



The Parrot

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

Issue # 25

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Shooting from the Hip: Kings' Garcia Talks Turkey with Parrot!

An inch of time is an inch of gold but you can't buy that inch of time with an inch of gold

Chinese Proverb

Parrot: How old were you when you came to the United States?

Francisco: I was fourteen.

Parrot: Did you go to high school?

Francisco: Yeah, entered high school, yeah

Parrot: You went to the Big Apple, New York?

Francisco: Yeah, I went to the Bronx, the Bronx, New York.

Parrot: You're from the Dominican Republic. You had a chance to learn some English there or just not at all?

Francisco: It's hard, you know, we take classes over there, but is kind of hard when you and everybody around speaks Spanish. It's not really for you to learn English, at that age, you know, when you're 14, 15 you need somebody around you that speaks English, you

know, so I didn't have anybody out there who really speaks English. I knew the basics, you know, "yes", "no", just little things, you know, bad words, you always learn the bad words... ha ha ha, so that was, uh, I didn't really know how to hold a conversation with somebody.

Parrot: You couldn't speak



English, but could you understand some?

Francisco: You know, I could understand, that's the first thing, you know, when you don't know the language you kind of understand what people are talking about, people are saying to you, but uh, it was hard for me also to really understand what they're saying. I thought it was too fast, you know, like, if I speak Spanish right know, you bet, you would think it is too fast, you know, so it's just, it was

kind of hard.

Parrot: You moved here with your family, right?

Francisco: Yeah, I moved here with my mom and my brother.

Parrot: In the school that you went, were there mostly kids from the Spanish speaking community or people who spoke English?

Francisco: Not, not really. There was, uh, mostly people who speak English. I had some friends from around my neighborhood, they speak Spanish, they were Dominicans too, but uh, in my class, I had no friends. I didn't have anybody who spoke Spanish, so it was kind of hard for me in the beginning, uh, to kind of adjust.

Parrot: You guys had some type of ESL classes in school too?

Francisco: Yeah, yeah, it was too hard for me too, uh, the ESL, ha-ha-ha, I was like, man! It was just too much, everybody was so smart, like around me, they knew a couple of words, you know, and I was just starting all, I'm not going to, I'm not go-

Will the Parrot see its shadow signaling the end of winter? see page 9



American River College
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ing to learn English.

Parrot: We are kind of the same, because I learned a little bit of English from the middle, not from the beginning in high school.

Francisco: Yeah, it's tough man, when you go to junior high school, whatever, you know, it is so, uh, it is so easy for you to learn, like my brother, when he first got here, it was so easy for him to really get it, you know because he went, uh, to junior high school, so I mean, that was easy, he was singing, everything, he was singing the songs on TV, and I was like ha

ha ha, looking at it, I know!

Parrot: What school did you go to?

Francisco: I went to Taft High School, and, it was bad, a bad high school.

Parrot: What was the hardest thing for you when learning English, was it pronunciation or just...?

Francisco: I think, I think like, the hardest thing was like, to, like to talk in front of people, when you're learning, uh, like, when you're studying something new, for you to really talk to somebody I was shy, you know, so I think that was like the hardest thing, you know, like to really talk to somebody, you know.

Parrot: You were afraid you were going to make a mistake?

Francisco: Oh yeah, it took me a long time ...

Parrot: They always laughed at you?

Francisco: They did laugh at me, trust me, they did laugh at me, because when I was talking, I mean, they still laugh at me, ha-ha. I mean my teammates are like ... what, what? What you're saying?

Parrot: But I think they did it in a fun way?

Francisco: Yeah, but I mean, they used to do it in a fun way, but, now I don't really care, you know like or before you know I was like, I was a kid you know, so it was kind of embarrassing for me, you know . I didn't used to even go out, my friends used to hang out, like outside, I didn't used to go outside because I was afraid somebody was going to talk to me, I don't know how to respond, and uh, if you asked me a question like, I used to say yeah, yeah, everything was yeah, yeah, it was kind of weird.

Parrot: You were practicing for marriage, right?

Everybody: (Laughter!)

Parrot: What was the best thing when you were learning English; what did you like? Was it fun?

Francisco: Uh, it was fun, uh, like I learned English like, right before I went to college because when I was a kid in Taft, uh, I left Taft and went to a prep school. In prep school, my roommate was Korean, so he didn't speak Spanish and he didn't speak English. I learned a little Korean too, so that's kind of weird uh, but uh, there, there was no Spanish people, so you just, I mean everybody around spoke English, so I learned quick.

Parrot: You had no choice.

Francisco: Yeah, I had no choice, so you know when I started feeling more comfortable, I was so, I was feeling good, I was telling my mom, oh you know, I had a conversation like I had an A on my test today, whatever, but you know I was, when I felt more comfortable talking, it was fine, it was fun for me. When I went to sleep, I couldn't wait until tomorrow to start talking, I was like, man!

Parrot: When did you realize that your English was getting better? When you stopped translating from your language into English?

Francisco: Yeah, uh, you know, one time I went to the store and, uh, this lady was asking me to translate, uh, this letter, and I was like, for real? I translated everything and I was like man! I can, yeah, then people kept asking me like when I went back to New York or whatever, uh, you know, how you say this or how you say that, you know, what is he saying, you know, things like that so...

Parrot: I remember in the beginning I used to translate into English.

Francisco: Oh, yeah, in the beginning I used to do that a lot, I don't remember when I started doing that.

Parrot: Did you play basketball back in the Dominican Republic?

Francisco: Oh yeah, yeah, I used to play basketball and baseball, but I used to be real good at baseball, not at basketball.

Ivette: (community relations director): ha ha ha ha ☺ ☺

Francisco: I used to, Ivette, because you saw me the other day...

Parrot: Actually a lot of basketball players have the skills.

Francisco: We had, what we had?

Ivette: We had a little outdoor area for batting cages.

Francisco: And I didn't hit the ball, but I didn't play baseball like in ten years! So I mean.

Parrot: So you're still in form...

Francisco: No, I don't have it no more, but I used to be real good at baseball, I used to play basketball like, in the streets, like just for fun or whatever.

Parrot: So how did you end up being a basketball player?

Francisco: Uh, when I went to New York I didn't even know about high school team, but I was playing like, I had a class, gym, and you had to go to gym and play basketball, whatever, and the coach saw me and he was like, hey you want to play for the team? And I was like, yeah. And then he says, you want to come try out today or whatever, whatever. I didn't understand what he was talking about, so I looked at my friend and I was like what is he saying, in Spanish, you

know. Oh, he wants you to play today; he wants you to come today. I was all right. In my country we played, in the streets, we played with anything, with boots, you don't have to wear sneakers, so I went to the gym with some boots on, so everybody was looking at me like, what are you doing? I'm playing with it, what? I mean everybody was laughing, so I had to borrow some sneakers, and that's how I started. It's funny because people, a lot of people say that basketball, uh, you go to the NBA because of luck or whatever. I think that's kind of true sometimes, you know, because when I was playing in there this guy saw me, and he was like man you got a lot of talent, but you have to leave this neighborhood, you know, it is not a good neighborhood, if nobody from a good college wants to come to your neighborhood to see you play 'cause it's so bad, you know, so that's how I went to prep school and, you know, I'm here.

Parrot: So you never dreamed about being a basketball player, I mean, a professional?

Francisco: Uh, it was a dream, but I didn't see it happening, you know, like when I went to high school, prep school, then my dream was like make it to college, get a good education, for my mom, you know, so whatever, you know, but after my sophomore year, after my second year in high school, I was like man, I want to make it to the NBA, you know, not just college or whatever, you know.

Parrot: Were you tall at that age?

Francisco: I wasn't, I mean, I was tall when I got to college, I grew like, I think, five inches, I was like 6'2" in one year, when I was like 18, I (grew) like five inches. I guess it worked for me.

Parrot: You played the same position before?

Francisco: Uh, I mean, I always played 1, 2, 3

Parrot: I saw you in college and thought you were going to end up as a point guard because you handled the ball well and, of course, you shot well.

Francisco: Uh, in college I had more freedom, you know, uh, here I got freedom too, but it's a little different, you know, here you got so many good players around you, in college it is not the same thing, you know, so you've got to adjust, it's kind of different here.

Parrot: Sometimes college games are more exciting.



Francisco: It is, of course, 'cause they play harder, you know, and the court is smaller, the 3-point line ...

Parrot: Francisco, the prep school, where was that?

Francisco: It's in Connecticut.

Parrot: Not far from NY?

Francisco: No, it's not far, it's like two hours ...

Parrot: How was it, then, going, you were in Kentucky, right?

Francisco: Yeah, Louisville.

Parrot: How was it then, adjusting to people who speak differently from the people in the Bronx?

Francisco: Yeah, I mean, everything was different, you know Louisville is kind of like Sacramento, to tell you the truth, it is like slow, you know, uh, mellow, not a lot of things to do or whatever, you know.

Parrot: Here in Sacramento?

Ivette: Not compared to New York, no!

Francisco: Yeah, you're talking about, yeah from New York 'cause I grew up in New York, New York never sleeps, I mean, so I mean, but Louisville is like, uh, is cold, so I mean it was different, you know, living by myself, you know, it was a little different to kind of, becoming a man.

Parrot: It's colder than New York there?

Francisco: Uh, yes, it's colder sometimes, you know, because the ice stays on the ground for so long. It's kind of uncomfortable.

Parrot: You got used to Sacramento, you got used to California weather now.

Francisco: Yeah, I love this weather 'cause I like water, so I like to be in the water all the time, so that's my hobby, swimming, I love to swim, so...

Parrot: Yeah, if I had the chance I would live in Los Angeles because of the ocean.

Francisco: That was my dream when I buy a house I need a pool so I can swim all the time. And it was better because last year, you know it gets kind of cold at night? So I got like a heater, so I could be in the water at night, the weather be warm, so I'd be in the water at night.

Student Chirpings

My Favorite Place on Campus

The campus has many beautiful places such as the library's atrium, the cafeteria, or the Rose Marks Pavilion. These places are different from each other but students can find somewhere special for themselves where they can spend their time. Some of them can sit at small tables in front of the library. Others can sit in the cafeteria to eat and solve their "difficult" problems (to do or to exchange homework). The students can also rest on a bench of the Pavilion or just sleep on the green grass under big trees. I found a wonderful place for myself on the first day of my classes. This is Joe Howard Plaza, the perfect space of my new life on campus.

I have free time between my classes. The Plaza has a fountain with pure water and big black rocks. The water falls down on the rocks and I hear an echo of a waterfall. The fountain is surrounded by trees and bushes. They are not too big. A wind is singing among their

small green leaves. There is a building that looks like a ship near the fountain. I really like to sit here. The shade of trees cover me like a warm tender mother's hand. I put my fingers in the cool water, and close my eyes. I pretend that I am floating in a little boat on a deep lake. The fresh calm wind blows in my face. The pleasant smell of the



air brings to mind wonderful memories of my country. I remember my street, my home, and my friends. It helps me to relax.

Then I open my eyes and I see that I am not alone here; many different people surround me. All the benches are taken (maybe it is not only my favorite place). I like to look at people's faces, and guess their thoughts or dreams. A young

man who sits in front of me reads a fat textbook. His face is not happy. Maybe, he didn't pass a test and now he must read this heavy, boring book one more time. Another person dreams about a bright future or thinks, "Can I pass Professor Bracco's class or not?" An attractive young woman with long, curly hair sleeps on a bench. She looks exhausted. Probably, she spent her night time to prepare a project. Two young people come together. They hold each other's hands. Their eyes shine brightly. They are in love! It is so amazing! Many students talk on cell phones and I can hear different languages. I can't understand exactly what they are saying but the intonation of their conversations suggests that they are talking with their friends or relatives.

Later, I detect a pleasant, familiar smell. It smells like my favorite food: a mix of fried chicken and garlic. I remember that I have to eat too. Otherwise, I can

faint in my next class! I get lunch and enjoy my meal. Interestingly, I think, is somebody looking at me now? Possibly, he or she is trying to guess something about me.

When my lunch is eaten, I open my

textbook, make a smart and a serious face and review my homework.

Time has gone quickly. I have to leave this excellent place and go to my next class. But the day after tomorrow, I will come back here to receive a new impres-

sion because the Plaza is the best place for me on campus. And each time I restore it in my mind, my soul will fill with warm feelings.

Natalya Galchenko W50

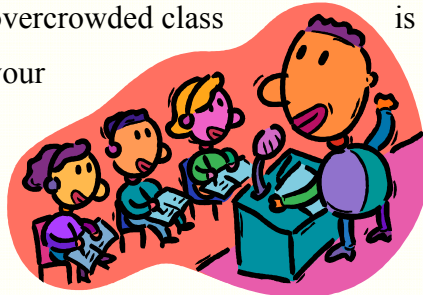
Solutions to Overcrowded Classrooms

It is a nightmare when your class is overcrowded. There is not enough room, oxygen, and time to pay attention to a particular student. There is a standard for the number of students in class but no standard for how to drive that number to normal. Who can solve this problem? If you are a teacher, you're the chosen one who can fix it. You can solve the problem of overcrowded class by losing your students. There are three very powerful ways how to do it.

First of all, speak in a monotone and deliver endless speeches as a solution. Do not distinguish between explanations and questions. You should not vary the pitch in your voice. The beginning, the middle and the end of your speech have to be in the same tone. Don't let your students miss even a bit of your monotone speech if even they beg to visit a toilet. Always

insist on the importance of what you say at this moment. Keep talking even while your students leave the class. Remember, break is a time to move from one room to another and nothing else.

The second weapon for the overcrowded class is your



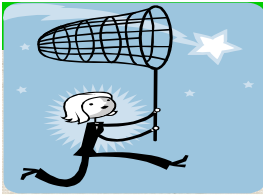
book and your predictability. Remember, the textbook is your Bible. Start from page one and go straight through to the last page. Pass lesson after lesson and unit after unit. Don't introduce any extra materials of your subject. Remember, jokes can destroy your aim. Be predictable as a calendar. You should have a fixed routine for doing everything so students know exactly what is coming. This knowledge is more

than a boring lesson. Students will lose sleep and appetite thinking about the next lesson. It will drive them to tears.

The last solution is to treat your students as a blank sheet of paper. Remember, they knew nothing before they met you. Don't assume that students have any experience of life, knowledge of the world, or other subjects. Explain everything in full detail. Be right all the time. You have all the answers and you can correct all the mistakes in the world. Remember the aim of your teaching is to demonstrate what they don't know.

So, these three simple solutions can help you to keep the population of your class under control. Of course, you can develop this list and add your own weapons if you are crazy enough. Good luck!

Vladimir Rachynsky W50



NET Escape - Articles from the net.

Presidential Inauguration History

The First Inauguration

It was in New York City, out nation's first capital, that George Washington became the first President of the United States. Congress had planned for the new government to begin its responsibilities on March 4, 1789, but a harsh winter made travel difficult, and it wasn't until April 6 that enough congressmen arrived in New York to count the electors' votes and announce,

"Whereby it appears that George Washington, Esq. was unanimously elected President, --and John Adams, Esq. was duly elected Vice President of the United States of America..." It took several days for the exciting news to reach Mount Vernon, General Washington's home in Virginia. He set off for the capital, leaving behind his wife, Martha, who would join him later. He traveled by coach and on horseback through Baltimore, Wilmington, and Philadelphia, finally arriving in New York City aboard a grand barge that had been rowed from New Jersey across Newark Bay. Meanwhile John Adams, his Vice President-elect, and the Congress were deciding what the new Chief Executive's official title should be. Adams preferred "His Most Benign Highness," but a congressional committee settled on the title we still use today: "President of the United States." Inauguration Day, April 30, began

with the sounds of ceremonial artillery and church bells ringing across the city. At noon, General Washington made his way through large crowds to Federal Hall, where both houses of Congress were assembled for swearing-in. New York Chancellor Robert Livingston read the oath, and Washington, his right hand on a Bible, repeated the words inscribed in the Constitution: "I do solemnly swear that I will faithfully execute the office of the President of the United

States and will, to the best of my ability, preserve, protect, and defend the Constitution of the United States."

President Washington added the words, "So help me God," a custom followed by every President since.



Inaugural Traditions

The First Inauguration gave rise to many traditions that continue today. For example, President Washington followed his swearing-in with an Inaugural Address, a special speech written for the occasion. In 1793, the oath of office for Washington's second term was administered by William Cushing, an Associate Justice of the Supreme Court and the first in a long line of Supreme Court Justices to preside over Presidential Inaugurations. Thomas Jefferson was the first president to be sworn in as President in Washington, D.C., the location chosen for the permanent capital

President to be sworn in as President in Washington, D.C., the location chosen for the permanent capital and the site of all but a handful of Inaugural ceremonies. Jefferson showed his taste for simplicity by going on foot to the Capitol for the oath-taking and returning to his boardinghouse afterwards for dinner. After his second Inauguration, however, Jefferson rode on horseback from the Capitol to the President's House (the name then used for the White House) amid music and a spontaneous gathering of mechanics from the nearby Navy Yard – a procession that grew into today's Inaugural Parade.

Jefferson's second Inauguration also began the tradition of the Inaugural Open House, when the executive mansion was opened to all who wished to greet the President after his swearing-in. The popularity of the Open House would later cause our seventh President, Andrew Jackson, to flee through a window after a mob of well-wishers stormed the White House, ruining furniture and breaking china in their eagerness to see him. In 1865, despite growing concern about safety, Abraham Lincoln shook some 6,000 hands after his second Inauguration. President Grover Cleveland, realizing that the White House could no longer accommodate such crowds, instead held a review of the troops from a flag-draped grandstand just outside, adding another element to the Inaugural Parade.

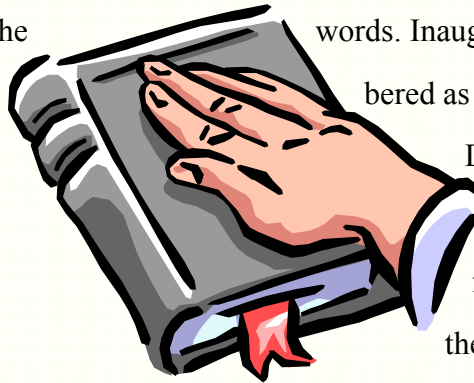
Presidents have celebrated in many ways since George Washington danced the minuet after his Inauguration in 1789. James Madison, America's fourth President, and his wife, Dolly, were the guests of honor at the

first official Inaugural Ball, held at Long's Hotel in Washington, D.C. Martin Van Buren's Inauguration featured two balls, and President William Henry Harrison held three to meet the ever-growing demand for tickets. Later Inaugurations have featured specially built pavilions for dancing, balls held at several sites throughout the capital, and even Inaugural parties in other cities. Modern Inaugural festivities reflect not only the President they honor, but also the desire to include the many Americans who want to take part in celebrating our nation's rich history and the transfer of presidential power.

Technology and Ceremony

You may have watched President Bill Clinton's 1997 Inauguration on television or heard about it from a radio broadcast. Maybe your local newspaper carried photographs of the event, or perhaps you visited an Internet web site to get information about the ceremony and various Inaugural celebrations. We rely on technology to help us participate in and learn about our government in ways that previous generations of Americans never dreamed. For example, only the members of Congress gathered in Federal Hall on April 30, 1789, heard President Washington's first Inaugural Address. Twenty years later, after James Madison's swearing-in, his speech was published in the newspaper for all to read. James Polk took the oath of office on 1845 while Samuel Morse, inventor of the electric telegraph, sat near him on the platform tapping out the news on his miraculous machine. It was 1857 – the year James Buchanan became President – when

the Inauguration ceremony was first photographed. Citizens across the country were able to share in the festivities through pictures. Four decades later, movie cameras recorded highlights of William McKinley's Inauguration, giving viewers a new window into history. The year 1925 found Americans gathered around their radios to hear Calvin Coolidge take the oath of office, and in 1949, Harry Truman became the first President whose swearing-in was televised. If you like to use computers, you may know that President Bill Clinton's second Inauguration was the first to have an official web site and to be seen live on the Internet by people around the world.



Inaugural Language

The Constitution is the supreme law of the United States, describing our country's three-branched, democratic system of government and the fundamental rights to which all citizens are entitled. In Article II, Section 1 of the Constitution, our nation's founders declared that "The executive Power shall be vested in the President of the United States of America," and provided an oath of office for the President-elect's official swearing-in. This 35-word oath has remained unchanged for more than two centuries, in part because it so clearly and simply describes the responsibilities of the Chief Executive: "I do solemnly swear (or affirm) that I will faithfully execute the Office of President of the United States, and will to the best of

my ability, preserve, protect and defend the Constitution of the United States." In 1817, James Monroe, our fifth President, became the first to give an Inaugural Address to an assembled public crowd. Since that time, the traditional Inaugural Address has been an opportunity for the President to speak directly to the American people. George Washington said just 135 words after his second inauguration in 1793, while William Henry Harrison gave the longest Inaugural Address ever, taking almost two hours to deliver 8,445 words. Inaugural Addresses are often remembered as reflecting a particular time in history.

During the Civil War, Abraham Lincoln called on Americans to "... finish the work we are in, to bind up the nation's wounds," while in 1933

Franklin Roosevelt reached out to citizens discouraged by the Great Depression, saying, "This great nation will endure as it has endured, will revive and will prosper." President John F. Kennedy inspired a generation of young people in 1961 when he urged, "... ask not what your country can do for you—ask what you can do for your country." And in 1993, President Bill Clinton reassured a nation in transition after the end of the Cold War by stating, "There is nothing wrong with America that cannot be cured by what is right with America."

The Parrot? No, The Groundhog — Just a Shadow of Itself!

The legend of Groundhog Day is based on an old Scottish couplet: "If Candlemas Day is bright and clear, there'll be two winters in the year."

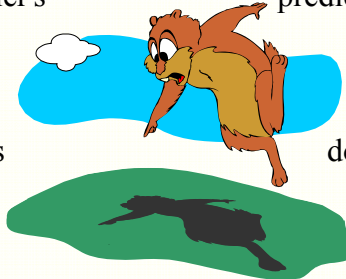
Every February 2, people gather at Gobbler's Knob, a wooded knoll just outside of Punxsutawney, Pennsylvania.

Residents contend that the groundhog has never been wrong.

The ceremony in Punxsutawney was held in secret until 1966, and only Phil's prediction was revealed to the public. Since then, Phil's fearless forecast has been a national media event.

The groundhog comes out of his electrically heated

burrow, looks for his shadow and utters his prediction to a Groundhog Club representative in "groundhogese." The representative then translates the prediction for the general public.



If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he does not see his shadow, it means spring is just around the corner.

Approximately 90% of the time, Phil sees his shadow.

Phil started making predictions in 1887 and has become an American institution.

<http://www.emotionscards.com>

Parrots in the News

Macaw Parrot Teach African Greys to Swear

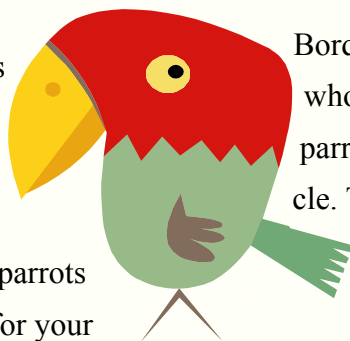
It's strange how parrots mimic children behavior. For example, the more that you try and stop young children swearing the more they repeat the offending words. Geoff Grewcock, owns the Warwickshire Wildlife Sanctuary in Nuneaton, England. He has had trouble with Barney his macaw parrot swearing. The more Geoff has tried to stop Barney, the more he swears.

Another feature of naughty children and parrots is that the reserve their worst behaviour for your most important guests. It may have been asking for trouble to have Barney around when the mayor came on a civic visit. True to form, Barney swore at the Mayor, and when the vicar tried to diffuse the situation, Barney swore at him too.

Another thing that naughty children do is teach swear words to their best friends. Again there is a parallel

with parrots. Lately, Barney has incensed his patriarch Geoff Grewcock by teaching his offensive vocabulary to Sam and Charlie who are African greys.

Real Life Thief and Parrot Story



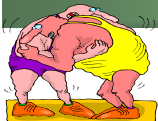
Border guards in Belarus are hunting a man who tried to smuggle almost three hundred parrots into the country on the back of a bicycle. The guards saw the man while out on a

routine patrol along the border with the Ukraine. When they called him to stop he jumped off the bike and fled into nearby forests so the guards searched his boxes.

To their great surprise they found the birds crammed into six boxes strapped to the back of the bike. Two of the birds died but the rest were checked by vets who gave them a clean bill of health and passed them on to an animal sanctuary.

<http://www.guy-sports.com>

Parrot Warbling







Grappling with grammar

Possessive 's

When we want to show that something belongs to somebody or something, we usually add 's to a singular noun and an apostrophe ' to a plural noun, for example:

- **the boy's ball** (one boy)
- **the boys' ball** (two or more boys)

Notice that the number of balls does not matter. The structure is influenced by the possessor and not the possessed.

	one ball	more than one ball
one boy	 the boy's ball	 the boy's balls
more than one boy	 the boys' ball	 the boys' balls

The structure can be used for a whole phrase:

- **the man next door's** mother (the mother of *the man next door*).
- **the Queen of England's** poodles (the poodles of *the Queen of England*).

Rigoberto's Riddles

What is that which goes with a car, comes with a car, is of no use to a car, and yet the car cannot go without it?

- *Noise*



Silly Vasily's Chuckle Chamber



Two bachelors were talking about their respective choice of life partner. One friend said, 'It is generally said that people with opposite characteristics make the happiest marriages. What is your opinion ?

The friend replied, 'Yes, they are right. That is why I am looking for a girl with a money!'

Idiom-Attic



Straight From the Horse's Mouth

How did you find out that Jill was engaged?

I got the information **from a very reliable source**.

You mean Jill told you so herself?

That's right. I got it **straight from the horse's mouth!**

No

*No words, no dreams
Just only clouds
No life, no death
Just only fraud.*

*No friends, no foes
Just only shadow
No hurt, no bliss
Just only chaos.*

*No war, no peace
Just only silence.
No man, no woman
Just only human.*

Anna Gorda

Questions/ Comments?



Please let us know what we can do to improve the "Parrot" We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D387 (Davies Hall), or call (916) 484-8988, braccop@arc.losrios.edu.
Student Editor — Pancho Villa

Some More Parrot Fun Stuff



Pizza Word Search

Find and circle all of the pizza ingredients and toppings that are hidden in the grid. The remaining letters spell four additional pizza toppings.

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

ARTICHOKE	GARLIC	PARMESAN
HEARTS	GOAT CHEESE	PEPPERONI
ASIAGO	GOUDA	PROVOLONE
ASPARAGUS	GREEN OLIVES	RICOTTA
BACON	GROUND BEEF	SALAMI
BANANA PEPPERS	HAM	SAUSAGE
BASIL	JALAPENOS	SHRIMP
BELL PEPPERS	MONTEREY JACK	SPINACH
BLACK OLIVES	MOZZARELLA	TOMATO SAUCE
BROCCOLI	MUSHROOMS	TOMATOES
CRUST	OLIVE OIL	ZUCCHINI
EGGPLANT	ONIONS	
FETA	OYSTERS	

Innocent Mistakes from ESL Students

Recipes: Next, chop all the vegetarians into little pieces.

Health: It is dangerous to smoke while you are becoming pregnant.

Sports: It was so exciting to watch! The cheerleaders threw up high into the air.

Music: When he was through singing he had a standing ovulation.

Food: Do you like this food? I made it from scratching!

Weather: This morning, I was walking outside when suddenly a big shower fell on me!

ESL Web Links

- ESL Games
<http://bogglesworldesl.com>
- English Pronunciation
www.manythings.org/pp/index.html



More English Mistakes

- On the box for a toothbrush at a Tokyo hotel: *Gives you strong mouth and refreshing wind!*
- A job ad in the Japan Times expressing that both males and females could apply: *No limit on sex.*
- From the instructions on a Dragonball-Z action figure: *Beware of being eaten by small children due to small parts.*
- Written at the top of a piece of children's stationery in Japan: *Guppies often eat their small children.*
- Name of children's camp: *Club The Kids*
- Comforting words on a piggy bank: *My favorite food is you!*
- Name of children's camp: *Club The Kids*
- On a shampoo bottle: *Use repeatedly for severe damage.*
- Babysitting ad by college students: *Please call us! We will provide you with any emergency.*
- On the packaging of a sir fry pan: *Do not use mental tools for prolonging the life of the pan.*
- On a pair of shorts: *Be a big man on campus, MAKE A STINK!*

Got Needs?

Ask the College Nurse!

Dear Nurse Cindy,

I really want to start getting regular exercise but it seems like there are always obstacles that keep me from doing it. How can I overcome these obstacles to getting in shape?

Shapeless in Sacramento

Dear Shapeless,

With each New Year many of us make resolutions to start exercising regularly, but find obstacles easily keep us from following through. Anticipating things that may hang you up and planning ahead to deal with them will increase your chances of success. Here are the most common obstacles and ideas to overcome them:

Obstacle 1: Too Busy.

Ideas: When we're busy, we have trouble finding time for regular workouts. It's important to remember that exercise can impact our ability to do everything else in life. You are more likely to make exercise part of your routine if you work out at the same time each day. Many people who successfully stick with regular exercise find morning workouts work best. Another idea, if you are physically able, is to raise your intensity level to shorten your workout time. Consider combining social time with exercising.

Obstacle 2: Too Tired.

Dear Granny Noetal

Did you make a New Year's resolution? We don't have this tradition in my country. People think it is useless because you set yourself up for disappointment. So what was your resolution?

Nelly Neugerig

Dear Nelly,

I did, in fact, make a resolution. I resolved to follow my curiosity and look things up immediately if I have a ques-

Ideas: Initially, regular workouts may seem tiring. Yet exercise actually increases energy, allowing you to fit in more activities – and enjoy them more.

Change your schedule. Energy and strength are generally higher in the morning than in the afternoon or evening. A snack prior to workout may also help. Most people find that exercise is energizing and feel they are more productive after exercising.

Obstacle 3: Boredom.

Ideas: Keep reminding yourself of the benefits of exercise and lower your expectations. It's important to enjoy what you're doing so you don't think of it as a chore. But does exercise always have to be fun before you'll

do it?

Choose new activities or alternate your workout/sport. Change your route. Listen to music or read a book while exercising. Make it social – work out with a friend, join a team, go line dancing.

Obstacle 4: Lost Interest.

Ideas: Nearly everyone temporarily has setbacks or quits exercising regularly at some time, whether from injury, lack of progress, or lack of motivation. Figure out why you quit and resolve the problem so you can avoid it in the future. Don't engage in negative self-talk and don't give up! You can always start fresh when fitness is your lifetime goal.



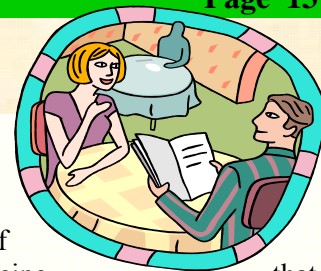
Granny Noetal



tion. I'm not an Internet freak but I do spend a fair amount of time looking up information. It's not like the old days with the Encyclopedia Britannica. Most Parrot readers don't know what an encyclopedia was. It was a heavy set of books, perhaps twenty volumes with information arranged alphabetically. Those books cost a lot of money: an investment in a child's education. I also remember my first college boyfriend selling encyclopedias door-to-door. He spent more time with those encyclopedias than with me. He soon got an education when I dumped him for a Fuller Brush salesman. But that's another story.

Granny

Mim's Cafe



Hello everyone! Welcome to Mim's Café. This is a section of **The Parrot** where you will find recipes – original or modified – but all have been made and tested by yours truly. Like most people, I love food and I eat food every day. Yes, I am an experienced eater who loves to cook and entertains friends. However, I have no culinary degree. I hope some of you will try the recipes I will share through The Parrot this semester. If you have a favorite recipe that you would like me to try and share with your Parrot friends, please feel free to email it to montgot@arc.losrios.edu.

Today's recipe is for corn lovers. I had to beg and plead for this recipe. It is simple and easy to make. It will take you 20 minutes to prep and one hour to bake. This recipe makes an excellent side dish.

Ingredients:

1 box of Jiffy mix (8 oz)
 2 eggs
 1 stick of butter (melted)
 1 cup of sour cream (don't get low fat or non fat – plain old sour cream is best)
 1 ½ to 2 cans of frozen corn
 1 can of creamed corn (16 ½ oz)
 1 9"X9" inch baking pan



Mixing and Baking Instructions

1. Melt the butter (you can leave it out to get to room temperature or use the microwave)
2. Add the eggs to the butter. Use an electric mixer (on low) to beat the eggs and butter until it is light and fluffy.
3. Add the can of creamed corn to the mixture – stir well
4. Add the sour cream - stir
5. Add the frozen corn - stir
6. Lastly, add the box of Jiffy mix – stir well with a spoon. Use a nonstick spray to line the baking pan. Pour in the mixture and bake at 350 degrees for 1 hour.

Tired of Casinos? Get Wise as an Owl (Parrot's cousin) on Sacramento Museum Day!

SACRAMENTO, CA — Twenty-six (26) greater Sacramento area museums will be offering **free admission**, all day long, during the Eleventh Annual Sacramento Museum Day. This event is presented by the Sacramento Association of Museums (SAM), and proudly supported by Umpqua Bank. **Sacramento Museum Day takes place Saturday, February 7, 2009, from 10 a.m. to 4 p.m.** (all participating museums close at 5 p.m., with the last guests admitted at 4 p.m.).

Event coordinators suggest that guests plan to see no more than two or three different museums this day, to allow adequate time to enjoy the experience and to travel between individual sites. Also, since some museums must limit the number of admissions this day for safety reasons, guests are asked to check out detailed Museum Day information online at sacmuseums.org, prior to February 7. "And whatever you do," says Museum Day Coordinator Delta Pick Mello, "consider visiting museums that you've never been to—or perhaps have never even heard of. That's what this event is all about: discovering the many different museums that are right here in our own backyard!"

Detailed information about participating museums, suggested parking, public transit options, and free event shut-

tle routes is available at sacmuseums.org (click on "Museum Day"), or by calling the Sacramento Convention & Visitors Bureau at (916) 808-7777.

PARTICIPATING MUSEUMS for SACRAMENTO MUSEUM DAY 2009:

Aerospace Museum of California – California Foundry History Museum – California State Military Museum – California State Capitol Museum – The California Museum – California State Indian Museum – California State Railroad Museum – Crocker Art Museum* – Discovery Museum Science and Space Center – Don and June Salvatori California Pharmacy Museum – Explorit Science Center (Davis) – Fairytale Town – Folsom History Museum – Governor's Mansion State Historic Park – Heidrick Ag History Center (Woodland) – Leland Stanford Mansion State Historic Park – Museum of Medical History – Old Sacramento Schoolhouse Museum – Old Sacramento State Historic Park – Sacramento Zoo – Sacramento Historic City Cemetery – Sacramento History Museum (formerly Discovery Museum History Center) -- Sojourner Truth Multicultural Arts Museum – Sutter's Fort State Historic Park – Towe Auto Museum – Wells Fargo History Museum (Old Sacramento location only).



Continued from pages 1,2 and 3

Parrot: You do have your own place?

Francisco: Yeah, I do.

Parrot: But you, uh, in the summer time you go back?

Francisco: I go to New York, I got a place in New York and I got a place in Dominican too.

Parrot: So you don't really spend a lot of time here.

Francisco: I do, the whole summer, most of the summer I spend here too, you know, like I used to go to the Dominican like for a month, then go to New York for another month, you know, then I stay here working out. I like to stay here.

Parrot: Have you ever had a big misunderstanding or funny experience because of your English?

Francisco: Uh, I mean, a lot of them, yeah, like I went to the store and I got in an argument with this lady because I wanted some kind of product and I thought I was pronouncing it right, and I was really arguing with this lady, and she was like, "No, we don't have that here," uh, I was like, "But look at it, it's right there, and she got even madder, she was like, "That's not what it says, you got to learn English before you ... I couldn't, I was, my mouth was like ... My friends were laughing at me, you know, but I was arguing with her for two minutes too, so...

Parrot: Any troubles, still, with English?

Francisco: I still have trouble sometimes reading, maybe like for a long time, like, OK, I got to step back a little bit, ... help me out, writing sometimes and then I got the same problem with Spanish so now I'm stuck. Because I learned both languages, and now, even I say how do I do this in Spanish? I got to do this in English.

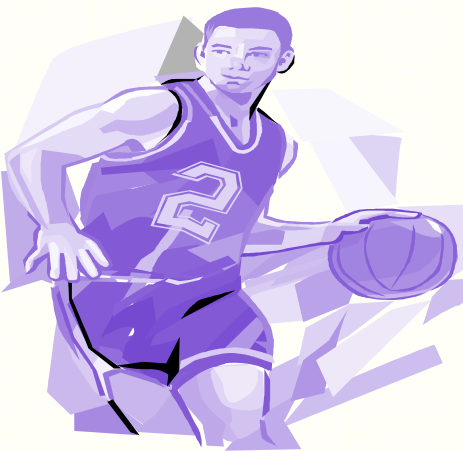
It's hard for me because now I know both languages, but now I'm stuck.

Ivette: A lot of words in English don't necessarily translate easily into Spanish ...

Parrot: Pretty much everybody on the team was born here, other than Beno, right?

Francisco: Beno, yeah, Beno's English is bad.

Everyone: Ha ha ha, chuckle.



Francisco: Uh, his shooting is good; his shooting got him paid, but, his English? I don't know. I got him beat.

Parrot: He doesn't sound that happy sometimes.

Francisco: He's never happy though. That's just him. He's a good person, but, uh, his English, uh, I mean, it's a little different, like uh, how can I say, uh.

Parrot: Does he have an accent in pronunciation?

Francisco: Oh, yeah! (laughs)

Everybody: Ha ha ha ha ☺ ☺

Parrot: I had the chance to talk to Peja four years ago.

Francisco: Peja used to make fun of

me! He used to make fun of me because, his name, I didn't use to say it right. I don't say it right, still. Like Pecha, Pecha.

Parrot: How is your life now when you are here in the United States. Has it changed a lot or is it still like it was back there in the Dominican Republic?

Francisco: My life has changed a lot. The American and Dominican cultures are very different. That's why when I go to the Dominican Republic, I spend a couple of days readjusting to the culture. But, I feel very good here.

Parrot: Are you very famous in your country?

Francisco: Yeah, a little bit.

Parrot: And how do you deal with the media?

Francisco: I really like the media. I always liked to talk to them and I always gotten along with them. Whenever I go to the Dominican Republic, they show me so much love. I hope they keep being like this.

Parrot: Have you met a lot of baseball players?

Francisco: Most of them, I know most of them.

Parrot: Your country is well known for the baseball players.

Francisco: Baseball, yeah, I know, they show me a lot of love because I'm, it's probably me and Al Horford who are the only Dominicans that ever made it to the NBA.

Ivette: And you go back to the Dominican Republic in the summers and do stuff...

Francisco: Yeah, I got my foundation over there that do stuff for the kids, like, after school, computers and stuff like that so...

Parrot: Most of the time I see that you or Kevin (Martin) spend more time in public than the other players.

Ivette: Ha ha ha. That's a good thing!

Francisco: She laughs too. She's like, yeah, look, look, she got red!

Parrot: I remember when you first played you used to get upset with the referees.

Francisco: Yeah, you know it is a learning experience, you know, in college you used to get all the calls, you know, and now you come into the NBA you're a rookie. You don't get no calls when you're a rookie.

Parrot: So when you get upset, you can see your lips moving. Are you talking in Spanish?

Francisco: Spanish, most of the time I speak in Spanish. But there's a lot of refs who speak Spanish. One of them was like, "I understand what you're saying." I was like, "Ohhh!"

Parrot: How much time do you guys spend on average in the training facility?

Francisco: I shoot like five hundred shots a day.

Parrot: Is it the same routine?

Francisco: Yeah, like from the same spot.

Parrot: Do you have maybe another plan after basketball?

Francisco: Yeah, I want to have my, uh, I want to have my own business, you know, I don't know yet what kind, you know, but uh, definitely want to work with kids, uh yeah, definitely, I love kids, so, definitely want to work with kids.

Francisco: They were talking about coaching, but I don't know if the players would understand what I'm saying, so I got to think about that. They probably need a translator.

Parrot: Maybe you need to start coaching the girls.

Francisco: The girls! Oh my goodness! No!

Parrot: You know why? Because I have four.

Francisco: I have a little baby too, but I don't want her to play basketball though, probably swimming, something like that, modeling or something.

Parrot: I'm actually not pushing them, I just want to see whatever ...

Francisco: I'm not pushing her either, but every time she sees a picture like, no matter who it is on the streets, like, she says oh daddy, you know, like she thinks it is me so, every time she sees a basketball, whatever, she's like she looks at it, so I know she likes it already, so she is probably going to play basketball, and she is tall, she is big.

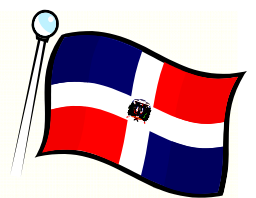
Parrot: How old?

Francisco: She is two; she is, well, 18 months. She's running now everywhere.

Parrot: Speaking of running, we have a class to get to. Francisco, thank you for your time. Ivette, thank you also. Good luck to you both!

Parrot Staff: Christian, Sasha, Olena

Some Cool Facts About Francisco's Dominican Republic



- The Dominican Republic shares an island called Hispaniola with Haiti. The DR takes up about 2/3 of Hispaniola; Haiti takes up the other third.
- The nation became independent in 1844.
- Independence Day is celebrated on February 27.
- There are three mountain ranges in the Dominican Republic.
- Pico Duarte, the highest point in the Caribbean, is located in the Dominican Republic.
- Baseball is the most popular sport on the island.
- Musically, the Dominican Republic is known for merengue.
- Santo Domingo, founded in 1496, is the oldest European settlement in the Western Hemisphere.
- Sugar, coffee and tobacco are among the main exports of the Dominican Republic.
- There is a large gap between the rich and the poor in the Dominican Republic.
- Up to one million Haitians live in the Dominican Republic at any given time.

