at a grandparents' house to enjoy dinner. They bless each other to have a lot of happiness, prosperity, and luck. Grandchildren will also give gifts to their grandparents, and parents give lucky money to their children.

Second, Valentine's Day is a special day of the year for couples. This is a special occasion for everyone to show their love to their partner. On February 14 every year, couples go out to eat, watch movies, or go for a walk

together. The men buy flowers and chocolates to give to women as a gift for love. They then wish for their love to last forever.

Finally, Women's Day is a very special celebration for women. It is an opportunity for people to show affection and thanks and give meaningful gifts to the women in their lives, such as mothers, wives, and daughters because they take such good care of their

families for the whole year. On this day, women in the family do not need to do housework like laundry, cooking, etc. In addition, the husbands typically cook at home or book a dinner at a restaurant to enjoy the

evening with the family.

In summary, like other countries in the world, Vietnam also has many celebrations in the year. For my country, the three most important days are Tet, Valentine's Day, and Women's Day. Celebrations have special meanings. They are special occasions for families to gather, enjoy moments together, and love each other more.

Truc Linh T Vo
ESL 47
Opinion Essay

Movie Reviews

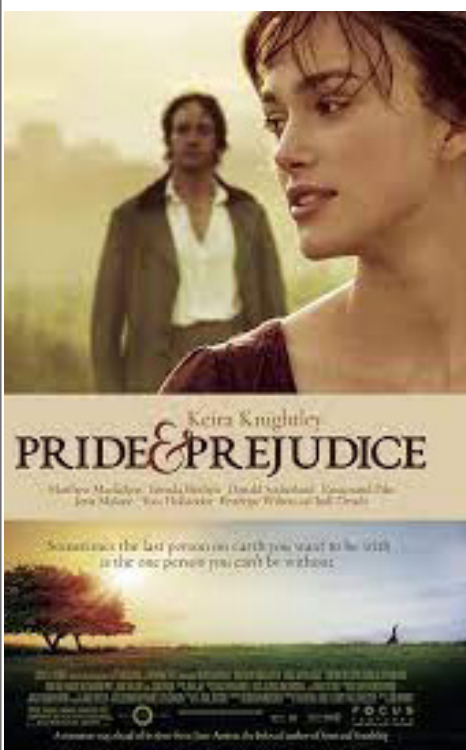
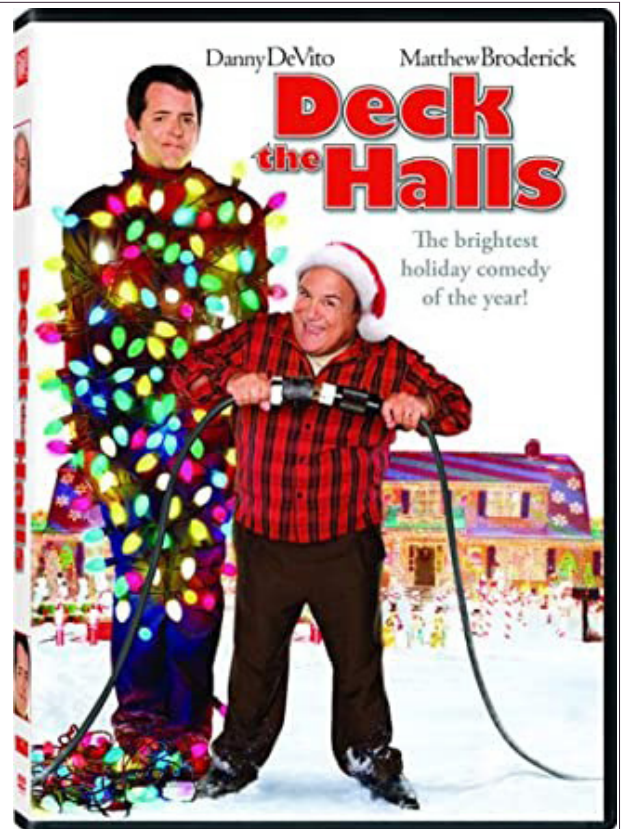
I like the actor Danny DeVito, so I like films with his participation. One of my favorite films with his participation is the film *Deck the Halls*. The film director is John Whitesell. My family and I like to watch this movie over the Christmas holidays. We watched this film many times, the last time in January. This is a very funny and comedic movie.

The plot of the film boils down to how you can beautifully decorate your house with garlands for Christmas and make it bright and the best in the city.

I like this movie because It's a funny family comedy about good neighborly relations. And the main thing, it is a film about faith in yourself and about faith in your dream. I recommend everyone to watch it with family. I give it 5 stars.

Iurii Zachynskyi

ESL L310



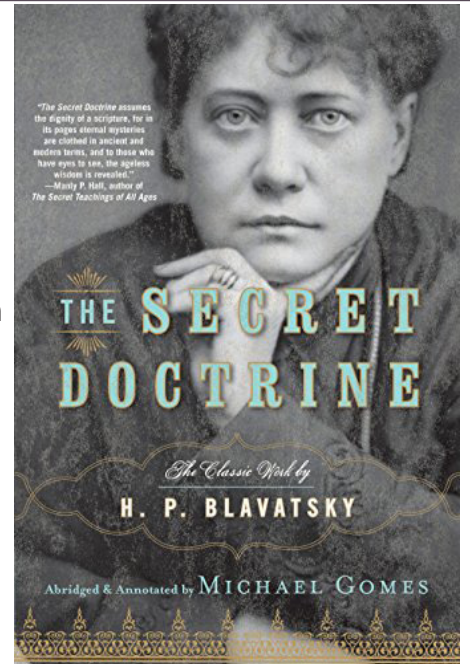
I really like the movie based on Jane Austen's novel *Pride and Prejudice*. I watched it about 20 times. The last time I watched this movie was in the summer of 2021. There are several adaptations of this movie, but I like the film from 2005. Joe Wright is the director of the movie. Keira Knightley and Matthew Macfadyen are the stars of the film. *Pride and Prejudice* is a romantic drama that shows that the first impression of a person can be deceptive. Also, the film emphasizes how a person can change for the sake of love. I'm always interested in watching the relationship of the characters although I know this film by heart. I think that I love this movie because the character of the main character is similar to mine. My rating for this film is 5+. While I was writing about the film, I wanted to review it again.

Kseniia Krivolapova

ESL L310

Book Reviews

Of course, if I make a choice between a book and a movie, I always choose a book. In the book, we draw knowledge, develop our imagination and subconsciousness, discover new worlds, and travel through the unknown expanses of history and time. Today I want to present to you the largest and most mysterious work *The Secret Doctrine* written by Helena Blavatsky, one of the greatest theosophists, esotericists, and mystics of the second half of the 19th century beginning of the 20th. I read this unique book for the first time in 2012. Today I re-read it for the third time and every time I understand everything in a new way. The book is not simple. This mystical knowledge was first made public to the world in which all the desire for the Eternal Truth and knowledge is embedded. For me, this book is some kind of revelation, which proves that nature is not a "random combination of atoms", and also indicates a person to his rightful place in the Universe. I think that such works are impossible to evaluate. I put 5, by our meager earthly standards.



Sincerely,
Anonymous



I like many books, but the "fairy tale," *Alice's Adventures in Wonderland* is a more interesting piece of art. This book was written by Lewis Carroll. The first time I read this book was when I was a child, then I reread it many times because that is not just a fairy tale. :) To me, this book has a direct interpretation of our world. I love to read books and try to understand what the author wants to tell us. I give this book 5 stars.

Liubov Popova

ESL L310

Past and Now

The time in our lives does not just exist, it is given to us for something. Life is pushing us to do some actions today that manifest in the future and the past is shaping the events of us today. My past flashed somewhere far away, just as my future new life was on the horizon. Day after day passed, leaving not only memories and years, but also an experience.

More than 10 years ago, a plane landed in San Francisco, and I stepped confusedly into my new land. It has been a long and difficult journey that I will remember for the rest of my life. At that moment, the world turned upside down for me, and fear gripped me from head to toe. There was uncertainty ahead that could only be imagined in my dreams, but I knew for sure that this way was mine and I would go through it. The future seemed unreal with such an unusual culture and language. I had to get used to a completely different life, which greeted me with the bright sun and the noise of birds I had never seen before. I was still amazed for a long time by cars, of which there were many and which were driving at high speed. At that time, I wondered why there were almost no pedestrians. I loved to watch strangely dressed people, who had just jumped out of bed, lazily lined up in cars for some incomprehensible sandwiches. Listening to people's conversations, I realized that English in America is not always English. It was a strange "discovery" for me, although today I already know for sure that I was wrong. Then for a long time, I tried to understand where I was. Due to my ignorance of the English language, funny situations have been happening to me. Sometimes it has been an unpleasant experience. Unfortunately, there was a constant lack of time and opportunity to communicate in English, as I had to live and work in



a Russian-speaking community. Every night hugging my wet pillow, I used to dream about my home. Dreaming of everything left in the past, I knew it would never come back. The food did not taste good, and the flowers did not smell. It was a time that made me fight, and also, it has been a time that made me stronger. But after many obstacles, I have not given up and I still overcome the desire to leave everything. I have already understood that this is only the end of one page of my life.

But the present has come. Remembering myself, I often wonder how I was able to find the strength to overcome all obstacles. Now, every day I wake up with gratitude that the morning came. Then I run to the mirror and there I meet the new "me." My life and I are changing every moment, and my consciousness is flexibly adjusted to the passage of time, trying to resonate with the renewing universe. I never regret anything in my life now, and I understand that my past is the road to my present. Today I thank everyone who has been in my life, as well as those who are now. They have been and are good

teachers to me. Over time, I came to realize that I would never want another life. I find myself in everything around me and I dissolve in it. Flowers nod their heads at me, my favorite four-legged faithful furries run to meet me, the sky smiles with the stars, and the wind blows my hair. This is another world, a world I have built for myself and which I love immensely. This is my world today.

The past and the present are a thread that exists in everyone's subconscious. And there is only one moment between them. This moment, this is us.

Ann Onimus

G310

Narrative Essay

My Grandfather

Do you have a good grandfather? Every person in this life has four grandparents. Two are on the father's side and two are on the mother's side. Most grandparents love their grandchildren. My grandfather is Hamdo. He lives in Syria. He is on my father's side. My grandfather is good for several reasons.

First, he is a kind person. He loved my grandmother very much and that makes us happy. For example, he planned to celebrate Mother's Day and invited all the family. In addition, he was equal with all his grandchildren. For instance, he gave every one of his grandchildren the same amount as a gift on the first day of Eid. He cried when one of his grandchildren is sick. He supported us when we got in trouble. He tried to mitigate the punishment that our parents imposed on us if we made mistakes. Finally, his beautiful smile was the first characteristic that shows that he is a kind person. I feel lucky because I have a kind grandfather.

Second, he is a person who practices the teachings of his religion. My grandfather is a Muslim, and he prayed and fasted during Ramadan. He applied the teachings of his religion in dealing with people. For example, he respected people with all of their differences. Beyond that, he was honest in his work and respected his deadlines. He taught his grandchildren about religion. For instance, he taught us how to pray. He recited the Qur'an to us and explained it to us. He



used to go to the mosque a lot. Every Friday, he would take us with him to the mosque. In sum, he was someone who reflected the beauty of his religion through the beauty of his actions.

Third, Jiddi, which means grandfather in my language, spent a lot of time with his grandchildren. When I was young in Syria, he used to take me and my cousins to the park and play with us. He took care of us when our parents were at work. For example, he made us lunch. In addition, he helped us with our homework. We did with him a lot of activities over the weekend. He told us about his past and the difference between the present and the past. He used to make competitions for us among the

fastest in arithmetic operations, especially the multiplication table. In brief, he always repeated the proverb: the most beloved of children are the children of one's children.

In conclusion, being a kind person, applying the teaching of his religion, and spending time with his grandchildren make my grandfather a very good grandfather. My grandfather is my second father. My grandfather is a symbol of wisdom, happiness, and tenderness. He is the owner of the golden heart who loves everything that makes his grandchildren happy.

Rim Altawil
ESL 47
Opinion Essay

First Person

I am shy to talk about myself, but I am punctual, generous, and reliable. First, my daughter believed me to be a punctual person and entrusted me to take her daughters to school. I took my granddaughters to school on time for 8 years, and I have never been late. Even when I was in middle and high school, I was never absent or late. Second, I seem to be a generous person. For example, when I was in high school, a classmate suffered from polio. She was on crutches, and I carried her school bag for three years. Last, my husband trusted me, so he entrusted all the banking to me. In conclusion, I am grateful to my family for trusting me as a person who can be punctual, generous, and reliable.

Annie Estudante

ESL 47

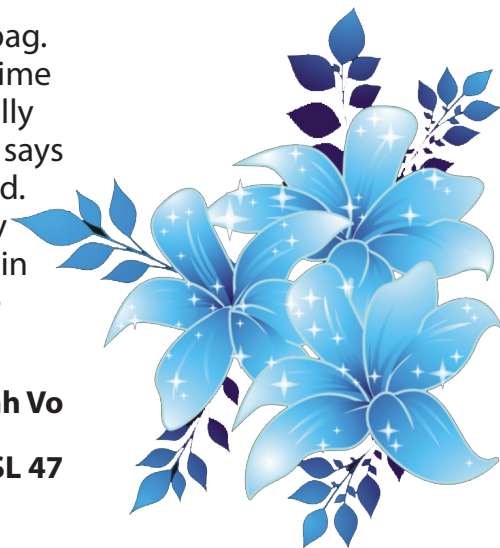


About Me

If I can choose three words to describe myself, I am going to choose confident, punctual, and fragile. I think I am a confident person because I went to take my first driving test at DMV after studying the driver's book one night, and I got a driver's license. I used to travel by myself in my country for one week when I had only 40 dollars in my bag. I am a punctual person because I am always on time in class and on time at my company. When I have an appointment with a customer, I usually come 15 minutes before they arrive. I am very fragile when someone says something bad behind my back. It makes me so sad and disappointed. After that, I cannot do anything or sleep for a few days after. I am very fragile when I lose my stuff that I love or when I hear somebody died in an accident on the news. Three words I choose to describe myself are confident, punctual, and fragile.

Truc Linh Vo

ESL 47



Believe in Luck?



I believe in luck. For me, it was not possible to have a child in the future because all of the doctors said it was not possible, but I never stopped trying. I prayed every time to Allah for kids. My parents would always pray that I had a child. In Afghanistan, it was not possible because there aren't advanced treatments and equipment. When I came to the U.S., we did IVF. As a result, God gave me two beautiful boys. I am thankful for them. They are very smart and beautiful. Now I am a very happy and lucky woman. Because I got pregnant after eight years of our marriage, sometimes I thought it was impossible. Sometimes I was very upset about why I was not a mother, to the point that I even lost my faith. I have a cousin who had the same the problem as me. I would always encourage her and say, "Don't be sad". Now after she did IVF, she also has a baby girl.

Baheshta Noor

ESL 47

I believe that some people are lucky in the world. They have more luck than other people. I know a person who is lucky for me and my family. My daughter is one of them, and she is luckier than other family members. When she became our family member, my life changed. We bought a house, and we bought a new car. After her birth, another big change in my life happened when we moved to the United States. I bought two cars. My husband got a good job, and we have a better life than in Afghanistan. I can say that my daughter is very lucky and I wish her the best of luck in her life. I pray for her to be lucky forever.



Palwasha Yasin

ESL 47



I believe in luck because luck is an important part of our life. If something happens accidentally or without any planning in our life, it is called luck. Surely, lucky people are likely to create and act on opportunities in their life. They work hard to transform bad luck into a good fortune in all matters. Luck is a natural event in our life. It's not magic in human beings. There are many lucky people in the world, but I want to introduce one I know, my father-in-law is a lucky person. Although he's 98 years old, he is a successful person. He has abilities to control his business and family in a better way. Occasionally, he is suffering from his health. I know lots of other lucky people, but most of them have their own problems such as diabetes, cancer, and other common diseases. Finally, all the people want to be lucky in their life, but being lucky is the best blessing from God.

Mohammad Jawad Reshad

ESL 47



National Doughnut Day: June 3



NATIONAL DOUGHNUT DAY

June 3, 2022

Why Do People Eat Donuts?

Why do you think people eat donuts? In the U.S., donuts are very popular. The number of donuts sold every day is unbelievable. As *mvorganizing.org* states “in the U.S. alone, more than 10 billion donuts are made every year. The U.S. donut industry is worth 3.6 billion dollars” (“How Many Donuts Are Eaten in America?”). Thinking about why so many donuts are made each year, we come to realize that there are three main reasons that people eat donuts.

The first reason is advertisements. The influence of advertisements is one of the main factors that pushes people to buy donuts. For example, media advertisements that people see every day on the TV, radio, or Internet showing a picture of a happy beautiful person satisfied by eating a donut makes people crave it. Also, we can see outside advertisements. For instance, it can be flyers, billboards, bright pictures, or super large size of donut standing on the roof of cafeterias, different stores, bakeries, or specialized stores. Face to face promotion plays an important role. When family, friends, neighbors, and employees from work can share their impressions and tastes by telling others about good cafeterias and stores where one can find the best donuts in town. In my opinion, advertisements push people to buy donuts without mentioning how unhealthy they are.

The second reason why donuts are so popular is the visual look. Many people make their choice because of the nice appearance of the product. In the review “Visual Design Cues Impacting Food Choice: A Review and Future Research Agenda” authors Iris Vermeir and Gudrun Roose write about design, angle, and location. This relates to visual perception since donuts can have a delicious and attractive look. For example, when coming to the



donut store, it is very hard to take only one style of donuts because a variety of forms, colors, and toppings make people desire to try them all. Also, the simple pastry decorated beautifully laying on the shelves with good lighting and a nice smell effect people very much and makes one to want to buy and try this unhealthy product. For many people it is very hard to restrain themselves from donuts. The appearance of donuts has a big role in their popularity.

The availability and a price of these products push people to buy them. So, the third reason why people buy unhealthy food like donuts are availability and the low price. Price is an important factor in food choice, especially for low-income consumers. Low-income consumers were significantly more conscious of value and price than higher-income consumers, as written in the article “Consumer food choices: the role of price and pricing strategies” (Published online by Cambridge University Press: 14 July 2011). Also, this product can easily be found because donuts are available in all large stores, specialized stores, as well as in cafeterias. Anyone can find them anywhere and anytime. In addition, everyone can make an online order for their home, office, or school. Most donut-sellers offer shipping. So, we can see that easy availability and prices of donuts push people to buy them.

All the reasons listed above show us how influential advertisings, appearance, price, and availability of the product are. Sometimes we do not even think how unhealthy it is for our body. It is up to us to allow or prevent the outside influences that impact our health.

Valeriia Koda
ESL 315
Opinion Essay

To My Memorable Teacher:

To me, a teacher that changed my life for good in a lot of ways was my Spanish teacher during my high school years back in Colombia. Not only would she challenge me to think outside of the box but often would get me out of my comfort zone to prove to me that I could do things that I thought would be impossible, like for example when she gave me the main role on a highschool play. Because of her I learned to be more open and a little outgoing. She passed away from cancer in 2018, she tried to reach out to me before she died. I couldn't go back to visit when she was alive, but at least I could say a last goodbye at her funeral. Her name was Iris Castro and she's a teacher I'll never forget.

Happy Teachers Day!

May 3, 2022



My First Teacher

Do you remember your first teacher? For me, my first teacher is an important person. I remember my first day in a school. I was very worried and nervous, but my teacher met me with a bright smile, and I felt confidence and that everything would be alright. My first teacher was a very good teacher because she was kind, caring, and beautiful.

First, my first teacher was kind like my mom. My teacher's name was Nadezha. When I looked at her eyes, I felt how she loved me. She often smiled at me and my classmates; her voice was soft and melodic. She never gave us a punishment when we were noisy or made mischief. At this moment, her voice became almost unheard. We were silent and she explained to us why it was not right. In brief, my first teacher was a very kind person.

Second, my teacher was a very caring person. She often came up with games during the class. She would teach us in a fun and interesting way. I loved it, and everyday, I looked forward to seeing her. At the breaks in between our classes, we often surrounded her table where she was sitting. She joked with us and told us interesting stories. She always helped me if I had any problems or questions. When I was sad, she figured out the reason of my sadness. My teacher consoled me. In addition, she taught me that

every problem has a solution. For example, when I wasn't able to solve a math task, I decided to draw all the conditions of the math task. It helped me, and I solved the math task. This advice my teacher gave me has helped during all my life. In brief, I am thankful to my first teacher for her caring for me.



Finally, my first teacher was a very beautiful person. When I saw my first teacher for the first time, I thought she was a very beautiful woman. She was tall and had a slim figure. Her eyes were like stars, and her hair was long and curly. Her look was splendid. For example, she wore a white blouse and a dark skirt, and her shoes were shiny. My teacher looked like an actress from a movie. I wanted to be like my first teacher:

beautiful and smart. In short, I really admired her beauty.

In conclusion, my first teacher had very good traits, such as kindness, caring and beauty. I loved her very much and I will remember her all my life.

Anastasiia Logvinova

ESL 47

Narrative Essay

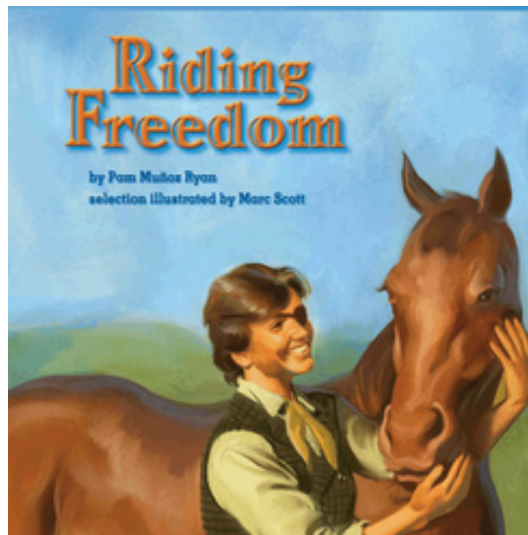
Learn to Live Independently

Most people around the world have their own way to learn. Some people have to learn to deal with their problems, but they still find a way to survive in their lives. They never want to give up working hard to get what they want. In *Riding Freedom* Chapter 8, one thing that Charlotte learned was to live with her new life with one eye. Two things I learned were to be a mom and drive a car. Charlotte and I are similar because we learn things that we didn't know how to do before.

First, in *Riding Freedom*, when Charlotte knew that her one eye was going to be blind from a horse kick, she was very sad. She was not sure how she would learn to live or how she was going to survive in a new life with one eye. She thought to herself about how she was going to learn to be a good stagecoach driver again. She didn't let one eye get in her way. She had to tell herself she needed to learn to train her one good eye. It took her a while. It wasn't easy for her to learn to drive six horses with one eye. She couldn't see very well, so she kept driving off the road. Charlotte never wanted to give up. She kept trying and trying until she learned to drive a stage again with one eye. No matter what situation, Charlotte never gives up on learning until she succeeds in the end.

Second, when I became a mom, that was the best moment in my life. I am learning new things every day with my kids. Being a mom isn't easy. I have to learn how to deal with all kinds of my kids' problems every day. For example, when my kids fight each other over toy cars or things that they both want, I have to talk to them. I learn to talk to them in a calm way. Sometimes I get frustrated every time they fight, but I have to learn to control myself not to be upset with them. Being a mom means that I'm learning from good and bad experiences that never end, but that is the part of learning to be a mom.

Third, living in America I have learned a lot of new things. One important thing I learned was to drive a car. I never learned to drive a car when I lived in Cambodia. When I started to drive a car in America for the first time, it was very hard because I had no idea about how to drive a car. When my husband taught me how to drive, we drove in an empty parking lot. When I started to drive, I didn't know how to move my leg from the gas pedal to the brake. My husband told me to move my leg to the left. I was scared because I wasn't used to the left side. I drove the car around in the parking lot, and a few minutes



later, I figured out how to move my leg to step on the brake. I was so happy the car finally stopped. It took me a few months to learn before I went to get a driver's license. After I got my driver's license, I was so excited. I didn't need to wait for buses or my husband to drive me to places. It was worth it to take a chance to learn how to drive a car.

In conclusion, no matter how hard the life you have is, don't give up. Keep learning until you reach your goal. These experiences I learned make me determined in life, and I will keep learning new things until success.

Thea Graham

ESL 47

Comparison Essay

Continued from page 1



That's why learning to say no comes in handy.

One technique is the refusal strategy. A study in the *Journal of Consumer Research* by Professor Patrick and Henrik Hagtvedt found that saying "I don't" as opposed to "I can't" allowed participants to extract themselves from unwanted commitments.

While "I can't" sounds like an excuse that's up for debate, "I don't" implies you've established certain rules for yourself, suggesting conviction and stability. And since it's personal, it also maintains the social connection humans crave.

I remember how, as a recent college graduate, I was short on a student loan payment because of this need for social connection. I didn't say no to an overly friendly door-to-door magazine seller. I had a nice conversation with her but was out \$30 (and the magazines never came).

"We actually used the pushy salesperson scenario: selling magazine subscriptions," Professor Patrick said. She

and her colleagues asked some subjects to sell magazines and others to say no. When subjects said "I don't" versus "I can't," they were more effective in getting their point across, and the sellers were more willing to accept their refusal.

There are a few other ways you can get more comfortable with saying no.

First, practice being more aggressive when the stakes are low. For example, when a cashier asks you to sign up for a store credit card you don't want, try saying "I don't use store credit cards" instead of a passive "Not today, but thank you," which implies your decision is up for debate.

It's a lot easier to be assertive with a stranger selling you something than it is when, say, your pleading co-worker asks for a ride to the airport. Get comfortable with your assertiveness when it's easy so you'll be prepared when there's more pressure.

Second, it's easier to say no when you know exactly how to say it, so come up with a few anchor phrases for different situations. "No, I don't buy from solicitors" for door-to-door salespeople, for example. "No, I don't go out during the week" for co-workers who want to go on a drinking binge on a Monday night.

When you have these phrases ready, you



don't have to waste time wavering over an excuse. And you start to develop a reflexive behavior of saying no.

Still, sometimes we're afraid to say no because we fear missing out. We want to take on new opportunities and adventures, so we say yes to everything instead. It's what Shonda Rhimes and Tina Fey told us to do. But all of those yeses can lead to burnout.

"We live in a 'yes' culture, where it's expected that the person who is going to get ahead is the go-getter who says yes to everything that comes their way," said Dara Blaine, a career counselor and coach in Los Angeles.

"It's when people learn to say no that I've really seen their careers take off," she said.

To combat the problem, it helps to understand your own long-term goals first. This way, you can say yes to opportunities that most reflect your values. Second, try to build free time in your schedule so there's room for new, interesting opportunities you might otherwise overlook.

"I wouldn't encourage someone who's struggling to say no to everything," Ms. Blaine said. "But I would encourage them to say no to something just to change the story, the story being, 'I have to say yes to everything or I'm not going to make it.'"

Still, some commitments and obligations are difficult to reject. You can't exactly tell your boss: Sorry, I don't work past 5 p.m., ever. But there are ways to ease into the refusal. If your boss wants to

pile on extra work, for example, you might suggest you're not the best choice for that task because your plate is already full and you don't want to sacrifice quality.

And if you're worried that your no might seem threatening, don't be. Research from Columbia University found that our perceptions of our own assertiveness are often unreliable. In mock negotiations, people who thought they were adequately assertive or even over-assertive

were seen by others as under-assertive. So if you feel confrontational, there's a good chance the other party doesn't see you that way.

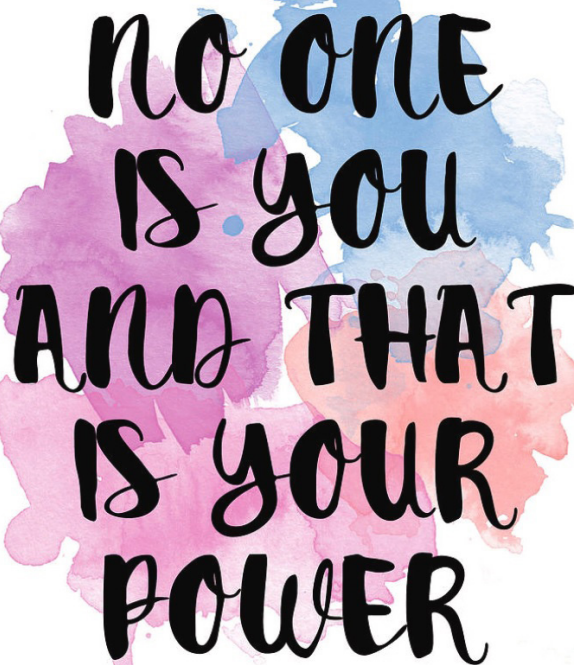
Each person's mileage is going to vary. But if you feel overcommitted, no is a small word that can remind you how much control you have over your destiny.

"You have obligations," Professor Patrick said. "But within the limits of your control, it's about operating at the most optimal level."

For most of us, that means living a happier and less stressful life, which is easier to do from the driver's seat.

Waiting for a nonexistent *Vogue* subscription while your student loan incurs interest? Not so much.

Source: <https://www.nytimes.com/2017/05/08/smarter-living/why-you-should-learn-to-say-no-more-often.html>



NO ONE
IS YOU
AND THAT
IS YOUR
POWER

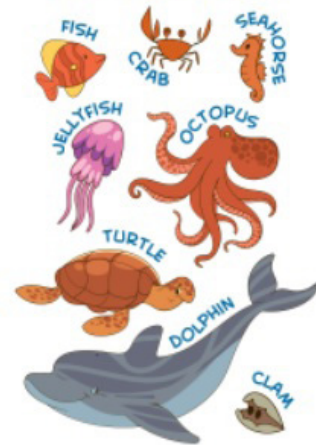
Some More Parrot Fun

Finding Stuff



MARINE LIFE

FIND THEM ALL IN THE PICTURE



FIND 10 HIDDEN OBJECTS IN THE PICTURE



Rule:

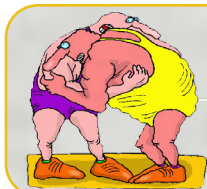
Can you find the fish and marine animals? Find 10 hidden objects in the picture.



See the answers on page 28

Source: <https://www.puzzleprime.com/casual-puzzles/hidden-object/hidden-objects-animals/#foobox-1/2/A68AE156-B646-4425-9D31-350CE768B0C8.webp>

Parrot Warbling



Grappling with Grammar

Simple Present

Uses: The simple present is a verb tense with two main uses. First, we use the simple present tense to describe a state of being or when an action happens regularly (or unceasingly, which is why it's sometimes called present indefinite).

Examples: *I feel great! / Pauline loves pie. / I'm sorry to hear that you're sick. / Marcos likes the movie. / My mom goes to English school.*

The other use is to talk about habitual actions or occurrences.

Examples: *Pauline practices the piano every day. / Ms. Jackson travels during the summer. / Hamsters run all night. / Mom goes to English school everyday.*

In the simple present, most regular verbs use the root form, except in the third-person singular (which ends in -s).

Examples for I, We, You, They:

I write We write You write They write

Examples for She, He, It:

She writes He writes It writes

(More of Present Simple and its negative form in the next issue)

Source: <https://www.grammarly.com/blog/simple-present/>

Idiom--Attic

"Hit Me Up"

Meaning: Please don't go and hit your fellow Americans if they ask you to hit them up. In slang "hit me up" is used to tell someone to contact you or make plans with you.



Example: *It was really nice talking to you, hit me up when you're free."*

Source: <https://idioms.thefreedictionary.com/hit+me+up#:~:text=1.%20slang%20to%20go%20to%20a%20particular%20place.%22up.%22%20Hit%20me%20up%20whenever%20you%20need%20>

Types of "T" Sounds in American English

In this article, we will take a look at different types of "t" sounds by looking at how and when to use each one.

#1: Alveolar Flap (sometimes known as "tap")

Touch the tip of your tongue lightly and quickly to the roof of your mouth just behind your top front teeth, making a light /d/ sound. Make the "flap t" sound when "t" comes between two vowel sounds.

Example: *batter, bitter, butter, caterpillar, city, hotter, latter, letter, barter, charter, comforting, dirty battle, bottle, capital, fatal*

In a phrase or sentence, before the stressed vowel at the start of the next word.

Example: *know it all, meet Alice, not on, What are you doing?*

#2: Glottal Stop

You suddenly cut off your voice in the back of your throat, like the sound in the middle of "uh-oh." Make a glottal stop for "t" when the "t" comes before an "n" sound at the end of a word.

Example: *beaten, bitten, Britain, button, certain, cotton, curtain, eaten, forgotten, fountain, gluten, gotten, important, kitten*

When a word or syllable ends with a "t" just before a consonant sound. This could be at the end of a syllable within a word (e.g. "football") or at the end of a word within a sentence/phrase (e.g. "I can't go").

Example: *atlas, curtly, flightless, football, hate mail, greatness, right now, seat belt*

Click on the article below to learn more about T sounds!

Source: <http://accenteraser.com/blog/the-5-types-of-t-sounds-in-american-english/>

Mother, a Cradle to Hold Me

By Maya Angelou

It is true

I was created in you.

It is also true

That you were created for me.

I owned your voice.

It was shaped and tuned to soothe
me.

Your arms were molded

Into a cradle to hold me, to rock me.

The scent of your body was the air

Perfumed for me to breathe.

This poem by Maya Angelou continues. It shares perspectives from each phase of the child's life as she reflects on the role of her mother in her life. Read the entire poem at:

<https://www.familyfriendpoems.com/poem/mother-a-cradle-to-hold-me-by-maya-angelou>.



Rigoberto's Riddles

What do you call a
zombie with lots of
kids?



A MOM-ster

Silly Vasily's Chuckle Chamber

Money Laundering

"Don't do that," I said when one of my first graders playfully put a dollar bill over his eyes. "Money is full of germs."

"It is?" he asked.

"Yes, it's very dirty."



He thought about it a moment. "Is that why they call people who have a lot of it 'filthy rich'?"

By Elizabeth
Webber

<https://www.rd.com/list/funny-school-stories/>



Intermediate Reading Practice

Yellowstone National Park

Yellowstone National Park, located in Idaho, Montana, and Wyoming, was established as the first national park in the United States. The park is a popular destination for visitors who enjoy ecological tourism as it offers forests, mountains, and abundant ecosystems to explore. Some of Yellowstone's most well-known landmarks are its geothermal hot springs and geysers, the most famous of which is named Old Faithful.

Last fall, Lisa and her friends decided to take a camping trip to Yellowstone National Park. They arranged to stay at one of the park's many convenient campsites. For their camping trip, they brought their backpacks, sleeping bags, and a cooler of food and drinks. They pitched their tents immediately upon arriving to their campsite.

During their trip, Lisa and her friends hiked the many trails of the park, exploring its natural surroundings. In the forest, they saw a lot of local wildlife. Lisa was surprised to see a family of grizzly bears, some gray wolves, and even bald eagles flying overhead. Outside of the woods, they admired the beauty of some of Yellowstone's natural cascades.

Since Yellowstone contains many hot springs and the world's largest area of active geysers, Lisa and



her friends visited many different geyser sites. They even spent an afternoon swimming in Yellowstone's Boiling River. Of all of the sites, Lisa and her friends agreed that Old Faithful was the most impressive. Lisa and her friends waited patiently for the geyser to erupt. After about 40 minutes, a stream of boiling water over 100 feet tall sprayed from the ground and up into the air. Fortunately, no one got wet!

Source: <https://lingua.com/english/reading/yellowstone-national-park/>

Did You Understand the Text?

Please answer the following comprehension questions:

Question 1:

Yellowstone is an important national park in the United States because:

- a. It is the country's first national park.
- b. It is the largest U.S. national park.
- c. It is the most ecologically diverse natural park.
- d. It is the most visited U.S. national park.

Question 2:

When did Lisa and her friends visit Yellowstone National Park?

- a. Last spring
- b. Last summer
- c. Last autumn
- d. Last winter

Question 3:

Where did Lisa and her friends stay during their visit to the park?

- a. In a log cabin
- b. In a rental home
- c. At a hotel
- d. At a campground

Question 4:

All of the following are animals that Lisa saw during her trip except:

- a. Grizzly bears
- b. Wild horses
- c. Gray wolves
- d. Bald eagles

Eat the World!

The Parrot represents students of many hues and sounds --- no news there. Indeed, birds of a feather flock together, right? They also eat together. The Parrot is proud to present Parrot fodder from around the world in this and subsequent issues. Squawk!

ARABIAN SWEET BAKLAVA



BAKLAVA is a rich sweet delicious phyllo pastry popular in Middle Eastern countries. In baklava, layers of crisp phyllo dough are filled with chopped nuts, and the whole thing is then soaked in fragrant sweet syrup made with sugar, lemon and cinnamon.

INGREDIENTS

For syrup you need:

| | |
|-------------|-------------------|
| sugar | 4 cups |
| water | 2 1/2 cups |
| lemon juice | 1 tablespoon |
| cinnamon | 3 inches of stick |

For dough you need:

| | |
|-------------------|-------------|
| all-purpose flour | 3 cups |
| egg | 1 |
| baking powder | 2 teaspoons |
| oil | 1/4 cup |
| milk | 3/4 cup |

Plus you need:

150g melted butter (10 tablespoons)
and a mixture of
cornstarch (2 cups)
all-purpose flour (1/2 cup)
to sprinkle between dough sheets. (This mixture will help dough sheets to not stick together).
For filling you need:

Nuts of your choice

Pistachio

Almond

Walnuts

Pecans

Put as many nuts as you can because baklava tastes great with more.

DIRECTIONS

1. Put all the syrup ingredients in a pan .
 2. Bring it to boil and cook for 8-10 minutes
 3. Let it cool before using because we don't want our baklava to get soggy. Hot syrup will make baklava soft .
 4. Mix together all the dough ingredients and make a dough. Most probably you will not need water for the dough, but if you do, you can use a little water
 5. Keep kneading the dough until it stops sticking to the pan.
 6. Let the dough rest for 15 minutes.
 7. Make phyllo sheets as shown in the video, or use ready made phyllo sheets.
 8. Brush a good amount of melted butter on phyllo sheets before and after shaping the baklava. Butter will give your baklava a nice colour and crisp. For a perfect taste of baklava fill in as many nuts as possible.
 9. Bake it in preheated oven at 150°C (300 degrees Fahrenheit) for 40 to 45 minutes.
 10. Pour sugar syrup on baklava.
 11. Let baklava sit in sugar syrup for 4 to 6 hours for best results.
- Enjoy your homemade baklava with a hot cup of tea!

Be sure to [watch the video](#) to see how to make beautiful shapes for baklava!

Parrot Palette

FINGERNAIL ART



Have you ever thought of the art on your fingernails? When we go to a nail salon, we not only want to paint our fingernails, but we also want to make them beautiful with many art designs on our fingernails.

There are many kinds of art designs for fingernails. We can have a flower, pattern,

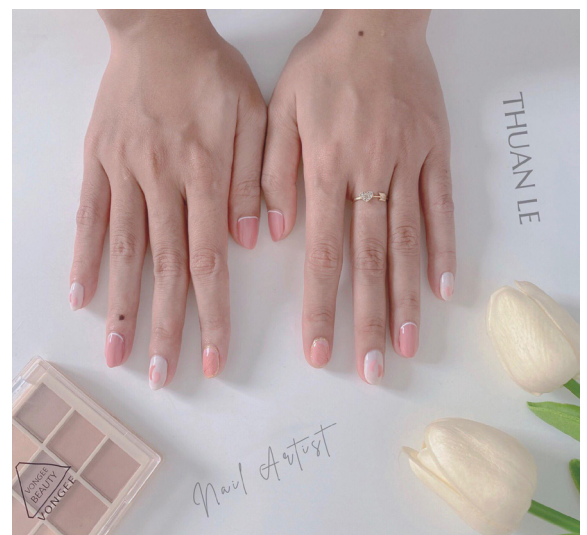
or a unique design on a fingernail. It's like how we paint on a canvas but with different materials and tools. We sometimes use normal paint color, gel color, or artificial nails for fingernails.

It requires a fingernail artist to pay attention to small details to be able to paint or draw the design on a fingernail because a fingernail is a small area.

Fingernail art is an unique art that makes fingernails look more beautiful. It's just like other art fields and learners need to spend a lot of time to learn about it.

Here is some fingernail art from nail artist Thuan Le. She has a passion for fingernail art, so she has been learning for years to be able to decorate these beautiful nails.

Do you have any kind of arts you want to share with us? We each have a different story leading us to art. Do not hesitate to contact us to ask questions or share your art with us: "The Parrot Palette" will appear in every other issue.



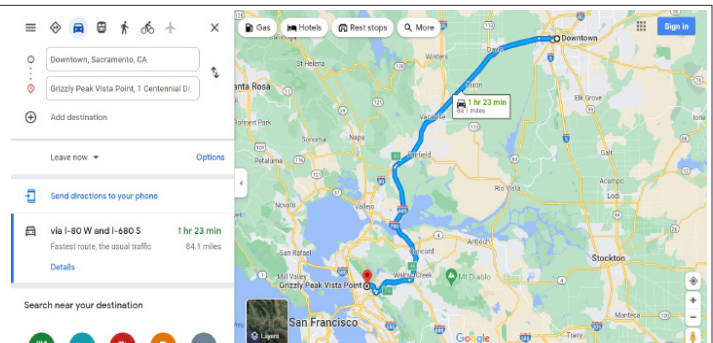
Explore California



GRIZZLY PEAK

Grizzly Peak is a summit in the Berkeley Hills which one crosses while driving in or out of the city. It is close to the Tilden Regional Park and provides a beautiful view of the nature in and around. It is a great place to drive, trek/hike or cycle enjoying the scenic view. On a clear day, nothing beats a pleasant drive along the top of the hills at Grizzly Peak. On a sunny day, the sunset views you get from there are just out of this world, peaceful and very majestic. I have personally been there several times already since I first discovered it this past February. It is a perfect place to enjoy a beautiful sunset while you enjoy a slice of pizza.

To get a closer view of the city skyline, I'd recommend that you bring some binoculars, or if you happen to have a camera, make sure you bring your telephoto lens with you.



Click on the photo to start navigating from your location

Getting there from Sacramento is very easy. It's mainly I-80 West all the way to exit 40 in Fairfield where you take I-680, towards Benicia/ San Jose, and then continue onto CA-24 West and follow directions to Grizzly Peak Vista Point. Make sure to bring a chair with you and also a book. Reading with that view is definitely a must this summer!

By Manny

Bird's Eye

Lesson #2: Long Exposure



Long-exposure, time-exposure, or slow-shutter photography involves using a long-duration shutter speed to sharply capture the stationary elements of images while blurring, smearing, or obscuring the moving elements. Long-exposure photography captures one element that conventional photography does not: an extended period of time. Long exposure photography isn't especially gear intensive. You need a camera, and while I recommend a DSLR or a mirrorless body, you can even get away with using a smartphone. But you definitely, one hundred percent, do need a tripod (or a steady surface you can rest your gear on).

A tripod will keep your camera steady over the course of a five-second, ten-second, or even ten-minute exposure. Without a tripod, you're bound to end up with a blurry shot, no matter the power of your camera's in-body image stabilization.

For camera users:

1. Make sure you are shooting in Manual Mode, so you can control over your exposure.
2. Always keep the ISO low (usually 100 or 200 is more than good).
3. Keep an aperture around f5.6 or less (so the foreground and background are sharp and in focus).
4. Play with the shutter speed, after all, that's what gives you the long exposure technique you want to get. Everything from 1/15s to 30 seconds will give you that light trail effect on moving cars and will make moving objects look blurry and ghostly, as I like to call it.

If you have a smartphone:

1. Open your App Store.
2. Search for the Slow Camera app.
3. Go around your neighborhood or the Downtown area (pretty busy with cars and buses usually).
4. Use a tripod or place the phone on the ground.
5. Apply the same steps as if you were using a camera.
6. Wait for a car or bus to pass by and take a photo as it goes.
7. Play with different shutter speeds.
8. Have fun!



Restaurant Review

SACTO BY NIGHT - VIETNAMESE-AMERICAN RESTAURANT

Sacto By Night is located in West Sacramento. The restaurant combines touches of Vietnamese and American flavors.

Tuyet Le

I had a chance to visit Sacto By Night restaurant in West Sacramento. The restaurant is owned by Vietnamese. The food doesn't have a traditional flavor like authentic Vietnamese cuisine because it is adjusted for American taste. It's worth it to try the different flavors since it's American-Vietnamese style. We ordered grilled meat sandwiches, North Vietnamese noodles (Pho), and for our drink, we had boba milk tea and sugar cane juice. The sugar cane juice is so good with the kumquat flavor. I didn't really like the grilled meat sandwiches because the meat wasn't hot enough. I like the breakfast pan because it combined many ingredients with Swiss cheese. I loved that combination. North Vietnamese noodles have many flavors from various kinds of herbs.

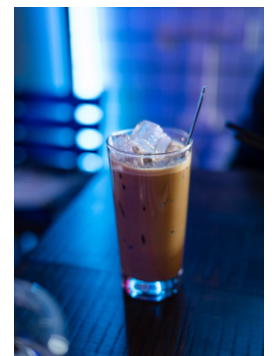
Although it's not an authentic Vietnamese restaurant, it is the combination between Vietnamese and American cuisine which is worth trying. The decoration together with the service is fast and professional. They also have a bar club at night, which is cool for a chill night with friends

Manny

I had the pleasure to visit this wonderful bar restaurant where it's more about the fun than the food. The place has a karaoke stand that's so well put together it looks like you are in a fancy bar in Las Vegas, with big 4k LCD screens and very good lighting, making you feel like you are in a very fancy club somewhere in Miami Beach. The food in my opinion was very good. I'm not Vietnamese, so I'm judging from an outsider point of view, but I can definitely say I really enjoyed the meals I tried there, especially the soup - North Vietnamese noodles!

Be sure to check the website before you go because Sacto By Night has a dress code.

<https://sactobynight.com/>



Continued from page 1 Interview

Will you please tell us what your position is and explain why you wanted to serve in the club leadership?

Farah: I'm the Vice President. When I go to Sac State, we hope to have a branch of ELLIS Club there. New students always feel lost when they come to college or start college. They don't know how to start or from where. What application will they need to fill? Where do they have to go? I understand the feeling. It's nice to help people and our community to start college. I feel it's good.

The Parrot: Did you receive an invitation to join ELLIS Club, or did you volunteer to become a new member?

Farah: When Professor Eric Haarla talked to me about the club, I liked his idea and joined the club.

The Parrot: What do you think about ELLIS Club so far?

Farah: I think it's a good idea to create this club for students and for us because it's a good experience to work with students. I think it is a good club that will be successful in the future.

The Parrot: I was told that there are now branches of ELLIS at other colleges. How many and where?

Farah: Yes, we have one of our members in the Sac City College right now. It's starting to get bigger.



The Parrot: Do you think you have enough support from ARC for this club?

Farah: Yes, I think so. Professor Eric and another professor in the club are working very hard to have enough support from the college and other people for the club; however, maybe we still need more support.

The Parrot: Do you have or receive any budget to run the club from ARC?

Farah: For the budget, I think we are working on that. Our club has a lot of volunteers working in it at the moment to help students; however, we don't have any financial support for our club yet. I think it takes time and we

are getting there.

The Parrot: Do you have an office for ELLIS Club?

Farah: No, we don't have an office right now since

we are meeting online.

The Parrot: How can new ESL students or new students learn more about ELLIS?

Farah: Most of the time, new students are referred to us by professors if they need help. They can hear from us from another college or school as we do presentation over there. They have a chance to know about us through those sources. The Learning Resource Center is a good source that refers students to us.

The Parrot: What is your hope for the future of ELLIS Club?

Farah: I hope our club will be in every college and university. People will know about us and

from that we can help all students who are second language speakers to have a chance to study well in college.

The Parrot: Do you have multiple language speakers in ELLIS Club?

Farah: Yes, we have people who speak different languages like Arabic, Dari, Russian, and some different languages. In the future, we hope to have more different language speakers to join our club that can help more students.

The Parrot: In what ways do ELLIS Club members help students at ARC? And can you share an example?

Farah: We have students referred to us from



professors or other sources, then they come to us. We will go from there to see what students need and help them.

The Parrot: How was the life in Turkey?

Farah: Turkey is a nice country, but it's hard to live over there. You only receive health support and you have to work to live. It's very hard to have a chance to complete your study over there if you don't speak Turkish.

The Parrot: Do you participate in any other clubs or nonprofit organizations?

Farah: In America, this is my only club that I joined. I joined some clubs in my country Syria and Turkey. I had lived in Turkey for 5 years before coming to the United States.

The Parrot: What are your hobbies?

Farah: I love running; however, with kids and school work, I can't do it anymore. It's a good sport.

The Parrot: What advice do you have for new students at ARC especially if they are immigrants?

Farah: I want to tell students that they should not give up. You can do what you want. Everything needs to get a start and then you will be fine. You will learn and be successful in the future. It's hard at first, but a couple weeks after the semester starting, you can deal with everything.

The Parrot: You are a person who likes to help other people, so do you have a role model or

hero that you admire and who inspires you?

Farah: They are my mom and my husband. They taught me how to be patient, to start doing what I like to do and I like to help people.

The Parrot: Do you think *The Parrot* is a good place to connect new students, especially new ESL students to ELLIS?

Farah: Yes, it's a good way to connect new students to us, especially in pandemic because I think many students who read *The Parrot* find our club advertisement there.

The Parrot: We really appreciate your time and are thankful that we can participate in helping new students. Thanks for your time and we wish you the best.

Interviewer: Tuyet Le

English Practice Hour



English Practice Hour

It will be
online

Please contact Professor Denise Saur
at saurd@arc.losrios.edu for a link to the
Zoom session.

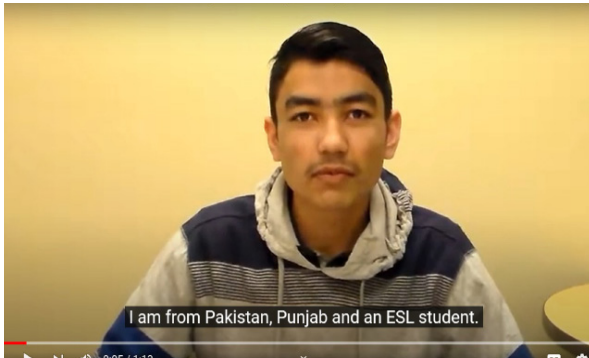


**Did you find
them?**

Parrot Student Voices

Here, our students tell a story from their past. Their stories may be about happy days, or sad events... but the stories are always told in their own words.

The Thing I Miss In My Country



"So the first thing I miss in my country is my grandparents, they are over there in Pakistan. The other thing I miss is my friends..."

-Mahmmad Waris, from Pakistan

Click on *Mahmmad's* photo and hear his thoughts.

"What I miss most is my family, especially one niece, two nephews, and one sister because we are always spending time together..."

-Sonia Chavez, from Colombia

Click on *Sonia's* photo to find out what she had to say.



"The thing I miss the most about my life back in my country is my friends. I have good memories with them when I studied in high school in Vietnam..."

-Quyen Nguyen, from Vietnam

Click on *Quyen's* photo to to hear her insights.

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, 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](#).



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.

Starting Point is directed by Vickee Moy, a professor of English as a Second Language professor 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,

ANTHROPOLOGY
ART HISTORY
ASL-English Interpreting
Deaf Culture and American Sign Language Studies
ECE

Education/Teaching
ENGLISH **ESL**
Foreign Language
HISTORY
HUMANITIES
International Studies
JOURNALISM

PHILOSOPHY
Political Science
PSYCHOLOGY
Social Justice Studies
Social Science
SOCIOLOGY
COMMUNICATION

DISCOVER
LANGUAGE AND PEOPLE
HOMEBASE

LEARN MORE

We are at Davies Hall, Room 103 and 104

MONDAY: 12-3PM
TUESDAY & THURSDAY: 9AM-12PM
WEDNESDAY: 9AM-6PM
ASKHB-HUMANITIES@ARC.LOSRIOS.EDU

(916) 484-8584
<https://tinyurl.com/arcphb>
archb_lp

'Tis the Season...for Allergies

Ahh Chooooo!

When you hear that sound frequently, there's a good chance that spring has sprung!

Many people realize spring has sprung (arrived) when they start to feel the symptoms that come from allergic reactions to pollen. Pollen is made up of the very small pieces of yellow dust that the wind and insects carry from plant to plant so they can produce seeds. We call this allergic reaction "hay fever."

In English, we can describe common allergy symptoms as:

- >stuffy nose.
- >runny nose.
- >watery eyes.
- >itchy eyes.
- >burning eyes.
- >sinus pressure.
- >itchy throat.
- >scratchy throat.
- >sneezing.
- >fatigue.

When people have a severe reaction to pollen, it's common for people to say "my allergies are killing me."

Their allergies don't actually kill them, but the symptoms are very uncomfortable and irritating. It's hard to do much of anything when you cannot breathe easily—it's bothersome whether you're awake or trying to sleep.

POP QUIZ!

Look at the picture below and write the answers to each symptom. The answers are listed at the bottom of the page.



But all is not lost! Allergies belong to the spring season and hey!, spring season is almost over! So keep taking those allergy pills and hang on just a little longer!

Source: <https://www.oysterenglish.com/spring-allergies-vocabulary.html>

Answers: 1. stuffy nose, runny nose 2. watery eyes, itchy eyes, burning eyes

3. sneezing (or coughing) 4. runny nose

Out of the Cage

Produce Distribution

Tuesday, May 17th

11:00-1:00pm

[Sign up](#)



Habits, Routines, and Rituals: Scheduling Your Success

Friday, May 20, 2022

3:00 to 4:30 pm

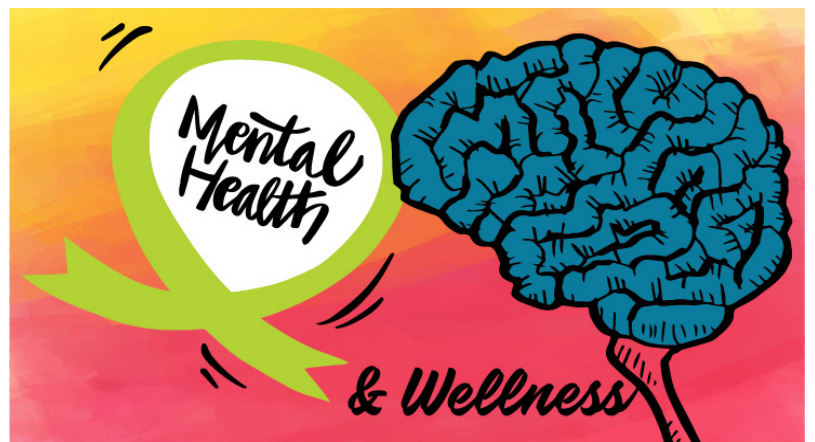
Join the Center for Mental Health and Wellness to learn about habits, routines, rituals, and how to schedule your success..

Want to join?

Click the link to join the zoom chat:

<https://zoom.us/j/95481969837?pwd=154896#success>

Passcode: 154896



SQUAWK!!

QUESTIONS/COMMENTS?

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