



The ESL Parrot

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

Issue # 14

Fall 2007

The Parrot Chatting with Danah Nelson, I. A. at the ESL Lab

Ivy: Tell us a little bit about yourself.

My name is Danah. I was born in Michigan, but moved to California right at the end of World War II which was the year I was born. Well, my Dad was a navy man, and so he spent a little bit of time in California during the war years, so when he saw San Diego he said—that's where I'm going to live, so he moved us to California when I was 5 years old — in 1950. I was a navy junior, so we moved a lot—about every two years. (A navy junior is like an army brat—that's what they called the children of military people, so for the navy it's called navy junior.)

Ivy: So, since you moved about every two years, where else did you live beside California (San Diego)?

My family and I have lived in San Diego, California, Atlanta, Georgia, Yokoso, Japan, and Santa Rosa, California, and when we were in Japan, that's where I met my husband. He was a young American Marine.

Vi: As an American, do you have a mixed ethnic background?

Yes, mostly German and Dutch, and some English and native French, but mostly Northern European—German and Dutch. My Mom's maiden

name was Coors, the same as the Coors beer company, and I guess we're related to them—just a cousin in some way.

Jeff: Danah, do you speak other languages?

I speak bits and pieces of a few languages, but I don't speak any of them fluently. I had Spanish and French in high school quite a bit, and I've lived in Japan for two years, so I picked up some Japanese, and I lived in



China for about five months or one semester, so I picked up some Chinese, and then, I go to Albania in the summer time, so I picked up quite a bit of Albanian.

Ivy: You said that you had lived in China for five months or one semester; tell us about your Chinese semester?

Well, I was fortunate enough to be invited to go over there. The way that opportunity opened up was I was part of a correspondence school, so I had students learning English by correspon-

dence, and so their families invited me to come and teach at the university there, so I accepted it, and I went over there for a semester.

Jeff: How did you like the experience?

I have to say it was a life changing experience because at that point then I decided that I did want to teach ESL (English as a Second Language). It was also a life changing experience in a way that—well, I lived in another culture when I was in high school which was in Japan, but China is so different. Japan is different too, but seeing China as an adult (because I was almost forty nine when I moved there), was with just a little bit different perspective. The food is different, the language is different, the money is different, the cultural attitude is different, the methods of education are different; even in the way they say their names — they say their last names first — so everything was really different and backwards, and interesting.

Ivy: So through all the course of moving around about every two years including when you moved to China for five months, how did you manage or adapt the culture?

When we moved to Japan my parents were there, so adaptation wasn't so extreme because we had family that surrounded us, and at home things

Who does not thank for little will not thank for much.

Estonian Proverb



American River College
4700 College Oak Drive
Sacramento, CA 95841
(916) 484-8011

were sort of normal, but when I moved to China, I had a little bit of culture shock, I guess. After about three months, I started missing home, especially when I had to stay alone. I had gone on my own, so I really started missing home, and missing that Thanksgiving was coming up, and Christmas was coming. I missed my children, and my mother got sick—you know things like that made me sort of yearn for home, but in general because my Dad moved around — we moved about every two or three years all the years when I was growing up — it was just natural to adjust to a new place because we had to do it — we just had to do it.

Continued on page 17 and 18

Student Chirpings

Types of Food that People Eat in Colombia

Colombia's food is very tasty. People from other countries usually think that our food is very similar to Mexican food. It is not true. It is very different. We have in Colombia many kinds of food. We have food for everybody. If you like healthy food, we have it. If you like sweet desserts, we have them. If you like vegetarian or fast food, we have it too. We can make each person happy. In Colombia we have three important meals per day. We can classify our food on the basis of the time of the day. We have three types of food: food that we eat at breakfast, food that we eat at lunch, and food that we eat at dinner.

Breakfast is the most important meal during a day for the Colombian people. It is the meal that gives you the energy to start the day. We usually have breakfast at 9:00 a.m. We love "arepas". They are like a piece of bread. We make arepas with corn. They are delicious. We can have sweet "arepa" or salty "arepa". It depends on which kind of corn we choose to make it with. We can eat the arepa with everything. Regularly at breakfast we eat the arepa with a little bit of butter, salt, and cheese. Next to the arepa we put eggs. We love eggs with mashed tomatoes. As a drink, some people like hot chocolate and other people like hot coffee.

Lunch is usually between 12:00 p.m.

and 2:00 p.m. It is the perfect time to eat something because your body needs a break from study or work. The best way to have a break is eating and then resting a little bit. Colombians love soup. Sometimes we eat rice in chicken broth. Other times we eat soup with meat or soup with vegetables. We eat a lot at home. You can taste in Colombian food the flavor of



love because in our culture the moms and the grandmas cook all the time for the kids. We start lunch with a bowl of soup and then we have another plate called "seco". The seco always has rice, a piece of meat, and a sweet plantain. We have many of kinds of rice. It can be just white rice, or it can be rice with coco flavor or with meat flavor. The meat can be chicken, beef, or fish. The plantain is like a fried banana. It tastes very good. We always have a natural juice with our lunch. At the end, some people like to drink a cup of coffee or a

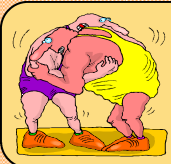
cup of tea. It is before going back to our routine.

Dinner usually is at 8:00 p.m. We like to eat dinner late. It isn't like in America where everybody eats dinner at 5:00 p.m. That is the reason why the majority of people have another arepa with something different on top. We eat very late. We have to eat just a little bit. With the arepa we like a piece of jam or tuna. We have a natural drink at night too. When we don't want to eat "arepa", we love to eat bread. We can have a sandwich at night, with some cheese, mayonnaise, tomatoes, lettuce, a little bit of ketchup and meat. Other people like to eat heavy at night. They usually eat the same food that they had at lunch.

We can classify Colombia food depending of the time of the day. We usually have breakfast at 9:00 a.m., lunch between 12:00 and 2:00 p.m., and the last meal is dinner at 8:00 p.m. We have a saying for our meals. It is, "eat like a king in the mornings, eat like a prince at noon, and eat like the homeless at night." Our most important meal is breakfast. And our most favorite food is the arepa, because you can mix it with everything.

by Natalia Arboleda

Parrot Warbling



Grappling with Grammar

Tense	Sentence	Meaning
Present perfect	I've lost my keys.	I haven't found the keys yet -- they're still missing.
Simple past	I lost my keys yesterday.	I've probably found them again already.
Present perfect	She's broken her arm.	The arm is still injured.
Simple past	She broke her arm.	The arm is probably OK by now.



Rigoberto's Riddles

Why did the truck driver drive off the edge of the cliff?

He wanted to test his air brakes.

What can be measured but has no length, width, or thickness?

Your temperature

What doesn't ask questions, but needs to be answered?

The telephone

Idiom Attic



Spill the Beans

Did you know that Harry was going to take Kathy on a Caribbean cruise? Yes, I did. He was planning on surprising her with the tickets for their anniversary, but someone **spilled the beans**.

What a shame! That was supposed to have been a surprise. Yes, it's too bad that someone **told her about the trip beforehand** and ruined Harry's surprise.

That's OK. Her enthusiasm was not dampened in the least!

Questions/ Comments? Please let us know what we can do to improve the "ESL Parrot" We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D387 (Davies Hall) (916) 484-8988 Student editors— **Christian Valenzuela** , **Andrea Carrero**, **Natalia Arboleda**.

English — How COOL is it?

- Floccinaucinihilipilification, the declaration of an item being useless, is the longest non-medical term in the English language
- Goddessship is the only word in the English language with a triple letter.
- The longest word in the English language is 'pneumonoultramicroscopicsilicovolcanoconiosis' which describes a lung disease caused by breathing in particles of volcanic matter or a similar fine dust.
- In the English language there are only three words that have a letter that repeats six times. Degenerescence (six e's), Indivisibility (six i's), and nonannouncement (six n's).
- In the U.S. there are 18 doctors called Dr. Doctor, and one called Dr. Surgeon. There is also a dermatologist named Dr. Rash, a psychiatrist called Dr. Couch and an anesthesiologist named Dr. Gass.



Out of The Cage

Sunday, November 18, 2007

[Music Event]
6:00 pm

World Music Concert

The Kairos Quartet will team up with the Nada Brahma Music Ensemble to present a world music concert. There will be a free lecture from 6:00-6:45PM, then at 7:30PM they will present their concert in the ARC Theater. Admission is \$10.00 General, \$5.00-Students. For more information, contact Dr. Dyne Eifertsen at (916) 484 -8676, or visit www.kairosquartet.com



Tuesday, November 27, 2007
12:15 pm-1:15 pm

Re-tracing Gender : A Reflection of a Trans –Gendered Student

Please join Markee Slagel for a truthful, personal, and self-revealing presentation on identity and constructed cultural roles.



Location: Raef Hall 160

Tuesday, November 20, 2007
12:15 pm-1:15 pm

Sexual Assault Awareness Workshop

Sexual Assault prevention presented by WEAVE (Women Escaping a Violent Environment) and the Los Rios Police Department. Open to everyone – students and staff.



Location: Raef Hall 160

Friday, December 7, 2007
7:00 pm-8:30 pm

2008 Rollout of The American River Review

Facilitator: Ron Morris, Marketing and the Student Chapter of the American Marketing Association (AMA)
Come and find out about American River College’s “Best in the Nation” literary and visual arts magazine, the American River Review. This is an amazing collection of literary and visual arts creativity, created by the students of ARC! President David Viar will introduce the American River Review and students will present poems, photographs, and visual art media. Copies of the 2008 edition will be for sale in early December at the ARC Beaver Bookstore.



Dear Granny,

A few weeks ago, there were some very unpleasant people on our campus saying bad things about Islam. I'm not a Muslim, but I left campus feeling a bit sad about the whole situation. What's up with this kind of thing?



Horace (used to be "Pissed-of Student")

Dear Horace,

Hi, Horace. I'm so glad you've changed your name. You know, I'm just a simple gal. Seems to me – "It seems to me" I should've said (The ESL department likes to keep tabs on me J) – that what happened on our campus is

nothing new in that there will always be people who want to say something, create a stir, and have any kind of impact, but who are often uninformed or "under-informed", mistaken, or who "have an axe to grind." Our whole country has pride in freedom of expression and our courts are always talking about what freedom of expression is. Still, there's a responsibility that comes with free speech. Volatile, incendiary remarks are so, so not cool. In fact, "dissing" other religions appears to be ignorant and not very gentlemanly or ladylike in Granny's book. All of the world's religions respect and extol (I looked that one up) the virtues of a good education. Education – yeah! If these mean people say things like this again, suggest (nicely) they take one of our lovely humanities classes, sociology classes, history classes, psychology classes, art history classes, etc. We've got "hecka good" (again, apologies, my ESL friends) professors that can help us understand religion's (all religions!) place in the world.

Famous Quotes Related To Thanksgiving

Thank God every day when you get up that you have something to do that day which must be done whether you like it or not. Being forced to work and forced to do your best will breed in you temperance and self-control, diligence and strength of will, cheerfulness and content, and a hundred virtues, which the idle will never know.

Basil Carpenter

Heap high the board with plenteous cheer and gather to the feast, And toast the sturdy Pilgrim band whose courage never ceased.

Alice W. Brotherton

What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving.

Erma Bombeck

The Spirit of Thanksgiving

*Autumn's glory adorns the trees
with blazing reds and hues of gold.*

*Our visual reward and gentle re-
minder, that another year has come
and gone.*

*Harvest intensifies in the shortening
days, to win the race on field and
farm.*

*A final charge of machine and
scythe, to secure the fruit of the
year's long labor.*

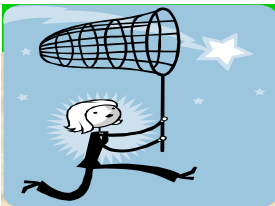
*A hint of frost on the window pane,
Nature's lace so perfectly sewn.*

*So fragile in the morning's light,
like the days of our lives too quickly
gone.*

*With the chill of November our
memory dulls, of summer's heat so
long ago.*

*We gather together at hearth and
home, to give thanks and reflect on
the passing year.*

Jim Canaday
Natural Resources



NET Escape - Articles from the net.

A Multicultural Thanksgiving

Thanking a higher deity for a bountiful harvest is not unknown in other parts of the world. Apart from America, there are a number of religions and countries that celebrate a Thanksgiving Day in their own various forms during the harvest season. The festivals are dedicated to give thanks for blessings and for the abundance and prosperity bestowed upon us. We discuss here some of the similar festivals from ancient Greece, Rome, China and Egypt and the other lands.

Chung Ch'ui



The festival similar to Thanksgiving Day in China is known as 'Chung Ch'ui.' It is a three-day long harvest festival celebrated on the full moon day of the 8th Chinese month and was believed to be the birthday

of the moon. The specialty of the festival was its round and yellow 'moon cakes' with an image of rabbit on them. Their feast featured roasted pigs and first fruits of the harvest. A legend says that anyone who sees flowers falling from the moon on this day is blessed with good fortune. An interesting anecdote to these moon cakes narrates that at the times when Chinese were surrounded by enemies, their women used these moon cakes to deliver secret messages in the name of their rituals and thus, helped the men to win back their liberty.

Kwanzaa



The Kwanzaa celebration is based on African harvest traditions. Kwanzaa means first fruits in Swahili. The celebration starts on December 26 and lasts for 7 days. Created by Dr. Maulana Karenga

in 1966, Kwanzaa is a celebration of family, community, and culture. Contrary to popular belief, Kwanzaa does not substitute for Christmas. Many African American families celebrate both Christmas and Kwanzaa. The 7-day celebration is based on seven basic values of African culture. The 7 principles, in Swahili, are Umoja (unity), Kujichagulia (self-determination), Ujima (collective work), Ujamaa (cooperative economics), Nia (purpose), Kuumba (creativity), and Imani (faith). Although the holiday is designed for the African-American community, Kwanzaa is an American holiday for all.

Sukkoth

Sukcoth is the Jewish Harvest Festival. It begins on the 15th day of the Hebrew month of Tishri. It is usually held in September and October. The celebration lasts for 7 days.

Sukcoth traditions and customs have both historical and religious significance. This festival dates back to the period during which Hebrews wandered in the wilderness on route to Canaan (now Israel). During their pilgrimage, they lived in temporary booths. This open living space is called a succah. People also gathered in sukkoth (plural for succah) to worship and share meals. Thus, Sukcoth is also called the Feast of Tabernacle. During harvest time, farmers also lived in sukkoth in open fields. During Sukcoth, farmers take this time to thank God for the crops.

Today, modern Jewish communities continue the traditions of building sukkoth and holding festivities inside them. For kids who love camping in the outdoor, this is a lot of fun. The roof of a succah is built with olive and other tree branches. The branches are decorated with fruits and flowers. Three sides of the succah are covered with blue and gold fabric. For those who need some help, you can also buy a complete succah kit. During Sukcoth, a special ceremony is held each day to remember Hebrew ancestors and to thank God for the harvest. Families gather for meals and sleep inside them as well.



Thesmosphoria

An autumn festival held for three days known as Thesmosphoria was celebrated by the Greeks to honor the goddess Demeter, the deity of food grains. The interesting festival was related with fertility and thus, fertile married women used to build a home for the goddess to stay on the first day and equipped it with all the comforts. They purified their souls and body on the second day by keeping a fast in her honor and then prepared a grand feast on the third day. Since, it came around harvest season, the specialties of the table included first fruits of the season, plump pigs, seed corn delicacies, and yummy cakes.



Cerelia

The Roman festival known as Cerelia was celebrated annually on the 4th of October to honor Ceres, the Goddess of Corn and the offerings made to her included first fruits of the harvest and pigs. Other highlights of its celebration was a grand feast, music, parades, games, and sports.



In Egypt



The Spring harvest festival of Egypt was dedicated to Min, the deity of vegetation and fertility. Its highlights were a parade headed by the Pharaoh, a gala feast, music, dance and sports. The most interesting and unique feature of the festival was the mass grief, weeping and howling by the farmers to trick the spirit of corn into thinking that they were grieved to cut the corn and thus, prevent it from taking revenge.

Pongal



Pongal is a popular harvest festival in South India. Named after a sweet rice dish, Pongal starts on January 14 of each year. The celebration lasts for three days. On the first day, Pongal is offered to Bhogi or Indran (the rain gods) for providing rain

for the harvest. On the second day, Pongal is offered to the sun (Surya). On the third day, the family's cattle (mattu) is cleaned and dressed up with flowers, bells, and color powder. This is the day to honor the cattle's hard work for plowing the fields.

Festivities vary in different regions. Some families clean their houses and throw away old clothes. But the main activity involves people from the entire village. Neighbors get together for a community feast to share their crops and give thanks to all who have contributed to a successful harvest.

Chusok

Chusok, also known as the Korean Thanksgiving, is held on the 15th day of the 8th lunar month.



Chusok means a great day in the middle of August. It occurs during the harvest season. Thus, Korean families take this time to thank their ancestors for providing them with rice and fruits.

The celebration starts on the night before Chusok and ends on the day

after the holiday. Thus, many Korean families take three days off from work to get together with family and friends.

The celebration starts with a family get-together at which rice cakes called "Songphyun" are served. These special rice cakes are made of rice, beans, sesame seeds, and chestnuts. Then the family pays respect to ancestors by visiting their tombs and offering them rice and fruits. In the evening, children wear their favorite hanbok (traditional Korean clothing) and dance under the bright moon in a large circle. They play games and sing songs. Like the American Thanksgiving, Chusok is the time to celebrate the family and give thanks for their blessings.

Têt-Trung-Thu

In Vietnam, Têt-Trung-Thu (tet-troong-thoo) or the Mid-Autumn Festival is one of the most popular family holidays. It is held on the 15th day of the 8th lunar month. Vietnamese families plan their activities around their children on this special day. In Vietnamese folklore, parents were working so hard to prepare for the harvest that they left the children playing by themselves. To make up for lost time, parents would use the Mid-Autumn festival as an opportunity to show their love and appreciation for their children.

Appropriately, the Mid-Autumn Festival is also called the Children's Festival. In the United States, this tradition continues in many Vietnamese-American communities. Trung-Thu activities are often centered around children and education. Parents buy lanterns for their children so that they can participate in a candlelit lantern procession at dawn. Lanterns represent brightness while the procession symbolizes success in school. Vietnamese markets sell a variety of lanterns, but the most popular children's lantern is the star lantern. Other children's activities include arts and crafts in which children make face masks and lanterns. Children also perform traditional Vietnamese dances for adults and participate in contests for prizes and scholarships. Unicorn dancers are also very popular in Trung-Thu festivities.

Like the Chinese, Vietnamese parents tell their children fairy tales and serve moon cakes and other special treats under the silvery moon. A favorite folklore is about a carp that wanted to become a dragon. The carp worked and worked and eventually transformed itself into a dragon. This is the story behind the mythical symbol, Cá hóa Rồng. Parents use this story to encourage their children to work hard so that they can become whatever they want to be.

There's also a story about how the Moon Lady ascended to the moon. A man named Chu Coi found a lucky tree that had special healing powers. Because this tree was sacred, people were forbidden to urinate at the foot of this tree. Unfortunately, Chu Coi's wife, Chi Hang, forgot the rule and urinated on the tree. On day, while she was sitting on the tree's branch, the tree started to grow and grow. Eventually, it reached the moon. Since then, Chi Hang lived on the moon for the rest of her life as a punishment for desecrating the sacred tree.



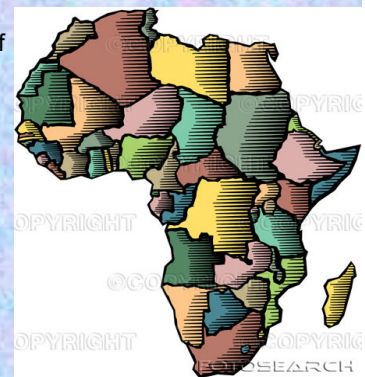
Yam Festival

Background

The Yam Festival is usually held in the beginning of August at the end of the rainy season. A popular holiday in Ghana and Nigeria, the Yam Festival is named after the most common food in many African countries. Yams are the first crops to be harvested. People offer yams to gods and ancestors first before distributing them to the villagers. This is their way of giving thanks to the spirits above them.

More Informaion

A yam is large root vegetable that looks like a tube. People often confuse a yam with a sweet potato. Yams come from Africa while sweet potatoes are from Asia. Yams can be stored for 2 months in dark and cool areas. They can also be dried and turned into flour for longer storage. Interestingly, yams are associated with Thanksgiving in the United States. When you have yams at your Thanksgiving dinner, think about the villagers in Ghana and Nigeria. They too are giving thanks ... especially for this special food.





In Memoriam

Brainy Parrot Dies, Emotive to the End

He knew his colors and shapes, he learned more than 100 English words, and with his own brand of one-liners he established himself in TV shows, scientific reports, and news articles as perhaps the world's most famous talking bird.

But last week Alex, an African Grey parrot, died, apparently of natural causes, said Dr. Irene Pepperberg, a comparative psychologist at Brandeis University and Harvard who studied and worked with the parrot for most of its life and published reports of his progress in scientific journals. The parrot was 31. Scientists have long debated whether any other species can develop the ability to learn human language. Alex's language facility was, in some ways, more surprising than the feats of primates that have been taught American Sign Language, like Koko the gorilla, trained by Penny Patterson at the Gorilla Foundation/Koko.org in Woodside, Calif., or Washoe the chimpanzee, studied by R. Allen and Beatrice Gardner at the University of Nevada in the 1960s and 1970s.

When, in 1977, Dr. Pepperberg, then a doctoral student in chemistry at Harvard, bought Alex from a pet store, scientists had little expectation that any bird could learn to communicate with humans. Most of the research had been done in pigeons, and was not promising.

But by using novel methods of teaching, Dr. Pepperberg prompted Alex to learn about 150 words, which he could put into categories, and to count small numbers, as well as colors and shapes. "The work revolutionized the way we think of

bird brains," said Diana Reiss, a psychologist at Hunter College who works with dolphins and elephants. "That used to be a pejorative, but now we look at those brains — at least Alex's — with some awe."

Other scientists, while praising the research, cautioned against characterizing Alex's abilities as human. The parrot learned to communicate in basic expressions — but it



did not show the sort of logic and ability to generalize that children acquire at an early age, they said. "There's no evidence of recursive logic, and without that you can't work with digital numbers or more complex human grammar," said David Premack, a professor emeritus of psychology at the University of Pennsylvania.

Dr. Pepperberg used an innovative approach to teach Alex. African Greys are social birds, and pick up some group dynamics very quickly. In experiments, Dr. Pepperberg would employ one trainer to, in effect, compete with Alex for a small reward, like a grape. Alex learned to ask for the grape by observing what the trainer was doing to get it; the

researchers then worked with the bird to help shape the pronunciation of the words.

Alex showed surprising facility. For example, when shown a blue paper triangle, he could tell an experimenter what color the paper was, what shape it was, and — after touching it — what it was made of. He demonstrated some of his skills on nature shows, including programs on the BBC and PBS. He famously shared scenes with the actor Alan Alda on the PBS series, "Look Who's Talking."

Like parrots can, he also picked up one-liners from hanging around the lab, like "calm down," and "good morning." He could express frustration, or apparent boredom, and his cognitive and language skills appeared to be about as competent as those in trained primates. His accomplishments have also inspired further work with African Grey parrots; two others, named Griffin and Arthur, are a part of Dr. Pepperberg's continuing research program.

Even up through last week, Alex was working with Dr. Pepperberg on compound words and hard-to-pronounce words. As she put him into his cage for the night last Thursday, Dr. Pepperberg said, Alex looked at her and said: "You be good, see you tomorrow. I love you."

He was found dead in his cage the next morning, and was determined to have died late Thursday night.

New York Times
September 10, 2007

More Student Chirpings

Types of Costa Rican Food

Costa Rican food is a fusion cuisine. It combines elements of culinary traditions from many different countries but always keeping that special and traditional flavor that only Costa Rican food has. Costa Rica has many different types of food. Rice, corn, and beans are the basic variables in almost all Costa Rican cuisine. Around the country, people eat food such as fruits, vegetables, meat, seafood and more, but there are some special types of food that are traditional in some parts of the country. That's why I decided to divide the country's food into 3 categories: Caribbean coast food, central food, and Pacific coast food.

On the Caribbean coast of the country, the types of food are "Rice and Beans." It is the most famous food in the Caribbean. It isn't just rice and beans; it is rice and beans cooked with coconut milk and some spices such as oregano, salt, and pepper. Accompanied is chicken with coconut sauce and cabbage salad. Another delicious food is "pati." It is a pie filled with spicy meat. "Rondon" (rundown) is a fish soup with plantains, breadfruit, peppers and spices. I lived in the

Caribbean almost all my life and tradition is that every Sunday people eat "rice and beans". The Caribbean is very famous for tourists for the beautiful beaches, but also for the delicious food.

In the central part of the country, the types of food are vegetables and rice. The most common dishes that



reflect the rural culture are "Gallo Pinto" (spotted rooster) and "Casados" (Married). Gallo Pinto consists of rice and beans seasoned with coriander, onions, and Worcestershire sauce usually served for breakfast with scrambled or fried eggs and a cup of "Agua Dulce," pure sugar cane diluted in hot water or coffee. Casados consists of white rice, black or red beans served with pork, steak, or chicken, a small portion of cabbage/lettuce, tomato salad, and

fried plantains. Everything is served in one dish for lunch or dinner with beef, potatoes, carrots chayote (vegetable pear), plantains and yucca. We also have "Picadillos," hashed vegetables they can be from any vegetable such as potatoes, carrots, or "chayote" vegetable pear.

In the Pacific part of the country, the types of food are seafood. This part of the country is based on the fish industry. The most delicious is "ceviche," consisting of raw fish soaked in freshly squeezed lime juice. "Mariscada" is seafood soup, "Langosta" (lobster) and "camarones" (shrimp) are on the Pacific coast. This part of the country is very touristic, and every person who passes through this beautiful place can not resist the delicious taste of the seafood prepared by Costa Rican people.

In conclusion, Costa Rican cuisine has many faces depending on the location, but always with that special and traditional flavor that only Costa Rican food has.

by Jilliam Murillo

Types of Food People Eat in Ethiopia

Ethiopia is an ancient country called the land of thirteen months of sunshine (the Ethiopian calendar has twelve months of thirty days each and five extra days called “Pagume”). Ethiopia is located in northeast Africa at the base of the horn. Ethiopian bordering countries include Kenya, Somalia, and Sudan. Ethiopian food consists of various vegetables or meat, side dishes, and entrees, usually a “wat” or thick stew served on top of “injera” (pronounced: en-je-ra). Injera is the preferred staple in the Ethiopian diet. It is a flat, sour-like fermented pancake about twenty inches in diameter. It is used with spices, meat, and pulses such as lentils and split peas. In Ethiopia, “Teffe” is the most common cereal crop used to make “injera”. It is a tiny, round, khaki-colored grain closely resembling millet. Most Ethiopian food is not eaten using with utensils, but using the fingers of the right hand to scoop up the entrees and side dishes. Ethiopian food is also known for its spiciness. There are several types of food in Ethiopia, the main categories are meat and chicken entrees, vegetable and cereal entrees, and seafood entrees.

The first type of food people eat in Ethiopia is meat and chicken en-

tree. There are different types of meat and chicken entrees. “Daro wat” is one of the spicy and hot entrees made of tender chicken marinated in lemon sautéed and seasoned butter, and stewed in a red “berbere” (pepper) sauce flavored with onions, garlic and ginger root with a pinch of cardamom and nutmeg. “Gored gored” is cubed beef simmered in a blend of “berbere,” onions, ginger root and a warm herbal butter. “Kitfo” is another



Ethiopian-style steak tartar seasoned with herbed butter sauce and hot “mitmita” (chili powder).

“Tibs” is lamb or beef chunks sautéed in oil, seasoned with onions, green, rosemary, and black peppers.

The second type of food people eat in Ethiopia is vegetarian and cereal entrees. Some of them are “Gomen wat,” chopped collard greens cooked in herbed oil with onions, green pepper, and garlic.

“Atakilt” is mixed vegetable, green

beans, potatoes, carrots and onions sautéed in a blend of exotic herbs.

“Yemisir wat” is lentils simmered in a spicy hot “berbere” (pepper) sauce. “Shiro wat” is Ethiopian-style ground split peas simmered in a spicy pepper sauce.

The third type of food people eat in Ethiopia is seafood. Even if seafood is not widely popular in Ethiopia, there are different types of Ethiopian-style seafood entrees.

“Yasa wat” are chunks of white fish cooked in oil and onions, stewed in a spiced red pepper sauce. “Yasa Tibis” is Ethiopian-style fried fish. “Asa” is pan-fried fish, a whole fish without the head, Ethiopian-style, served with a cup of “awaza” (sauce composed of Ethiopian honey wine, garlic, onion, and red pepper).

“Injera,” which is made of “teff”, is the Ethiopian staple bread all dishes are served on. Ethiopian cuisine offers an exceptional and exquisite array of flavorful food that is unique to Africa and the world. Ethiopian food is the ultimate in spicy cookery, not only because the food is hot, but also because of the wide variety of spices used. If you are a spicy-food lover, try one of the above Ethiopian traditional food entrees.

By Getachew Tareke



Even More Student Chirpings

Parrot Recipes (not recipes for parrot)

Quesadilla

I am going to show you how to prepare quesadillas in only 20 minutes from start to finish. For 4 servings you will need:

- 1 ½ cups shredded Monterey Jack cheese.
- ¾ cup shredded sharp cheddar cheese.
- 1 small can whole green Chilis drained.
- 3 tbsp. Sliced green onions with tops.
- 2 small tomatoes chopped (fresh or canned tomatoes).
- 4 flour tortillas.

Once you have everything ready, begin to prepare the quesadillas. Follow these steps.

1. Combine the cheeses, cut the Chilis in half and take the seeds out
2. Put about ½ cup cheese mixture over half of each tortilla. Top each with a piece of Chili. Fold in half and secure it with a tooth pick.
3. Cook on an ungreased hot plate over medium heat until cheese melts.
4. Remove toothpicks. Top tortillas with onions and tomatoes. Right after that, serve and enjoy it with your friends and family.

by Juventino Camacho



Pondu



“Pondu” is cassava leaves, a finely ground vegetable from Africa. Here is how to cook “Pondu”:

First, you need to put some ingredients together in order to cook a delicious Pondu. The ingredients that I need are cassava leaves (which is called pondu in my native language), palm oil, green onion, green pepper, eggplant, garlic powder, and salt.

Second, put pondu and palm oil in a cooking pan and mix them together with some water. Then, put them in the stove, and let them boil together for about 45 to 60 minutes. While waiting, cut the rest of the ingredients into small pieces (green onion, green pepper, and eggplant.) After 45 minutes, put everything that you just cut in a boiling mixture in the cooking pan and add salt and garlic powder to them. After that, stir them altogether. Ok, it's ready! You can serve this recipe with rice and fried meat, fish or chicken. It tastes delicious! Believe me!

by Losamo Yenga

Marinated Mushrooms

For this delicious dish you need:

- 200 grams of corn oil.
- 160 grams of vinegar.
- 4 teaspoons of sugar.
- 2 teaspoons of salt.
- 6 cloves of garlic.
- 10 whole black pepper corns.

4 bay leaves.

In the beginning, you need to wash 3 lbs. of mushrooms. Then put the mushrooms in the pot and boil for five minutes.

While the mushrooms are boiling, take another pot and put in corn oil, vinegar, sugar, salt, 6 cloves of garlic and 10 whole black peppers. Then it's supposed to boil. After that, take the mushrooms out of the pot and put them in the second pot with ingredients. Then the mushrooms are supposed to boil for ten minutes. Then turn off the heat and add 3-4 bay leaves, cool it off, and put the mushrooms in a jar. It's very delicious with fried potatoes.

by Svetlana Dragnic



Beef Stroganoff

This is a very popular recipe in my family. It is not very hard to make **BEEF STROGONOFF** if you have all the ingredients. You need 1 1/2 pounds beef cut into thin strips. Salt and pepper, 3 tablespoons of flour, 3 tablespoons of sunflower oil, an onion, 3 tablespoons of tomato paste, ½ sprig of fresh basil, 1 cup of sliced mushrooms, 2 cups of cooked rice or noodles. Season the beef with salt and paper to taste, then dust with the flour, tossing until all the surfaces are coated. In a large skillet over medium-high heat, warm oil, then add onion and beef. Cook about 6 minutes. Add tomato paste, basil, and mushrooms. Reduce heat to low and simmer for 20 min. Remove from heat and serve over rice or noodles. And ENJOY it!



by Marina Nikulina

Special Pizza

Hello, my name is Svetlana. I am going to tell you how to prepare a special pizza. In the beginning I make dough for the pizza. I usually put 3 cups of flour, one egg, and 2 teaspoons oil. Then I mix it. After I wait for about thirty minutes to let it rise. Then I put the dough on a baking tray. I cut vegetables such as tomatoes, cucumber, and sweet pepper into smaller pieces. Next, I put tomato sauce or ranch dressing and cheese on the pizza. I put vegetables which I cut, and meat or mushrooms on the pizza. Finally I put pieces of olives and parsley. Then I wait a few minutes again and put the baking tray in the oven to bake the pizza. It bakes for thirty minutes. Then I turn the oven off and the pizza is ready. Also, I want to say that in my country the pizza is a meal that almost all of the people like and we can bake it for different parties.

by Svetlana Koval



Recipe for _____

I am really glad to tell you my favorite dish and its recipe which I learned from my mother. It's very popular with Vietnamese and Chinese people and easy for you to find at parties or buffets. I

know that some American people also like it. It is deep-fried. Can you guess it? It's an egg roll. I think you are interested to know how to make it. Don't worry, it is not complicated and it doesn't take too much of your time (about 2 hours) to make it. Right now I can give you a recipe for 4 persons from which you can make up for your own measurements. Now, we need the following ingredients:

A pack of large-sized egg roll papers (also called pastry wrappers)
 Half a pound of ground pork
 A small carrot
 Half a large taro root
 Some black fungus strips
 Half an onion
 3-4 teaspoons of salt
 3 teaspoons of sugar
 2 teaspoons of black pepper
 Vegetable oil



The first thing we need to do is to soak all the fungus strips in a bowl of little warm water for about 15 minutes until they become softer; then clean them and chop them into one-inch long strips. Next, we peel the carrot and taro root, grating them into small pieces (that means you slice it into small pieces, and then chop them into small strips). After that, we take half an onion and chop it into small pieces, too. After finishing chopping, we put the ground pork in a large bowl, mixing it with the chopped onion, and grated carrot and taro root, the fungus strips, salt, sugar and black pepper for about 20 minutes. Next stage is wrapping to make egg rolls. I think that in order to be comfortable for us to wrap, we need a cutting board. Place each of egg roll paper on the cutting board, put about 3 teaspoons of the above mixture on the wrapper, and wrap carefully because the egg roll paper is very easy to tear. When finishing wrapping all of the egg rolls, we begin to try them. Usually, egg rolls are deep-fried.

That will be better than normal frying, so we need a deep frying pan. Put the frying pan on the oven, and pour the oil into it. Please note to turn on the oven to a medium level. We have to wait until the oil gets hot, using a pair of chopsticks to put the egg rolls in the oil. How many rolls you should put in the pan depends on its space; don't put them on together because they will easily sticky together. While frying, please notice not to let the oil get too hot (that's the secret). If the oil gets too hot, we have to adjust the oven to a lower level right away. Remember to turn the rolls. When we see the rolls get golden brown, it means they are done. Don't let them smoke. We can take them out of the pan and place them on a plate. Wow, they look delicious!!! You can serve the dish with green salad or rice noodles and fish sauce if you are Vietnamese. Let's enjoy them.

by Van Tran

Mushrooms with the Eggs

I will prepare some components for this meal. I need 2 lb mushrooms, 40 grams of butter, vegetable oil, pepper, salt, 2 eggs, 1 onion, and 1 clove of garlic. I will clean and wash the mushrooms, then cut them into pieces. I will put them into the pan and pour them in the water. Water should cover the mushrooms, I will add salt, pepper, onion, and garlic. As soon as water in the pan boils on the small flame, constantly stir them slowly. My meal will be ready to serve after twenty minutes.

By Serghei Ciloci



Galina P's Anonymous Spouse's Recipe



Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes
Servings: 10

Ingredients:

3 whole egg yolks.
1-2/3 cups sweetened condensed milk
1/2 cup lemon juice.
One 9-inch graham cracker pie crust.
10 oz. sweetened frozen raspberries, thawed
1 tbsp. cornstarch.
1 1/2 cups whipped cream.

Instructions: Preheat oven to temperature 325 F. Combine egg yolks with condensed milk and lemon juice in a bowl.

Mix thoroughly. Pour into crust and bake 30 minutes. Combine raspberries and cornstarch in a heavy saucepan over medium high heat. Cook about 3 minutes, stirring frequently, until thickened and clear. Spoon raspberry mixture evenly over top of pie. Chill 4 hours or until set. Serve with a dollop of whipped cream.

Galina's Recipe

Prep Time: 25 minutes
Cook Time: 300 minutes
Total Time: 325 minutes
Servings: 12

Ingredients:

3/4 lb ground pork sausage
1/4 cup unsalted butter
1 1/2 cups onion/cooked, chopped
1 1/2 cups celery/cooked, diced
1 tsp. poultry seasoning
1 tsp. sage, rubbed
1 cup fresh cranberries, cut in halves
4 1/4 cups dry bread cubes
1/2 cup chicken stock or water, plus extra
1 turkey, about 14 lb
2 1/4 lb. roast turkey
Kitchen string, for trussing bird
1/4 cup unsalted butter, melted
1 1/3 cups chicken stock

Instructions: Heat a heavy nonstick skillet over medium heat. Cook sausage 5-7 minutes, stirring frequently, breaking meat into

small pieces, until cooked through. Using a slotted spoon, transfer sausage to a large bowl. Melt butter in skillet with drippings. Add onion and celery and cook 4-5 minutes, stirring frequently until tender. Stir in next 5 ingredients and salt and pepper to taste. Transfer onion mixture to bowl with sausage. Mix thoroughly, adding more stock if too dry. Preheat oven to temperature of 325 F. Season inside of turkey cavity with salt and pepper to taste. Fill neck and cavity with stuffing. Truss bird with string. Pat skin dry with paper towels. Brush turkey with melted butter. Place turkey on a roasting rack inside a roasting pan. Roast turkey about 20 minutes per pound, basting with chicken stock and brushing with butter every 25 minutes, until a meat thermometer registers 175 F when inserted into thickest part of the thigh (or when thigh and leg fall easily away when pulled). Remove turkey from oven. Reserve fat and cooking juices for gravy. Let turkey stand 20 minutes before carving.



Carrot-Stuffed Parrot

Take one de-feathered, de-voiced parrot, recently expired. Stuff with baby carrots. Boil, broil, bake, roast -- whatever it takes to get the job done. Serve with champagne -- after all, this is a festive occasion!

Tom T.

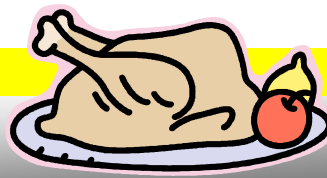
Albuquerque Turkey

(Sung to the tune of 'Clementine')

Albuquerque he's my turkey	You could ever get.	turkey
Oh he's feathered and he's fine	Better than a dog or cat.	He's so cozy in his bed
He wobbles and he gobbles	Albuquerque he's my turkey	Because for Thanksgiving dinner
And I'm awfully glad he's mine.	And I'm awfully glad of that.	We had scrambled eggs instead.
He's the best pet	Albuquerque he's my	

- Anonymous

Gobble, gobble, gobble!
(Parrotese for "Better
you than me, Tom.")



My First Foreign Thanksgiving

What's more American than turkey and stuffing on Thanksgiving Day? That was a question we had to ponder the week of Thanksgiving, 1971. I was in Reims, France for my third year of university, and together with the other American students on the same study-abroad program, we wondered what to do for our special day so far from home.

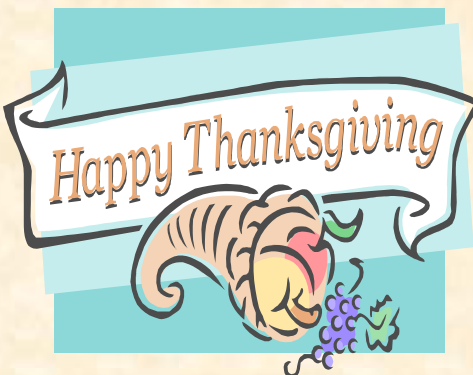
Back then, it was hard to find turkey in France. No stuffing, either. Just not their custom. No corn -- that was only for the animals to eat. We might as well have been on Mars!

Finally, we decided to make it a special day, French-style. It turned out to be the best decision possible!

Together with our counselor/moderator, we found a really nice restaurant in Reims that could accommodate all of us (about 25 people). And then we told them that we wanted a very special meal. Since we couldn't

have the things we were accustomed to for Thanksgiving, we wanted to have things that we were completely unaccustomed to. We were going to have a very French un-Thanksgiving!

I'll never forget that meal. We started with a soup that none of us had ever tried -- lobster bisque (we were all still



on student budgets). When we had finished exclaiming how wonderful lobster soup was, they brought out several plates of snails for us to try as an appetizer.

Hm. Snails. We were all from New York City. Our food usually came packaged, in little pieces, wrapped in plastic or cellophane. None of us was used to food that ac-

tually looked like it did in real life. Snails cooked in their shells look like...snails. In the garden. But we were there to try new things, so we did (most of us, anyway) -- and discovered how good they were.

That prepared us for the next part. At this point, some of us just said "Eew, I'm not hungry anymore." But the rest of us discovered how wonderful frogs can taste! Not the whole frog -- they only eat the thighs, the upper leg. The rest of the frog doesn't have much meat on it. But the sauce they were cooked in was delicious, and I was surprised to find that frogs really do taste like...chicken!

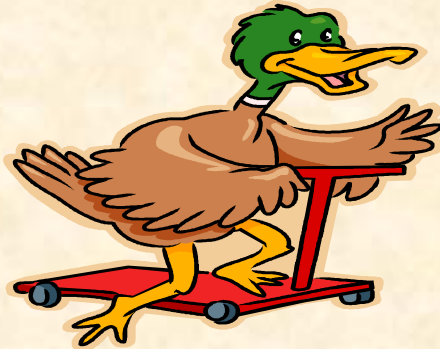
I don't remember the rest of that dinner (it was a long time ago!). But I do recall that since we were in the heart of the Champagne region, we had several different kinds of wines with our unusual dinner, and finished -- of course

The Thanksgiving Duck

When my husband and I first got married, we lived in my native country, Germany. My husband told me about the American tradition of celebrating Thanksgiving with the traditional meal of turkey and all the fixings.

Since there were only two of us, and turkeys were also hard to find in German stores in the 1970's, I decided to cook a duck instead of a turkey. In those days the "Roemertopf", a red clay pot, was very popular, everyone had one and used it all the time because it kept the meat very juicy and no addi-

tional fat was necessary. I carefully seasoned the duck, put it in the oven and started preparing the side dishes. The aroma of the



duck roasting made both of us very hungry. My husband was looking forward to the Thanksgiving feast..

Finally it was time to take the bird out of the oven and sit down at the table. I opened the lid, and what did I find? A duck skeleton, covered in very crispy skin swimming in a pool of grease. I almost cried. My husband said. "A Roemertopf is obviously not the right way to cook a Thanksgiving duck. Luckily the restaurant at the corner was still open, and we didn't have to go to bed hungry.

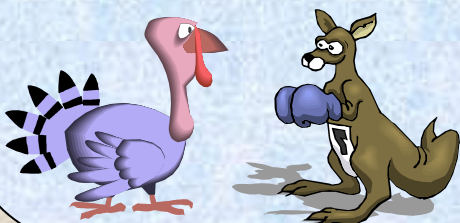
by Ilse Powell
IA-ESL Lab

Turkey Down Under

I remember my first Thanksgiving while living in Australia. They don't celebrate Thanksgiving there and they don't eat much turkey. I come from a big family where all the holidays are very special occasions with lots of people and lots of food. I had invited all the local Americans who were living around Sydney without family so that they wouldn't be feeling homesick on the holiday. I had also invited lots of Australian friends so that they could experience an American Thanksgiving. Plus, I wanted there to be a crowd at my house on that day so I wouldn't feel so homesick either.

Next, I went in search of a big bird to cook for the feast. There were none in the grocery stores so I went to the local butcher shop and asked if he could get a turkey for me. He said he could special order one and asked if 10 pounds would be OK. "Ten pounds!", I said in surprise. "That's just a chicken on steroids." I usually cooked at least a 20 pound turkey so I told him I would need something much, much bigger. He did his best and after scouring all over Sydney, he found me a 15-pounder which he said was the biggest he had ever seen!

On the day, it was a great feast despite the puny bird. The only other problem was that I had to make pumpkin pie out of a Queensland Blue pumpkin! I couldn't convince the Australians to even try it. They only eat pumpkin as a vegetable and couldn't imagine it as dessert.



by Dr. Marsha Leeman Conley
ARC ITC Professor

I spent my first Thanksgiving away from home in San Antonio, Texas when I was in Air Force officer training. My wife had planned a turkey dinner for us and several of my classmates, but we'd never used the oven in our tiny apartment for anything big before. The turkey took so long that by the time it was done, it was almost time for us to go back to the base. Luckily, we had also overestimated the number of avocados we would need for guacamole appetizers, so most of our Thanksgiving dinner that day consisted of corn chips, a hastily opened can of refried beans, and guacamole dip.



John Gamber
ESL Instructor

Thanksgiving is my favorite holiday because I am a Mayflower descendant. My auntie Margie kept the family tree all the way back to Stephen Hopkins. He was a passenger on the Mayflower that sailed from England to Cape Cod in 1620. I don't remember exactly when I discovered that I had a special pilgrim ancestor. But, when my daughter, Laura, was born, my mother typed out the family tree for her. We love to celebrate Thanksgiving and have visited Plymouth Plantation where the Pilgrims established their homework. After many generations living in New England, my relatives eventually moved to California during the gold rush.



Sylvia Dilgard
Finance Office

Don't You Think the Turkey's Time is Up? Bring on the Parrot!

- While there was some conflict over 'turkey' and 'bald eagle' for being the National Bird of America. Benjamin Franklin voted out 'bald eagle' for being cowardly.
- Turkeys have great hearing skills but no ears.
- Turkeys can see in colors, have excellent visual acuity and their field of vision spans across about 270 degrees.
- Turkeys have poor sense of smell but great sense of taste.
- Turkeys are so sensitive that they can drown by looking up while it is raining and can have heart attacks due to sudden shocks.
- Wild turkeys can fly at a speed of as much as 55 miles per hour over short distances and are good runners with a speed of about 25 miles per hour.
- Parrots have a wide range of articulations. Wild parrots do not imitate. Only pets will mimic people and noises they hear. The African gray parrots are the best mimics.
- In the wild, Macaws and Cockatoos can fly 500 miles per day in search of food!
- Larger parrots such as the macaws and cockatoos live more than 75 years.
- An estimated 25,000 wild parrots, caught or plucked from their nests in Mexico, are smuggled across the Texas border each year.
- The zygodactylous feet of the parrot have two toes that point backwards and two toes that point forward. These toes make the parrot excellent climbers.
- The parrot is the only bird which has its own ESL newsletter read by thousands, if not millions, of erudite and discriminating readers in California and around the world.

Vi: Can you tell us about your family

I was married to a man whom I'd met in Japan. We were married for 26 years, but then he had a heart attack and passed away. We had three children. I have two sons, and we had one little girl, but she died when she was a baby, so now I just have two grown sons — very interesting people. One of them is 38 years old, and he's an electrical contractor, and he really specializes in solar energy. Now he lives along the coast in a tiny little town called Gualala, and in that part of the northern coast of California he's the solar expert, and that's what he's really working for — to be a solar expert. He really believes in taking good care of the earth, and one of the ways is to use solar energy. He has two children. Now I have a six year-old grandson, and a two year-old granddaughter. In addition, my other son —, he's in Antarctica.

Jeff: Wow! What is he doing down there?!

That's a good question! It happens to be the International Polar year, so he's always interested in what's going on at the Pole. He's a support staff person for scientists who are doing all kinds of research, and so this journey down there has been very interesting, and thorough, step-by-step, because they have to have the right gear, clothing, and they have to have a course — CPR, first-aid, in case of emergency or if they have to save a life. They also have to learn ways of communicating in case they're cut off from the main base, so search and rescue would come out. He's just a real adventurer. He's a naturalist. He loves living in the woods, in the forests, and actually just like a Native American.

Jeff: So, how did you end up working here in ARC, particularly in the ESL department?

Well, the way I came to Sacramento was ... eight years earlier I had lived in San Diego. I came up here because a family member needed someone to live with (my mother-in-law actually was kind of going downhill, so I came up here and lived with her, which I did for three years), and then at that time she had other help during the day time, so I thought I would go back to school and continue my education, which I

did, and also get a job, so I just came here to ARC, and because I had experience teaching ESL in China, and through correspondence courses and things, and there was a need here at that time, I got hired.

Vi: So how do you like working here in ARC and with the students?

This is a very good environment. College is always an interesting environment because a lot happens, but ESL in particular I really like because the whole world is this room. It's stimulating to be around — to hear all the stories from every different part of the world. I like my work very well because not only have I've seen many people, but my workmates—we all just get along so well, and it comes from Krista and Kate at the top being the kind of leaders that just really makes working here very enjoyable.

Jeff: How long have you been working here in ARC?

I've been working here for about eight years as an instructional assistant. Krista, Kate, and the others are our instructors, but we do basically the same work as far as working with students, but we're not quite as qualified as they are. Before that I'd worked one semester at a university in China, and then I worked for seven years at a private elementary school near Santa Rosa, California, and that was really nice—the beginning of teaching.

Ivy: Danah, you've been to many places in different part of the world and taught internationally; are there any other places you've taught before besides the United States and China?

Yes, in Albania—a country in Southeastern Europe

Ivy: Wow! You've been teaching everywhere! So tell us about your teaching experience in Albania, and how did it start?

Well, I'm usually a missionary during the summer time, so I go to Albania to teach English, but we use the Bible as a text book, and people come to us, and we teach very good quality English, and if that's all they want, that's fine. We're glad to help them with that because English is

so important all over the world. We also, of course, teach the scriptures, and only hope that they'll see something valuable, and that it will become important as well to them.

Jeff: How long do you stay there for your mission and teach?

I usually go over there for six weeks during the summer time, and teach six hours a day.

Vi: That's really awesome! How long have you been doing that?

I've been doing this for seven years.

Ivy: Now we know that you've taught in a university, and obviously deal with college students here at ARC, but you've also mentioned that you've taught elementary students, so can you tell us the difference, based on your experience, and which one you prefer teaching the most?

The main difference is that students in college are there because they choose to be, and they're more motivated to learn — for the most part, but students in elementary school — you have to be there for them. Some are motivated, and some aren't, and the other thing is that they're not as independent as adults, and you have to be there for them all the day long, and they ask you a million questions sometimes, depending on the age, but mine were all first, second, third, and then fourth, fifth, and sixth because I had two levels, and very needy children at that age. They're taking your energy out, but I didn't even know I was tired until we managed a YMCA camp for eleven years. That was another interesting chapter of my life, but once we moved here, I realized how tired I was from teaching because it was just stressful, but stressful in a different way, not from main questions all day long from the kids, but by solving everybody's problems.

Jeff: Is there anything difficult in teaching based on your experience?

Well, sometimes communication or misunderstanding can be a problem, but I've been around this kind of thing most of

my life, living overseas when I was in high school, and spending some time overseas throughout my life, so I don't personally have any problems; I can even understand people whose accents are very strong because I've heard them so often. There's just sometimes misunderstanding that you feel bad about.

Vi: Now we know how energetic you are, and just on the go all the time, so what are other things or other interesting or unusual things that you've done?

Well, there are some interesting things that I've done in my life. I climbed Mount Fuji when I was in high school in Japan, and just traveling around to certain countries and getting here and there. I actually also went to Korea in 1961 just to visit because they (the military) had a special program for what we called dependents—military dependents, so we had this program from the military dependents in which you could go from Japan over to Korea and then back. It was sometimes called a “round-robin.” We went over there, and spent just a few days, and then came back, and we also went to Okinawa.

Vi: So besides traveling and teaching, what do you do in your spare time or what's your hobby?

Music probably takes up a lot of my spare time now that I'm learning to play the guitar. Music relates to my great love of traveling. I also like to sing...

Jeff: Do you like dancing?

Yes, I like dancing, but I don't have a partner!

Ivy: Are there any changes you would like to see at ARC? If so, what would they be?

Well, from things that I've seen from this perspective, there's a lot of money in government positions, or government type jobs, and it bothers me some that the tax payers' money is wasted a lot. For example, there's a lot of paper wasted, and I'm

guilty of that myself because it's just so common to make some copies, and just leave them, and often buying supplies that aren't really needed. I think in general government is in crisis — I have a conscience about it, and I wish that there could be a better system of not wasting money. I guess you could say—a better system to track things so that if you're given a certain amount of money to use for your budget, and if you don't need it, then you could easily give it to some other part of the college that needed it, but there's so much paper work to go through that it's just ridiculous. In addition, I wish the food didn't cost so much at the cafeteria. I think it's too expensive, and I wish the books were cheaper. I think it's just outrageous! On the other hand, there is plenty good about this college even though I just talked about waste, but I do enjoy seeing improvements such as the new theater and this building LRC (Learning Resource Center). It's nice to see something is grand—that main theater over there. It's just state-of-the-art, and you can be proud of it, and the education that you get here is of a very good quality.

Ivy: We know that you've traveled to a lot of countries already, but do you have any dream vacation?

Yes, I think I would like to go to Moscow, and take the Trans Siberian train, and go down to Mongolia and then wind up in Beijing. Of course, I've been to China, but I want to go back there.

Vi: Danah, let's talk about movies: What was the last movie you saw?

The last movie I saw was *Into the Wild*. It's about a young man who's of college age like you, and his parents are very wealthy, and they want him to go to college, and then graduate from college, but his heart just wanted to go to Alaska and live in the wild. He didn't care about money; he didn't care about things, and interestingly enough I was drawn to that movie because of my son that it's in Antarctica right now because he's a naturalist, and it really does kind of parallel his life somewhat except for the ending, which I

won't tell you. You need to watch it; it's a four-star movie!

Jeff: I have a question. What's your favorite food?

My favorite food is Mediterranean food, but I love Chinese food too. A real Chinese food is hardly like anything else in the world. In China, eating food is an art form—appreciating it, and you look at it, and you talk about it. If you're going to a business meeting to meet somebody for the first time, you don't talk about business; you enjoy food together, and you talk about food and fine wine, and then eventually you talk about business. I remember in China; they used to say for a Chinese man — marrying a woman who can cook is more important than just about anything else, and that's very important for them because if you entertain people you want the best to come out.

Vi: A random question here! If you had a million dollars, what would you do with it?

If I had a million dollar, unfortunately I probably wouldn't keep too much of it, but I'd probably invest some of it for my future, and I know that our church has a mission in Sudan, which is a very poor part of the world and very war torn, and they're trying to build a hospital, so I think I would invest some money for our hospital over there, and there's an orphanage that we support in Zimbabwe, and I think I would help that too, and then I might have to save a little for travel, and take my Trans Siberian trip.

Ivy: So tell us about your future plans!

Well, only God knows my future plans, but as far as I know I'll stay here in ARC for another eight years, and work, and then retire, and then maybe going to a full time missionary work.

by Ivy Balansag, Vi Tran, and Jeff Lim