



# The Parrot

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

Issue # 27

Spring 2009

## Parrot Pecks at Counselor Steve Hoag

**Life is rather like a can of sardines: we're all of us looking for the key.**

Alan Bennett

*Tell me about yourself a little bit please.*

My name is Steve Hoag and I'm a counselor here at American River College. I've been a full-time counselor here for 9 years now; it's not so long. Prior to that, I worked for 32 years in education and at a local high school district where I'd been a teacher, a counselor, a principal and a district administrator, but my best job ever has been here working at American River College where I also get to work with international students such as yourself.

**Thanks. What made you become a school counselor?** That's a very good question. When I first started college, I thought I wanted to be an

engineer, like an electrical engineer. Yes, I used to be good at math and science but it wasn't my love, so I think that it's very important sometimes just to know what your heart feels; also to know what you want to do. So I changed and then I



thought I would be a good teacher in the social sciences --- things like history and government. Then I had what they call a minor in health education. However, when I started teaching, my first job was driver's education, teaching people to drive, actually behind the wheel. And it was very exciting, but then I went into the army. When I was very

young, I got drafted and when I came out -- we had what they called the GI Bill, in which our government would give money to people who have been in the military service to go to school, but I already had my 4-year degree so I had to ask myself "What do I really want to do? I love people" and then I thought I would like to become a counselor. So while I was still working, I went back and got the units and the education to become a counselor and then had the opportunity where I was already working to become a counselor. So, I did that for many years and, as I said earlier, many other things but counselor is my favorite job.

**You definitely seem to like your job! What is your favorite memory during your work with international students?**

I think every day is, you

# Black History Month!!

See page 7



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know, almost every day is a wonderful day, but I think the exciting thing is to see students whom you help, when, as a counselor you help them discover their potential and when they succeed. I have students come back and they have become empowered. They have the strength, they have the ability, and they have the knowledge to do things. So you just help them reach their potential, and that's just very exciting.

*Continued on page 18*

# Student Chirpings

## American Socialism

The United States of America, the land of conspiracy, financial monopoly and Socialism, all at the same time, attracts people from all over the world. "Come to America to find socialism values!" Does it sound crazy? I would have never considered this sentence seriously until I reached the American soil. My first opinion astonished me. I didn't believe what I saw. It seemed like I flew through time and space and returned to my youth, the motherland, the Soviet Union. The United States of America, the fighter number one against totalitarian socialism, developed a more socialized society than its opponents. Welfare, food stamps, the disabled people support programs, free education, free school buses, public libraries, EDD, fire departments, post service, sport clubs and training complexes, public recreation parks, and endless number of bureaucratic government institutions, where you can fake workers' heads out for free, disguised the face of America. Later, it helped me to understand why people from the post Soviet republics moved to America. I found three main causes which prompted people to leave their homes and immigrate to America.

The primary cause of migration from many countries is the same

as hundreds of years ago – economics. Most people in my community left their homes when political reform paralyzed the local economy. The totalitarian economics system of the former Soviet Union created a lot of worthless business institutions. I traveled though the Chernigov region in Ukraine and found places where peo-



ple had no chance for any modern business activity. Some villages, whose businesses are based on dairy farms, are located more than 200 km from the nearest consumers, with only narrow stone roads to civilization. The costs of that dairy business don't cover the production and delivery expenses. Historically, those villages were created by people with non-traditional religions who escaped from persecution. Now, they have religious rights but it's too late. America is an attractive land for them. They found a deeply socialized society with a wel-

fare system, which helps them to settle down, to find jobs, to study English and to find help for other vital things they need for free.

The second significant reason for immigration is an inability to provide minimal support for a large family in their own country. Those families lost an ability to maintain a family budget. They created the second largest group of hunters for a better life. Countries where social values were the cornerstone of the constitution kicked the bucket. People from the post Soviet republics found the USA as the best place to raise their children with full support from the government. America has several programs for large family assistance. Parents of large families obtained a worry-free life here. Besides being eligible for the large family assistance program, large family immigrants are eligible for financial aid because of low income per family member. They receive free school lunches, free school books, and other school services.

The final reason for immigration is an inability to provide an appropriate education in the own country. Many immigrants from the post Soviet republics found America as a good place to give their children free

education in college and university. I met a lot of them and discovered that they have the same reason to leave home – a destroyed education system in the homeland. An economical problem doesn't come alone. It always ruins a social infrastructure such as an education system. The Soviet Union had the most developed education system in the world because the military industry needed real geniuses rather than spoiled children of the ruling elite. Technical education institutions were always the focus of the KGB surveillance in order to protect the administration from bribes. Any talented child from any small village had a real

chance to study at a prestigious university and live in a dormitory for free. Students who had good grades were paid. Most people, including me, couldn't get over the loss of educational opportunity. This kind of immigrant didn't see any future for their children without good education. This group of people is the most active defenders of cultural inheritance. They keep their native language, cultural traditions, and even cuisine by creating charter schools and kindergartens. Their contribution to American culture and political views is going to be more and more significant.

As you see, free education and

social aid programs for newcomers and large families has made America attractive for Eastern European people more than ever. Which political system do people like more? The collapse of totalitarian socialism and the endless crisis of "jungle capitalism" led me to the idea about wisdom of balance between them. Perhaps, the balance between social and private values will make the world more predictable and fair. People will satisfy their needs where they live and will have no reason to leave their homes, except for tourism.

Valdimir Rachynskyy W50

## *A Happy Life*

People all over the world want to have a happy life. Nobody wants to be unhappy in his life. Everyone has to build his life himself. Everyone has to know his or her possibilities and try to be happy with them. Don't wish or don't hope more than you can do! I think for a happy life people have to be healthy, have good ambitions in their life, and not be jealous.

First, people who have good health are happy. Health is a very important thing for us. If we don't have problems with our health, we can study and work hard to achieve something in our lives. We should take better care of our health, and we should be in good health without ill-

ness or disease.

Second, people have to have good ambitions in their life. We have to know what we should do in our life-



time. If we have strong desires that we want to do, we will be successful in our lives. For example, we will have jobs that we like to do, we will have time for our families, and we will have time for our hobbies. People who choose good ambitions are always

happy and successful in their lives.

Third, people shouldn't be jealous. People are sick if they feel angry or unhappy because someone else has a quality, things, or ability that they wish they had. They can't sleep well. They always want to win, but it is not a good idea. They can't be winners all the time. Jealous and competitive people don't have a happy life.

In my opinion, people all over the world must be happy. We have to wish all people good health and happiness. If we are healthy, have good ambitions, and are not jealous, we will have a happy life.

Vira Vasylyuta W40

## The Emigration from my Town

People like to move from one place to another. Some leave their cities in order to see something interesting and entertain themselves. Others leave their homes in order to live in other cities or countries. Statistics show that 3% of the world population (191 million) lives in places other than where they were born. People from my town (Mariupol) are not an exception. The population of Mariupol is 500,000 people. It has three metallurgical factories and is a sea-port on the Azov Sea. Mariupol is not too bad but people emigrate from there. Why do they do that? What do they want to find across the seas? I think there are three main reasons for emigration from my town: economic hardship, ecological problems, and reunion of families.

The first cause of emigration is economic hardship in my town. In spite of the developed metallurgical industry, not all the population can work in the factories. Municipal companies are poor. To start your own business is really hard. Many young people can't find a good job, especially after graduating from college or university. Take, for example, my cousin Victor. When he graduated from university, he looked for a job for about a half year. He filled out many applications; the answer was, "We don't need an engineer" or "All position are taken." For this reason,

he left our town to find a job anywhere. The political crisis in my country brought the economic crisis. Prices of food, gas, utilities and rent go up—salaries stay the same. As a result, many people are dismissed from their jobs and leave the city with the hope to find a better life in cheaper places.

Another reason for emigration is ecological problems in my

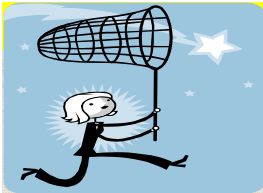


town. The factories pollute air, water, and soil. They throw out tons of toxic substances into the atmosphere and to the sea. Consequently, many people suffer from terrible diseases. Children are born with innate diseases such as asthma and cardiac anomalies. One fifth of the town population has problems with thyroid. When my daughter was five years old, the doctor said, "Her thyroid is in 1.5 times more than it should be at her age". For about 20 years our town was a spa resort with unique minerals. The Azov Sea had many different kinds of fish, such as pike and sole. Various sorts of fruits grew in our gardens. The factories

destroyed our nature. For these reasons, many families emigrated from the city and found places with healthy environments.

The third cause of emigration from my town is the reunion of families. The relatives who moved to another city or country want all family members to live together. My best school friend, Anna, left the town ten years ago. She went to Greece to live with her sister. Their parents remained in Mariupol. They said, "We can't go because of work." But two years later Anna brought them to Greece. Almost the same situation happened to me. My mother-in-law came to America three years ago with her daughter. Other children stayed in Mariupol. She put forth a lot of effort and, as a result, I emigrated from my town with my husband and daughter. My mom remained in my country. She said, "I don't want to go anywhere." Maybe she will change her mind later.

Since humanity has existed, people have moved around. The reasons are various—people don't like economic problems or the environment, or they want to live together with their families. Immigration will be forever because people think (or hope) that they will live somewhere else better than in their cities and countries.

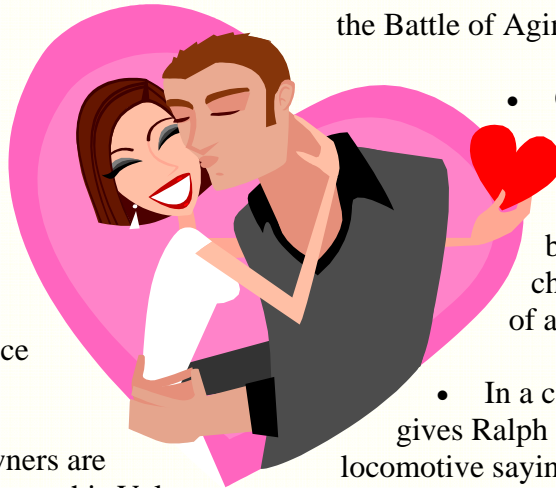


# NET Escape - Articles from the net.

## Weird Things You didn't Know About Valentine's Day

### The Price of Love

- The average American will spend \$119.67 on Valentine's Day this year, up from \$100.89 last year.
- Men spend almost **twice as much** on Valentine's Day as women do. This year, the average man will spend \$156, while the average woman will only spend \$85.
- More than one-third of men would prefer not receiving a gift. Less than 20 percent of women feel the same way.
- Around this season, a dozen long-stemmed roses can cost an average of \$75, or about 30% more than the normal price of \$58.
- More than nine million pet owners are expected to buy gifts for their pets this Valentine's Day.
- 15 percent of U.S. women send themselves flowers on Valentine's Day.



### The Birds and the Bees

- According to the condom company Durex, condom sales are highest around Valentine's Day, which are 20 percent to 30 percent higher than usual.
- More at-home pregnancy tests are sold in March than in any other month.
- Penicillin, a popular treatment for venereal diseases such as syphilis, was introduced to the world on February 14, 1929.
- Teachers receive the most valentines, followed by kids, mothers, wives and sweethearts.
- Over 50 percent of all Valentine's Day cards are purchased in the six days prior to the holiday.
- The oldest surviving valentine dates from 1415. It is a poem written by Charles, Duke of Orleans to his wife. At the time, the duke was being held in the Tower of London following his capture at the Battle of Agincourt.
- One billion valentines are sent each year worldwide, making it the second largest card-sending holiday of the year behind Christmas. Women purchase approximately 85 percent of all valentines.
- In a classic Simpsons episode, Lisa gives Ralph a valentine with a picture of a locomotive saying "I Choo Choo Choose You."
- Hallmark produced its first valentine in 1913.
- Today, Hallmark employs an 80-person research staff to analyze the sales pattern of previous valentines. That analysis, combined with more than 100,000 annual customer interviews, focus groups, and in-store observations, will help create roughly 2,000 cards in Hallmark's core Valentine's Day line.
- While Hallmark offers thousands of different cards for Valentine's Day, one card was the top choice of customers in New York, Los Angeles, and virtually every other city in the country in 2006. This card, romantically named V330-5 by Hallmark, simply states: "Each time I see you, hold you, think of you, here's what I do ... I fall deeply, madly, happily in love with you. Happy Valentine's Day."

### I Choo Choo Choose You

### Sharing Love Around the World

- In Japan, women are expected to give chocolate and other gifts to men on Valentine's Day. This tradition was started as a marketing campaign by Japanese chocolate companies. Men are not off the hook, unfortunately. They are expected to return the favor on March 14th, commonly known as White Day.
- BBC reports that Shiv Sena, a nationalist political party in India, has spoken out against Valentine's day, calling it "nothing but a Western onslaught on India's culture to attract youth for commercial purposes."
- The Ivory Coast is the world's largest producer of cocoa, the main ingredient in chocolate. In 2001, the U.S. State Department reported child slavery on many cocoa farms in the Ivory Coast. A 2002 report from the International Institute of Tropical Agriculture estimated there were 284,000 children working on cocoa farms in hazardous conditions.
- "I love you" in German is "Ich liebe dich."

### History, Legends & Rumors

- The roots of St. Valentine's Day can be traced back to the Roman fertility festival of Lupercalia. On Lupercalia, a young man would draw the name of a young woman in a lottery and would then keep the woman as a sexual companion for the year.
- In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. Today, to wear your heart on your sleeve means being transparent with your affections. (I'm having a tough time verifying this one, so please file this under "legends" instead of "history" for now.)
- Three different Saint Valentines have been mentioned by the martyrologies of the Roman Catholic Church.

- The Catholic Church struck St. Valentine's Day from its official calendar in 1969.
- The phrase "Sweets for the sweet" is a line from Shakespeare's Hamlet, Act 5, Scene 1.
- Famous Valentine's Day weddings: The Captain and Tennille, Elton John and Renate Blauel, Meg Ryan and Dennis Quaid, Jerry Garcia and Deborah Koons, and Pamela Anderson and Tommy Lee.
- Famous Valentine's Day birthdays: Thomas Malthus (1766), Frederick Douglass (1817), Jack Benny (1894), Jimmy Hoffa (1913), Hugh Downs (1921), Florence Henderson (1943), Carl Bernstein (1944), Tim Buckley (1946), Gregory Hines (1946), Jules Asner (1968), Rob Thomas (1972), Steve McNair (1973).

### You Had Me at Hello

- The University of Maryland has a team of academic experts dedicated to educating the media about Valentine's Day. "No matter what angle you're covering, the University of Maryland has the Valentine's Day expert for you," says their official website.
- For every 120 single men who are in their 20s, there are 100 single women in the same age range.
- The story changes drastically when we look at people over 65. Beyond 65, there are 33 single men for every 100 single women of the same age range. I guess all that extra spending for Valentine's day takes a toll.



## The History of Black History

Americans have recognized black history annually since 1926, first as "Negro History Week" and later as "Black History Month." What you might not know is that black history had barely begun to be studied-or even documented-when the tradition originated. Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books.

### Blacks Absent from History Books

We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr.



Dr. Carter G. Woodson

Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The

scholar was disturbed to find in his studies that history books largely ignored the black American population- and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

### Established Journal of Negro History

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation's history. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history. Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the black American population, Frederick Douglass and Abraham Lincoln.

## Some Outstanding African Americans

### George Washington Carver

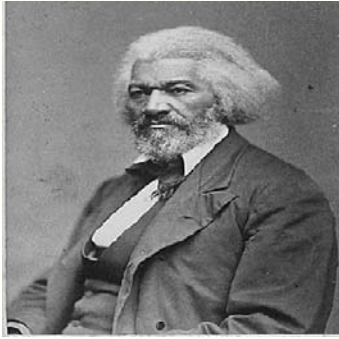
George Washington Carver was born to a lady named Mary and a fellow slave in 1864, near Diamond, Missouri. When George was less than one, he and his mother were kidnapped from the homestead in Missouri where they were slaves. George's mother's white owners rescued him and his brother Jim and took them in as if they were their own children. George's dream was to learn to read. Finally George was sent to a school for blacks about 10 miles away. George started there in 1874. George finished high school when he was 20. Off and on George had to leave school to care for himself. He had a lot of jobs. Sometimes he had to move to another town if one had no work available. Often he was hungry, and had nowhere to sleep. His money was saved until he could afford another school term. Although he knew it would not be easy, he was



determined to go to college. He was eventually accepted to attend Simpson College in Iowa. He enjoyed painting. With his teachers' help, he enrolled at Iowa Agricultural College. George was made assistant botanist after earning his bachelor's degree. He was appointed to teach agriculture at Tuskegee Institute in Alabama. The school was in bad shape. George had to make his equipment out of old bottles and bits of wire. George traveled throughout the south helping farmers grow better crops. George was famous for finding 300 products that you can make from peanuts, such as soap, face powder, and metal polish. By the time of his death he had created a 200-million-dollar-a-year industry. George lived a hard, but good life, and sadly it ended on January 5, 1943.

### Frederick Douglass

Douglass, Frederick, c.1817–1895, American abolitionist, b. near Easton, Md. The son of a black slave, Harriet Bailey, and an unknown white father, he took the name of Douglass (from Scott's hero in *The Lady of the Lake*) after his second, and successful, attempt to escape from slavery in 1838. At New Bedford, Mass., he found work as a day laborer. An extemporaneous speech before a meeting at Nantucket of the Massachusetts Anti-Slavery Society in 1841 was so effective that he was made one of its agents. Douglass, who had learned to read and write while in the service of a kind mistress in Baltimore, published his *Narrative of the Life of Frederick Douglass* in 1845. Fearing capture as a fugitive slave, he spent several years in England and Ireland and returned in 1847, after English friends had purchased his freedom. At Rochester,



N.Y., he established the *North Star* and edited it for 17 years in the abolitionist cause. Unlike William L. Garrison, he favored the use of political methods and thus became a follower of James G. Birney. In the Civil

War he helped organize two regiments of Massachusetts African Americans and urged other blacks to join the Union ranks. During Reconstruction he continued to urge civil rights for African Americans. He was secretary of the Santo Domingo Commission (1871), marshal of the District of Columbia (1877–81), recorder of deeds for the same district (1881–86), and minister to Haiti (1889–91). *Life and Times of Frederick Douglass* (1962) is a revised edition of his autobiography, which has also been published as *My Bondage and My Freedom*.

### Harriet Tubman

Harriet was born in 1820. When she was 13, she was hit over the head with a 2 pound weight. Her skull was fractured and she suffered blackouts for the rest of her life. In 1849 she escaped from slavery to Philadelphia. In 1850 she became the conductor of the underground railroad. She was 29 years old when the underground railroad was started in 1838. In over ten years Harriet had made 19 trips to Maryland. She brought her sisters and brothers to freedom in 1857 along with her older parents. While the Civil War was going on, she survived as a nurse, a cook, and a spy. She led over 300 people to freedom and she never lost one. The slaves she brought to freedom called her "The Moses of her people."



### Archibald Alphonso Alexander

Design and construction engineer

**Born:** 1888

A 1912 recipient of a civil engineering degree from the University of Iowa, Iowa City, Archibald "Archie" Alexander joined the Marsh Engineering Company where he designed the Tidal Basin bridge in Washington, D.C. After studying bridge design in London, he and George Higbee formed a general contracting business that focused on bridge design. Alexander's designs include Washington, D.C.'s Whitehurst Freeway, the heating plant and power station at the University of Iowa, and an airfield in Tuskegee, Alabama. Alexander went on to become the first Republican territorial governor of the U.S. Virgin Islands.

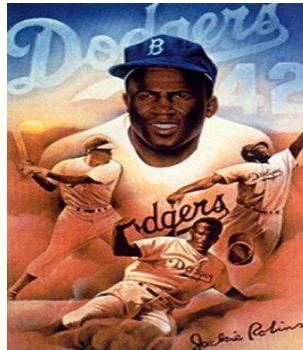


**Died:** 1958



### Jackie Robinson

Jackie Robinson was the first African American to play Major League Baseball at UCLA. During WWII, he was stationed at Fort Riley in Kansas, where he was denied a chance to get into the officer candidate school (OCS) because of his race. He finally got in with the help of Joe Louis. Branch Ricky helped him get to play major league baseball. Sam Lacy, an American sports editor from 1944 to the present, said that Jackie wasn't the most talented player in the Negro leagues but he believed that he was the best for the job. From



his first game with the Montreal Royals in 1946 until 1949 he had to face racist taunts and threats. Shortly after, he signed a contract with the Dodgers. He married Rachel Isum in 1964. She was a nurse and they had 3 children: 2 boys and 1 girl. His full name is Jack Roosevelt. Robinson was born on Jan.31,1919 in Cairo, Georgia. When his father left them, they moved to Pasadena, California. He was very athletically inclined and, he was very good at football, basketball, track, and, of course, baseball.

### Mary Mcleod Bethune

Mary McLeod Bethune was born on July 10, 1875. Her mother was Patsy Bethune and her father was Samuel



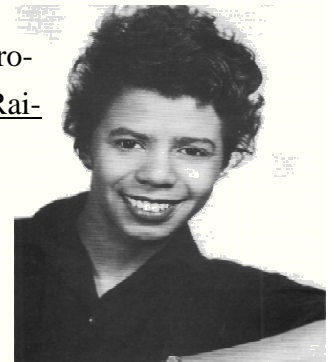
Bethune. They had 17 children and Mary was the 15th. They had a 5-acre lot with a little cabin they called the homestead. She was the first to be born there. In 1882 Mary attended the Trinity Presbyterian mission school

in Mayesville, South Carolina, in 1886. At age 10 she graduated from the school and got a scholarship to Scotia Seminary. In 1894 she graduated to Moody Bible Institute. She became a teacher in 1895 and two years later she married Alburtus Bethune and had one son.

### Lorraine Hansberry

Hansberry, Lorraine, 1930–65, American playwright, b. Chicago. She grew up on Chicago's South Side. In

1959 she became the first black woman to have a play produced on Broadway when A Raisin in the Sun opened to wide critical acclaim. The play dealt in human terms with the serious and comic problems of a black family in modern



America. Her next play, The Sign in Sidney Brustein's Window (1964), was less successful. Hansberry died of cancer at 35. A collection of her writings, To Be Young, Gifted, and Black, was published in 1969.

### Bontemps, Arna



Bontemps, Arna, 1902–73, African-American writer, b. Alexandria, La. He is best remembered as the author of the novel God Sends Sunday (1931), the basis of the play St. Louis Woman (1946); and of Black Thunder (1936), a tragic account of the slave insurrection led by Gabriel Prosser in Richmond, Va., in 1800. Bontemps was also an editor, anthologizer, and historian.

## Presenting the Past



ESL Prof. Brenda McTighe

I am pleased to offer this new column, which will include interesting historical tidbits about Sacramento and the state of California. In honor of Black History Month, I adapted this fascinating timeline of African Americans in California from <http://bancroft.berkeley.edu/reference/africanamerican/timelines.html>.

### African Americans in California

#### The Spanish Era (1769-1821)

September 28, 1542: Juan Rodríguez Cabrillo's ship entered San Diego Bay, which marked the discovery of Alta California.



1781: 26 of the first 46 settlers of Los Angeles were black or mulatto.

1785: Blacks and mulattos made up at least 19.3 % of the population of Santa Barbara.

1790: Blacks and mulattos constituted nearly 15% of the total San Francisco population and 18.5% of the settlers in Monterey. The population of Baja California included 844 Spanish-speaking persons of whom 183 were mulattos.

1793: Francisco Reyes, a mulatto settler, was elected to serve as mayor of Los Angeles.

#### The Mexican Era (1821-1848)

February 1821: Mexico declared its independence from Spain. The Republic of Mexico was established on November 19, 1823.



1826: Peter Ranne, a black man, was a part of the first overland party to California, led by Jedediah Smith.

January 31, 1831: Emanuel Victoria, a mulatto known as "The Black Governor", took the oath of office as political and military governor of California.

1841: Black merchant William Alexander Leidesdorff,

a native West Indian, settled in California where he operated a trading vessel between San Francisco Bay and Hawaii. In 1846 he purchased several parcels of property located in what is now the heart of San Francisco's financial district and eventually built San Francisco's first hotel.

1843-1845: Jacob Dodson, a free black, was in the Fremont expeditions to California. Another free black, Saunders Jackson, joined Fremont's fourth California expedition in 1848.

September 1, 1849: The California Constitutional Convention began. Of the forty-eight delegates elected to the convention, seven native Californians participated including the mulatto Antonio Maria Pico, former prefect, mayor, and legislator of San Jose.

#### The United States Era (1850-present)

September 9, 1850: California was admitted into the United States as a free state.

1851: An extensive body of discriminatory legislation was erected in California including the testimony restriction which outlawed testimony by African Americans, Chinese, and Native Americans against whites in court.

1862: Sensing growing white support at the beginning of the Civil War, San Francisco African Americans formed the Franchise League to campaign for voting rights and an end to the testimony restriction.

1863: The increasingly Republican California legislature removed discriminatory barriers in education and repealed the testimony restriction of 1851.

1866: After campaigning for better schools throughout the Civil War, African Americans gained access to California public schools with the proviso that separate schools could be established along racial lines. Campaigns against this stipulation continued because small numbers of African Americans within larger white communities often made separate schools financially unfeasible.

1868: San Francisco businesswoman and former slave Mary E. Pleasant sued a local streetcar company after a driver refused to allow her aboard. Although she initially received a \$500 judgment, the ruling was eventually overturned by the California Supreme Court.

1875: While most California communities had admitted African American students into integrated schools by this time, schools in San Francisco ended segregation officially in 1875.

1893: The California State Assembly passed an anti-discrimination statute prohibiting segregation on streetcars.

1903: The Southern Pacific Railroad brought in almost 2,000 African American laborers to break a strike by Mexican American construction workers, effectively doubling the African American population in Los Angeles and sparking lasting interracial tension.

1913: The first California branch of NAACP was established in Los Angeles.

1918: Attorney Frederick Roberts, a founder of the civil rights organization Forum, was the first African American to be elected to the California Assembly.

1941: Reverend Clayton Russell formed the Negro Victory Committee in Los Angeles, a group of public officials, professionals, union leaders, and NAACP members, working for the creation of jobs in defense plants for blacks.

1942: Jobs in California defense industries opened to African Americans after labor shortages, African American organization protests, and pressure from the Fair Employee Practices Commission.

1943: While aimed primarily at the Mexican American population of Los Angeles, local police arrested more than 100 African Americans in the mob violence stemming from racial tension known as the "Zoot Suit riots".

1944: The Western Regional Office of the NAACP was established in San Francisco.

1953: The U.S. Supreme Court declared the enforcement of residential race-restrictive covenants illegal in *Barrows v. Jackson*. Race-restrictive covenants were long utilized in California to racially segregate residential areas.

1954: In the landmark case *Brown v. Board of Education* the U.S. Supreme Court ruled that separate schools for black and white children were unconstitutional; David Blackwell was the first African American appointed full professor at the University of California, Berkeley.

1959: The California legislature passed the Fair Employment Practices Act, establishing a statewide Fair Employment Practices Commission to protect the people of California from discrimination in employment.

1962: After serving for 28 years in the California State Assembly, Democrat Augustus Hawkins became the first African American Congressman from California

when he was elected to the U.S. House of Representatives.

1964: Proposition 14 reversed fair housing measures by California state and local governments. The proposition was sponsored by the California Real Estate Association after the 1963 California legislature passed the Rumford Act prohibiting racial discrimination in the sale or rental of certain state housing. The NAACP challenged Proposition 14 and its appeal succeeded in the California and U.S. Supreme Courts in 1967. The American Civil Liberties Union filed a suit against the Los Angeles City Board of Education regarding de-facto school segregation. Subsequently, the California Supreme Court ruled that Pasadena's segregated school system was unconstitutional.

September 1, 1964: Joshua R. Rose was appointed as the first African American to serve on the Oakland City Council. He was voted into office in 1965 and served until his retirement in 1977.

1965: Five days after President Johnson signed the Voting Rights Act of 1965, there was an uprising in the largely African American community of Watts, which lasted 6 days and left 34 dead and 1,000 injured.

1966: Huey Newton and Bobby Seale founded the Black Panther Party in Oakland; Mervyn Dymally, a Los Angeles teacher and political field coordinator, became the first African American to serve in the State Senate; Los Angeles attorney Yvonne Brathwaite Burke became the first African American woman to hold office in the California Legislature and in 1972 became the first African-American woman elected to the U.S. Congress from California.

1969: The city of Compton elected California's first African American mayor, Douglas Dollarhide. The

newly established Black Studies Department begins operation at the University of California, Berkeley.

Spring 1971: The Afro-American Studies Department at the University of California, Berkeley graduated its first class of students majoring in the discipline.

1973: Tom Bradley was elected mayor of Los Angeles, the first African-American mayor of a major U.S. city. Bradley went on to serve five terms.

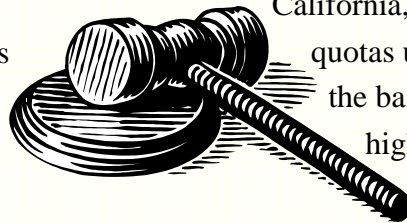
1977: Wiley W. Manuel was the first African-American to be appointed to the California Supreme Court. He served until 1981.

1978: In *Bakke vs. the Regents of the University of California*, the U.S. Supreme Court declared racial quotas unconstitutional. However, it supported the basic principles of affirmative action in higher education. Barbara Christian became the first African-American woman to win tenure at the University of California, Berkeley.

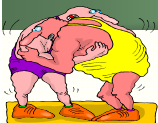
1992: Four Los Angeles Police Department officers were acquitted of accusations that they had beaten African American motorist Rodney King. The verdict heightened racial tensions and sparked violence in Los Angeles.

1996: California Proposition 209, which banned the use of racial preferences in admissions decisions, was passed.

2003: California Proposition 54, which proposed a ban on the classification of any individual by race, ethnicity, color or national origin in the operation of public education, public contracting or public employment, was defeated.



# Parrot Warbling



## Grappling with grammar

### Determiners: Some, Any

**Some** = a little, a few or a small number or amount

**Any** = one, some or all

Usually, we use **some** in positive (+) sentences and **any** in negative (-) and question (?) sentences.

some	any	example situation
I have <b>some</b> money.		I have \$10.
	I don't have <b>any</b> money.	I don't have \$1 and I don't have \$10 and I don't have \$1,000,000. I have \$0.
	Do you have <b>any</b> money?	Do you have \$1 or \$10 or \$1,000,000?

## Idiom-Attic



### Wet Blanket

James was not invited to go on the outing with the rest of the group because he's such a **wet blanket**. On many previous occasions he has **kept others from enjoying themselves by his pessimism and lack of enthusiasm**. It's understandable that no one wants him around.

### Rigoberto's Riddles

I have a heart that never beats, I have a home but I never sleep. I can take a man's house and build another's, and I love to play games with my many brothers. I am a king among fools. Who am I?



*The King of Hearts in a deck of cards.*

### Since My Valentine Got A Computer



Since my Valentine got a computer  
My love life has taken a hit.  
Nothing I say is important  
Unless it's a byte or a bit.  
Before she got her new laptop,  
Everything was just fine;  
Now she says we can't talk  
Unless we both go online.  
"But honey," I said, "I'm attached to you;  
Love is what I feel."  
"That keyword isn't relevant,"  
She said, with eyes of steel.  
She clicked the keyboard furiously;  
The screen was all she could see,  
And then to my horror and shame,  
She started describing me:  
"Your motherboard needs upgrading;  
Your OS needs help, too.  
And you definitely need a big heatsink  
To cool your CPU."  
"Don't flame me, my sweet," I pleaded.  
"Not on Valentine's Day."  
"Fix the bugs, and I'll see," she said,  
While looking at me with dismay.  
"What ever you want, my darling;

Whatever you need; you call it.  
I'll upload or download anything,  
And then I'll go install it."  
(Her hostile CD keeps replaying,  
And though I don't want to fight her,  
Is this what I want for a Valentine?  
I've been burned; can I rewrite her?)  
"Are you all hard drive now," I asked  
"Is there no software in you?  
Don't you remember the good times?  
Let our memories see us through."  
"LOL," she said to me, chuckling.  
"You're nothing but adware.  
"I've got four gigs of memory;  
I've got no problem there."  
"Please, honey, we can save it," I said.  
"Our love means more than that."  
"That's not in my cache; we're going to crash,"  
She said, as she turned me down flat.  
(This woman has really changed;  
Do I really want to chase her?  
More and more I'm thinking  
It might be nice to erase her.)  
"Aw, honey, don't talk like that," I said.  
"Can't we just plug and play?"

I hereby accept default,  
And I'm yours, my love,  
come what may.  
My goal is to make you happy;  
I want to be your portal,  
But your sudden, distant coldness  
Would test the strongest mortal.  
If we need a brand new interface,  
So we can FTP,  
I'm your go along, get along guy,  
And I want you to stay with me."  
"If you want to get into my favorites,"  
she said,  
And you want to get past my encryption,  
If you want to get through my firewall,  
Here is my only prescription."  
"First, put up your own Web site,  
And e-mail me when it's done.  
I'll check your page rank with Google,  
And tell you if you're the one."  
My life has become a real trial,  
Since my Valentine got a computer.  
If I want her to care about me again,  
I guess I'll have to reboot her.

Joanna Fuchs

## Some More Parrot Fun Stuff



### Valentine's Day Word Search

Find and circle all of the words that are hidden in the grid. The remaining letters spell a popular Valentine's Day item.

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

- |            |            |              |
|------------|------------|--------------|
| Admirer    | Darling    | Hearts       |
| Adore      | Date       | Jewelry      |
| Affection  | Dear       | Like         |
| Attraction | Devotion   | Lovebirds    |
| Beau       | Fancy      | Lovers       |
| Beloved    | February   | Partner      |
| Boyfriend  | Flame      | Proposal     |
| Candles    | Flowers    | Relationship |
| Candy      | Fondness   | Restaurant   |
| Chocolates | Forever    | Romance      |
| Couple     | Friendship | Roses        |
| Crush      | Gift       | Sentiment    |
| Cupid      | Girlfriend | Suitor       |

### Parrot Saves Man

A noisy parrot that enjoys imitating sounds has helped save a man and his son from a house fire by sounding like a smoke alarm, the bird's owner reports. Shannon Conwell, 33, said he and his 9 year-old son fell asleep on the sofa while watching a film. They awoke at about 3 o'clock in the morning to find their home on fire after hearing the family's Amazon parrot, Peanut, imitating a fire alarm. 'He was really screaming his head off,' Conwell said. The smoke alarm had activated, but it was the bird's call that caught Conwell's attention. 'I grabbed my son and my bird, and got out of the house,' he said. The fire destroyed the home's dining room, kitchen and bedroom, Muncie, Indiana, USA, fire officials said. Aside from Peanut, Conwell said the fact that he and his son fell asleep on the couch helped save them. They may not have heard the alarm or the bird if they were asleep in their bedrooms.



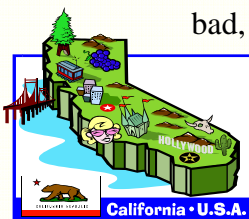
### Questions/ Comments?

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.

To see The Parrot in color go to:  
[http://web.arc.losrios.edu/~esl/parrot\\_newsletter.html](http://web.arc.losrios.edu/~esl/parrot_newsletter.html)

### California Fun Facts

- Around 200 buffalo roam on Catalina Island, descendants of a few taken there in the 1920s for a movie and left there.
- In Arcadia, peacocks have the right of way to cross any street, including drive-ways.
- The City of Los Angeles, spread over 467 square miles, is hub to a five-county metropolis of 34,149 square miles.
- In Carmel, it is against the law for women to wear high heel shoes.
- Over 30,000,000 Legos were used to construct the attractions and decorations at Legoland in Carlsbad, California.
- The General Sherman Tree in Sequoia National Park, California is the largest tree in the world, weighing more than 6,000 tons.
- During the California gold rush of 1849, miners sent their laundry to Honolulu for washing and pressing. Due to the extremely high costs in California during these boom years, it was deemed more feasible to send their shirts to Hawaii for servicing.



# Got Needs?

## Granny Noetal

Dear Granny Noetal,

With the price of gas and the lousy parking at ARC, I'm thinking of biking to school. I live 2 miles from the campus, too far to walk. Where can I leave my bike so that it doesn't get stolen?

Harry Vuelta

Dear Harry,

If you go to Student Services, they will rent out a bike locker to you for a minimal charge. The lockers are really big. I know one student who practically lived in his – not that I recommend that – but what I remember is he was never late to class. So I think it's a great idea you've got. Just remember not to ride your bike on the campus. And let me know if you ever want to go mountain-biking. Even though I'm a granny, I can spin my spokes like a woman 50 years younger!

Granny



## Free Income Tax Preparation Assistance !!

### Where?

American River College. College Oak Drive & Orange Grove. In Howard Hall (next to Administrative Building)

### When?

Saturdays: Feb. 7 & 21; Mar. 7, 14 & 28

By Appointment. Call 568-3100 after Jan. 26 & leave message on voice mail box 12334.

### Who?

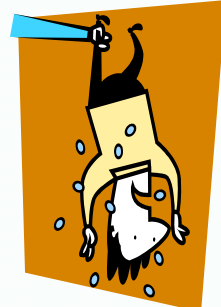
Low to moderate-income taxpayers (to \$50,000). Students at any college, staff, and neighbors are all welcome

### What?

Federal and California taxes filed electronically. Will prepare forms 1040EZ, 1040A and 1040, CA 540. Bring Social Security Card (taxpayer & dependents) & Picture ID.

Web page: <http://ic.arc.losrios.edu/~vita>

Faculty contact: Dieter M. Kiefer, [kieferd@arc.losrios.edu](mailto:kieferd@arc.losrios.edu)



## Ask the College Nurse: Cindy Watson

Dear Cindy,

Just when I was going to go out on my first date with this really cute guy, I got a big zit on my chin!! Is there anything I can do to stop getting zits?

April Bouton

Dear April,

Zits. Pimples. Blemishes. Acne. No matter what you call them, acne can be distressing and annoying! Acne occurs when your hair follicles become plugged with oil (sebum) and dead skin cells. When your body produces an excess amount, the two can build up in the hair follicle and form together as a soft plug. It's not known what causes the increased production of sebum that leads to acne. But a number of factors – including hormones, bacteria, certain medications, and heredity – play a role. Contrary to what some people think, foods have little effect on acne. Also, acne isn't caused by dirt. In fact, scrubbing the skin too hard or cleansing with harsh soaps or chemicals may irritate the



skin and make acne worse. The good news is that effective treatments are available. Mild cases may only involve self-care measures, such as washing your skin daily with a gentle cleanser and using over the counter acne cream. Keep your hair clean and off your face, and avoid resting your hands or objects, such as a cell phone, on your face. Avoid heavy foundation makeup, and remove your makeup before going to bed. Also, be sure to throw out old makeup and clean your cosmetic brushes and applicators regularly with soapy water. All of these things can clog pores. To reduce chances of getting acne on other parts of your body, wear loose fitting clothing. Tight fitting clothes trap heat and moisture and can irritate your skin. Shower after doing strenuous work. Oil and sweat on your skin can trap dirt and bacteria. And remember, don't pick or squeeze blemishes, as this can cause infection or scarring! Most acne will clear up with self-help measures such as these. For severe cases, though, treatment may include getting prescription medications, or laser and light therapy from your doctor or dermatologist. Take good care of your skin. I wish you the best with that cute guy!

Cindy

## Artie's Studio

Dear Artie,

I have three active, creative children who enjoy art. Can you recommend some art galleries that our whole family can visit?

Sincerely,

Frazzled Mom

Dear Frazzled Mom,

I have reared a boy and a girl who really kept me busy, too, so I understand what it's like looking for activities that young children can enjoy and benefit from. Here are my suggestions to you and your family.

First, I suggest going to the Crocker Art Museum located on 216 O Street in Sacramento. The Crocker not only has fantastic permanent and temporary art exhibits, but also sponsors a wide variety of family activities that will spark your children's interest. A terrific "Buddha" exhibit that will display Eastern art objects is upcoming soon and appears to be a one-of-a-kind exhibit. Don't forget to stop by



the Gift Shop that is located inside the museum because it sells many art pieces, books, games and other items that make great presents.

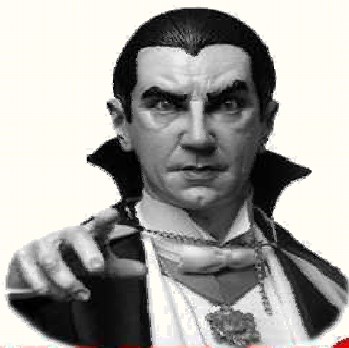
Second, I recommend visiting the Solomon Dubnick Gallery, located at 1050 20<sup>th</sup> Street, #130, because this gallery sponsors art created by some of the best artists in the Sacramento area. Solomon Dubnick has exhibits that change frequently and highlights different, rising artists from the Sacramento region. I think that you and your family will definitely enjoy the distinct artistic styles and mediums displayed in the Dubnick Gallery. (This is one of my favorite galleries).

Finally, I also recommend that you visit a very unique and creative gallery called the 20<sup>th</sup> Street gallery located at 911 20<sup>th</sup> Street in Sacramento. This gallery also sponsors very creative and original works of art and artists. I have seen some of the work that comes from this gallery and think that it is the most worthy of visiting.

Artie

Have a question for Artie? Contact ESL Professor Gay Ann White at [whiteg@arc.losrios.edu](mailto:whiteg@arc.losrios.edu)

# American River College Blood & Marrow Drive



**I WANT YOU!  
TO DONATE BLOOD!**

**Tuesday,  
March 3rd  
& Wednesday, March 4th  
9:00am – 3:00pm**

Located in the Cafeteria Banquet  
Rooms

For more information, contact: Health Services @ 484-8383

\*Please eat and drink plenty of fluids  
prior to donating  
\*Please bring a Photo ID





# Mim's Cafe

Hello again! I hope your spring semester is going well. This second recipe- Curry Chicken - is calorie-friendlier than the last one. However, gathering the necessary ingredients may require a little work. If you haven't dabbled in Southeast Asian cooking, then you will have to go to your local grocery stores and look in the "Asian Food" or "Oriental Food" sections for coconut milk, curry paste (or powder), fish sauce, lemon grass, and kaffir lime leaves. Raley's carries quite a few products by the brand, A Taste of Thai. If you go to a Chinese, Vietnamese, or Thai grocery store along Stockton Blvd, you'll find more selections. I recommend the SF Supermarket (on the corner of 65<sup>th</sup> and Stockton Blvd) because that's a one-stop shop. For many of my curry dishes, I buy MAESRI brand's Panang Curry Paste because of its mild taste and flavor. If you like your curry hot and spicy, you can use red, green, or yellow curry paste. You can also substitute the vegetables below with the ones you like. Sometimes I use snow peas, pineapples, bamboo shoots, and or tomatoes. Most of the time, what my curry looks and tastes like depend on what vegetables I find in my fridge. As for the fish sauce, look for the one that doesn't have much sodium. The lemon grass and kaffir lime leaves are used to flavor the curry but is not eaten. Also, you can substitute fillet fish or shrimp if you prefer seafood. This dish serves four people and is best served hot with Jasmine rice. I dare you; TRY IT and email me, Mim Montgomery, at [montgot@arc.losrios.edu](mailto:montgot@arc.losrios.edu) with your comments.

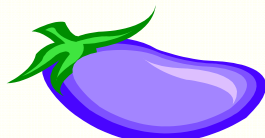


Prof. Montgomery with happy eater.

## Chicken Curry

### Ingredients

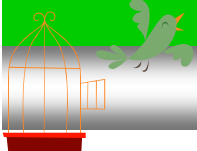
- 1 pound of chopped boneless, skinless chicken thighs or breast
- 1 bell pepper (red or green – 1 inch cube)
- 1 Japanese eggplant (cut it diagonally about a quarter inch thick)
- 1 cup of yellow onion (cubed or chopped lengthwise)
- 2 tablespoons of Panang curry paste (or less for lighter flavor)
- 2 tablespoons of fish sauce
- 3 tablespoons of sugar
- 1 cup of coconut milk (you can use more for a richer taste)
- 1 cup of chicken broth
- 1 stalk of lemon grass
- 2-3 kaffir lime leaves



### Cooking Instructions

1. Heat ½ cup of coconut milk in a small pot – use low to medium heat (don't let it boil)
  2. Add kaffir lime leaves and lemon grass (cut into 4-5 inches in length, pound it first to release the flavor)
  3. Stir and add the Panang curry paste. Then add the chicken (wait if you are using fish or shrimp)
  4. Add fish sauce and sugar and raise heat to high to cook chicken (3-5 minutes or until cooked)
  5. Add eggplant, onion, and bell pepper, and chicken stock (let it boil and then reduce heat) (If you are using fish or shrimp, add it here – cook for 3-5 minutes)
- Add leftover coconut milk and remove pot from heat





# Out of The Cage

## International Student Volunteer Opportunities

February 12, 2009  
12:15 pm - 1:15 pm

Do you like to travel? Do you have a desire to help others? Why should you consider volunteering abroad? There are many reasons why thousands of students volunteer abroad every summer. Whether you want to explore the world, learn a new language, or experience other cultures, you'll have the opportunity to do this and much more while lending a hand to those who are working to improve life in their communities. You'll also learn a lot about yourself, as you take on the challenge of living and working in a completely new environment. This presentation will offer students, faculty and staff information about international volunteer opportunities.



Location: Raef Hall 160

## FAFSA Workshop

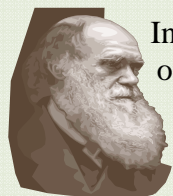
February 18, 2009  
9:00 am - 2:00 pm

This workshop will assist students in completing their 2008-2009 and 2009-2010 FAFSA applications on-line. Students should bring their Social Security Card (SSN), Parent's Social Security Card if dependent, 2007 Federal Tax return or estimated taxes for 2007, personal income information, asset information, and any investments and/or other financial information available. The workshop will be located in the Assessment Lab in the Student Services building on a first-come-first-serve basis with limited space. Students must arrive before 1:00p.m. Due to limited seating, if there is not room for the student at 1:00p.m., the student will need to return to a different workshop. Students who are not able to complete the FAFSA by the end of the workshop will need to save their work and either complete it on their own or return to another workshop.



## Who Was Darwin? Bring Questions, Get Answers...

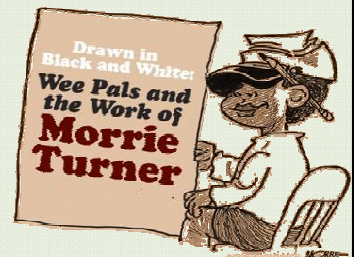
February 17th, 2009  
12:15-1:15pm



In recognition of the 200th anniversary of Charles Darwin's birth, Dr. Frank Araujo (ARC Anthropology) will discuss the broad influence which Darwin's research has had on the scientific world. The presentation will be followed by a question and answer session. This event is sponsored by the new American River College Freethinkers Club; for more information contact [hlavnaa@imail.losrios.edu](mailto:hlavnaa@imail.losrios.edu). You can also search for "ARC Freethinkers" on Facebook.

Location: Raef Hall 160

February 12, 2009  
12:15 -1:15 pm



In recognition of February as Black History Month, you are invited to join Morrie Turner, ground breaking African-American cartoonist and author/illustrator of the nationally syndicated comic strip Wee Pals, as he shares his work, wit, and wisdom. Co-Sponsored by the Center for Teaching and Learning and Campus Life

Location: Raef Hall 162

For more information call (916) 484-8558 or email [ctl@arc.losrios.edu](mailto:ctl@arc.losrios.edu)

*Continued from page 1*

***I know you've been all around the world; where have you visited so far?***

Oh, many places. My favorite of all? I still love Asia; it is my favorite, but I just came back about 3 weeks ago from what used to be Eastern Europe part of Yugoslavia. I had a nice visit to Croatia, Slovenia, Bosnia, Herzegovina, Zagreb, Croatia -- it was the same time President Bush was in the same city, so that wasn't so much fun -- too much security, but I've been to Europe. I've been to countries in the Middle East like Turkey which is partly the Middle East, partly European; Jordan, and Egypt, but in Asia, I've been to Hong Kong, Vietnam, Thailand, Malaysia, Myanmar, which had just had a big cyclone and maybe a hundred thousand people just died. I've also been to Laos. I think I said Thailand, the Philippines, Japan, but lots of Asia and Mexico and Canada, and I've been to all 50 states in the United States. I've not been to Central or South America, but if I live long enough -- I do enjoy traveling -- I will probably see those other countries. And I love, as I said, my favorite country is Thailand. When I retire I hope to live in Thailand about 6 to 8 months out of a year.

***When are you going to retire?***

Well. I'm not an old man, but I will

retire. My planned retirement date will be June 13<sup>th</sup>. At that time I'll be almost 65; I'll be a week from my 65<sup>th</sup> birthday and I may go back to work a little bit part-time when I'm not in Thailand but my plan is just hopefully to enjoy and just have fun, and travel.

***Do you have something to say to international students through The Parrot?***

Well, I think the international students' main thing is they have many choices when they come here. I think for many those are real different, and their education is their own because most international students are told they must take this class, this class, and this class, but here they have choices. So again, they have to also look to see really what they want to do and it's hard because sometimes they have the family pressure which says everyone has to go to UC Berkeley. There's a lot of pressure on them. They have to think of their own feelings. As I said, I started in engineering because I was good at it; maybe people told me that's what I should do, but it wasn't in my heart. The other thing I would say is again, even you have many freedoms and sometimes you're away from home, you need to keep studying hard. There are wonderful people here, from your

instructors to your counselors that are here to help. Make sure that you go in for help and also it'll be English as a Second Language for a while. Try to speak in English while you're here, and to learn so you become more comfortable with it. A lot of us may live in a world, you know some of us may be living in a household with many fellow Korean students or many Japanese or Chinese-speaking students, and then there are maybe relatives and so they speak in their native language, also which I understand. It's comfortable, but if you are going to learn, really, from experience, you need to speak in English and also make sure that you also find balance and enjoy some other things, too. Because for many of you, you have the opportunity in this country to enjoy the culture and enjoy the people because in my travels the richest thing is that you can learn in all of the world is such wonderful people, wonderful cultures. It helps change us. One other thing I'll say. Like in Thailand most people there follow Buddha's way. You can't control that driver in front of you. You can't control that light. It just turns red when you are trying to get some place. And that's very important, you know; you live longer that way.

Reporter: Anna Kim