



# The Parrot

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

Issue # 24

Fall 2008

## "Just the Facts, Ma'am": Frank Smith

*He who asks is a fool for five minutes, but he who does not ask remains a fool forever*

Chinese Proverb

**Tell us something about your career.**

I am a post-certified police officer through the state of California. The whole department is post-certified and you have to be a post certified officer in order to work as a police officer and graduate from the academy. I went through the police academy back in 1980. The first police department I worked in was in Roseville's city police department, and I worked there approximately eight years or nine years. Then I went to the state police in the Bay Area, San Francisco and Oakland, as a state police officer. When I left there I came back to Sacramento and worked for Sacramento City Unified School District and I was there about twelve years.

**So how long have you been working as a police officer at ARC?**

As a police officer, I've got twenty eight years almost now. I've been here at ARC for nine years.

**What made you want to become a police officer?**

You know, putting some-



thing back into the community. Being from Sacramento, I wanted to put things back into the community such as values, the way you are brought up, the way you are taught. You want to convey that back into the community as positively as you can with a positive attitude, and working at the Roseville Unified School Dis-

trict here, I think that brought a lot of that into perspective, putting those things into the community.

**What kind of work do you do as a police officer?**

We are law-enforcement officers, so we do enforce the laws of the State of California and also the traffic, parking, and everything pertaining to the betterment of the college, and the district. We do foot patrol, we have bicycle patrol, and cars. College police, the city police, and the sheriffs department all work together. We are all post certified officers. The Highway Patrol is too.

**I think that police officers have to exercise a lot or master self-defense techniques. Have you learned any?**

As a police officer, you stay fit, you exercise. We have self-defense training, we have firearms training, we have baton training, and we are constantly training all the time.

**Extra!!  
Parrot Concedes  
Presidential  
Election!!**



American River College  
4700 College Oak Drive  
Sacramento, CA95841

**Do you practice sports, too, to stay in shape?**

Yes, I play baseball, even at this age. It is my favorite sport. Actually, I'm in a senior men's league. It keeps me in shape.

**Do you have any specific goals as police officer?**

My goal has always been to stay in uniform, be a uniformed officer. I never had any aspirations to be in plain clothes, to be a detective. I like working on the street. I've been a street officer all my career. That's all I've ever done and that's all I know. My specific goal has been to stay in uniform. I like my job.

By Kim Seunghwan

## Christian Avila, Costa Rican Student

### ***How long have you been living in the United States?***

Well, I have been here 3 years, a little bit more than three years living here. This is the only place I can live — Sacramento. This has been a wonderful experience for me, such a nice place to live. It has everything, you know; a great place, nice people; my neighbors are really nice.

### ***How is your English for this period of time?***

I guess, yes, I guess when I came here, the first time I came here, I knew some English but when you come here and you have to confront the culture and everything is so different and I felt lost, but now I feel that my English is really, really good.

### ***What are your future plans or whom do you want to be in the future?***

Well, I have a degree in tropical biology so I would like to continue my education here toward that specific field. I hope I can do it. It's going to be hard, but I know I can do it.



### ***What actions would you take in order to achieve your goal?***

Well, first it's to improve my English. That is the first goal that we have to, as immigrants, that we have to get if we want to continue moving forward, and after that, I guess, is only a desire to move forward.

### ***What is your advice for those who just begin to study English as a second language?***

My advice is first you have to keep your, what is the name for that word when people are afraid, they are afraid to speak, because they're going to make a lot of mistakes, so don't worry about being afraid.

Only talk, only try to do your best, only try to be understood. Don't be afraid to challenge yourself. That's right because I meant if you are afraid to do it, you are never going to do it, never going to do it, because you are going to say, "Oh, I can't do it, I can't do it, but at the end you will see, it's going to be amazing. You leave your fear in your house and come to the classes without fear.

By Yuriy Shcherba L320

## ***Some Facts About Costa Rica***

- Biggest employer is Intel, which makes nearly all of its server chips there.
- Has never had a military, and is proud of its strong constitution and stable democracy.
- 23% of the country is protected forests and reserves.
- Costa Rican's don't trill their r's, like other Spanish speakers
- Home to more unique species of birds (over 850) and insects (over 35,000) than the rest of North America or Europe. More than 10% of the world's butterflies live here.
- Bug-phobists look out! There are about 750,000 species of insects that live in Costa Rica, including about 20,000 different types of spiders!
- Monkeys are one of the most common mammals in Costa Rica - next to bats. There are about four common species of monkeys in Costa Rica, including the Howler monkey, Spider monkey, white-faced capuchin, and the squirrel monkey. Most monkeys live in groups of 10 to 40 with other animals.
- Guaro is the local alcoholic liquor of choice. The beverage is inexpensive and is made from sugar cane. Costa Rica also produces a fine coffee liquor - straight from the coffee bean.
- Though Costa Rica has its own currency (the Colon), most stores list prices in terms of U.S. dollars since there are so many U.S. tourists and access to U.S. dollars is easy.



# Student Chirpings

## A Terrible Accident

Everything happened last year when my friend Alejandrina and I decided to take a vacation.

We visited Las Vegas, The Grand Canyon, and Hollywood. We were having an excellent time until the last day. On our way home from Los Angeles to San Francisco, we had a scary accident.

Before the vacation, we couldn't stop talking about it. We made plans for three months. We were really excited about the trip. We bought maps, we checked on the Internet the places that we wanted to see, and finally, we rented a car for one week. However, we made our first mistake — we didn't buy insurance because we paid by credit card and we understood that if we used the credit card, the bank would be responsible in case of any accident. People seldom think that something bad can

happen to them, and we weren't the exception.

The first place that we went was Las Vegas. It is amazing: the lights, the shows, the hotels, the fancy people, the parties at night and the casinos. It was incredible. I



was without words the first day. The second place was the Grand Canyon. It was wonderful. Everybody should go there and see one of the world's wonders. The last place was Los Angeles. Personally, I was expecting more from Los Angeles. I wanted to see the huge mansions and famous people, but we couldn't see anything because the traffic was

terrible there. People need hours to move from one place to a different one.

Everything was perfect until the last day. We were tired and very anxious to be at home resting. The day was cloudy and we were stuck in the traffic. Finally, when we were moving, it started to rain. After ten minutes driving, a car suddenly stopped. The car behind it couldn't stop and they collided. The third car stopped. We were the fourth car; we couldn't stop either.

Before the accident, I remember that my friend Alejandrina was screaming and I was watching how she lost control of the car because the road was wet and she stepped completely on the brake.

It was terrible. The worst part of the accident was on my side. The air bags opened and emitted smoke. The smoke made me think

that the car was close to exploding. I was trying to leave the car but the door was stuck. I was very scared trying to open it. Finally I was able to open the door a little bit. I used the small space to leave the car. I remember the front of the car was crushed. When I saw my friend, she started to clean my face because my face was completely black from the smoke. We asked each other if we were ok. When we saw that nothing bad had happened to us, we started to laugh. Always nerves make people laugh. Then the police came because we made Los Angeles traffic even worse. The police started an investigation. We just understood 30% of their words, because we had been here in the U.S. just a few months. I was feeling a mix of sensations. I was scared, embarrassed, and really worried because we didn't have money to pay for anything. We had spent all our money on our vacation. Somebody really nice translated the police's words for us.

The company from which we rented the car gave us another car to finish the trip. Finally we arrived home. My friend and I used to live with the family for whom we worked. My family was on vacation and I was in the house alone. Alejandrina didn't want to call her family and she decided to spend a couple of nights with me.

I remember the next day I was doing laundry and Alejandrina started to cry because she was thinking she had broken a rib. One of her friends had died from the same thing. She was thinking that the same thing was going to happen to her. I didn't know how to calm her down. I was more scared than in the accident, because I was thinking that one of my best friends could die. I was really worried because I heard a lot of stories of people that broke a rib and the rib punctured the lung and blood in the lungs made people die. I didn't know what to do. I asked her if I could call her host family. She answered me "Noooooo," and she told me, "Natalia, please just take your family's car and drive me to the hospital." I followed her instructions. My legs were shaking, but I did it. In the hospital the doctor told me that she was just in shock. Sometimes when people are nervous the muscles are contracted and make the person feel pain. He said that she was OK. She just needed to rest and take some relaxing medicine.

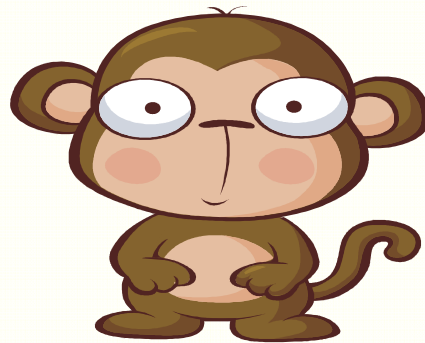
Finally, everything returned to normal. The credit card's insurance paid for the accident's cost. It was a lot of money. My friend was OK with the medicine and got better. My host family came back home, and they asked me about my vacation. I told them everything about it except the scary accident, because before renting the car I had asked them to lend me one of their cars for my vacations. Thank God their answer was, "No."

## Monkey and Me

What is your sign of the Zodiac? I was born in the year of the monkey. I happen to have similarities with the monkey. We have at least three matching things between us, a monkey and me: We have similar looks, personalities, and an above-average intelligence.

Nobody think that monkeys are beautiful animals. They never have perfect looks. However, comically we, a monkey and I, have some similar looks. First of all, we don't have lots of hair on our heads. It means we are ugly, but I don't care about it. Maybe monkeys don't care about it either. When I was born, my parents' first question was "Where is her hair?" "She looks like a baby monkey!" Furthermore, sometimes I smile without caring about making a beautiful smile. Like a monkey, I have a funny, big smile from ear to ear. When I'm embarrassed, I usually grin, show-

ing my whole teeth. This smile makes me relax and make others smile too. Finally, I often makes gestures like a monkey when I'm bored. Have you seen monkeys who look for and pick out fleas from another monkey's body with their hands? One day when I had



nothing to do, I was picking out my mother's white hairs. That moment my sister told me, "You two really look like monkeys!" Anyway, until now, I sometimes enjoy this activity when I'm bored.

Secondly, we also have a similar personality: friendliness. Monkeys are not aggressive with people. Monkeys usually like to be close with people. When you go to the zoo, you sometimes can see a

monkey acting like a person and holding out its hand to shake hands with people. Aren't they friendly? Like them, I am also friendly. I don't hesitate to shake hands with others. Furthermore, both a monkey and I like to find out someone's characteristic behavior and imitate it. A Japanese TV program had a story about monkeys. In a Japanese town where monkeys were famous, people found surprising monkey actions. Usually monkeys ate sweet potatoes after throwing off soil on the surface of the sweet potatoes. However, one day a monkey washed a sweet potato with water before eating it. When I was in high school, my friends and I who were all born in the year of the monkey followed teenager's fashion like monkeys imitating people's actions. We made a fashion from each different famous star's style. At that time, wearing a long skirt with a

short, fit jacket and wearing gel on the bangs, fixing them aside evenly was a great style for high school girls. Of course, we quickly followed this look altogether. Following this ridiculous fashion was showing that friendliness to friends.

The last important similarity between a monkey and me is that we are intelligent. Does this idea make you laugh? Monkeys are not silly. Of course, they cannot add; however, they can learn a repeated practice well from a trainer better than other animals can. Soon, they

can follow the practiced actions. Some monkeys can wear clothes and brush their hair by themselves. Some monkeys can ride bicycles and do handsprings. They are well practiced monkeys. They are smart. I also do well a repeated practice. When I was seven years, my father helped me ride a bicycle. I used the raised edge of the sidewalk to get on the seat. I fell down many times while learning. However, I liked bicycling and kept trying. Finally, I succeeded in handling a bicycle alone. Soon I rode my father on the

back seat and everyone was surprised.

In conclusion, comparing a person with an animal, especially a monkey is funny because a monkey is very unattractive. However, we, a monkey and I, both have a big smile and it makes people laugh. We intimate others, which makes people feel comfortable. Finally, we can both do well with repeated practice. Therefore, we can learn something fast.

Suk Hwang W50

### My Funny Stories

When I was still in the Philippines, we sponsored an event at my church. We did this event for 3 nights and 2 days. Every 30 minutes, we had to go in a room and pray. My two friends went to this room to pray. When they prayed and sang, my other friend sang differently, so the other friend laughed really so hard, and she wet her

pants. Her pants were soaked. She had to go home and change her clothes. My other funny story is when I was still new in this country. My mom, my dad and I, every



morning always walked for exercise. When we were about to go out from our house, my mom asked me, “How come it’s so dark outside?” She thought that it was going to rain. I told her that it was so dark because she was wearing dark glasses. She forgot that she was wearing sunglasses.

Alma L. Buenaventura R50

## Got Needs ?

### From the Counselor's Corner: *Thuan Bui*

- The counseling center is open from 8 - 8 Monday through Thursday, 8 AM - 5 PM on Fridays
- The first Saturday of the month, we're open from 9 - 2 (dates are in the class schedule)
- Appointments can be made by phone or in person; the number to call is 916-484-8572. For the best selection of day & time, call Friday mornings, when we open a new week of appointment (two weeks in advance, or skip the following week. For example, if you call on October 24, we will be making appointments for the week of November 3<sup>rd</sup>.) Students should plan early so they don't have to miss class for a counseling appointment. This would be very important for EOP & S students who **must** have 3 appointments during the semester and the appointments have to be at least 3 weeks apart. If they wait until the last minute, then they will have to squeeze an appointment in (sometimes during class time) to make sure it's 3 weeks from the next one.
- There usually is one counselor during drop-in, (unless there is an emergency, or they are rotated out, or another counselor calls in sick, & the staff have to switch their appointment(s) to the drop-in counselor).
- On **Fridays**, we are on **drop-in only**.
- **NOW** is the time to start making that appointment, because the class schedule will be available some time in November (mid November?) and priority 1 for registration starts December 1<sup>st</sup>.



Thuan Bui

### Ask the College Nurses!

#### Dear Nurses:

Every semester I get a cold or flu. In the old country, I ate my grandmother's chicken soup. I was always strong like bear. My grandmother is not here. What do I do?

#### Chixat Achoo

#### Dear Chixat,

Cold and flu season is coming! Here are some frequently asked questions:

#### What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses that are caused by different viruses. Because the symptoms of both illnesses are so similar, it can be difficult to tell them apart. In general, the flu is worse than the common cold and the symptoms such as body aches, fever, and dry cough are more intense. Colds are usually milder than the flu and symptoms can include a runny or stuffy nose. Colds do not generally result in serious health problems such as pneumonia, bacterial infections or hospitalization.

#### How are germs spread?

Cold and flu germs are spread from person to person in respiratory droplets from your cough or sneeze. This is

called "droplet spread" in the medical world. When an infected person coughs or sneezes the germs move through the air and are deposited in the mouth or the nose of people in close range. Sometimes germs can be spread by touching a surface, like a desk or pencil, and then touching your own eyes, mouth or nose. Some bacteria can live on surfaces for 2 hours or longer.



#### So how can you stop the spread?

Cover your mouth and nose when coughing or sneezing. Make sure to dispose of your tissue in the garbage immediately and then wash your hands. Wash your hands frequently – especially after using the restroom and before eating. If soap and water are not available use an alcohol based hand sanitizer. You can find these at most supermarkets or drugstores.

#### What can I do when I have a cold?

Get extra sleep and rest. Increase your fluid intake. This thins your secretions and helps to flush the virus out of your system. Tylenol (Acetaminophen) or Ibuprofen may help with your aches and pain. Use throat lozenges for relief of sore throat. And remember...if your symptoms persist or you are just not feeling "right", read The Parrot and see your doctor! Or at least read The Parrot.

## Granny Noetal

Dear Granny,

Why didn't you run for office?

A Granny fan

Dear fan,

The truth is both Obama and McCain vetted me over the phone -- they were both, initially interested in having me on their tickets. Obama's people asked me if I could travel around the country campaigning. I told them no but, of course, the only answer they



wanted to hear was "Yes, I can." As for the McCain people, one of the strange questions they had asked me was, "Know how to dress a moose?" But what I had heard was, "Old cow, do you dress like a moose?" I found that insulting and hung up on them. So for now, it appears my political career is going nowhere. It's OK. I'm content to simply dispense advice here at ARC. Thanks for your question.

Granny

## Parrot Swan Song!

**AP (Associated Parrot)** The Parrot's speech: "My fellow Americans! He won. I lost. The highest compliment I can give my friend Barack Obama is that he's a rare bird. But did I lose? Did we lose? No, my friends. This was an election won by all Americans. Not only was the presidency won for the first time in American history by a person who high-schooled in Hawaii, by a "playa" with a fair cross-over dribble, and by a man who could have been a newsletter editor; this election was also the first time that a parrot and a beaver had dual footing with humans for the highest office in the land.



My friends, the Beaver and I (people often say we're birds of a feather) want to thank both President-elect Obama and Senator McCain for having run exciting political campaigns that were above board -- there were no mean-spirited catcalls like "A bird in the hand is worth two with the Bush" or "The Parrot? He's strictly for the birds!" There were also no cheap personal shots about our color, my feathers, my beak, the Beaver's paddle or our religion. (We both believe in Nature -- mother and human.) As for us, we did not deride either candidate, did not try to ruffle their feathers, for having graduated from exorbitant, elitist, impersonal 4-year institutions with classes taught by

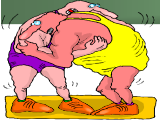
graduate students; we did not squawk at them for not having attended a class community college like ARC, a college renowned for dedicated teachers, a free press, and a student body anxious to vote. This election, my friends, was an election we could all be proud of.

As for the Beav' and me, we'll return to our roots, his industrious self working hard in his position as ARC mascot in Sacramento, California and I continuing as a watchdog of sorts at ARC, (pardon my penchant for yet another animal reference) to ensure we have a vibrant, dynamic, purposeful school. My fel-

low Americans, a little birdie once took me under her wing and said, "Parrot, if you look out on our campus as far as the crow flies, you'll have a bird's eye view of all that is possible. A community college can be the first ouchie in that pecking order we call life." That little birdie? Another president -- a former president of American River College. I'll never forget those words (in part because of her flair for bird references). I knew then that (if I got my tenure) my home would always be the campus of ARC, a place for students to nest for a while, lay a few eggs, perhaps, and then spread their wings. Farewell, my friends, and fly high!



# Parrot Warbling



## Grappling with grammar

### Used to do

We use **used to do** to talk about the past. It is not a tense but it is like a tense. It is a special expression. We use the expression **used to do** for the past only.

### Structure of Used to do

subject	auxiliary did	not	main verb use	infini- tive
I			used	to do.
I	<b>did</b>	not	used	to do.
<b>Did</b>	you		used	to do?

### Rigoberto's Riddles

What goes through the door without pinching itself? What sits on the stove without burning itself? What sits on the table and is not ashamed?

- *The Sun.*

What vehicle is spelled the same backwards and forwards?

- *Racecar*



### Silly Vasily's Chuckle Chamber

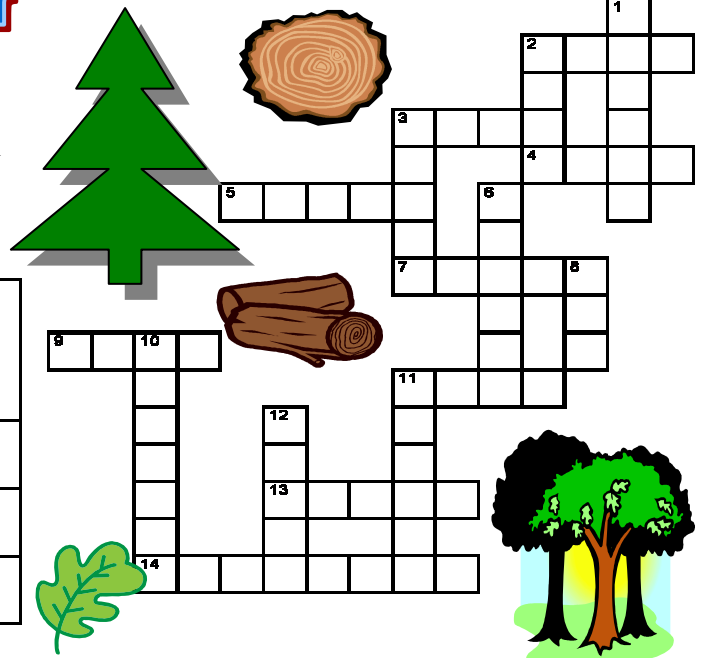


Three mice are being chased by a cat. The mice were cornered when one of the mice turned around and barked, "Ruff! Ruff! Ruff!" The surprised cat ran away scared. Later when the mice told their mother what happened, she smiled and said, "You see, it pays to be bilingual!"

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, [braccop@arc.losrios.edu](mailto:braccop@arc.losrios.edu). Student editors—Christian Valenzuela , Natalia Arboleda, Ivy Balansag.



### Tree Crossword



#### Across

- These insects often pollinate trees.
- A building material that comes from trees.
- This can grow into a new tree.
- Apples, oranges, or bananas.
- The part of a tree that attaches it to the ground and soaks up water.
- Where the seed of a pine tree is.
- The skin of trees.
- The thick part of a tree.
- Trees need this to make food.

#### Down

- These gather sunlight to make food for trees.
- Flowers just before they open.
- Trees soak this up through their roots.
- A colorful part of some trees that later makes seeds or fruit.
- The sticky liquid inside a tree.
- The leaves of a pine tree.
- The part of a tree where leaves are.
- The leaf of a flower.

## Idiom-Attic

### Make Ends Meet



It's almost impossible trying to keep up with the high cost of living. It's true. Things are so expensive nowadays that it's very difficult to make ends meet. You know, even with Lucy's salary, our combined income is **hardly enough to pay all the bills.**

### Some More Parrot Fun Stuff



#### Thanksgiving Word Search

Find and circle all of the words related to Thanksgiving that are hidden in the grid. The words may be hidden in any direction.

I	C	M	I	T	S	E	V	R	A	H	T	L	L	L
A	E	R	A	I	P	O	C	U	N	R	O	C	R	O
D	L	B	S	T	U	F	F	I	N	G	F	F	C	Y
I	E	C	U	A	S	Y	R	R	E	B	N	A	R	C
N	B	I	A	E	N	I	G	N	R	C	N	T	O	G
F	R	L	P	G	P	R	T	E	M	D	C	F	U	N
R	A	H	N	N	G	I	W	U	I	U	F	T	G	I
A	T	O	O	M	I	O	L	E	R	R	T	Y	E	R
E	I	L	T	F	L	K	D	G	I	K	L	U	D	E
M	O	I	N	F	E	Y	P	E	R	I	E	R	A	H
E	N	D	Y	E	A	A	N	M	M	I	T	Y	R	T
A	S	A	E	M	E	D	S	A	U	R	M	O	A	A
L	M	Y	S	I	S	U	F	T	R	P	B	S	P	G

#### HOW TO PLAY SUDOKU

Sudoku doesn't require any special math skills or calculations. It is a simple and fun game of logic -- all that is needed is brains and concentration. There is really only one rule to Sudoku: Fill in the game board so that the numbers 1 through 9 occur exactly once in each row, column, and 3x3 box. The numbers can appear in any order and diagonals are not considered. Your goal is to fill in the empty squares following the simple rule above.

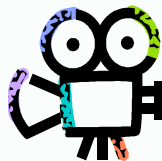
4				5	7			
		8			9		1	6
	1				6			
		2					5	7
	3			1			8	
8	5					6		
			6				9	
1	2		5			7		
			8	9				5

Solution

5	4	2	1	6	8	3	9	7
8	9	7	3	4	5	6	2	1
1	6	3	2	7	9	4	8	5
6	3	9	4	2	7	1	5	8
2	8	4	5	1	9	7	3	6
7	5	1	8	6	3	2	4	9
4	7	6	9	8	2	5	1	3
6	1	5	9	3	4	8	7	2
3	2	8	7	5	1	6	9	4

#### Top Ten Movie Titles According to English Language Students

1. Sleepless in the Saddle.
2. Mrs. Congenitality.
3. The Exercisist.
4. The Umpire Strikes Back.
5. Bridget Jones's Diarrhea.
6. While You Were Slipping.
7. Oh Brothel, Where Art Thou?
8. Risqué Business.
9. Confessions of a Dangerous Mime.
10. The Good Farter.

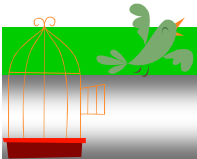


#### Dishonorable mention:

- The Day after Yesterday.
- The Runaway Broad.
- Stall Walls.

#### So You Think You Can Write...

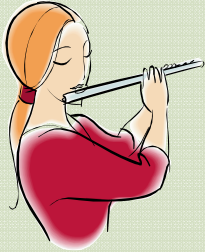
- Someday I'll find the men I want to marry.
- My grandmother was at the airport so I had to put her up in my car.
- When I was six, I went to primate school.
- I've been to Virginal and Washington, DC.
- Although I wasn't born, I feel like a real Cuban.
- Everyone seeks hippiness.
- We made planes to go different places.
- [on recognizing people] I have a good memory for feces, but I always forget names.
- He can't work in the US because he doesn't have a green car.
- He'll lose his job if he doesn't stop to drink alcohol.
- She ordered me to throw the garbage.
- I plan to get my degree in pubic administration.



# Out of The Cage

## Applied Music Student Recital

Friday, November 21, 2008

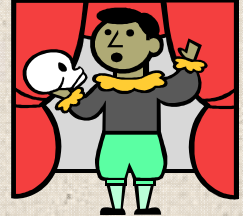


The ARC Music Department is proud to present our Applied Music Students in recital beginning at 12:30pm in room 512 of the music department. Admission is free to this event.

## Before Amelia

Friday, November 21, 2008  
8:00 pm - 10:30 pm

The story of Bessie Coleman: the world's first African-American aviatrix. Fly high with Amelia Earhart's predecessor - an aeronautic daredevil and pioneer. Tickets are available beginning Nov. 17th in the Theatre Box Office, Mon-Fri 11am-1pm. Prices: \$12 General \$10 Students/Seniors/Staff. To purchase tickets over the phone call the Box Office at (916) 484-8234.



## Attention Parents! Getting Your Children More Physically Active

Wednesday, December 3, 2008

Come learn how to get your kids moving! The Nutrition Department will present the seminar "Physical Activity for Kids" on Wednesday, Dec. 3 from 12:00 to 1:00 in Room CDC 350. This seminar will provide information on the importance of physical activity and some creative ways to get your whole family moving towards a healthy lifestyle. All students, faculty, and staff are invited to attend.



## ARC Concert Band, Orchestra, & Symphonic Band

Wednesday, December 3, 2008  
7:30 pm



The ARC Concert Band, Orchestra, and Symphonic Band will join forces to present an evening of instrumental music in the ARC Theater. For more information, contact Dr. Dyne Eifertsen at 484-8676 or Dr. Steven Thompson at 484-8368.

## Resume Development

Tuesday, December 9, 2008  
1:00 pm - 2:00 pm



Your resume reflects your uniqueness. This workshop focuses on the physical appearance of a resume, including different types of formats and the kinds of information that should be included. Tips on writing an effective cover letter will also be discussed.

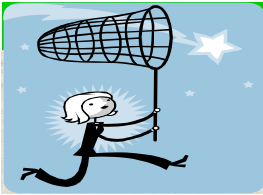
## ARC Concert Choir & ARC Chamber Singers Choral Concert

Tuesday, December 9, 2008  
7:30 pm

The ARC Concert Choir and Chamber Singers, directed by Dr. Ralph Hughes, will present a concert of vocal music. They will sing a bit of everything from classical to gospel to musical theater.

Admission to the concert will be \$8-General and \$5-Students and Seniors.





# NET Escape - Articles from the net.

## December in History

- 1 Sherlock Holmes appears for the first time in print in "A Study in Scarlet" (1887).
- 1 In Montgomery, Rosa Parks is arrested for refusing to give up her seat in the front section of a bus. (1955)
- 2 Barney B. Clark receives the world's first artificial heart transplant (1982).
- 5 The 21st Amendment repeals Prohibition. I'll drink to that! (1933).
- 7 Martin Van Buren becomes the eighth President of the United States, and the first president to be born in this country.
- 7 Thomas Edison exhibits the phonograph (1877).
- 7 Pearl Harbor is bombed in a surprise Japanese attack. It marked the U.S. entry into WWII (1941).
- 8 John Lennon, singer, guitarist, songwriter, and poet for the Beatles, is assassinated in New York City by Mark David Chapman (1980).
- 10 Wyoming, a territory of the U.S., allows women to vote and hold office (1869).
- 10 Dr. Martin Luther King Jr. receives the Nobel Peace Prize (1964).
- 13 The Clip-on tie is created (1928).
- 15 The Bill of Rights is enacted, amending the U.S. Constitution (1791).
- 15 Sioux Chief Sitting Bull is killed by Indian police (1890).
- 15 *Gone With the Wind* premieres in where else but Atlanta, Georgia (1939).
- 15 Famous band leader Glenn Miller dies in a plane crash over the English Channel (1944).
- 16 Boston residents protesting British taxation throw tea overboard on a British ship. The Boston Tea Party was the beginning of the American fight for independence (1773).
- 16 The famous World War II "Battle of the Bulge" begins (1944).
- 17 The Wright Brothers make their first airplane flight at Kitty Hawk, N.C. (1903).
- 19 Charles Dickens publishes "A Christmas Carol" (1843).
- 21 The Pilgrims land at Plymouth, Massachusetts (1620).
- 21 Snow White premiered at theaters (1937).
- 23 The transistor is invented by U.S. physicists John Bardeen, Walter H. Britain, and William Shockley (1947).
- 24 Franz Joseph Gruber composes "Silent Night" (1818).
- 25 Jesus Christ is born in a town in Bethlehem (0).
- 25 William the Conqueror is crowned the King of England (1066).
- 26 James Mason invents the coffee percolator. (1865)
- 27 Radio City Music Hall in New York City opens (1932).
- 28 William F. Semple patents chewing gum (1869).
- 30 Edwin Hubble announces the existence of other galactic systems. Yes, the Hubble telescope was later named after him(1924).

## Some Hecka Cool Holidays for December

### Eat a Red Apple Day



**When:** Always December 1

We hope you eat an apple today, and every day.

Apples are delicious. Apples are nutritious. That's a great combination. Apples date back to the garden of Eden. In that garden, the Bible tells us it was the "Forbidden fruit".

It is really easy to participate in this special day. There are thousands of varieties of apples grown all over the planet. Your mission is to pick an apple among all of these varieties, and eat it.

**A little apple trivia:** The science of growing apples is called pomology.

### Letter Writing Day



**When:** Always December 7

Take a few minutes, and send someone a hand written letter.

Letter writing is an almost lost skill. Most letters and notes nowadays are on emails and instant messages, or they are typed on an internet keyboard.

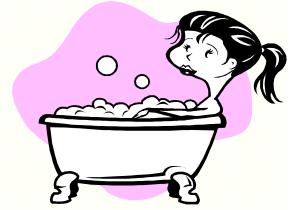
When was the last time you wrote a letter to someone, either printed or in cursive? .....I thought so.

**Letter Writing Day History:** There is no clear origin of this day. One possibility is that this day evolved from Japan, and the hobby of stamp collecting. Japan has a *Letter Writing Week*, and a *Letter Writing Day*. Actually, the Japanese *Letter Writing Day* is held on the 23rd of each month. Regardless of how it originated, *Letter Writing Day* is here. Participate in this unique day, by sending someone a hand written letter today. The recipient will be glad you did.

### Bathtub Party Day

**When:** Always December 5

Draw yourself a tub full of warm water. Add a few bath oil beads, and Voila! You're ready to hop



in and "soak it" in the bathtub. Ahh, how soothing and relaxing! Don't let anything disturb the peace, quiet, and serenity of your bath. Turn off your cell phone.

Put on your favorite CDs to a volume where you can't hear the doorbell ring.

The creators of this day at Wellcat.com encourage you to invite a friend to your bathtub party. Light some candles. Open a bottle of wine, and have some snacks within reach. It's sure going to be a great time.

### National Ice Cream Day

**When:** December 13

When you get the urge for a snack on a hot, humid summer night, what's the first thing that comes to your mind? That's right....ice cream!



Therefore, it's only fitting that ice cream be given its own special day. On this day, we hope you enjoy an ice cream cone, a sundae, or a milkshake. Set the diet aside and splurge a little...have one of each! In 1984, President Ronald Reagan proclaimed July as National Ice Cream Month. He also established *National Ice Cream Day* as the third Sunday in December.

**Did you know?** Charles E. Minches of St. Louis, Missouri is credited with inventing the ice cream cone. On July 23, 1904 at the World's Fair in St. Louis, he filled a pastry cone with two scoops of ice cream to make the first ice cream cone.

## Two Thanksgiving Day Gentleman – an O. Henry Classic!

There is one day that is ours. There is one day when all we Americans who are not self-made go back to the old home to eat saleratus biscuits and marvel how much nearer to the porch the old pump looks than it used to. Bless the day. President Roosevelt gives it to us. We hear some talk of the Puritans, but don't just remember who they were. Bet we can lick 'em, anyhow, if they try to land again. Plymouth Rock? Well, that sounds more familiar. Lots of us have had to come down to hens since the Turkey Trust got its work in. But somebody in Washington is leaking out advance information to 'em about these Thanksgiving proclamations.

The big city east of the cranberry bogs has made Thanksgiving Day an institution. The last Thursday in November is the only day in the year on which it recognizes the part of America lying across the ferries. It is the one day that is purely American. Yes, a day of celebration, exclusively American.

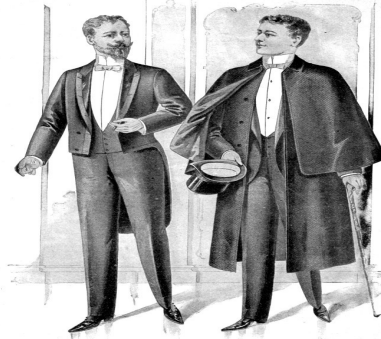
And now for the story which is to prove to you that we have traditions on this side of the ocean that are becoming older at a much rapider rate than those of England are--thanks to our git-up and enterprise.

Stuffy Pete took his seat on the third bench to the right as you enter Union Square from the east, at the walk opposite the fountain. Every Thanksgiving Day for nine years he had taken his seat there promptly at 1 o'clock. For every time he had done so, things had

happened to him--Charles Dickensy things that swelled his waistcoat above his heart, and equally on the other side.

But to-day Stuffy Pete's appearance at the annual trysting place seemed to have been rather the result of habit than of the yearly hunger which, as the philanthropists seem to think, afflicts the poor at such extended intervals.

Certainly Pete was not hungry. He had just



come from a feast that had left him of his powers barely those of respiration and locomotion. His eyes were like two pale gooseberries firmly imbedded in a swollen and gravy-smear'd mask of putty. His breath came in short

wheezes; a senatorial roll of adipose tissue denied a fashionable set to his upturned coat collar. Buttons that had been sewed upon his clothes by kind Salvation fingers a week before flew like popcorn, strewing the earth around him. Ragged he was, with a split shirt front open to the wishbone; but the November breeze, carrying fine snowflakes, brought him only a grateful coolness. For Stuffy Pete was overcharged with the caloric produced by a super-bountiful dinner, beginning with oysters and ending with plum pudding, and including (it seemed to him) all the roast turkey and baked potatoes and chicken salad and squash pie and ice cream in the world. Wherefore he sat, gorged, and gazed upon the world! with after-dinner contempt. The meal had been an unexpected one. He was passing

a red brick mansion near the beginning of respiration and locomotion. His eyes were like two pale gooseberries firmly imbedded in a swollen and gravy-smear mask of putty. His breath came in short wheezes; a senatorial roll of adipose tissue denied a fashionable set to his upturned coat collar. Buttons that had been sewed upon his clothes by kind Salvation fingers a week before flew like popcorn, strewing the earth around him. Ragged he was, with a split shirt front open to the wishbone; but the November breeze, carrying fine snowflakes, brought him only a grateful coolness. For Stuffy Pete was overcharged with the caloric produced by a super-bountiful dinner, beginning with oysters and ending with plum pudding, and including (it seemed to him) all the roast turkey and baked potatoes and chicken salad and squash pie and ice cream in the world. Wherefore he sat, gorged, and gazed upon the world with after-dinner contempt.

The meal had been an unexpected one. He was passing a red brick mansion near the beginning of Fifth avenue, in which lived two old ladies of ancient family and a reverence for traditions. They even denied the existence of New York, and believed that Thanksgiving Day was declared solely for Washington Square. One of their traditional habits was to station a servant at the postern gate with orders to admit the first hungry wayfarer that came along after the hour of noon had struck, and banquet him to a finish. Stuffy Pete happened to pass by on his way to the park, and the senechals gathered him in and upheld the custom of the castle.

After Stuffy Pete had gazed straight before him for ten minutes he was conscious of a desire for a more varied field of vision. With a tremendous effort he moved his head slowly to the left. And then his eyes bulged out fearfully, and his breath ceased, and the rough-shod ends of his short legs wriggled and rustled on the gravel.

For the Old Gentleman was coming across Fourth Avenue toward his bench.

Every Thanksgiving Day for nine years the Old Gentleman had come there and found Stuffy Pete on his bench. That was a thing that the Old Gentleman was trying to make a tradition of. Every Thanksgiving Day for nine years he had found Stuffy there, and had led him to a restaurant and watched him eat a big dinner. They do those things in England unconsciously. But this is a young country, and nine years is not so bad. The Old Gentleman was a staunch American patriot, and considered himself a pioneer in American tradition. In order to become picturesque we must keep on doing one thing for a long time without ever letting it get away from us. Something like collecting the weekly dimes in industrial insurance. Or cleaning the streets.

The Old Gentleman moved, straight and stately, toward the Institution that he was rearing. Truly, the annual feeding of Stuffy Pete was nothing national in its character, such as the Magna Carta or jam for breakfast was in England. But it was a step. It was almost feudal. It showed, at least, that a Custom was not impossible to New Y--ahem!--America.

The Old Gentleman was thin and tall and sixty. He was dressed all in black, and wore the old-fashioned kind of glasses that won't stay on your nose. His hair was whiter and thinner than it had been last year, and he seemed to make more use of his big, knobby cane with the crooked handle.

As his established benefactor came up, Stuffy wheezed and shuddered like some woman's over-fat pug when a street dog bristles up at him. He would have flown, but all the skill of Santos-Dumont could not have separated him from his bench. Well had the myrmidons of the two old ladies done their work.

"Good morning," said the Old Gentleman. "I am glad to perceive that the vicissitudes of another year have spared you to move in health about the beautiful world. For that blessing alone, this day of thanksgiving is well proclaimed to each of us. If you will come with me, my man, I will provide you with a dinner that should make your physical being accord with the mental."

That is what the old Gentleman said every time. Every Thanksgiving Day for nine years. The words themselves almost formed an Institution. Nothing could be compared with them except the Declaration of Independence. Always before they had been music in Stuffy's ears. But now he looked up at the Old Gentleman's face with tearful agony in his own. The fine snow almost sizzled when it fell upon his perspiring brow. But the Old Gentleman shivered a little and turned his back to the wind.

Stuffy had always wondered why the Old Gen-

tleman spoke his speech rather sadly. He did not know that it was because he was wishing every time that he had a son to succeed him. A son who would come there after he was gone--a son who would stand proud and strong before some subsequent Stuffy, and say: "In memory of my father." Then it would be an Institution.

But the Old Gentleman had no relatives. He lived in rented rooms in one of the decayed old family brownstone mansions in one of the quiet streets east of the park. In the winter he raised fuchsias in a little conservatory the size of a steamer trunk. In the spring he walked in the Easter parade. In the summer he lived at a farmhouse in the New Jersey hills, and sat in a wicker armchair, speaking of a butterfly, the ornithoptera amphrisius, that he hoped to find some day. In the autumn he fed Stuffy a dinner. These were the Old Gentleman's occupations.

Stuffy Pete looked up at him for a half minute, stewing and helpless in his own self-pity. The Old Gentleman's eyes were bright with the giving-pleasure. His face was getting more lined each year, but his little black necktie was in as jaunty a bow as ever, and the linen was beautiful and white, and his gray mustache was curled carefully at the ends. And then Stuffy made a noise that sounded like peas bubbling in a pot. Speech was intended; and as the Old Gentleman had heard the sounds nine times before, he rightly construed them into Stuffy's old formula of acceptance. "Thankee, sir. I'll go with ye, and much obliged. I'm very hungry, sir."

The coma of repletion had not prevented from



entering Stuffy's mind the conviction that he was the basis of an Institution. His Thanksgiving appetite was not his own; it belonged by all the sacred rights of established custom, if not, by the actual Statute of Limitations, to this kind old gentleman who had preempted it. True, America is free; but in order to establish tradition some one must be a repetend--a repeating decimal. The heroes are not all heroes of steel and gold. See one here that wielded only weapons of iron, badly silvered, and tin.

The Old Gentleman led his annual protege southward to the restaurant, and to the table where the feast had always occurred. They were recognized. "Here comes de old guy," said a waiter, "dat blows dat same bum to a meal every Thanksgiving." The Old Gentleman sat across the table glowing like a smoked pearl at his corner-stone of future ancient Tradition. The waiters heaped the table with holiday food--and Stuffy, with a sigh that was mistaken for hunger's expression, raised knife and fork and carved for himself a crown of imperishable bay.

No more valiant hero ever fought his way through the ranks of an enemy. Turkey, chops, soups, vegetables, pies, disappeared before him as fast as they could be served. Gorged nearly to the uttermost when he entered the restaurant, the smell of food had almost caused him to lose his honor as a gentleman, but he rallied like a true knight. He saw the look of beneficent happiness on the Old Gentleman's face--a happier look than even the fuchsias and the ornithoptera amphrismus had ever brought to it--and he had not the heart to see

it wane. In an hour Stuffy leaned back with a battle won. "Thankee kindly, sir," he puffed like a leaky steam pipe; "thankee kindly for the hearty meal." Then he arose heavily with glazed eyes and started toward the kitchen. A waiter turned him about like a top, and pointed him toward the door. The Old Gentleman carefully counted out \$1.30 in silver change, leaving three nickels for the waiter. They parted as they did each year at the door, the Old Gentleman going south, Stuffy north.

Around the first corner Stuffy turned, and stood for one minute. Then he seemed to puff out his rags as an owl puffs out his feathers, and fell to the sidewalk like a sun stricken horse.

When the ambulance came, the young surgeon and the driver cursed softly at his weight. There was no smell of whiskey to justify a transfer to the patrol wagon, so Stuffy and his two dinners went to the hospital. There they stretched him on a bed and began to test him for strange diseases, with the hope of getting a chance at some problem with the bare steel.

And lo! an hour later another ambulance brought the Old Gentleman. And they laid him on another bed and spoke of appendicitis, for he looked good for the bill. But pretty soon one of the young doctors met one of the young nurses whose eyes he liked, and stopped to chat with her about the cases.

"That nice old gentleman over there, now," he said, "you wouldn't think that was a case of almost starvation. Proud old family, I guess. He told me he hadn't eaten a thing for three days."

# More Student Chirpings

## The Poverty of the Mind

By the end of the year 2006, I was graduating from high school, clueless of what I should do with my life. I wanted to follow my best friends' steps by majoring in engineering in one of the best universities of Bogota, Colombia, the place I used to live in. Going to college in Bogota was the trend of most of my classmates after graduation and my parents thought it was the best for me. However, I wanted to quit the synchronized lifestyle of an average teenager in my country. A couple of days before registration, I talked to my parents and decided to take a break from my studies. I thought a break from monotony to do other stuff would widen my teenage mind. So I started to study English in an institute and to do community service in the YMCA-Colombia.

Once in the YMCA, other volunteers and I dedicated our time

to help vulnerable communities in the poorest and most dangerous neighborhoods of Bogota. I was a very sheltered kid and that was my first direct contact with poverty, an everyday reality in Colombia as well as in all Latin America. While in the slums, I realized that the



cause of these people's condition was the lack of opportunities. For instance, in Colombia, not everyone has access to public education. There are public schools and universities but not enough for everyone and their costs are still unreachable for many. While working with these communities, I met many bright young people that have the

capability to become engineers, lawyers, doctors, you name it. Nevertheless, their opportunities were limited and their future was taken for granted because going to college was just an expensive dream. Then I learned that poverty existed mostly because of the low accessibility to education. At least, that's what I thought until I came to the U.S.

A couple of months later, I was done with my English classes and decided to come to California to start with my college studies. After months of going to college, talking with people, learning from the American culture, I understood that there is another type of poverty: the poverty of the mind. California is considered the 7th largest economy in the world, above countries like Canada and Italy. Not only is California one of the richest

states within the U.S., it has one of the best and cheapest public college and university systems in the world. Even though there is so much wealth and opportunities, people still don't take advantage of them.

For instance, one of my co-workers at the ARC Bookstore decided that he wasn't going to college anymore. I asked him why and he told me that financial aid was giving him only a hundred bucks to go to college. Ok, let's put this down. The government not only pays for all your classes but also gives you a hundred bucks as an incentive to go to school and you think it is not fair? Now he works at a pizza place earning the minimum wage. He says he feels better making money than going to school and getting ONLY a hundred bucks. On another occasion, I invited a couple of my classmates to apply for the ARC Foundation scholarships, a great opportunity to earn money for college. My classmates didn't apply

because, according to them, there are many other people more intelligent than them. "Still," they say, "a five hundred buck scholarship isn't worth the time." I guess filling out a simple application and answering four questions online to get some money and recognition is not worth the time. Also, while working at the ARC Bookstore, I found it amazing that the school, through the EOP&S program, would give vouchers to students to buy their books and supplies. The students also get to sell their books back to the bookstore and get cash for them. I think this is an excellent aid for students because, sometimes, your books can cost more than going to school itself. Not only does the school cover books and supplies, but also caps and gowns for graduation, and you can get cash out of it. I, seriously, find that incredible. However, it is sad to see that many people either don't know about this aid or just don't want to apply.

My belief about the world is that one always tries to increase and improve one's opportunities to get a better quality of life. The reason why there are poor people in my country is because, among other reasons, they don't have the opportunity to get quality education, which directly affects the chances of getting a job, which directly affects one's quality of life. However, when I see the high rate of student drop outs at school, I wonder if people drop out of school because they can't afford it or because they wanted to. Such cultural aspects have taught me something very valuable to not only my career but also my life: Poverty is not only an economic condition but also a mental state in which people do not appreciate the opportunities that life has presented to them.

Paulo Morales, International Student

# Multicultural Night at ARC - More Fun than a Pandemonium of Parrots!



For fun like this, join the International Club! Open to anyone. Call Dr. Limmanprasert at 484-8950