

The Cockroach

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

Issue # 29

April 1

ARC President Cornered on Name Change

Son, if you really want something in this life, you have to work for it. Now quiet! They're about to announce the lottery numbers.

Homer Simpson

The Cockroach: President Viar, this is the inaugural issue of The Cockroach. What brought you and the Los Rios CC Board of Trustees to such a momentous decision, the decision to change the name of the beloved “The Parrot” to “The Cockroach?”

President Viar: Well, while The Parrot has served as a useful symbol for ESL and international students, we simply felt that the time had come for a change – hence, The Cockroach.

The Cockroach: With all due respect, the parrot as a symbol seemed perfect. After all, its multi-colored feathers reflect the multi-ethnic composition of our ESL and international student body. The parrot is also one of the few creatures that speak another language. How is the

cockroach an improvement?

President Viar: Well, the cockroach is a creature that is indomitable. It has been in existence for millions of years, can be found simply in every grandmother’s kitchen on the planet, and will proba-



bly be on the earth for eons. In addition, there are probably hundreds, if not thousands of types of cockroach – diversity! We see the cockroach as a force whose time has come, an icon for ARC that better reflects ARC’s future in the world than a parrot or even a beaver can hope to do.

The Cockroach: President Viar, you certainly have a unique perspective. Most people share a particularly loathsome view of the cockroach. I’ve

never heard of an athletic team named after a bug, there are no cockroach jokes out there as there are parrot jokes, no cute images of pirates with cockroaches on their shoulders, and people just don’t have cockroaches as pets! When people see a cockroach, they shudder, they stomp their feet, they scream!

President Viar: Shudder, stomp their feet, scream?! Well, that’s exactly the kind of reaction we want out of people when they hear the name, “The ARC Cockroaches”! Think of the publicity, the clamor, the acclaim! I’m thinking Oprah, Jay Leno, letterman! I’m talking about the talk in the NY Times, the Wall Street Journal, People Magazine, even our own dear The Current! I can see Paris Hilton, Angelina Jolie, Kid Rock, Kobe Bryant sporting cockroach tattoos! I can imagine cockroaches replacing puppies as White House pets! Picture Mt. Rushmore with ...

The Cockroach: Well, I’ve got to hand it to you, President Viar, you’ve

For reactions to our name change see page 5!



American River College
4700 College Oak Drive
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a certain Howard Dean quality about you. Up until now, we thought your primary concerns were simple ho-hum issues such as parking, tuition fees, and classroom space. Your perspective is... how shall we put it? Singular? Special? Nuts? Tell us, please, were there any other names considered besides “cockroach”?

President Viar: The Board bandied about names as diverse as the bison, the raccoon, the lemur, the condor, the piranha, the titmouse, the platypus, and my favorite – the locust.

Continued on page 18



Contact The Cockroach: Braccop@arc.losrios.edu





Student Chirpings

Some Comparison Between English and Russian

When I came to the USA about three years ago, I had a problem. This problem was I didn't know English. I needed to learn this language in order to communicate with people in this country, have a job, and live here. I understood how important it is and began to learn the English alphabet as a first step. Although I began from the letter "A," it wasn't too hard

for me to study English. Because I was a successful student in my childhood, I soon understood some similarities and differences between English and Russian. This understanding helped me to remember my old knowledge and study new material. There are some similarities between English and Russian, but I need to study a lot of differences, too.

On my first day in an English school, I found that some letters of the English and Russian alphabets are the same. For example, we have A, B, C, E, H, I, K, M, O, P, T, and X in the Russian alphabet. When I began to compile my first sentences, I saw that the sentences in English contain the subjects, the verbs, and the objects as in Russian, and the verbs can have the various tenses. Also, I can build some new words with the prefixes and the suffixes. I knew these grammar rules and

thought, "It is easy to study English." While it wasn't too hard for me to remember some similarities of English and Russian, I needed to spend more time to study some differences. When I looked at the English alphabet for the first time, I thought, "It is almost the same as the Russian alphabet." But very soon, I knew that the pronunciation of

almost all letters is different. Plus, the English alphabet has 26 letters instead of the 32 letters of the Russian alphabet. When an English reader opens a Russian book, he can see the period after one word. "Why?" he'll ask. It is true that some sentences can have only one word and be complete. In contrast, the simple sentences in English use "it is" in the beginning. Also, we can put the subjects, verbs, and the objects in any order in Russian instead of them having their special places in English. Our language becomes wealthier when we use prefixes and suffixes to build some new

words. But, while we add only prefixes, suffixes and endings of words in Russian, it is hard to study gender, case, and ending of words in Russian for English people because English doesn't have them. In addition, there are the verbs. Russian has only three verb tenses: past, present, and future. On the other hand, English has twelve. I can't compare them because I haven't learned all of them yet.

In conclusion, I remembered one talk. After I studied English for several months, I was tired and confused because of a lot of new information I needed to know in my new country. One day, when the class was finished, I sighed deeply and said, "Why did those people want to build a tower of Babel?" Valeriy, my classmate, who was sitting in front of me, turned and answered, "After you learn English, you won't ask this question." I realize now that that maybe I won't know English as well as native speakers of English do, and my accent will compel people to ask me "Where are you from?" But I have been enjoying English, and I try to study the similarities and the differences between English and Russian more and more.



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My Mom

Almost all people have relatives. Some people have a really big family tree with a branch of sisters, brothers, cousins, uncles, aunts, grandmothers and grandfathers. Some people have a little family with a couple of relatives. But each person has a mother. A mother is with you throughout your life. She always lives in your heart and mind. My mother is not an exception. My mother is the best and loveliest person in my life.

My mom's name is Lyudmila, which means "a person who is pleasant to the people". And this is true! Although she is sixty-four years old, she is pleasing looking. She is slim because she does her exercises every morning and likes to eat vegetarian food. Her short black hair is turning gray. Her green eyes look young and happy. Certainly her face has wrinkles near the eyes and on the cheeks but she doesn't cover them with makeup. She doesn't like to wear black or brown clothes; her dresses are always light-colored. Her tender hands always smell like peonies. This smell reminds me of my childhood when I was a little girl and re-

ceived a big bouquet of red, white, and pink peonies on my birthday.

My mother is a wise woman. She was always patient with me when I made mischief in my "early" years and later, when I was a teenager and thought, "What does she understand in this life? She is old and she knows nothing!", I didn't

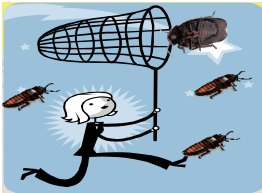


hear her loud voice. She always tried to explain something important quietly to me. We were friends, and I told her about my problems, and she made a few suggestions how I could solve my "big, serious difficulties". She taught me to be responsible for my life. My mom often said, "First, you should do what you must do, then you should do what you need to do, and after you can do what you want". When I grew up, got married, and had a

helped me to take care of my little girl, but she never interfered in the relationship between my husband and me. Now I am a mother too and I want to bring up my daughter in the same way.

Finally, my mom is a great cook. She can make something special even if she has nothing. Her vegetarian ragu (a mix of fried potatoes, eggplant, cabbage, carrots, green pepper, onion in tomato sauce) is the best course in the world! She can decorate a salad that looks like a glade of different flowers: a rose from a beet and a lily from a carrot are surrounded by green grass from celery.

Although she is far away from here (an ocean divides us), when I talk with my mom on a phone, I see her lovely face and remember every wrinkle on it. A clear image of my mom will live in my memory even when eternity separates us. She will be with me forever because my mother is the person I want to be like.



NET Escape - Articles from the net.

April in History

- 1st. Oliver Pollack invents the dollar sign. He receives no compensation (1778).
- 1st. Daytime soap opera General Hospital first airs on ABC (1963). Short-lived "General Bedpan" airs on NBC (1964).
- 2nd. Congress passes the Coinage Act and the U.S. Mint is born. The Junior Mint soon follows (1792).
- 3rd. The Pony Express begins delivering the mail. (1860). The Pony Express finishes delivering the mail — the same mail (1863).
- 5th. General Douglas MacArthur died in Washington, D.C. at the age of 84. He said he would return (1964).
- 6th. Explorers Mathew A. Henson and Robert E. Perry are the first to reach the North Pole. They didn't like it (1909).
- 6th. The first modern Olympic Games opens in Athens, Greece. Same old toilets (1896).
- 6th. Twinkies hit the market. The great depression soon follows (1930).
- 7th. The musical *South Pacific*, by Rodgers and Hammerstein, opens on Broadway. Bloody Marys are served at intermission (1949).
- 7th. The World Health Organization (WHO) is founded. Members had no health insurance (1948).
- 9th. The U.S. Senate passes a law making Winston Churchill the first honorary U.S. citizen. Who is the second? (1963).
- 10th. The "unsinkable" RMS Titanic departs on it's maiden voyage from Southampton, England. Five days later — Uh-oh! (1912).
- 12th. Russian cosmonaut Yuri Gagarin becomes the first person in space. Ironically, he has little leg room (1961).
- 18th. Paul Revere makes his famous ride from Charlestown to Lexington, Ma., shouting "the Red Coats are coming" as the American Revolutionary War begins. He is immediately offered a job at Macys (1775).
- 25th. Delegates from 45 countries meet in San Francisco to organize the United Nations. No word yet on if it worked (1945).
- Gideon Sundback of Hoboken, N.J. patents the zipper. Sundback reputedly says "win one for the zipper" (1975).

Silly Vasily's Chuckle Chamber



In promulgating your esoteric cogitations or articulating your superficial sentimentalities and amicable philosophical or psychological observations, beware of platitudinous ponderosity.

Let your conversational communications possess a compacted conciseness, a clarified comprehensibility, a coalescent cogency and a concatenated consistency. Eschew obfuscation and all conglomeration of flatulent garrulity, jejune babblement and asinine affectations.

Let your extemporaneous descants and unpremeditated expatiations have intelligibility and voracious vivacity without rodomontade or thrasonical bombast.

Sedulously avoid all polysyllabic profundity, pompous prolificacy and vain vapid verbosity.

If you are really interested to know, the above means: "Be brief and don't use big words."



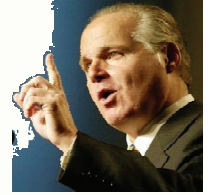
Reactions to Name Change of Parrot to Cockroach

On-Campus



- **Frank Smith, ARC Police Officer:** *“It was bad enough doing crowd control on days The Parrot came out. I think this will stretch our resources even more.”*
- **Brian Knirk, Oak Café –** *This “Cockroach” thing— it’s food for thought.*

Nationally



- **Rush Limbaugh:** *“I hope they fail.”*
- **Bow-Wow :** *“It should’ve been a dog.”*
- **Wolfgang Puck:** *It’s a new day. I’ll have to whip up something in the kitchen to commemorate the change. It’s gonna be ugly...*
- **Ringo Starr:** *“Wish we had come up with that name 50 years ago. Our career might have gone off in another, more meaningful direction”*

- **A Bookstore Clerk Wishing to Remain Anonymous:** *“I can’t wait until we start getting Cockroach T-shirts! I’m wearing one to graduation.*
- **A Biology Dept. Faculty Member in an Unguarded Moment:** *“As beloved as The Parrot was, we believe The Cockroach will boost attendance in our classes and foment a new, profound understanding and appreciation of the biodiversity of our great planet Earth.”*
- **Theater Arts:** *“Grand! The Arts could not be, nay, shall not be better served than by such a noble creature, a creation of such grandeur, such élan, such legs! “*



- **Bill Gates:** *“Sounds like something Apple schemed up.”*
- **Treasury Secretary Timothy Geithner:** *“This is of major economic interest. But I’m not sure how.”*

- **Captain Sully Sullenberger:** *“Never liked birds...”*
- **Gov. Schwarzenegger:** *“The Parrot will be back.”*
- **The White House:** *“This is all part of the stimulus package. The name change will create jobs and work to end the recession.”*
- **Bernard Maidoff:** *“I had nothing to do with it.”*



From Around the Globe



Fidel Castro: “Es un truco imperialista de los yanquis!” (It’s a Yankee imperialist trick!)

Hugo Chavez: Perros americanos. Cucharachas americanas. Es lo mismo. (American dogs, American cockroaches, it’s the same thing.)

Nicolas Sarkozy: Nous prenons nos pommes frites. Les Américains ont besoin de quelque chose de être

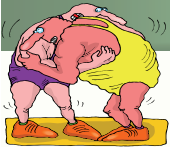
fiers . (We have our French fries. The Americans need something to be proud of.)

Pope Benedict:

Il presidente Viar dovrebbe essere canonizzato per la sua direzione
Le président Viar devrait être canonisé pour sa conduite
El presidente Viar debe ser canonizado por su liderazgo.
Der Präsident Viar sollte für seine Führung kanonisiert werden.
President Viar should be canonized for his leadership.



Parrot Warbling



Grappling with grammar

Gerunds after Certain Verbs

We sometimes use one verb after another verb. Often the second verb is in the infinitive form, for example:

- I **want to eat**.

But sometimes the second verb must be in gerund form, for example:

- I **dislike eating**.

This depends on the *first verb*. Here is a list of verbs that are usually followed by a verb in gerund form:

admit, appreciate, avoid, carry on, consider, defer, delay, deny, detest, dislike, endure, enjoy, escape, excuse, face, feel like, finish, forgive, give up, can't help, imagine, involve, leave off, mention, mind, miss, postpone, practise, put off, report, resent, risk, can't stand, suggest, understand. Look at these examples:

- She is *considering* **having** a holiday.
- Do you *feel like* **going** out?
- I *can't help* **falling** in love with you.
- I *can't stand* not **seeing** you.

Rigoberto's Riddles



Some try to hide, some try to cheat,
but time will show, we always will meet. Try
as you might, to guess my name, I promise
you'll know, when you I do claim. Who am I?

• Death

Idiom-Attic

Chew the fat

After a hard day, Nanook and his friend like nothing better than to sit around a nice warm fire **chewing the fat**.

"Normally we are so busy hunting and fishing that we don't have much time to get together to chew the fat," Nanook noted. To chew the fat is to have a **casual chat or a nice little talk**. "Our wives have just gone to one of their friend's igloo to chew the fat", Nanook

Where is the ESL Center?

When you come
To the LRC at American River College
You just need to turn right
And then, the ESL center, is on the left corner of
your sight

A big floor with many chairs and tables
And some people there
Are willing to meet your wants
The ESL Center is in the LRC, at ARC

But, to me the ESL Center is
Part of the Silk Road
It's part of a history which has been buried in
time

The ESL Center shows me that
People are people
From the ancient past to now
They like to trade, communicate
And be alive

The ESL Center is a rest stop
It is a place where people from far
Can be relaxed, find a map
The direction for the new path of their lives
They trade with each other
No saffron, frankincense, or spices...
Not silk, dried fruits or unique gems

They trade their thoughts, their languages
And the experiences of their lives
They have brought not just a knapsack of food
Bread and a cover for the night
They have brought hope and luggage filled
with memories and traditions
They have come from a Silk Road
Which has many branches now

A Silk Road that connects not just the Far
East to Europe
A Silk Road that connects the whole world
The ESL Center at ARC is a caravansary
And it helps people to be ready to continue their
lives

The sound of camel bells which is lost in time
Has been heard in every corner

Many caravans are on the way
And the Silk Road is an eternal road
And it goes through the future
The sound of camel bells is heard in every
corner

Here is the ESL Center in the LRC, at
American River College

Parisa Samadi

More Cockroach Fun Stuff



Photography Word Search

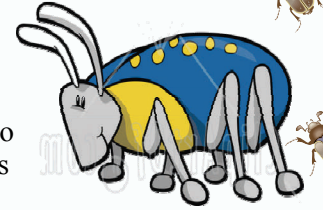
Find and circle all of the Photography terms that are hidden in the grid. The remaining letters spell the name of a type of camera.



- | | | |
|-------------|--------------|----------------|
| Aperture | Fixing bath | Frame |
| Balance | Flash | Hot shoe |
| Bellows | Focal length | Light meter |
| Blowup | Frame | Lighting |
| Camera | Hot shoe | Negative |
| Close up | Light meter | Saturation |
| Color | Lighting | Shutter |
| Contrast | Negative | Slide |
| Cropping | Enlargement | Stop bath |
| Darkroom | Enlarger | Telephoto lens |
| Developer | Filter | Tint |
| Enlargement | Fixing bath | Tone |
| Enlarger | Flash | Tripod |
| Filter | Focal length | Underexposure |

Cool Roach Facts

- All American pest roaches--like most American humans--were immigrants.
- What if you skinned your knee and white blood came out? If you're a cockroach, no big deal. Cockroaches bleed white blood.
- Pregnant for life? It doesn't sound like much fun, but some female cockroaches mate once and are pregnant for the rest of their lives.
- Cockroaches in your gourmet dinner? Maybe not as a main dish, but they have been used in sauces, condiments and as appetizers.
- A cockroach family tree would be mighty big and long! Cockroaches are thought to have originated during the Carboniferous era, which ended 280 million years ago. They have been abundant ever since and are some of the most primitive winged insects.
- Cockroaches are supreme couch potatoes. They spend 75 percent of their time resting.



Letter of Recommendation

Read all the lines first and then read the odd numbered ones only.

1. Phineas Dlamini, my assistant programmer, can always be found
2. hard at work in his cubicle. Phineas works independently, without
3. wasting company time talking to colleagues. Phineas never
4. thinks twice about assisting fellow employees, and he always
5. finishes given assignments on time. Often he takes extended
6. measures to complete his work, sometimes skipping coffee
7. breaks. Phineas is an individual who has absolutely no
8. vanity in spite of his high accomplishments and profound
9. knowledge in his field. I firmly believe that Phineas can be
10. classed as a high-calibre employee, the type that cannot be
11. dispensed with. Consequently, I truly recommend that Phineas be
12. promoted to executive management, and a proposal will be
13. executed as soon as possible.

Campus News AP (Associated Parrot)

A Matter of Taste

(AP)ARC announced today that the Theatre Arts Building will not be completed as planned. While it is true that wrangling over the spelling of “theater” as “theatre” added to the delays in construction, the real reason for the outright abandonment of further construction was simply a matter of taste. The Art Department, in the spirit of minimalism, believes that as is, the unfinished project will have more value, that the value is in the process, not the product.

When queried as to his view of this groundbreaking decision, a professor who remain anonymous (he’s bald, has a distinguishing Mona Lisa tattoo on his right thigh) suggested that the “open girder” look, in addition to being a cost-saving measure, was not unlike the Greek Corinthian style, which to this day enjoys a certain popularity among those enamored of crumble.



Cockroach Protest

(AP) Student editors of The Parrot are said to be organizing a protest on campus and a march to the Capitol for May 18th, National Parrot Day, to express their outrage at the changing of The Parrot to The Cockroach. Said Christian V., chief student editor, “The Cockroach” is simply just too long to spell.



Sacramento Larva

(AP) The Sacramento Bee, in a press release issued yesterday, hailed the Los Rios Board’s name change decision as courageous and visionary. An inside source indicated that The Bee will soon follow suit and change its name to The Sacramento Larva.



Davies Hall Hurdles

(AP) The ARC Track and Field team has announced that until the weather is perfect a contingent of hurdlers will be using the second floor of Davies Hall for practice. The advantage, other than having protection against the rain, is that there are untold number of students sprawled in the halls all day in such a way as to make for formidable obstacles for anyone attempting to scuttle down the hall. “It’s really exciting to have “live hurdles” to fly over,” enthused one young athlete. “Outdoors on the track is really so boring. You knock over a hurdle, you have to pick it up. In Davies, you step on a leg, it screams, and you blaze down the hall. It’s so hecka interactive!” No reaction as yet from the Current but The Cockroach is going on record as being in full support of this very innovative and constructive use of campus facilities and this tapping into the full potential of the student body.



AIG

(AP) In keeping with recent trends established by such respected institutions as AIG, employees of The Cockroach, nee The Parrot, will be receiving bonuses despite, or maybe as a direct result of, typographical errors, erroneous reporting, and cockeyed margin setting. When told the good news and questioned as to the ethical issues involved, the employees are said to have laughed and said, “squawk!”

Grade Change

(AP) In these troubling times, the ESL Department, in an effort to streamline matters and end the madness that grading evokes, announced that the traditional letter grades will be simplified. There will be two grades: “AD” and “TLB”. AD is short for “Attaboy, Dude”. TLB stands for “Tough luck, Buddy.” Details are still being worked out, as it is not clear whether the terms “dude” and “buddy” are gender-neutral.



More Student Chirpings

Another Loren

Can you predict a person's character by a first look at the person's room? I tried once and met a fiasco. I had to find a person for a project team. I visited Loren, a young man, who had to be a member of the computer software project. The mess in his room created an image of a negligent man. This image lived in my mind until the conversation in person with Loren had started.

The first feature, which suggests in which world he lives, is a T-shirt. It has a big portrait of Ernesto Che Guevara and fits very well to his blue jeans. The big button on the T-shirt depicts Pink Floyd, a rock group. I was surprised by his knowledge of classical music and Broadway opera and asked him about that.

- How do you combine so many different branches?
 - They have similar value. Classical music written by Mozart, Chopin, Bach, Beethoven,

Tchaikovsky and other greatest composers is an inheritance. Broadway opera is what we do today. All of them prompt us to think, not just to dance.

- Oh, I'm surprised that your opinion coincides with mine. What is your favorite Broadway Show?
 - I would say, it's "Cats", a phenomenon in the cultural world. My very first impression started to change.

Then I found that his face doesn't fit the image I had before.



Loren's Room

He has long brown hair. His haircut looks like a neglected garden and emphasizes Loren's artistic nature. The slim lips always work with eyes when his face shows an emotion. His blue eyes radiate friendliness. Those rays of positive energy encourage you to a straight talk. Only his sharp Pinocchio style nose doesn't reflect any emotions on his face.

Loren's manner of discus-

sion is outstanding. He keeps a soft voice even if he strongly disagrees with you. His end-patience is based on a frank respect for the opinion of his opponent. Loren can listen carefully even if his eyes show disagreement. When he argues, he starts his attack with facts and uses good analytics as cannon. For example, he provided modern statistics about human factor in network system crashes.

I had to correct my opinion after that. His significant professional skill didn't fit his young age. It surprised me a lot.

When I was leaving Loren's room, my very first opinion about his personality was changed to the opposite. Loren's attitude towards discussion had a great value as a team player. The mess in his room wasn't connected to his accuracy with the job. I gave him a piece of advice, "You need a secretary. Perhaps, a fine young lackey can manage you in your household duty," and left his room.

Got Needs?

Ask the College Nurse: Cindy Watson

Dear Cindy,

What's a hookah? I got one from my parents.

Paco Respira

Dear Paco

The hookah, also known as hubbly bubbly or narghile, is a waterpipe that has been used for smoking tobacco for over 400 years. It was invented in India and is most commonly used in Africa and Asia. Recently hookah smoking has become popular in the United States, particularly with college students. Because hookah smoke is filtered through water, it is commonly believed to be safer than smoking cigarettes. However, scientific evidence refutes this.

Typically a cigarette smoker will take 8 to 12 puffs inhaling an approximate total of two cups of smoke over 5



to 7 minutes per cigarette. On the other hand, a hookah smoker will take 50 to 200 puffs, inhaling up to one quart per puff per session, typically lasting from 20 to 80 minutes. The total volume inhaled with a hookah could vary from 50 to 100 quarts per session, a considerably larger amount than that smoked with a single cigarette.

Like cigarettes, the tobacco smoke from a hookah contains toxic components such as nicotine, carbon monoxide, heavy metals and other cancer-causing chemicals. Sharing a hookah mouthpiece can cause transmission of herpes virus (cold sore/fever blister), colds, hepatitis and tuberculosis.

The full report from the World Health Organization can be accessed at

www.who.int/tobacco/global_interaction/tobreg/waterpiperecommendation_Final.pdf

Cindy

Granny Noetal

Dear Granny,

Spring break is one week but I asked my ESL teacher if I could miss two more weeks after that because I want to go back to my country, and it's a lot of money to fly for only one week. I was surprised my teacher said no because my teacher last year said yes. I am an "A" student. I think this year's teacher is mean.

Upset

Dear Upset,

I wish you had signed your name "Disappointed a Little" instead of "Upset". Keep in mind why you are attending college and the commitment you made to yourself, your teacher, and your classmates. Most ESL teachers like to see the class as a "team". People work together and communicate with each other. Actually being with oth-

ers students and a teacher in class can be a very valuable experience. Missing class means you're losing out. The college has rules, as does each department, about attendance. Making exceptions should be for special situations – a grave illness or death in a family, for example. Getting a good price on airfare is not a valid excuse -- even for an "A" student. Perhaps your teacher last year was a "softie" and didn't want to upset you. This semester you will be upset. Keep in mind that if you are the type of language learner that doesn't enjoy or even need the classroom experience, then you should consider "on-line" classes. They can be taken from anywhere where you can "plug in" your computer. In the meantime, Granny wishes you a pleasant spring break. I usually find one week in Cancun is enough for these old bones.

Granny

From Laughter to Crying

When my sister and I were young, my parents raised a goat. We had to go to a special place in my town to bring the goat home. We called that place "special" because it was like a reunion every day. Every morning and evening we went to that place to drop off our goats, and then bring them home. That's why we called it special. A goat boy took care of the goats from morning till evening. At about 5:00pm everybody who owned a goat went to that place to bring their goats home. At that time I didn't know that going there would bring me unhappiness.

On that unlucky day my parents were working, and my older sister couldn't go to bring the goat home, so she told me to do that. My neighbor's son, Vanea, was my age. They had a goat too. I talked to him about going to the place together to bring the goat home and he agreed. We had to walk about 30 minutes. We walked, talked, and joked all the way to the place. Once we got there, we realized that we were 20 minutes early. Nobody was there, so we began to look around and get used to that place. While I was looking, I saw a very big garbage dump. In my country, Moldova, people don't have garbage cans like here, but they throw the garbage in the back of their houses, or somewhere on the ground close to streets where nobody lives. As we saw the garbage there, we went in that direction to see what was there. We looked around and found some small green and yellow bottles with capsules inside. We

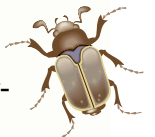
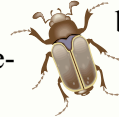
also saw different kinds of things there like old style clothes, shoes, toys, diapers, food in cans, all kinds of stuff. The next minute we opened the cap and ate the capsules! We were just interested in how they would taste. I wasn't really thinking of the consequences.

Finally, the goats came and we brought them home. Everybody knew his/her goat by color, skin, even by their udders. We were excited and full of energy, not knowing what would happen next. As we got to our neighborhood, Vanea went to his house, and I went to mine. Suddenly I started to feel sick. I had fever, fatigue, and didn't want to eat or play. My 14-year-old sister, Tania, saw my face and understood I wasn't feeling good. She asked me what had happened and I said nothing. I thought it would go away soon, but I was wrong. My sister came to me and asked what I had done. I was very worried for myself and scared. "What will happen if our parents come right now? What should I tell them?" My sister understood me very well and took care of me. I explained to her what I had done and she was worried about me. She was also worried about my parents. What would they say? What would they do? Would they take me to the hospital? Would they punish me?

As an older sister she loved me so much, so she gave me some advice. She told me to stay in bed and get some sleep. When my parents came, she would tell them I was sleeping. Her idea worked! This could have been much worse, but thank God it wasn't. My mom got home and asked my sister where I was. She told her I was sleeping. I felt unspeakably miserable. Being sick and scared of what would happen next, that made me feel miserable. I could hear everything because I wasn't really sleeping. I heard my mom coming toward me. I held my breath and closed my eyes. She saw me sleeping and observed my yellow face. She asked my sister if I was ok. My sister told her not to worry, that everything was just fine. I was lucky because nothing worse happened to me that day. I stayed in bed for three hours, and felt better after that. The next day I saw Vanea and he asked me first if I was all right. I told him what had happened to me and he said the same thing happened to him. I thought it was only me who was sick after taking the capsules. He also had rested in bed for a while and felt better after that. My parents never knew what happened to me that day, but I'll never forget the moments of unhappiness I felt that day. I should thank my sister for her advice and support. I'm glad I never repeated it again. Everybody makes mistakes, and mine was big. I'm glad it worked out OK, and I'm alive today.

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Net Gain: Ask the Komputer Kid – Pawandeep Singh!

Dear Pawandeep

I just bought a new computer because my instructors don't accept hand-written essays. What software do I need to install on my computer to type and format essays?

Harry Puter

Dear Harry,

You need to install a word processing program on your computer to type and format essays. This is software that is used by the majority of teachers, students, and professionals to type and format text. It has some incredible features, including spell-check, and syntax-error helper, which can help you to create your essay professionally and with creativity. There are many different brands of these kinds of programs such as Abi Word, Open Office Writer, and Microsoft Office Word. Some of these brands are more popular than others because they are used by a larger number of people, for example, Microsoft Office Word. All of these brands have enough features to type and format essays.



Some of these brands are free and some of them will cost you. Abi Word and Open Office Writer are two of the word processing programs which are "open source", which means you won't have to pay money to get the license. On the other hand, we have Microsoft Office, which will cost you \$679.95 at a retail store but which you can get at the student price of \$59.95 online by providing your I-Mail address. With this purchase, you will get some additional software, including MS Excel, PowerPoint, Outlook, Publisher and many more. Some of the software can be used for your class projects.

You may need an Internet connection to download the software from the Internet and install it on your computer. If you don't have Internet access at home, you can go to an ARC computer lab and download and burn it on a CD by getting permission from the lab assistants.

Pawan

Have a computer question? Contact Pawandeep Singh at pawanibo@gmail.com

Parenting the Parrot, Oops!, the Cockroach Way!

Parenting Young Children: Success in School

Recently, our family has begun to prepare for our youngest child to enter kindergarten. Our son's 5th birthday will be in late September and is well with-in our district's age range of 5 years old by December 2nd. However, in our community, parents often keep their children home if their 5th birthday falls in June or later. This causes many parents to question whether their child is ready for kindergarten, believing that their child may be too young. Many parents then look at whether their child can count, recite their alphabet, or other markers of academic knowledge. I, myself, did this with my eldest child. However, over the last couple of years I have learned that the true markers of success for children, whether entering kindergarten or in any other grade of school, is that a child can come to school with the social skills needed for that environment. I believe that if a child has the following skills, then the academic part of their schooling will come naturally. These skills are:



1. Listening to others.
2. Following the steps for each task.
3. Following the rules.
4. Ignoring distractions.
5. Asking for help.
6. Taking turns when you talk.
7. Getting along with others.
8. Staying calm with others.
9. Being responsible for your behavior.
10. Doing nice things for others.



ESL Prof. Elizabeth Moon

Evaluating our own child on academics would mean that he is not as ready as he could be for kindergarten. However, when evaluating him on the social skills needed for a school environment, my husband and I believe he is more than ready. For this reason we will be registering our child for kindergarten this month.

Artie's Studio

Dear Artie,

What inspires artists? Does their inspiration come from the same place?

Looking for Answers

Dear Looking for Answers,

It's been my experience that life itself is a fantastic source of inspiration for all types of artists. For instance, art is personal,

and some artists draw their inspiration from daily interactions that affect their personal lives. I know a famous ceramicist and painter who is inspired by his two Australian Cattle Dogs, Bobby and Bell. These pets provide him with great insight into dog traits, especially dog humor. After years of living with Bobby and Bell, my artist friend began creating large, beautifully hand-crafted, ceramic images of dogs that resemble his own pets in appearance. His canine figures are always painted in magnificent bright colors and posed in humorous positions. Looking at these dog figures always makes me smile. So, it seems that my friend's inspiration derives from his personal interactions with his two pet dogs, Bobby and Bell.

Another well of inspiration for artists comes from their personal interactions with the world around them. For example, whenever I paint or take photographs, I look for scenes that are full of color, patterns, contrast, shades and shadows, perspective, and the unusual. Because I

interact continuously with my natural environment, I use my immediate surroundings to inspire me. I always hope that my final work of art will reflect interest, beauty, knowledge, contemplation, and emotion for the art viewer.

I also know artists who create wondrous works of art that are inspired by pure, personal emotions of the moment. These works can range from light and airy to dark and heavy to chaotic and confusing. One painter that I know

tends to express his personal emotions in most of his art pieces. For example, his early paintings are best described as dark, complicated, and chaotic because that's what he was feeling when he first began doing art. In contrast to his early works, his

today shows opposite characteristics because it reflects his present emotional state of confidence and simplicity.

When you view different types of art, you can always see what influences an artist. For some, inspiration stems from relationships and interactions, while others use unbridled emotion in the creation of their art. It would seem that Inspiration flows from several distinct wells as is evidenced in the numerous feelings that of artwork brings forth in our lives.

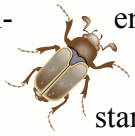
Readers: what inspires you? Write and let us know.

Until next time,
Artie

To contact Artie: whiteg@arc.losrios.edu



"Artie"



From the Counselor's Corner: Thuan Bui

Getting Ready for Spring Semester

Even though the Spring semester is only half way through, it's time to plan for summer or fall semester. We must be in America! Because we don't plan that far ahead in my country.

In order for you to register, these are the things you need to do:

1. See a counselor between now and the end of April. Call 484-8572 to make an appointment. Remember: appointments are made two weeks in advance, so don't wait. Call soon. To get the best selection, call on Friday mornings.

2. Counselors are also on drop-in all day Fridays, but be prepared to wait, because students are seen on the "first-come, first-served" basis.

3. You must update your information every semester by filling out the "Supplemental Data Form" on line. You can do this starting on April 1.

4. Take care of all your college obligations, such as fees, overdue books etc. before you can register for classes.

5. Check for your registration appointment online. It can be any day or time between May 4 and 17. Be sure to register as soon as you can because this is the first priority period. To register early means you have a better chance of getting the classes at the times and days that you want.

6. Check your grades on line, beginning May 26, 2009. Grades are NOT mailed to students.

7. Print out your unofficial transcript to be ready to show your instructors as pre-requisites for the next class that you are going to take.

8. Check for the class schedule online between April 1 and 15.

Follow Up Questions

Why is my registration always at the end of Priority 1? Can my counselor change the date and time for me?

Answer: Registration appointments are randomly assigned by the computer. Counselors cannot assign, or change these appointments.

Does it matter when I try to register if the ESL classes I want are already full?

Answer: The ESL classes fill up very fast, like math and English classes because they are basic skills that everyone must have in order to earn a college degree. You should try to register as soon as you can when you are given the registration appointment. This appointment means that it is the first opportunity for you to register. You can register as many times as you wish after that date and time.

When a class that you want to enroll in is full, you should try any or all of these:

Get on the waiting list: Whether or not you are on the waiting list, check on the class at least once a week for people dropping the class, making room on the waiting list. If you were on the waiting list, you may be moved up on the waiting list or over to the enrolled list. If you are moved over to the enrolled list, you must pay within ten (10) days or you may be dropped for non-payment & have to start the process over again, unless you have the BOGG-fee waiver.

If you are on the waiting list: Be sure to go to the first class meeting. If there is room in the class, but if you are not there, professors assume that you don't want to take the class any more. They will go to the next person on the waiting list.

Even if you are not on the waiting list, it's even more important that you go to the first class (or first week of classes) anyway. There may be a chance for you to be added if some of the people enrolled in the class or on the waiting list don't show up.





Presenting the Past – The Accidental Historian



The Governor's Mansion

ESL Prof. Brenda McTighe

Walking near our home in Midtown Sacramento a few weeks ago, my husband and I passed the grand, white Victorian style home at 16th and

a home for the family in East Sacramento.

While Ronald Reagan was in office, a new governor's mansion was built in Carmichael. The Reagans never lived there and when Ronald Reagan was succeeded by Jerry Brown, he refused to live there. Brown's successor, George Deukmejian, was willing to live in the Carmichael home, which had by this time stood empty for years. But, again, a partisan issue got in the way: Majority Democrats in the Assembly approved a bill to let Deukmejian move into the mansion, but Senate Democrats were battling the governor's proposed tax hike and refused to pass the bill. Deukmejian became tired of waiting and moved into a nondescript ranch house that was purchased by his backers and later served as home to both of his successors. Eventually, legislators decided to sell the never-used Carmichael mansion. To this day, no California governor has ever occupied a home built specifically for the governor.

H streets, former home to some of California's governors. We have passed it a hundred times, but never gone inside. We decided to take the tour. It's a beautiful house, to be sure, but what I found most interesting is the fact that California, the country's most populous world's largest economies, has no official governor's residence. I was curious about why, so I did a little research and discovered the fascinating story behind California's governors' living quarters: not surprisingly, the saga begins as a partisan game of tug-of-war.

Deukmejian move into the mansion, but Senate Democrats were battling the governor's proposed tax hike and refused to pass the bill. Deukmejian became tired of waiting and moved into a nondescript ranch house that was purchased by his backers and later served as home to both of his successors. Eventually, legislators decided to sell the never-used Carmichael mansion. To this day, no California governor has ever occupied a home built specifically for the governor.

Originally, a governor's mansion was built in the 1870s in Capitol Park, near the Capitol building. When it was completed, a political dispute resulted in lawmakers refusing to release funds for decorations or furnishings, so the governor at the time would not move into the house. The empty house was converted into a printing plant and eventually torn down in the 1920s.



The issue of a governor's mansion arises every few years, but has not yet to be rectified. Certainly, our current governor has no need of a home in Sacramento, but it looks like this is an old problem that will someday require a solution. In 2002, there was talk of building a new executive mansion in West Sacramento, with factions insisting that the state buy back the already-constructed Carmichael home. Nothing came of those talks. Today, there is still no official residence for the governor of California, a distinction that belongs to only 6 states in the union.

Meanwhile, the house at 16th and H was built as a private residence in 1877. It changed hands once before the owner sold it to the state of California for \$32,500.00 in 1903. The current governor immediately moved into the residence. For the next 64 years, it was home to 12 more governors and their families. However, when the Reagan family moved in in 1967, Nancy Reagan was appalled by the state of the house. She was convinced it was a firetrap: there were 7 fireplaces, but none could be lit for fear of them setting the house on fire. During a practice fire drill, she told the fire marshal that her 13-year-old son's bedroom window could not be opened. He suggested the boy run at his window with a dresser drawer and get out onto the roof, where he would be safe. She was also unimpressed with the dilapidated surrounding neighborhood. The Reagans lived in the house for only 3 months before supporters purchased

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The good news is that the longest-used home to our state's governors still stands at 16th and H streets as a reminder of the interesting history of California's executive mansions and a beautiful tribute to Victorian architecture. It's now a museum and a lot of fun to tour. Go check it out!

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(thanks to articles by Jeff Kerns with SN&R and California State Parks)



Thrown for a Loop — the Monte Vista Loop Trail

Does the possibility of seeing a deer or other wild animal interest you? Take a quiet walk along a wooded trail with vistas of a lake and surrounding hills without leaving Sacramento County. Folsom Lake State Park offers this in a natural setting containing several fine hiking trails. One of my favorites is the Monte Vista Loop Trail. This trail actually consists of three trail segments that form a 2 ½ mile loop from the trailhead. If you go there, allow 1 to 2 hours for the hike depending on your pace. Be sure to take water and a snack!

This February, on my most recent hike I noticed only one other car parked at the trailhead. To reach this place, drive on highway 50 east from the Sacramento area past Folsom to the El Dorado Hills Boulevard exit in El Dorado Hills. Take El Dorado Hills Boulevard north for a few miles to a traffic signaled intersection at Green Valley Road. Continue across the intersection onto Salmon Falls Road, which begins there. Drive on Salmon Falls for three miles until you come to the top of a hill. On the left you will see a large dirt parking area and a wooden sign that says "Falcon Crest". Park your car somewhere in this dirt area, making sure not to block access to the gated maintenance road.

The Monte Vista Trailhead begins just a short distance to the right of that gate. Almost as soon as the trail begins it divides left and right. Take the left fork, continuing past native plants like Buck Brush, Toyon shrubs, Blue Oak trees, Live Oaks, and Grey Pine. Be careful - Poison Oak is also found along the trail. This low growing plant has oily, reddish-green leaves in groups of three. Severe skin rashes may result after touching this plant! After about .25 mile the trail crosses a dirt road. Stay on the trail. You'll see the trail marker on the other side of the road. On the left are a few homes. At one of these properties you may notice a fenced area containing sheep and other barnyard animals.

As the trail passes over a seasonal stream you will notice that you're in an old, abandoned campground. Under a pleasant oak forest there are a few concrete barbecue pits and even an old wooden toilet-house. While still inside this abandoned campground the

trail again splits. Take the left fork, which descends toward Folsom Lake. The Monte Vista trail ends suddenly as you arrive at another trail, called the Brown's Ravine Trail. Follow this trail to the right, towards the Salmon Falls Assembly Area. As you walk along the wooded path, you will see Folsom Lake through the trees on your left. The lake here is actually the South Fork of the American River, a portion of which was drowned when Folsom Dam was constructed in the early 1950's. Across the narrow lake is the rugged and remote Peninsula area. This undeveloped area contains a variety of wildlife, such as coyote, deer, mountain lions, wild turkey, birds of prey, and a variety of waterfowl. If you have binoculars, you might see an eagle, or even a mountain lion. (I haven't yet had the pleasure of seeing a lion.)



Trail Mick Oblivious to the Cockroach on his leg

After a mile on the Brown's trail, Folsom Lake makes a sharp bend to the right. Here you will see another trail fork. Take the one to the right (the sign says "Monte Vista Trailhead - .9 miles). This trail climbs steadily from the lakeshore up through a meadow, then into deep woods. As the trail emerges on another open area you will see another trail fork. Take the left fork, following the trail marker up the hill to the top. Here you will notice a nice rest area containing a few picnic tables and a drinking fountain. This is a perfect place to stop and have a snack as you enjoy the view. From this point you can see a long way up the South Fork of the American River. Only a few large homes on hilltops interrupt the natural view. After your refreshment, observe the trail markers and follow the Monte Vista trail for the last quarter-mile back to the trailhead parking area. No bikes are allowed on this trail - only horses and hikers. However, dogs on leashes are permitted. When hiking, be considerate to horses and their riders by stepping off the trail and standing quietly by as they pass. No guns or hunting are allowed. Fishing (for bass, trout, or catfish) is permitted anywhere along Folsom Lake with a valid California fishing license. You can hike this trail in any season, but during the summer the trail can be hot and dry and noisy. At that time, there are often many loud motorboats on the Lake. I prefer to go during the months of October through May, when the trail is cool and quiet. See you there!

Mim's Cafe



Welcome back to Mim's Café. This fourth recipe, "Thai Curry Puffs," was submitted by student Venus Krasaekup and is a fusion of East and West. Thank you for

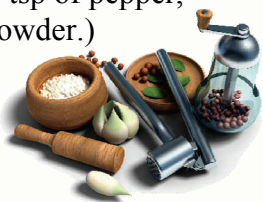


Prof. Montgomery with happy eater.

sharing this wonderful recipe with us. I whipped up this recipe for dinner and my husband loved it. He even suggested that I include an extra ingredient – Mexican salsa – to dip the puffs. Any kind of chutney would probably be good, too. This recipe is a treat for vegetarians and non-vegetarians. To reduce your time in the kitchen, you can use store bought flour tortillas. Also, instead of boiling the potatoes, you can microwave them. (Peel the skin, cut into one-inch cubes, put in microwave safe bowl, add two tablespoons of water, cover with cellophane wrap, and microwave for about 7 minutes or until cooked.) Since I enjoy challenges, I made my own flour tortillas. I am including the tortilla recipe I got from my eighty year-old "Mom," Ofelia Sanchez. Mom adopted me into her home while I was a graduate student living in her guest cottage. She once told me that she made ten pounds of tortillas a day when all ten of her kids were living at home. Ofelia's tortillas are delicious by themselves. Bon Appetite!

Ingredients:

- 1 tablespoon of cooking oil
- 1 clove of garlic (chopped)
- 3 tablespoons of cubed onions (I used about a quarter of an onion since I like onions.)
- 2-3 tablespoons of coconut milk.
- 3 cooked potatoes (mashed them and add a pinch of sugar, 1/8 tsp of salt, 1/4 tsp of pepper, and about 1 tsp of curry powder.)
- Flour Tortillas (make about 55 tortillas)
- 5 lbs of all-purpose flour
- 3 tbsp of baking powder
- 1 1/4 cup of oil



Cooking Instructions

1. Put the oil in a pan, then add garlic and cook until is golden. Turn down heat and add the potato mixture. Stir and add the coconut milk.
2. Cut the flour tortilla diagonally, then place some stuffing in the middle and fold the tortilla to make a triangle shaped burrito.
3. To seal and keep the tortilla in shape, put it in a hot pan (put the folded side down on the pan) and hold it for about 30 seconds. Do not hold it too long as the tortilla will burn.



Note: If you do not want to make 55 tortillas at one time, here's what you can do. Mix the flour, oil, and baking powder together really well. Store the mixture in an airtight Ziploc bag. When you want fresh tortillas, just take out however much of the flour mixture you need and add water to make the dough (add a little bit of water at a time). Once you get the dough made, make little balls and use a rolling pin to roll them into a circle. Cook the tortilla on a hot pan for one minute on each side. The three most important things to remember when making fresh tortillas are 1) to mix the oil really well with the flour and 2) to roll the tortilla on a plastic surface (If you use a wooden surface, it will absorb the oil and dry out your tortilla) and 3) to only flip the tortilla once, not several times. Turn on high heat to warm the pan. Once it is warm, reduce to medium high heat.



We literally spent months in bitter negotiations at the Sacramento Zoo, at bird sanctuaries, at animal hospitals, at aquariums, at kennels, and at Petco before we came to our decision.

The Cockroach: So, what are the future plans for The Cockroach?

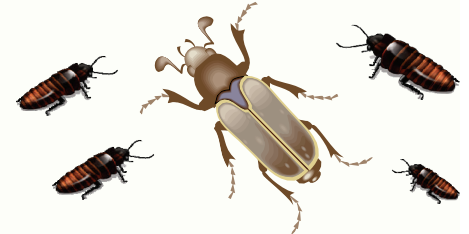
President Viar: As you may know, Governor Schwarzenegger has a lot to do with the state budget and there has been rumor of his opposi-

tion to the funding of The Cockroach. The truth is the Cockroach is run on a shoe-string budget – the student editors have no office, use a salvaged Commodore 2000 word processor, and are alleged to be working out of the back of an illegally parked 84 Toyota. In my view, they are to be commended for their fortitude and perseverance. I defy any plans to vanquish The Cockroach! As long as Prof. Bracco is the faculty advisor, there will always be a cockroach on campus!!

The Cockroach: Don't you mean "The Cockroach" on campus?

President Viar: Whatever...

The Cockroach: Well, President Viar, thank you for your time. Clearly you're a man of vision. We at the newly-christened "The Cockroach" will do our best to spread The Cockroach to all corners of the campus.



Carlos Cucaracha W50

Parrot, Oops, Cockroach ESL Survey



Agree or disagree? Money is more important than education.



List of Classes

L30 Komura 5 agree 25 disagree
L40 Dilgard 2 agree 25 disagree

L40 Ryther 7 agree 18 disagree
L50 Joye 8 agree 19 disagree

Total: 22 agree, 87 disagree



Comments from Prof. Joye's Class



- "Money you can lose but education you'll never lose" (Halyna Kotsyubaylo)
- "If you have education, you can earn money." (Lyubov Solovyeva)
- "When you have a good education, you can make a lot of money." (Hong Nguyen)
- "If I have education but no money I can't do a better life for my children." (Oksana Buchko)



Lifetime Earnings Soar with Education



How much is higher education worth in cold hard money? A college master's degree is worth \$1.3 million more in lifetime earnings than a high school diploma, according to a recent report from the Commerce Department's Census Bureau. The report titled "The Big Payoff: Educational Attainment and Synthetic Estimates of Work-Life Earnings" reveals that over an adult's working life, high school graduates can expect, on average, to earn \$1.2 million; those with a bachelor's degree, \$2.1 million; and people with a master's degree, \$2.5 million. Persons with doctoral degrees earn an average of \$3.4 million during their working life, while those with professional degrees do best at \$4.4 million."At most ages, more education equates with higher earnings, and the payoff is most notable at the highest educational levels," said Jennifer Cheeseman Day, co-author of the report. The figures are based on 1999 earnings projected over a typical work life, defined as the period from ages 25 through 64.