



The Parrot

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

Issue # 30

Spring 2009

Dialoging with the Dean: Lisa Lawrenson

Parrot: Do you like your job as Humanities dean, and did you dream about it when you were a child?

Lisa: I love my job. I always knew I wanted to be in education. I taught English and humanities for 11 years, and as a child I used to tutor other students. I think I always was teaching in some form. Then I became a dean, so I hadn't necessarily planned on being a dean, but I always knew I would be in education.

Parrot: For how long did you go to school and work before you got your current job?

Lisa: Let's see... I went to American River College for just under two years and then I went to the University of Puget Sound,

which is in Washington State for two years, got my bachelor's degree in English literature and then I went to school for another 2 years to get my master's degree in education at Western Washington University and then I worked for 11 years teaching. Then while I was working I also went back to school for another five years and earned my PhD in Education from Oregon State University, so however many years that adds up

to. I should also say I got my job here prior to finishing my doctorate, so I was about three years into my PhD program. I had not written my dissertation yet, but since I've been in this job, I wrote my dissertation and defended it and finished that degree.

Continued on pages 19 and 20



Cockroach Squashed! The Parrot is Back!!

see page 18

Time is a great teacher, but unfortunately it kills all its pupils

Louis Hector Berlioz



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

My Family Garden

When I was little, in Romania, I liked to go into my grandparents' village. Every summer I went there because I loved to be far from the city in a quiet place. In my mom's parents' village I liked nature because there was everything to see and do. I loved the view of the field and the forest from my

grandparents' house. They had a big garden and their garden was divided into three sections, like ours today. My grandparents planned a lot of things in their garden like my mother does here. Our garden here is divided so: the first section is grass, fruit trees, and flowers; the second is only for vegeta-



bles, fruit, and bees; and the third section is for hens, one rooster and pigeons.

Continued on page 4

Inside this Issue

Earth Day	3
Parrot Warbling	5
ESL Survey	7
Got Needs?	10
Out of the Cage	17
Multicultural Wk 21	



Contact The Parrot: Braccop@arc.losrios.edu

Student Chirpings

The First Time I Saw a Volcano

Costa Rica is a wonderful place to visit because there are more than 300 volcanoes. Five of them are active. They are huge and extremely perfect. Their names are Arenal, Rincon de la Vieja, Poas, Irazu, and Turrialba. These volcanoes are really attractive for tons of tourists.

In the year 2000, I was a student at a private boarding school for girls. Our school was in many beautiful buildings in the high and remote mountains above San Jose, Costa Rica. The school was created to provide a place for girls to concentrate on their studies in preparation for higher studies and career. Some of the students were from San Jose, but I had grown up near the beach in Puntarenas and everything was new to me. Some of the teachers wanted to arrange a trip for students who lived far away from their homes and one of the students was me.

They usually gave us names of places that were OK to visit. We had seen volcanoes on the news but none near us, so one day some classmates and I decided to go to Turrialba volcano because we believed that it wasn't active and you can visit almost all of the inside part of the volcano. The instructors were happy with our plan and agreed to take us there!

On Saturday we got up very early and were extremely happy

about the trip. Usually we were pretty late because we needed to put on make up, brush our hair, have breakfast and so on. But that day we forgot all of these things.

It was a gorgeous hot and clear day when we left our school in our school's car and we were so excited to go to a place that we had only seen on the news and were



ready for the trip! We drove for almost four hours from our school and when we were almost there, we were surprised that our car couldn't climb the mountain because it was so high. So, an instructor told us, "OK girls, now we need to walk to the volcano." We were so unhappy and disappointed because we had been driving for four hours but we needed maybe to walk 3 more if we wanted to see the volcano. But, we said to each other, "We are here, we are young and we can do it!" but I was thinking that three hours of walking is a lot.

Three hours later we were

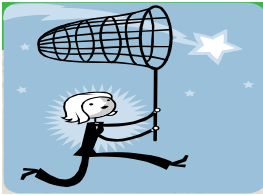
climbing down inside the crater, crawling over slippery rocks and examining the strong plants growing inside for another three hours. Three of us went farther down to see the hard lava that had a surface like a skating rink. Another reason we wanted to go there was to take a lot of pictures, play cards, etc. All of us were very tired, but at the same time happy. That day the volcano was very nice and we were able to visit the entire crater. This was unusual because sometimes it was foggy inside the crater and you could not see anything inside.

We also came to visit the volcano to see the plants, the lava, the animals, and so on. All were different, but pretty. We learned a lot about life near the volcano, how the behavior of the animals is, and we learned about the climate in this place. All of our day was very nice but we needed to return home as the sun went down.

We were surprised to hear in the news one week later that Turrialba was not dormant! I was very surprised because I was inside the crater playing with my friends.

In conclusion, I felt happy to visit this "dormant" volcano, but I feel that I will not visit the inside of any other dormant volcanoes.

Nancy Madrigal W50

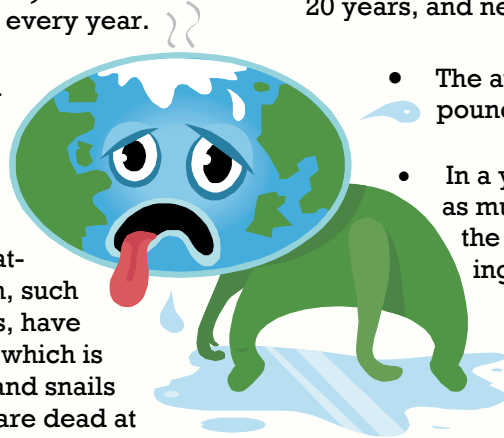


NET Escape - Articles from the net.

Earth Day — April 22

Are You Faintly Aware? Are You Cognizant of? Did You Know?

- If you throw away 2 aluminum cans, you waste more energy than 1,000,000,000 (one billion) of the world's poorest people use a day.
- Making a new can from scratch uses the energy equal to half a can of gasoline.
- About one third of what an average American throws out is packaging.
- More than 1,000,000,000 (one billion) trees are used to make disposable diapers every year.
- In one minute, 50 acres of rainforest are destroyed.
- Some rain has a pH of 3 or 4. (which is pretty acidic, considering 7 is neutral, not acidic, and battery acid has a pH of 1). Some fish, such as lake trout and smallmouth bass, have trouble reproducing at a pH of 6, which is only slightly acidic. Some clams and snails can't survive at all. Most crayfish are dead at a pH of 5. You can see how bad this is for the environment.
- On average, a person in the US uses energy two times more than a person in Japan or West Germany does, and 50 times more than a person in India.
- About 90% of the energy used in lighting a standard (incandescent) light bulb is lost as heat.
- Air conditioning uses 10 times more energy than a fan, therefore, it creates 10 times the pollutants.
- It takes half the output of the Alaskan pipeline to heat the air that escapes from all the homes in the US during a year.
- Cars and pick-up trucks are responsible for about 20% of the carbon dioxide released into the air.
- There are about 500 million automobiles on the planet, burning an average of 2 gallons of fuel a day. Each gallon releases 20 pounds of carbon dioxide into the air.
- About 80% of our trash goes to landfills, 10% is incinerated, and 10% is recycled.
- Since where we bury our garbage there is little oxygen underground to help bacteria eat the garbage, almost nothing happens to it. Scientists have dug into landfills and found ears of corn still intact after 20 years, and newspapers still readable after 30.



- The average American makes about 3.5 pounds of trash a day.
- In a year, the average American uses as much wood in the form of paper as the average resident of the developing world burns as fuel.

Some Things You Can Do To Help

- Turn off electric devices, like TVs, stereos, and radios when not in use.
- Do things manually instead of electrically, like open cans by hand.
- Whenever possible, use a bus or subway, or ride your bike or walk.
- Try to buy organic fruits and vegetables if you're concerned about pesticides. (Organic food is grown without man-made fertilizers and/or pesticides).
- Use recycled paper and/or recycle it. Reuse old papers.
- REDUCE, REUSE, & RECYCLE.
- Compost.

Come celebrate **Earth Day** in Sacramento's Southside Park (8th and T) April 26th 11:00 AM to 6:00 PM. FREE FOR ALL AGES!

Continued from page 1

The first part of our garden is with grass, fruit trees, and flowers. This section has a lot of grass. Everywhere you look the grass is green. The grass from this garden will die because the fall and winter are coming soon. When the grass is cut, it will be used for hens' food or used for something else. It is so wonderful when you walk on the grass because you feel that you walk on a downy cloud. Behind the garage is a small vineyard, but this vineyard lets us know the fall is coming soon. In addition, this vineyard had grapes but they rotted. The leaves of the vineyard change color from green to brown. Behind the house is a walnut tree. This tree can be seen from the street and this tree didn't make walnuts this year again. The leaves of the walnut tree have little spots, brown and yellow. A few steps from this tree is a mulberry tree. This tree every year makes a lot of mulberry, but most of the squirrels feed from this tree. In the shade of this tree I stay to write my journal. From this shade I have a wonderful view of our garden. Near the bench where I sit, there is a lemon tree. This lemon tree has only two lemons from all the flowers that it had. Far from me is another tree with dark red and brown leaves. Furthermore, in spring when this tree blooms, the flowers smell so beautiful. This tree makes a lot of fruit that look like cherries, but these are a little bigger and dark red. Near this tree is a cherry tree. The cherry tree produced some cherries this year that all of the family enjoy. A few steps from this tree is an apricot. This apricot tree is so old and it is very dry. For 13 years my father has lived in this house, and this tree is much older than that. In front of the apricot is a small clementine. Not far from the clementine tree is a cage with a little hen and pheasant. Near the second part of the garden is another walnut tree. Near the door of the second part of the garden are many kinds of trees, such as a peach tree with flowers, orange, and a plum tree. The plum, lemon, and orange trees in the spring smell so wonderful. Between the peach tree and orange tree is a rose bush. In the whole garden you can smell the perfume of those trees.

The second part of the garden is to plant only the vegetables, fruits, etc. In this part there are a lot of apple trees. This



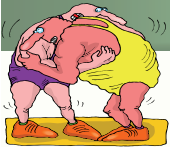
section has a fence all around so that if the hens escape from their garden, they won't destroy the plants. Around the fence are beans that grow up the fence. When you enter this garden, on the left are tomatoes, peppers, and cucumbers. The peppers are different colors and two colors together. The cucumbers are so big, for example, from my wrist to my elbow. Between the cucumbers and raspberries is a vineyard. In the raspberries you can find a peach tree which this year made a lot of peaches. Among the peppers and tomatoes is a mandarin tree. The tangerines now look like tennis balls but dark green. Somewhere near the neighbor's fence are a few bee families. Behind the bee families there are a few blackberry plants .

Those little insects fly all day to collect pollen to make honey. In the middle of the garden is a hut made of the iron fence for cucumber to grow up on. Not far from the cucumbers are again tomatoes. This part of the garden is full with everything.

The final section of our garden was made only for hens, rooster and doves. It's that part of the garden where no grass exists. In this little garden there are two storage sheds. One of them is only for tools and equipment. The second storage shed is for hens, rooster food, and to store jam made by my mom, etc. Between these is a small peach tree which produced small peaches this year. Near the first section of the garden is a chicken coop, and a rooster. The hens and rooster sleep there and there the hens make eggs. Every day the hens eat a lot and drink water. The hens are all red but one is white. The rooster is white. The pigeons are various colors. The doves and hens make a lot of dust which lies on the leaves of the trees. In the hens' garden there are two elephant heart plum trees and five other plum trees. Behind the storage shed is a big oak, which is in our neighbor's garden.

In summary, the first part of the garden is big and has many fruit trees. The second section of the garden is used for vegetables and fruit trees. The third part is used only for animals. I like our garden but mostly I like the first part of our garden because in this part I can stay in the sun in summer and do many things. The second part I like because it has everything that I want to eat from the garden.

Parrot Warbling



Grappling with grammar

Pronoun Case

Pronouns (and nouns) in English display "case" according to their function in the sentence. Their function can be:

- subjective (they act as the subject)
- objective (they act as the object)
- possessive (they show possession of something else)

The following table shows the different forms for pronouns depending on case.

			subjective case	objective case	possessive case
personal pronouns	singular	1st	I	me	my, mine
		2nd	you	you	your, yours
		3rd	he she it	him her it	his her, hers its
	plural	1st	we	us	our, ours
		2nd	you	you	your, yours
		3rd	they	them	their, theirs
relative/interrogative pronouns			who	whom	whose
			whoever	whomever	
			which/ that/what	which/ that/what	
indefinite pronouns			everybody	everybody	everybody's

Silly Vasily's Chuckle Chamber



A linguistics professor was lecturing his class one day. 'In English', he said, 'A double negative forms a positive. In some languages, though, such as Russian, a double negative is still a negative. However, there is no language wherein a double positive can form a negative.' A loud voice from the back of the room piped up, 'Yeah, right.'

Idiom-Attic

Take the Bull by the Horns



Julie had always felt that she was missing out on a lot of fun because of her clumsiness on the dance floor. She had been putting off taking lessons, but she finally **took the bull by the horns** and went to a professional dance studio for help. She was tired of feeling left out and **acted decisively to correct the situation.**

I'mperfect

Immortality, wealth, honor, and fame, the things we wish for.

These things we badly desire never seem to make us better when we have them

The little things that make us imperfect are the things that make us human

Without those things we are nothing better than machines

If we were computers, the things we call imperfect will be our processor, the reason we are who we are and what we are, the secret to our individualism.

We lose touch of ourselves when we lose the ability to make mistakes and be responsible for our own decisions. Imperfection is perfect...I'mperfect

Adebisi Obateru

Rigoberto's Riddles

Which is correct to say, "The yolk of the egg are white," or "The yolk of the egg is white?"



• *Neither, because egg yolks are yellow.*

More Parrot Fun Stuff



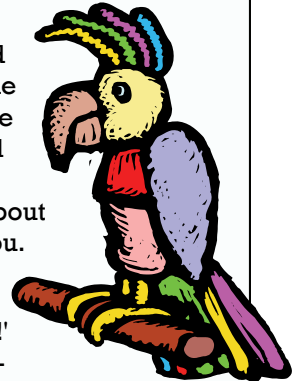
Friendship Word Search

Find and circle all of the words that are hidden in the grid. The remaining letters spell an additional word related to friendship.



- | | | |
|-----------|--------------|------------|
| Affinity | Confide | Lend |
| Ally | Empathy | Loyalty |
| Amigo | Favor | Pal |
| Amity | Fondness | Roommate |
| Boyfriend | Friendliness | Share |
| Buddy | Fun | Supportive |
| Chum | Girlfriend | Sympathy |
| Closeness | Good Times | Trust |
| Companion | Honesty | |
| Comrade | Kinship | |

Don't Talk to My Parrot



Wanda's dishwasher quit working so she called a repairman. Since she had to go to work the next day, she told the repairman, 'I'll leave the key under the mat. Fix the dishwasher, leave the bill on the counter, and I'll mail you a check.' 'Oh, by the way don't worry about my bulldog Spike. He won't bother you.'

But, whatever you do, do NOT, under ANY circumstances, talk to my parrot! 'I REPEAT, DO NOT TALK TO MY PARROT!!!' When the repairman arrived at Wanda's apartment the following day, he discovered the biggest, meanest looking bulldog he had ever seen.

Just as she had said, the dog just lay there on the carpet watching the repairman go about his work. The parrot, however, drove him nuts the whole time with his incessant yelling, cursing and name calling. Finally the repairman couldn't contain himself any longer and yelled:

'Shut up, you stupid, ugly bird!'
To which the parrot replied, 'Get him, Spike!'

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.

Did You Know?

- In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have "the rule of thumb."
- Many years ago in Scotland, a new game was invented. It was ruled 'Gentlemen Only...Ladies Forbidden'...and thus, the word GOLF entered into the English language.
- Every day more money is printed for Monopoly than for the U.S. Treasury.
- Coca-Cola was originally green.
- If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air, the person died because of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.
- In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes, the mattress tightened, making the bed firmer to sleep on. Hence the phrase...'Goodnight, sleep tight'
- It's impossible to lick your elbow.

Parrot Survey: Which is more important when learning a second language — reading fiction or reading non-fiction ?

List of Classes

Prof. Hoggan's L310: fiction 22, non-fiction 8

Prof. Moran's L40: fiction 2, non-fiction 15, 9 both.

Prof. Joye's R50: fiction 2, non-fiction 23

Prof. Bracco's R320: fiction 8, non-fiction 19

Total: 34 fiction 65 non-fiction 9 fiction/non-fiction

Comments

Prof. Joye's class

Nadia Bugaescu: Non-fiction "Because it's something true and you can learn something from it."

Ashraf Abdulhafid: Non-fiction "History is interesting. If there are any mistakes, we won't repeat the same mistakes."

Vasylyna Herman: Fiction "Maybe sometimes it's good to read some fiction because it's relaxin and not so serious."

Prof. Bracco's class

Angelina Urquidi: "Fiction is more interesting; therefore, people will read more."

Sandra Lowney: "Fiction will provide you with more vocabulary."

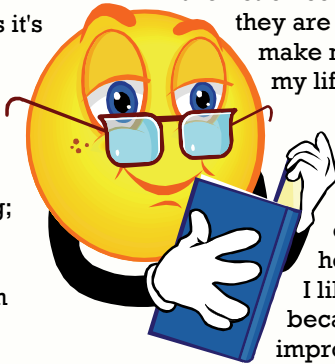
Fernando Hernandez Castro: "Fiction has a lot of vocabulary no longer used. Therefore, non-fiction is better."

Ogi Stewart: "Fiction has more dialect and dialog, which is good for learning how to speak."

Pavel Romarniuc: "Fiction is easier to understand."

Pawandeep Singh: "Non-fiction is better; you can read what is real."

Hossein "Ebo" Veysi-Ghasabeh: "Non-fiction is better because it has information about contemporary, daily life."



Prof. Hoggan's class

Marianna Emciuc: Reading fiction in my spare time is better for improving my English skills because it helps me turn my imagination on. It helps to become rich in language. The real stories sometimes are boring. But, stories which are fiction contain a lot of interesting examples. Sometimes they are really funny. So, I think that fiction stories make not only my language skills improve, but also my life becomes happier and more satisfying.

Calina Akhmetkulova: Reading non-fiction books in my spare time is better for improving my English skills because it is more interesting. If reading is interesting it will be more helpful for improving my English. For example, I like, no, I love to read about America's history because I didn't know about it that much. Also, it improves my knowledge. I like to read about Native Americans, about Arizona, California. I found out many interesting things.

Elvira Shestyuk: Reading non-fiction stories in my spare time is better for improving my English skills because I'm always interested in things or events that happened before our generation if I choose something from a history section. I also like to read biographies that describe person's life, and try not to repeat this wrong steps. These stories give me good knowledge. I always like to find lessons in the stories and in my opinion, I can find them in non-fiction.

Always Marry An April Girl

Praise the spells and bless the charms,
I found April in my arms.
April golden, April cloudy,
Gracious, cruel, tender, rowdy;
April soft in flowered languor,
April cold with sudden anger,
Ever changing, ever true --
I love April, I love you.

Ogden Nash

April

April lift your dreary head and cease your tears of rain.
The cold winds of winter are gone, and left the birds refrain.
Part the clouds up in the sky, and let the sunshine through.
Flowers budding in the sun; the sky is Lapis blue.
Across the fields and through the trees, the world is born again.
Oh its good to see you April! Welcome my good friend.

Rhonda Baker

More Student Chirpings

Taxi for the Officer

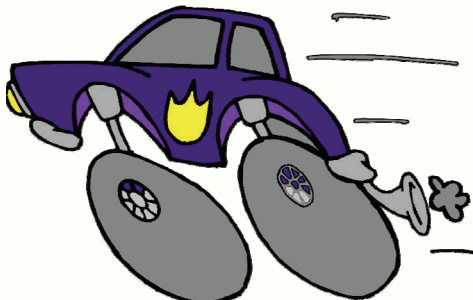
In our lives incidents sometimes happen that we recall with a smile. These are like bright spots in our routine of life. You will agree with me, I hope, if I say that we remember funny moments more than sad ones. They warm our souls. One of these incidents happened to my wife, and it was a funny, but memorable moment.

It happened in the 80's in our small town in Ukraine. Believe it or not, but in the USSR the car was kind of a thing of luxury rather than a simple vehicle. In those days, only a few women in our town drove their own cars, and among them was my wife Olga. When she drove in her white "Fiat" through the green small streets of the town, people said, "A Woman driving a car — this is something new!" She was famous among our policemen, too, because of her fast driving. Policemen often jumped up from the bushes along the road with a radar gun in their hands, and handed out tickets for speeding to Olga. But that helped nothing, because tickets were cheap and she had enough money to pay them.

On the roads that led out of our town small police stations were situated. In these buildings police-

men were on guard all 24 hours. At one of these stations the policeman Vladimir often stayed. He had red hair and was almost all the time slightly drunk. Once, when Olga drove to her parents in a village near the town, she passed that station where Vladimir was serving. At that hour he had ended his job and wanted to go to a village that was

situated about 20 miles in the oppo-



site direction from the village of Olga's parents. He saw the car that Olga was driving and stopped it. He sat in the car, like in a taxi, and ordered her to drive in the opposite direction. During those times policemen in our country did what they wanted, and feared no one. What could she do? She had to drive the way Vladimir told her, though she didn't want to. But Olga thought, "I will drive him in my style," and she drove him faster

and faster. In our town at that time all the roads were narrow and had only one lane in each direction.

Olga started to drive almost in the middle of the road, very close to the cars that moved in the opposite direction. Vladimir started to sit lower and lower in the seat. He grabbed the handle of the door, and grabbed it with such strength that he tore it off. When they arrived at the village, he was pale and wanted to vomit; he was scared. In so many words, he told her that it was best not to sit in any car that a woman drives.

Later, whenever Olga passed this police station and Vladimir saw her, he turned away from her and it was seen that he talked to himself and gestured with his hands. And when Olga drove with some passengers in her car, and they asked her, "What is he talking about?" she told them this story, and all her passengers started to laugh.

Since those days about 20 years have passed, but when we recall this story we always laugh. Nowadays when Olga drives on the roads of California, she recalls sometimes the narrow roads of Ukraine, and Vladimir, the tipsy officer with red hair.

Pets in Your Home

Pets, domestic animals we have as small friends, are living creatures. Think carefully before you buy one. You can't put it away for some time when you're too busy or are in a bad mood. A pet's owner, you or a member of your family who is going to take appropriate care of a dog or cat, has to be a responsible person. Remember, the presence of a pet will have effects, a change in your life. You should consider three main effects such as additional care, extra space, and schedule adjustment before you decide to bring it home.

The first effect on your life when you bring home a dog or cat is the need to care for it. It is a big challenge for a selfish person who always follows just his or her own wishes and mood. A dog needs permanent care. Sometimes it changes the behavior of people, especially children. I remember how dramatically it changed my nephew. He was a selfish 6-year-old boy. He never accepted even touching of his toys by someone else and never picked up his toys after playing. Once, he saw a dog's puppy and started to beg his parents for the same toy. His mother insisted upon a very strict condition for buying a dog: "I will kick it out of the house with the first spot on the floor". The small funny puppy changed the behavior of my nephew. Now, he keeps a broom at hand in order to clean the floor after the dog as fast as he can because his mother can see it. He even washes the floor in order to

eliminate the smell. He is very scared of his mother threatening to kick his small friend out. He never eats if he suspects that his small friend is hungry. My nephew is ready to sell all his toys if his doggy will need medical care. I've never before seen such a huge change in child behavior.

The second effect when your small friend begins to share a home with you is arrangement in your house. Pets need space to stay, to



sleep, and to play. You will need to share your space if you don't have enough room in your home. Pets can damage your home. They can bite, tear to pieces and even eat your documents, for example. My relative has a birth certificate which was chewed by a puppy. The man just left this document on the coffee table. Dogs can chew anything that keeps the smell of your body when it misses you a lot while you're absent. The room where pets stay most of the time should be reviewed for any dangerous objects because some objects carry a death threat to them. I have an example even from my own life. I left my huge Amazon habitat style

aquarium without a cover. My young and too brave cat tried to catch fish there. Fortunately, I heard the splashes of the drowning cat which wasn't smart enough to produce his native loud sound. It could have been much worse.

The third effect on your life after you bring home a dog or a cat is your schedule. A dog, for example, needs you to walk it every day. You have to adjust your day schedule and find a time slot for your dog there. A young puppy needs more than just to walk. It needs to play with you or its companions. All the energy of a young puppy will threaten your furniture if you don't give your puppy a real chance to play outdoors. Your long time absent from home can't be casual. You have to plan your long time absence from home. For example, there is the need to enroll your dog in a kennel before you leave for vacation or a business trip.

So, additional care, extra space and schedule adjustment are three main effects to your life after you bring home a small friend. It is a good idea to visit someone you know well who has the same pet. You will see and learn everything by yourself. If you are one of those people who can't follow a doctor's prescription and can't force yourself to walk every day, you have a great chance to experience the effect of having a dog. Buy a dog and the dog will walk you every day.

Got Needs?

Ask the College Nurse: Cindy Watson

Dear Cindy,

I have a new friend in one of my classes who says she has a seizure disorder. What should I do if she actually has a seizure in class or when we are studying together?

A Concerned Friend

Dear Concerned,

Sometimes a person with a seizure disorder, or even a person who becomes suddenly ill, may have a seizure. When the normal workings of the brain are disrupted, electrical activity of the brain becomes irregular. This can cause a loss of body control, called a seizure. Seizures range from a blank stare or period of distorted sensation during which the person is unable to respond to sudden uncontrolled muscular contractions, called convulsions. Although it may be frightening to see someone unexpectedly having a seizure, you should remember that most seizures only last for a few minutes and the person usually recovers without problems.

Do not panic; you can easily help care for your friend or anyone else having a seizure. Remember that the person cannot control the seizure. You should care for him or her as you would any unconscious person by protecting her from injury. Do not try to stop the seizure, restrain her movements, or put anything in her mouth. Remove nearby objects that might cause injury. If available, place a cushion, blanket or jacket under the person's head. If there is fluid in the mouth, such as saliva, vomit,



or blood, roll the person to one side so that the fluid drains from the mouth.

When the seizure is over, the person will usually resume breathing normally. They may be embarrassed, drowsy and disoriented, or even unresponsive for a period of time. Do not try to revive them with fluids, stimulants, fresh air or walking. There is nothing you can do to hasten their recovery, just stay with them until they are fully conscious and aware of the surroundings. Be reassuring and comforting, and ask bystanders not to crowd around the person. The person will likely be tired and want to rest.

Like your friend, if the person is known to have occasional seizures, you do not have to call 9-1-1. He or she will usually recover from a seizure in a few minutes. However, if the person is pregnant, if the seizure lasts for more than 5 minutes, if the person fails to regain consciousness, or if the person appears to be injured, you should call for assistance. On the ARC campus, call the LRCCD police dispatch at (916) 558-2221 and press "0".

Having to deal with a sudden seizure can be scary, especially if you do not know what is wrong. Knowing about her seizure disorder will help you feel better prepared to help your friend in the event she has a seizure when you are with her. She is lucky to have a friend who wants to be ready!

Cindy

To contact Cindy: watsonc@arc.losrios.edu

Granny Noetal

Dear Granny,

I'd like to share my experience with you and your readers:

Once, before the new law about the usage of cell phones while driving, I was texting while I was driving. I got close to a stop light. The stop light was still red when I got there but the turn arrow turned green and I thought my light turned green. So I just kept going and the lady turning right in front of me drove to the middle of intersection. I noticed that my light was red but it was too late. I couldn't stop the car and there was another car facing me. I didn't feel anything at that moment but when I opened my eyes, my car was pushed to the sidewalk light and it was totally smashed. People around me had seen the accident and they had called 911 already. I couldn't move out the car because the doors had been blocked. So the firefighters came to release me from the car. They cut the door with a giant saw. When they pulled me out of the car, I was so upset that I didn't even know what was going on or what had happened. A cop came to me and asked me if I



remember anything about what I had done. I couldn't recall anything for a while but after I sat there for a few minutes and looked at my cell phone; it reminded me of all the things I was doing that caused that accident. I felt horrible because I had messed up my car, and the other car, and both had to be towed away. I decided not to use my cell phone or anything that would distract me from driving since then.

**Sincerely,
Pouya Namdarian**

Dear Pouya,

Thank you. Nothing like a real story to hit home. There has been talk of passing a law against text messaging and driving. It's really so dangerous. Yours is not the first story I've heard involving texting and driving. I won't even text message while I'm eating cereal.

Granny

To contact Granny: braccop@arc.losrios.edu

From the Counselors Corner : Thuan Bui

Dear Thuan,

I am a Nursing major and my major requires ENGWR 300, not ESL. I am in ESL 50 now. Can I change to the regular English class next semester and will a counselor give me a pre-requisite form?

Nursing Student

Dear Nursing Student,

This question requires many explanations.

First of all, I understand a student's need to get through their education as quickly as possible. But, having been an ESL student myself, I also recognize the fact that English does not come to me as naturally as it would a native speaker. A native speaker has taken English every year he is in school, from elementary school on. Therefore, I would have to catch up with all of those years of experience first, and I have to do it in less time.

Each person is different. One person may be able to catch on quickly; others may have to go slowly and step-by-step. Being a very conservative person, I think jumping from ESL 50 right over to the native speaker's English class is not a good idea. There are certain skills that you acquire if you have been speaking a language from birth, as you do with your own native language. I don't think you have learned all of them in ESL 50 yet.

Ideally, finishing the 340 level would put you at the same "playing field" with comparable, although not

identical, skills to a native speaker. If you want to switch to the native speaker's track sooner, at the very minimum I would only say finish the 310 level first, not any sooner; and then take the assessment test to see where your skills level may be.

Lastly, communication skills are so important to any career; they are especially critical in Nursing. The Nursing program is rigorous, and there is so much reading you have to do in a short time. Addition-



ally, "cutting corners" may get you through faster, but building your skills on a shaky foundation jeopardizes your grades and understanding of the materials you have to learn. In fact, it may even lengthen the time you need to finish because you may have to repeat some courses because of that lack of foundation. And even

if you can "skate" through, when you become a nurse, a person's life or death depends on your ability to understand and convey information. You can lose your job or license for your mistake.

Be sure to discuss your plans with a counselor to know what the consequences may be for your unique situation.

Think of the story of the "Tortoise and the Hare", and rethink your strategy.

Thuan

To contact Thuan Bui: buit@arc.losrios.edu

Net Gain: Ask the Komputer Kid – Pawandeep Singh!



Dear Pawan,

I had typed an essay for my class in one of the word processing programs that you recommended in your last column but my instructor wrote a comment on my essay that said “You did great job on content but it was not well formatted”. What should I do to format my essay so I can improve my grades?

Widouda Cloo

Dear Widouda,

You need to make some changes in your word processing program to meet the standard essay format. Standard essay format includes the type of font, font size, footer, page number, margin, etc. After all these setting your essay will look creative and organized. I believe that it will help you to improve your grades because it’s organized and easy to read.

Most of the time instructors give specific formatting guidelines which include all the details of formatting. What I’m going to share with you is similar to your instructor’s formatting guidelines. Please check with your instructor if I recommend something different than your instructor.

I believe that you are familiar with MS Office Word program, which means you are able to open programs and make changes. If you don’t have lots of computer skills then you can download formatted files from my website.

These instructions are based on MS Office Words 2007. If you are using Open Office Writer or AbiWord word processing programs then you can download formatted files from my website.

Instruction: MS Office Word 2007

1. Font: Times New Roman.
2. Font Size: 12.
3. Margins: 1” all the way around.

- Click on the “Page Layout” tab on the toolbar.
- Click on “Margins” and choose “Normal.”
- Make sure the top, left, bottom, and right margins are 1”

4. Spacing: Double all the time.

- Click on “Page Layout” tab on the toolbar.
- Click on down arrow located in Paragraph widget’s bottom right corner.
- Open “Line Spacing” Drop Down and select “Double.”
- Click “OK.”




5. Set up your footer. This will put your last name and the page number automatically at the bottom of each page.

- Click on “Insert” tab and find “Header & Footer.”
- Click on “Page Number” Button and select “Bottom of Page” Then select “Plan number 1”
- Hit space bar once and type your last name next to the page number.

6. You are now ready to type your heading; this will be on the left hand side of your page:

Your Name:	Pawandeep
Teacher’s Name:	Paul Bracco
Course Name:	ESLW320
Date:	March 12, 2009

7. Center your title. Click   , type your title

then hit “Enter”. Now, align left,   . **REMEMBER:** You do not bold or italicize or underline or alter the title of your paper in any way whatsoever! The only time you need to alter the appearance of anything in your document is if it is the title of a work of literature you are quoting.

8. Indent each paragraph. To do this hit “TAB” once. You don’t have to hit enter at the end of each line, just type and it will automatically do it for you. You will hit enter once at the end of each paragraph, the double spacing is already done for you.

Pawan

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

Download link: <http://www.pawandeep.com>

Parenting the Parrot Way!

Parenting the Young Child

In America, many parents are concerned with their child's 'Self-Esteem'. To my grandmother who came to the US from Italy back in the 1920's, this whole notion of placing children on a pedestal and bowing to their needs is hogwash. However, building self-esteem in children is not about giving in to their every desire and always telling them they are good. Instead 'self-esteem' refers to people's evaluation of their own worth as human beings. Persons with high self-esteem think well of themselves. Persons with low self-esteem have feelings of inferiority about themselves and about their abilities.

Young children develop and learn a sense of their own self-worth, good or bad, mainly from interacting with their parents and other significant adults in their lives. Parents who give their child positive messages ("I like what you just did.") create feelings of positive self-esteem. Those who give mainly negative messages ("You're a bad boy." or "You drive me crazy!") create feelings of inferiority in their child..

The early childhood years are a particularly important time for building self-esteem. Research studies indicate that children who have acquired high self-esteem by the time they enter school earn better grades, are more popular with their peers, and need less disciplining at home and in school. Here are three ways that you can assist your child in



having a better sense of their amazing worth in our lives:

Listen to what your child wants to tell you, not just to what you want to hear or what you want to say to her. She will know you are paying

attention to her by your smile, eye contact, a pat on the back or nodding your head.

Become more aware of what you say to your child, when you say it, and how you say it. Imagine your words and actions are being recorded. In that way you will see and hear yourself as your child sees and hears you. If you catch yourself saying or doing things that you wish you hadn't said or done, being aware of your own behavior will help avoid doing the same thing again in the future.

Setting reasonable limits and following through calmly. Being positive does not mean giving up on accepting reasonable behavior. Consistent follow through on limits helps children feel secure.

Enjoy your remarkable journey through parenthood.

For further reading: www.growingchild.com

To contact Prof Moon: moone@arc.losrios.edu



ESL Prof. Elizabeth Moon

Artie's Studio

Dear Artie,

What is the origin of color and how does it affect our emotions and behavior?

Emotional

Dear Emotional,

Your questions really intrigued me, so I did some research on the origin of color and its effects on us. According to scientists, artists, and thinkers, when early human beings were watching their fires blacken the ceilings of the caves they lived in, they also became aware of the colors, blue and red in the sky and brown and green on the ground. Eventually, they began to understand that color made the world more beautiful and also elicited emotion from deep within them. In addition, color began to symbolize different types of power for them. Over time, early humans learned to extract dyes from insects, plants, and minerals and then to use these natural colors to draw representations of animals on their cave walls and on rock formations in the areas where they lived. Today, these rock etchings or drawings are known as petroglyphs. During this era of hu-



man social evolution, early men and women also began to paint themselves in order to ward off enemies or to attract a mate.

Sources for colors, like blue, purple, and red, were often guarded by people over the centuries and were frequently worth as much as gold. However, all of this changed in the 19th century when a young chemistry student became the first person to manufacture a synthetic dye. After knowledge of his invention became popular, the world became a much more colorful place. In the 20th Century, scientists further discovered how colors were able to influence people both emotionally and behaviorally. Since their discovery, everyone from advertisers to educators have used color in order to affect our feelings and actions. Therefore, based on the research done by scientists that color can greatly influence our emotions and behavior, it would also seem that the colors artists work with can affect our feelings as well as affect our behavior patterns. What do you think?

Artie

To contact Artie: whiteg@arc.losrios.edu

Presenting the Past — The Accidental Historian

Sutter's Fort

One of the best things about living in Midtown Sacramento is that you don't have to look too hard to find something of historical interest. Walking out to meet friends a few nights ago, I passed Sutter's Fort at 27th and I Streets. It's pretty astounding to think that the birthplace of modern Sacramento, with its important connection to the Gold Rush, sits quietly just a few blocks from my house. Everyone knows that the discovery of gold drastically changed California and the west. But few know the story of how it affected John Sutter, a Swiss immigrant who is considered the founder of American agriculture in California, and who had no loftier dream than trading in goods from his fort.

In 1839, the Mexican government granted some land to John Sutter. To qualify for this grant, he became a Mexican citizen and was appointed "Captain of Sacramento Troops" as part of the land grant. He built the white adobe fort, which he called "New Helvetia" (New Switzerland) and quickly put together a workforce which included local Indians. The



mid-sized fort included quarters for himself and some of his workers, a bakery, a blanket factory, a blacksmith shop, a carpenter shop and other workshops. His operation also included a tannery located on the American River and a fort he purchased from a Russian settlement near present-day Bodega Bay. He farmed wheat, barley, peas, and beans, distilled whiskey and brandy, and traded in cotton. This empire established Sacramento's earliest settlement and the first non-Indian settlement in California's Central Valley. The fort also had a good reputation and was known for its hospitality, making it a first stop for many immigrants to the area.

During this time, the fort flew the Mexican flag, and Sutter maintained a friendly relationship with the Mexican government. Then, the American government began military maneuvers against Mexico's presence in California. The fort was taken over by Captain John Fremont during this time, though Sutter remained in the fort and continued his operations. Eventually, control of the fort was given back to John Sutter, who then raised the American flag above the fort. His manufacturing and trading had made him a wealthy man, and the settlement around New Helvetia was growing as the result of his efforts.

As part of the expansion of his operations, he acquired some land on the American River, about 50 miles from the fort in present-day Coloma. In 1847, he began construction of a sawmill on this land. In January 1848, during this construction, gold was discovered on Sutter's land. He tried to keep the discovery quiet until the mill was finished, but word leaked out and Sutter very quickly lost control of his entire empire.

Practically overnight, his agricultural and trading enterprises collapsed, especially when the new and more convenient town of Sacramento diverted settlement and business away from New Helvetia. His white employees deserted New Helvetia for the gold camps. Unsavory prospectors took advantage of the fort's hospitality, stole Sutter's cattle, squatted on his land, and ousted the area's friendly Indians. By the mid-1860s, the fort was mostly destroyed and John Sutter had lost everything. All that remained of the fort was the central building, which had been Sutter's home and workspace. The walls and workshops were gone, and so was John Sutter.

Today, the rebuilt fort stands on its original site as a testament to the spirit of the old west and the destructive nature of the greed that brought so many to California seeking a share of the gold found here and contributed to the downfall of Sutter's New Helvetia. The Native Sons of the Golden West were influential in the restoration of the Fort, which began in 1891 and was completed in 1893. It was furnished and reconstructed to reflect its 1846 appearance. Donated to the State of California, Sutter's Fort became a part of the California State Park System in 1947. It is the oldest restored fort in the United States. Volunteers work at the fort, wearing period dress and demonstrating for visitors how daily tasks, from making rope to baking bread, were accomplished. It's a fun and fascinating tour that shouldn't be missed!

(Information compiled from the following sources:
www.militarymuseum.org/Sutter.html
www.parks.ca.gov/?page_id=485
www.pashnit.com/roads/cal/SuttersFort.htm)



ESL Prof. Brenda McTighe

Mim's Cafe



Prof. Montgomery with happy eater

Our ESL Department Chair, John Gamber, graciously shares with the readers of The Parrot this delectable quiche recipe. Having made it before, I can attest that it is pretty simple and the prep time is quite short (twenty minutes to be exact). Whether for a potluck or for breakfast, this Quiche Lorraine will surely be a hit. Every time John brings this delicious quiche to a meeting, it goes so quickly I hardly get a second helping.



To contact Prof. Montgomery: montgot@arc.losrios.edu

Ingredients:

- ½ lb. bacon
- 3 large eggs
- 1 cup shredded Swiss or Jarlsberg cheese
- ½ pint half-and-half
- 1 small onion (or equivalent amount of leek)
- 1 Pet-Ritz deep-dish pie shell
- ½ tsp. salt
- 1/8 tsp pepper
- Paprika for color



Cooking Instructions:

1. Turn the oven on to 375°.
2. Cut the cold bacon into 1-inch squares before frying (half-frozen is even easier).
3. Start frying the bacon; mince the onion/leek and shred the cheese.
4. When the bacon is done, drain it and put it into the pie shell.
5. Pour off most of the grease; then sauté the onion/leek.
6. Put the onion/leek and the shredded cheese into the pie shell.
7. When the pan has cooled a bit, pour in the half-and-half and beat in the eggs, adding the salt and pepper and scraping any bacon leavings into the mix.
8. Add the mixture to the pie pan and sprinkle paprika for color.
9. Bake at 375° for 25 minutes or until the crust shows light golden.
10. Cool at least 15 minutes before cutting.



In French cuisine, a **quiche** is a baked dish that is based on a custard made from eggs and milk or cream in a pastry crust. Usually, the pastry shell is blind baked before the other ingredients are added for a secondary baking period. Other ingredients such as cooked chopped meat, vegetables, or cheese are often added to the egg mixture before the quiche is baked. Quiche is generally an open pie (i.e. does not contain a pastry covering), but may include an arrangement of tomato slices or pastry off-cuts for a decorative finish. You can make quiche not only from egg but milk and cream to for people who do not like egg or don't eat egg. Quiche can be eaten warm but is more commonly eaten cold, making it a suitable component of the food served in a typical summer picnic.



Boots on the Ground: Get Slick with Trail Mick

Latrobe Road / Deer Creek Preserve Walk

Spring is here! It's a good time to get out and enjoy the sunshine, green grass, and wildflowers on a walk that is easy and close by. If the prospect of walking along a lonely dirt road in cow country interests you, this hike is for you. The "trail" is actually a part of Latrobe Road that climbs into the low foothills of South-eastern Sacramento County. This is pretty country with a few large cattle ranches, located within the 4,000-acre Deer Creek Hills Preserve. The Preserve was created a few years ago when the land was purchased by the Sacramento Valley Conservancy to keep it the way it is – undeveloped.

There are two ways to get there from the Sacramento area. You can drive on Highway 50 to Howe Avenue, then take Howe southward for a short distance to Highway 16 - Jackson Highway. Once on Highway 16, stay on this road for a several miles, passing through the community of Sloughhouse. (During the summer, you might want to stop there at Davis Ranch's open-air market for some fresh corn or other fresh vegetables.) A couple of miles past Sloughhouse, look for the Latrobe Road turn off on the left. Take Latrobe Road to White Rock Road. (Don't worry — the road is paved as far as the trailhead!) On the left you will see a fairly large dirt area. This is a good place to park your car.

The other way to get there is to take Highway 50 to the Bidwell Street / Scott Road exit in Folsom. Take Scott Road south to White Rock Road, where you will turn right. Take White Rock for about a half-mile until you see (the continuation of) Scott Road on the left. Take Scott Road for several miles until it joins Latrobe Road. This intersection is the "trailhead", where you will start walking.

As you get out of your car and look east, you will see that the road pavement ends a short distance ahead. This is your trail. Latrobe Road here is a rough dirt road, recommended for hiking, biking, horseback riding, and 4-wheel drive vehicles only. Your path ahead includes a couple of places that cross over tiny Crevis Creek. Though dry in summer and fall, the creek can cause your feet to get wet in winter or spring.

I like to allow about an hour for the hike. Actually the road continues for several miles, so you can



Trail Mick Giving the Thumbs Up After a Particularly Good Hike

walk for as long and far as you like before turning around and going back to your car. Be sure to carry water, for this place can get hot! Wildlife is abundant, including deer, coyotes, wild turkeys, vultures, and hawks. So are the cows that watch you from behind their fences as they chew on grasses. In addition to pasture, the road passes through some nice groves of native Live

Oaks and Blue Oaks.

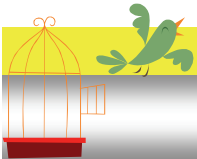
You can take dogs for walks on this trail. However, unless your dog will stay close to your side, I strongly recommend that you keep it on a leash! This is important not only for the health and safety of the livestock and wildlife, but for your dog's as well!

My favorite months for this hike are June and October, when the weather isn't too hot and the creek is low enough to allow for a dry crossing. It is always a very quiet place to hike. For more information about this area, you might want to visit the following website: www.sacramentovalleyconservancy.org

See you there!

Trail Mick

To contact Mick: braccop@arc.losrios.edu



Out of The Cage

Hey, Mr. Green: Sierra Magazine's Answer Guy Answers your Green Living Questions

Thursday, April 23, 2009
12:15 pm - 1:15 pm

Bob Schildgen (aka Mr. Green) was managing editor and book review editor of Sierra Club's Sierra magazine for many years and continues to write Sierra's popular "Hey Mr. Green" environmental advice column. In celebration of Earth Day (April 22), join Mr. Green for a lively, interactive discussion of green living.

Location: Raef 160

Word Soup: The Annual ARC Faculty Literary Reading

Thursday, April 30, 2009
12:15 pm - 1:15 pm

You are cordially invited to this annual public literary reading of original works by American River College faculty. Come prepared for the unexpected



Location: Raef 160

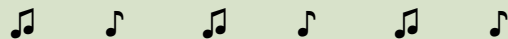
A Celebration of Slavic Culture

American River College Theater

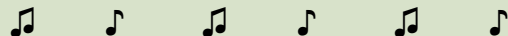
Sat. May 2, 2009 1:30 - 4:00pm
Tickets \$10.00

Tickets will be available at the theater box office.

American River College
Community Lecture and Concert Series invites
you to a
Celebration of Slavic Culture



Experience music, dance, poetry
and food from a variety of Slavic
cultures



Applied Music Student Recital

Monday, April 27, 2009
3:30 pm

The ARC Music Department is proud to present our Applied Music Students in recital, beginning at 3:30pm in room 512 of the music department. Admission is free to this event.



Kairos Quartet

Saturday, May 9, 2009
7:00 pm



The Kairos Quartet will perform with Scott Amendola's Lovely Builders with Scott Amendola on drums and Ross Hammond on guitar. The concert will be held in the ARC Theatre. Admission is

\$10 general/\$5 students.

Romeo and Juliet

Sunday, May 3, 2009
2:00 pm - 5:00 pm

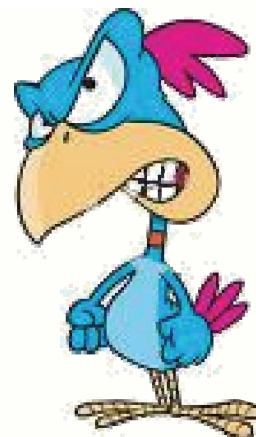
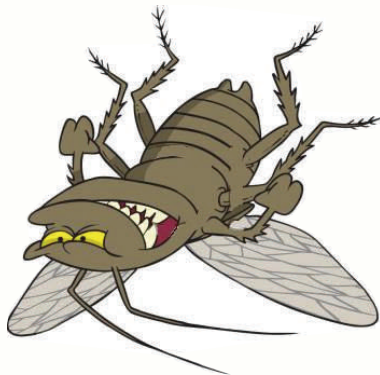
William Shakespeare's tragic romance about two teenage "star-cross'd lovers" whose untimely deaths ultimately unite their feuding households. A timeless classic.



Tickets are available beginning April 20th in the Theatre Box Office, Mon-Fri 11a-1p. Prices: \$12 General \$10 Students/Seniors/Staff. To purchase tickets over the phone call the Box Office at (916) 484-8234.

Student Body Speaks!

In a surprise midnight meeting at a local Denny's, The Los Rios Board of Directors voted to reinstate the name "The Parrot" to the ESL and international student newsletter, reversing its previous decision to change the name to The Cockroach. Inside sources maintain that a Parrot survey of all 30,000 plus ARC students and the resultant overwhelming support for The Parrot led to the vote. The only dissenting student voices were the 15 members of the ARC indoor ice hockey team who use the amazing speed and agility of roaches for slap shot training. The only outside disappointment came from a local exterminating company hoping to cash in on the popularity of cockroaches and looking for a place to advertise.



Continued from page 1

Parrot: So the total would be like twenty years?

Everyone: (Laughter)

Lisa: I guess it is like twenty years. I'm getting old, yeah, I guess twenty years.

Everyone: (Laughter)

Parrot: Have you ever had a problem at work? Can you please tell us what it was and how you solved it?

Lisa: In my role as a dean, one of the things that I do is take care of students who have complaints or who get in trouble, so I have, in fact, those two binders that say Students' Complaints; those are all student complaints or student discipline problems.

Parrot: How do you solve it?

Lisa: How do I solve it? I work with each student and the instructor and do the investigation to find out what happened. So, I get the instructor's perspective, get the student's perspective, and then look at the policy, and then make a decision.

Parrot: Is it hard for you?

Lisa: Uh ... no, but it's important to go slowly and to listen and to take notes, and to, uh, make sure that the process is fair and according to policies of the college.

Parrot: It's interesting.

Lisa: It's very interesting and I enjoy it, and try to do what is best for the student in all cases. And sometimes when the student gets disciplined it is to help that student get on the right track, right? So if they are disrupting class, to let them know what the rules are, so next time they won't get thrown out of class, right?

Everyone: (Laughter)

Parrot: I really like your job. They come to you, like, by themselves or...?

Lisa: Students can come to any dean, so I have seven departments. Here I have ESL and humanities, journalism, philosophy, sign language studies, speech and foreign languages.

Parrot: That's a lot; is it too much pressure for you?

Lisa: Uh, it keeps me very busy, but I like it. I love my job, I really do. I really enjoy what I do. I have wonderful colleagues that I work with and to answer your question, students, when they have a problem in their class in any of those departments, they come to this office and they let me know what's going on, and I have a form that they fill out, and they can file a complaint, or what's called the Student Concern Form. Let's say they got dropped from the class and they don't understand why. Then I can look at the syllabus, explain, you know, what the syllabus says, those types of things. They usually come on their own.

Parrot: So, does a student have a big problem to see you or talk to you?

Lisa: Uh, some of them are big and some of the problems are small. Some of them could be as simple as students, let's say, they want to challenge a pre-requisite. That's a small problem. That's very easily handled. Uh, or it could be as large as a student's work in a class. They think they're not being treated fairly. That's a pretty serious problem.

Parrot: Do you sacrifice something for your career?

Lisa: Yes, sleep.

Everyone: (Laughter)

Lisa: I'm very tired right now actually. I stayed up until about four o'clock in the morning and I have two children that are ten and seven and so, when I get home, I spend all of my energy on my family. Then, when

they go to bed and my husband goes to bed, I'm often working on things from this school. So sleep gets sacrificed and sometimes time with my family, but the college is really good at understanding that we have families, so if I need to go somewhere... my dad was very sick about a month ago and I needed to be with him. They supported me and said I needed to go. Nobody gave me any trouble about it so...

Parrot: Do you think college now is different from college ten years ago?

Lisa: Absolutely, absolutely. I think there are two major differences right now. One is the economy, and that's kind of linked to the second one, which is the amount of student tension, I think, that students have to deal with. You know, when I went to school, it was unheard of, really, for a student causing problems. So, I think that is a problem, and what I've noticed right now, since the economy is bad, students come here, and I think they are already stressed before they even get into the classes, and so it doesn't take much for them to get stressed out. I think it's happening more quickly. And I do want to talk about technology, too. That is the other difference, technology. The education, instruction has changed because of technology. The use of the Internet, e-mail, smart boards, all that, you know, the In-Focus projectors, PowerPoint, it's really changed how instruction is delivered. That's a major change in education.

Parrot: OK. Can you tell us some funny stories about your student life?

Lisa: About my student life?

Parrot: Yeah, student days (laugh, chuckle)

Lisa: Oh, my gosh. Hard one. Uh, hmm, oh boy I have to think for a moment. Funny story. Hmm, well, I'll tell you an embarrassing story (chuckle). This might be inspirational to students since you're in a listening and speaking class. When I was a

beginning student, I was very shy, and I couldn't even raise my hand. I would just shake with fear and I wanted to be a teacher, and so I took a speech class, and they would videotape us. And, I was the most pathetic speaker you would ever want to see. You know, I'd lay my head down on the podium and just forget what I was saying. It was just embarrassing to watch. I kept thinking I would never make it as a teacher because I can't give public speeches. Now I talk to groups of 100, 200, or 500 people. So, it just took a lot of practice for me to get past that. But, I find it embarrassing because I can still see myself in those video tapes, standing at the podium, lying down, and just turning red and tripping over myself. It was just terrible (chuckle), but I would always share that with my students because I would tell them that's why practicing is so important. You couldn't have been any more afraid than I was when I was learning how to speak in front of groups. So, maybe you've experienced that. You know, it's even harder in another language.

Parrot: Yeah. In this bad economy, what's your advice for international students?

Lisa: To get as much education as you can; my mother used to say that no one can take your education away from you. To be successful, an education gives you options and gives you a lot of freedom, freedom to work here, freedom to work in your own country, freedom to change careers. I think that getting education is the strongest advice I would give people. Many students want to get just a little bit of education and get a job, but then there's a difference between a job and a career. And I would en-

courage students to get as much education as they can to get a career because that's fulfilling. A job puts a loaf of bread on the table. But, if you have the opportunity, I'd say follow your dreams and shoot for the stars, you know. Why not? I never thought when I was a student here, I never thought I'd come back here and be Dean, but here I am. So, if I didn't set my sights very high, I wouldn't be here now. It didn't seem possible at the time. I was working as a waitress and going to school here. (chuckle). I am here as Dean now.

Parrot: So, what are your goals for this year?

Lisa: One thing I've been working on at the college is to work with my colleagues on a diversity initiative. So, right now it's just an initiative to get a diversity center that would have educational opportunities, and speakers, and things of that nature for all students, for international students, for all the diverse students on our campus. So, trying to move that forward is very important to me, and working with Pam Chao, who is our Diversity Initiative Coordinator. She just began that position this semester. So, I want to support her. The other part is it's important to balance my home life and my work life at all times and take care of my health. Even though I have a cold, I bicycle 50 to 60 miles a week every weekend with my husband. He's a teacher as well and I do that to relax. My job is very stressful, and if I don't take care of myself, then, you know, that's not good for my family. So, I try to balance those things. So, these are the kinds of goals I have. Just to do the best I can. (chuckle).

Parrot: Yeah, I think that's good.

Thank you. Last question. What's your favorite hobby?

Lisa: My favorite hobby (chuckle). I like to collect rock fossils. I like to collect rocks and fossils. In fact, the fossils behind you are fossils that I found, and I like to go into the desert and find rocks and split them with my hammer. I have hundreds of rocks at home and find shell fossils and fossils of ammonites and trilobites. I like it because it's very peaceful, and a lot of people don't expect me to put my shorts on and go out into the wild with my rock hammer, but that's what I love to do. (laugh)

Parrot: Is that your kid?

Lisa: In the red frame? Yeah, those are my children.

Parrot: Very cute.

Lisa: Thank you.

Parrot: Well, I think that's it, right. We're very glad to talk to you today, and hope you get well soon.

Lisa: Thank you. It's wonderful talking to all of you, and I liked your questions. You wrote really good questions. It made me think though, the one about a time that was funny (chuckle). You know, when I think about college I think about being stressed out (chuckle). College is usually not very funny, but anyway... (chuckle)

Parrot: Thank so much for the interview. Thank you.

Lisa: Thank you. Take care.

Parrot Reporters: Irina Ivaniv, Jeeun Jeong, Minh Lam, and Raul Perez



Spring 2009

MULTICULTURAL WEEK

AMERICAN RIVER COLLEGE

April 28 - 30, 10 A.M. - 2 P.M.
Bookstore & Rose Marks Quads

Come Join Us

◆ Art ◆

◆ Food ◆

◆ Crafts ◆

◆ Exhibits ◆

◆ Classic Cars ◆

◆ Dance & Music ◆



For more information, please call the Humanities Area at 916-484-8653.