



# The Parrot

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

Spring into Summer Issue!

Squawk!

## English Dept's Student Help: Alina Pechko

**Parrot:** Tell us a little bit about yourself.

**Alina:** Well, I'm Alina Pechko, I'm eighteen and I've been in America for about five-and-a-half years. I recently graduated from high school and I'm starting my biochemistry degree.

**Parrot:** Do you see any difference between schools here in the US and schools back there in your country, Ukraine?

**Alina:** Yeah, it is different; it was stricter there. If you didn't pass, for example, one class in high school, you had to stay the whole entire year in school. So, it was like a little stricter.

**Parrot:** What do you appreciate the most about living in the United States?

**Alina:** Uhm, freedom, especially in school pretty much, uh, like, there are a lot of things... I like the teachers, for example,

if you don't want to tell them, for example, why you didn't come to class yesterday or so, they cannot question you about that, but back in Ukraine you would have to say the reason why, whether it was embarrassing or not ...



**Parrot:** So, why did you move to America?

**Alina:** My parents, they've wanted to move for a while. There was communism when they were kids and since when they were little they didn't have much freedom. They were Christian. If they were caught

reading the Bible in school or anything, the police would take it, throw it to the floor, they would walk over it... It was very strict about religion. So basically, it was for religious freedom.

**Parrot:** How do you compare students in Ukraine and students in America? They're smarter?

*Continued on page 24*

## Football's Don Dillon: A Man for Fall Seasons

**Parrot:** Will you tell me your full name?

**Don:** My name is Don Dillon.

**Parrot:** Tell me a little bit about your professional background.

**Don:** I've coached the football team for the past 8 years. Before I was here, I was at the University of Hawaii for 3 years and coached football there.

And before that, I was at the high school level. I spent 10 years at Hiram Johnson high school, and ... 3 years at Reno High, one at Rancho Cordova, and 7 at Sacramento high schools. I've been teaching since 1973.

**Parrot:** Why did you choose to become a P.E. teacher?

**Don:** Yeah, I knew when I was young in high school

that I wanted be a coach, football in particular, and normally when you're in that you think about it. But I like to interact with young people and I like you know the vitality they bring, and I like to make a difference in their lives a little bit if I can.

**Parrot:** How is the experience of being a coach?

**Don:** It's been wonderful.

*Continued on page 23*

## Multicultural Evening Photos!!

see page 26

*I'm not afraid of dying - I just don't want to be there when it happens!*

Woody Allen



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## Arnie Meets Big Mike

On March 16th, Big Mike Spiridonov, ESL student and student worker, had occasion to meet Governor Schwarzenegger. We tracked Mike down to ask how it went.

**Parrot:** Michael, so I'm curious, Governor Schwarzenegger was on campus? Why did he go to your department? Where do you work, first of all?

**Michael:** I work in the welding department, but I study in the electronics department.

**Parrot:** Why did Schwarzenegger go to the electronics department?

**Michael:** Because the government was giving some money to the school for solar panels.

**Parrot:** Why did he speak to you though? How did that happen?

**Michael:** Maybe he saw my face; it was like begging, "talk to me".

**Parrot:** He just picked you out!

**Michael:** There was a crowd of people and I was in his way.

**Parrot:** You are very tall too; maybe that's why. How tall are you?

**Michael:** 6 foot 4. I saw myself on KCRA TV. I was really bigger than him.

**Parrot:** So what did he say to you?

**Michael:** He asked me about the program, how the stuff works.

**Parrot:** What did he ask you personally? Did he know you weren't American?

**Michael:** Yeah, he recognized my accent, he said something like, he respects, I lost what he said. He said something about accent, about himself, and he likes when people try to do their best; he compared himself a little bit.

**Parrot:** With you?

**Michael:** Yeah (chuckle).

**Parrot:** So did he give you his telephone number? Anything?

**Michael:** I didn't ask him; he didn't offer.

**Parrot:** What did your family say when you told them?

**Michael:** Oh, everybody was surprised because we knew about him before we came to America. He is a really famous actor and his image was like a big strong guy. When I talked to him, I was a little bit nervous; it was a little bit surreal.



Oakland Mayor Ron Dellums, Big Mike, Arnie, President Viar

**Parrot:** You are from Ukraine, right? Did you tell your friends back in Ukraine?

**Michael:** Not yet.

**Parrot:** Do you have the news program on video?

**Michael:** Unfortunately, no.

**Parrot:** You didn't tape it? You should call them. Or photograph, did you take a photograph?

**Michael:** Yeah, yeah. I can show you it on the government website. Sixteenth of March.

**Parrot:** You and him?

**Michael:** Yes.

**Parrot:** So is Schwarzenegger the first famous person you've ever met?

**Michael:** Yes, just him, but I talked to the mayor Kevin Johnson.

**Parrot:** Was he there, too?

**Michael:** Yes.

**Parrot:** You're taller than him, too?

**Michael:** Yes, (laughter), my main advantage!

**Parrot:** Thanks Mike!

# Student Chirpings

## Impressions

### *My First Experience in the United States*

I came to the United States almost two years ago and since then my life has begun. I could guess how many happy and sad days I would bring to myself. However, those were my first days in my new country and everything was nice and amazing for me. Usually, the first impression is the brightest and true, and I try to remember everything as I looked at it for the first time.

Our airplane arrived at International Airport of San Francisco. The flight was the first and most fearful because I'm afraid of heights. For my happiness, I flew with my husband, for whom I came to America, so I felt more comfortable. Our friends met us and we went to Sacramento, my new home. I was amazed when I saw the beautiful city, drowning in green. I was amazed with the variety of blooming bushes and rare combinations of foliage and coniferous trees, palms, and cacti. I had known that for more than six months, from late spring to late fall. There was no rain; therefore, it was astonishing to see green grass and many beautiful flowers around. Our friends told me that nature in California is surprising and unusual. I was impressed by almost everything: people of different colors, cars going in the right lane, sign in English, wide highway roads and so on. Even the things I'd seen on TV

or in the movies all looked different. I was filled with emotion and didn't know what to say.

Just at night, we arrived at our house. We were very tired but happy. In the future I would know many more interesting things about this new country. A lot of difficulties,



joys, and sorrows were to come. Next day we went to the supermarket. I walked there with wide opened eyes. The abundance of goods astonished me. The foods and items were in pretty packages, and they lay accurately and nicely. The fruits and vegetables were very fresh and diverse. I liked the smiling workers and customers. Everyone around was polite and kind. People would say, "Excuse me", "Please", and "Thank you" very often.

Thus, my life was filled with interesting discoveries and something new every day. But one day I

wanted to take a walk alone. I thought that I knew our district very well. When I went to an unknown road, I understood that I was lost. I saw a man in a uniform standing right by the street. I decided to come up to him and ask, in my broken English, about the directions to my home. I wasn't afraid and I waited in suspense. He immediately responded. I blinked, thinking, "All those tears learning English were not helpful at this moment." He gave me a thumbs-up, and pointed to a direction. I moved on, trusting the man to take care of me. In about ten minutes I was home, and was very happy that my experience had a good ending.

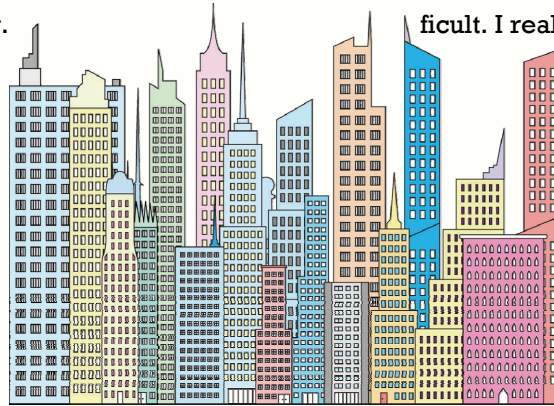
In September 2007 I went to adult school. I was so happy, but at the same time a little bit sad; I had no friend, but most importantly, I did not know English. It was really difficult. The teacher was so friendly and nice, but I know my life is so different now. First, I have a lot of friends from different countries. I like my school, am very happy, but the most significant change is that I improved my knowledge of English.

Now I study English at American River College. I know this language much better currently. At present, my life is better. I am an expert. I want to get higher and higher.

Iryna Garbuzyuk L50

## USA

The first time I arrived in the USA, I was so happy. First I saw my relatives and old friends. Everything was new. Homes, buildings, cars, all around were different. My first impression was the best; I had a lot of free time and we went to different places. I had a sensation that I'm free like in my country. I went and visited new stores and shops. I was so curious to see many things. But after a while I realized I was homesick. This thing became a problem for me. I started to ask my relatives how long it would take for me to get all my papers done, like my green card and ID, because I wanted to go back and see my friends. Everybody was telling that it was OK and I would go after a while. After I started work making \$10 and got my 1<sup>st</sup> pay check, I was curious where all my money went... I didn't know they



took taxes from me. It made me mad. In my country we didn't have taxes. They still do cash. I realized life in America was difficult to adapt to. Over here there are a lot of bills to pay like rent, gas, food, and everything else. In this country to have a savings account is very difficult. I really want to go and visit my country, but I don't have any money. Now I'm OK because I became accustomed to this style of life, work, and college. I have very little free time for my friends and family. Everything is pretty hard, but I have to keep going and hope for a better life in the future. I miss my friends and relatives from where I left. I wish that I could make enough money some day to go visit them.

Victor Magurean L50

### *First Experience in the United States*

I came to the United States a couple of years ago. I had a friend waiting for us at the airport. We lived with her for a few weeks until we found an apartment to move in.

I lived near my husband's workplace. We came to the United States because my husband had a job waiting for him. It was very important that we didn't have to worry about money and housing for several years.

However, I had a problem finding job. I didn't speak English except a few broken sentences. I was afraid to speak to other people. I didn't understand what they were saying, because I felt they spoke very fast. It has been hard for me with the language until this date. I didn't like the United States at all. I'm always thinking about going back to my



country. I had many things in my country that I didn't have here. I lost my job. I miss my parents and friends. Here in the United States, I have my husband and only one friend.

I was afraid to talk to other people. I didn't go to a grocery store by myself for months. I was very sad. I stayed at home all day long waiting for my husband. I used to think about going back home.

After 6 months, I started comfortably living in this new country. At this time, I like it here because I found more friends.

We bought a home and have two beautiful children. I feel here is my home now.

Mei Tsai L50

### ***My First Impressions Upon Arrival to the United States***

To begin my story of a new life which I started in the United States, I have to say that I'm Russian and immigrated to the United States from the capital of Russia, Moscow, in June 2006. Everything began when I found out that I won a green card while I was still living and working in Russia. We didn't think a lot about to move or not to move with my family. We decided immediately that we had to use this chance and we planned to move to the United States. So, our journey began.

My first impressions started from the first day of our arrival to the America. I used to live in Moscow and it is a very big city with the long roads and a lot of cars. However, I was very surprised at seeing how long the free-ways are here and how many cars are driving on them. Almost everyone after 18 has a car here and only a small percent of people use the public transport such as buses. As I mentioned before, we arrived in the middle of June and I was really surprised how hot the summer is in California! The temperature that time was about 115 degrees and we saved ourselves sitting at home under the conditioner or swimming in the pool after work in the evening. Another interesting factor is that there is no rain during summer.

Honestly saying, all my impressions were and are only positive. I was really impressed by the beauty of



lakes, forests, mountains and the nature here. We traveled a lot and saw many different amazing places. California is a very beautiful state. Yosemite Park impressed all members of my family and stirred us to the depths. I visited a lot of parks and conservation areas in Russia, but I never met such a richness of the nature with all its waterfalls, big trees, wildlife, and a huge territory in whole.

People here are different. I noticed this from the first day of living here. They are very friendly; always give a smile in spite of being not always native Americans. I was very surprised how many nationalities live in America; people from different parts of the world come, work, and live here. There are so many churches in Sacramento and different communities where people from different countries try to keep up the relationships with their native roots.

I still continue to be impressed by America and my life here. I have lived only two years in the United States, still comparing my life in Russia and my life here. But, with the possibilities of study and work here I definitely see a wonderful future for my children and my whole family in the United States.

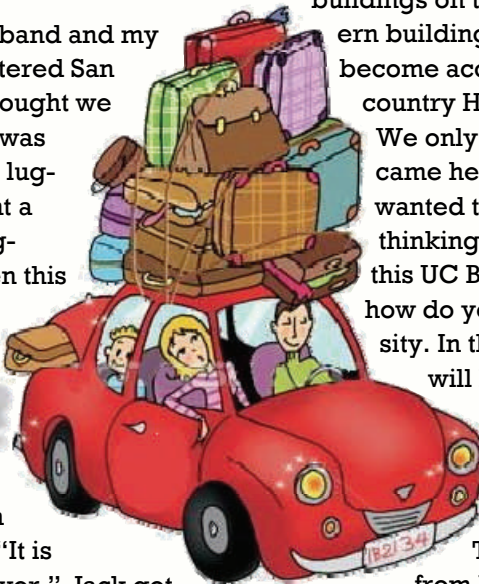
Vadim Shakirov L50

### ***Luck of the Mother's Day***

Before I didn't know what day Mother's Day is. Now, I know, I remember we came to America on that day.

I came to America with my husband and my two sons on May 11, 2003. When we entered San Francisco airport, I was so excited. I thought we finally arrived in America. The airport was modern and big. When we carried our luggage and waited to exit, police brought a dog and checked around the entire luggage. I was so curious. I had never seen this before, only here. How advanced it is!

When we walked out from the exit of the airport, my sister-in-law Mary and her husband Jack had arrived there. Mary brought a bunch of flowers and welcomed us, and we were excited and hugged each other. Then Mary kissed me and said, "It is Mother's Day. You will remember forever." Jack got our luggage to his van. Then we drove and left the San Francisco airport to drive to Sacramento.

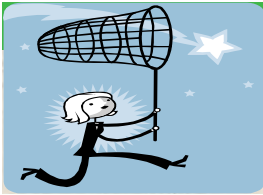


We got on Freeway 101 through to 80. On the way, we were talking and looking. I saw the bay and buildings on the mountain. There were many modern buildings in San Francisco. I thought I would become accustomed to here; it looked like my country Hong Kong.

We only came here for my twins. When they came here, their ages were 16 years old. I wanted them to be students here. When I was thinking, my son Kyle asked his uncle Jack, "Is this UC Berkeley?" He answered "There it is, how do you know? It is a very famous university. In the future, if you can enter here, you will be the pride of your family, but I don't think you can enter." My son Kyle didn't answer.

Now, we came here almost 6 years ago. Mother's Day will come again. That day, my son Kyle will graduate from UC Berkeley. So, I won't ever forget the luck of Mother's Day.

Zhen Lu W30



# NET Escape - Articles from the net.

## Predictions that Missed the Mark

In 1894, the president of the Royal Society, William Thomson, Lord Kelvin, predicted that radio had no future. The first radio factory was opened five years later. Today, there are more than one billion radio sets in the world, tuned to more than 33 000 radio stations around the world. He also predicted that heavier-than-air flying machines were impossible. The Wright Brother's first flight covered a distance equal to only half the length of the wingspan of a Boeing 747. He also said, "X-rays will prove to be a hoax."

In the 6th century BC Greek mathematician Pythagoras said that earth is round - but few agreed with him. Greek astronomer Aristarchos said in the 3rd century BC that earth revolves around the sun - but the idea was not accepted. In the 2nd century BC Greek astronomer Erastosthenes accurately measured the distance around the earth at about 40,000 km (24,860 miles) - but nobody believed him. In the 2nd century AD Greek astronomer Ptolemy stated that earth was the centre of the universe - most people believed him for the next 1,400 years.

In the early 20th century a world market for only 4 million automobiles was made because "the world would run out of chauffeurs." Shortly after the end of World War II (1945), the whole of Volkswagen, factory and patents, was offered free to Henry Ford II. He dismissed the Volkswagen Beetle as a bad design. Today, more than 70 million motorcars are produced every year. The Beetle became one of the best-selling vehicles of all time.

The telephone was not widely appreciated for the first 15 years because people did not see a use for it. In fact, in the British parliament it was mentioned there was no need for telephones because "we have enough messengers here." Western Union believed that it could never replace the telegraph. In 1876, an internal memo read: "This telephone has too many shortcomings to be seriously considered as a means of communication." Even Mark Twain, upon being invited by Alexander Graham Bell to invest \$5 000 in the new invention, could not see a future in the telephone.

Irish scientist, Dr. Dionysius Lardner (1793 - 1859) didn't believe that trains could contribute much in speedy transport. He wrote: "Rail travel at high speed is not possible, because passengers ' would die of asphyxia.' To-

day, trains reach speeds of 500 km/hour.

In 1927, H.M. Warner, Warner Brothers, asked, "Who the hell wants to hear actors talk?" In 1936, Radio Times editor Rex Lambert thought, "Television won't matter in your lifetime or mine."

In 1943, Thomas Watson, the chairman of IBM forecast a world market for "maybe only five computers." Years before IBM launched the personal computer in 1981, Xerox had already successfully designed and used PCs internally... but decided to concentrate on the production of photocopiers. Even Ken Olson, founder of Digital

Equipment Corporation, said in 1977, "There is no reason anyone would want a computer in their home."

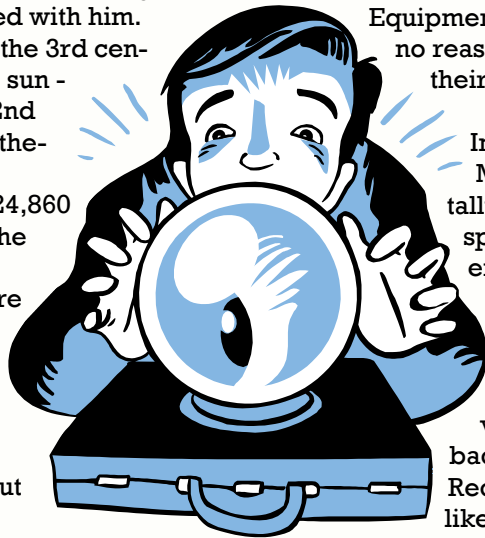
In 1894, A.A. Michelson, who with E.W. Morley seven years earlier experimentally demonstrated the constancy of the speed of light, said that the future of science would consist of "adding a few decimal places to the results already obtained."

In 1954, a concert manager fired Elvis Presley, saying, "You ought to go back to driving a truck." In 1962, Decca Records rejected the Beatles, "We don't like their sound, and guitar music is on the way out."

In 1966, Time Magazine predicted, "By 2000, the machines will be producing so much that everyone in the U.S. will, in effect, be independently wealthy." In that year, too, CoCo Chanel said about miniskirts: "It's a bad joke that won't last. Not with winter coming."

Sometimes a few decimal places make a massive difference. Library House explains that investment banks rely on computer models to direct trading activity; in August 2007, Goldman Sachs' hedge funds and other quaint funds were left exposed by a series of market swings, each of which their software predicted would occur only once every 100,000 years. Goldman Sachs required a \$3 billion bailout, with other banks joining the hand-out queue.

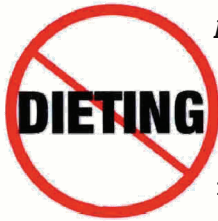
Perhaps the guy who got it wrong most was the commissioner of the US Office of Patents: in 1899, Charles H. Duell, Commissioner, assured President McKinley that "everything that can be invented has been invented."



## Some Hecka Cool Holidays for May

### International No Diet Day

**When:** Always on May 6th



### CELEBRATING OUR NATURAL SIZES

*International No Diet Day* encourages us to appreciate the bodies we have. You could consider it a "Big" backlash against becoming little (err thin), people. This day is intended for us to appreciate the body we have. It encourages us to recognize that people come in all shapes and sizes..... and that's okay.

Anti-diet groups exist to assist and support people who suffer illnesses like anorexia, in their efforts to shed fat and be thin. In addition to anorexia, other medical problems can result from taking diet pills, and surgeries, such as stomach stapling, to control weight.

*International No Diet Day* is a good opportunity to reassess and evaluate your weight management goals and perspective, and to make certain your efforts to be thin don't come at a risk to your health. If you decide that continuing your diet is right for you, then use today to take a one day break.

**Origin of International No Diet Day:** *International No Diet Day* was created by Mary Evans Young in 1992. Mary is the director of the British group "Diet Breakers". After personally experiencing anorexia, she worked to help people appreciate themselves for what they are, and to appreciate the body they have.

### Visit Your Relatives Day

**When:** Always on May 18th



*Visit Your Relatives Day* encourages us to visit our relatives and loved ones. This day is intended to give us the opportunity to get closer to our relatives, and to build (or rebuild) family ties and relationships.

It's easy to get out of touch with loved ones. We lead busy lives. A visit with the relatives, is sometimes relegated to Christmas and a few other choice major holidays. If you cannot visit your relatives today, we suggest you call them and/or send them a card. Both snail mail and online cards will do

**Important Note:** If you don't get to visit your mother-in-law today, you will have another chance on Mother-In-Law Day.

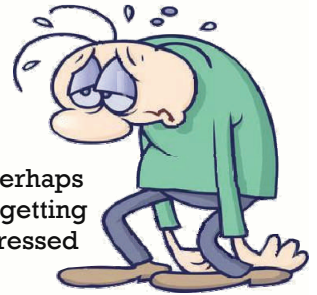
### Fatigue Syndrome Day

**When:** Always on May 12th

Fatigue Syndrome Day is quite a tiring day.

Today recognizes the fact that sometimes life is just too tiring. Perhaps you're tired because you are not getting enough sleep. Perhaps, you're stressed out. Some people experience chronic fatigue from worrying, or due to problems. These are all common causes of persistent fatigue. Whatever the cause, use today to identify it, and to correct it.

Chronic Fatigue Syndrome is actually a disorder. If you are always tired or fatigued, perhaps its time to visit your general practitioner!? Use today to place that call, and to make an appointment.



#### Suggested Activities for this holiday:

- Go right back to bed
- Take a nap
- Take a siesta
- Use up a vacation day
- Cancel activities for the day
- Get the picture? get into the day!

**Did you Know?** Lack of exercise can contribute to fatigue.

### Water a Flower Day

**When:** Always on May 30th

*Water a Flower Day* is a reminder to water your flowers...all of them. Sure, we know that this day reads Water "a" Flower (singular) Day. It clearly indicates that a flower should be watered. But, in today's world of equal rights and non-discrimination regulations, how can you single out one particular flower to water? Even if you can decide upon a certain flower, wouldn't the rest of your flowers get upset and file a class action lawsuit?

So please, for your own sake, water all of your flowers today. As a gardener, this author suggests you make your flowers very happy with you, by adding a liquid fertilizer to the water. They will reward you with faster growth, and bigger blooms!

Have a happy Water a Flower Day!



# Got Needs?

## Ask the College Nurse: Cindy Watson

**Dear Cindy,**

I bumped heads really hard with another student while playing soccer in PE class. I was really scared afterward because of all that I have heard about the actress, Natasha Richardson, dying after she bumped her head. How do you know if you should get treated after a head injury?

**Worried**

**Dear Worried**

With all the talk about head injuries in the media, I know many people are wondering the same as you. The vast majority of head injuries are treatable at home and do not require emergency medical care. However, more serious head injuries can be life-threatening. Here's what to look for.

### Call 911 if...

- Spine or neck injury is suspected.
- The victim is bleeding severely, bleeding from the ears or nose, or leaking clear watery fluid from the ears or nose.
- The victim has bruising or discoloration behind the ears or around the eyes.
- The victim has no pulse or is not breathing.
- The victim's skull has an abnormal deformity or has depressions.
- The victim goes unconscious for more than 3 minutes.
- The victim is unable to move their arms or legs.

### See a doctor if...

- The victim loses consciousness for less than 3 minutes.
- The victim experiences loss of memory, dizziness, or vomiting.
- The victim experiences a prolonged headache, nau-

sea, blurred vision and/or enlarged or unequal pupils.

### Treating with Self-Care:

- Keep the victim lying down in a dimmed room.
- Apply ice to the injured area to reduce swelling or bruising (do not apply ice directly on the skin).
- Don't give any medicine – including acetaminophen (Tylenol), aspirin, or ibuprofen (Advil) – as it can mask symptoms.

- If the victim falls asleep, awaken him or her every 2 hours to verify arousability.



Observe the victim for development of these symptoms: drowsiness or confusion, vomiting and nausea, vision changes, memory lapses, irritability, notable restlessness, persistent headache, tingling extremities or inability to move equally on both sides, development of temperature over 100F. Seek medical care if any these symptoms develop.

### Preventing head injury:

- Always wear protective head gear when participating in sports such as football, boxing, baseball, horseback riding, biking, and riding motorcycles.
- Don't drive after drinking or taking mind-altering drugs/medications.
- Wear seatbelts in automobiles.
- Use extra caution when on wet or slippery surfaces.
- Don't leave small children unattended in a high chair, stroller, or walker.
- Make sure ladders are in good condition before using.
- Keep stairs free of clutter.

**Cindy**



## Artie's Studio

### Dear Artie,

After reading the last issue of the Parrot, I began thinking about the colors that artists use in their work and about the emotions these colors evoke in art viewers. Can you tell me more about some specific colors and their effect on people?

### Colorful Casey

#### Dear Colorful Casey,

I really like your name. It's very appropriate for an artist. Anyway after reading your question, I decided to give you some specifics on the effects of the colors red, yellow, and blue.

Let's begin with the color, red. Red, the color of human blood after it leaves the body, traditionally symbolized emotions such as intensity, fire, love, and anger. However, in Eastern cultures, red represents luck, wealth, and success. In addition, among human beings, the color red sends different emotional messages like anger or embarrassment. For example, people often get "red in the face" when they are provoked to anger or made to feel embarrassed over something. British psychologists have also discovered that when soccer teams are evenly matched, the team that is wearing red uniforms is more likely to win the game. They also concluded that red tends to signal power or dominance. For instance, people who wear the color red seem to have an advantage over those who don't. Finally, advertisers know that when food is packaged in the color red, shoppers feel like the product is coming toward them.

Next, we have the color yellow, which is often associated with sunshine. Yellow is found throughout nature and the man-made world and usually commands attention. It is a common color found on school buses,



traffic signs and signals, pens, pencils, and as highlighting in textbooks. Yellow is also used to help children focus on their school studies so that they will do better. However, some people say that yellow represents a person's insanity and instability. (What do you think?)

Finally, we have the color blue, which is frequently used to represent calm, stability, and power. Blue is the color of sky and water. In many cultures, blue is associated with holy or religious objects

and indicates protection against evil. In Iran, blue is often used in mourning when a person dies. Darker shades of blue tend to represent control and power such as is frequently seen in police uniforms. Blue also seems to have a calming effect on people. For example, some sleeping pills are colored blue to promote the idea of calm. In contrast,

blue food, rarely seen in nature, except for blueberries, is usually no longer healthy to eat. Scientists also claim that eating off a blue plate will curb your hunger. They also say that if you want to lose weight, you should put a blue light in your refrigerator because it will make the food look less appetizing to eat. I may try this last suggestion myself.

As you can see, color affects our emotions and behavior in many different ways, and artists who use lots of distinct colors in their work have the power to bring out our emotional nature. If you study the works of Chagall, Van Gogh, Picasso, and Dali, you can see why we respond to them. They used lots of unique colors that help us to feel their paintings. There are also many contemporary artists who know how to explore the world in color and who affect us deeply with their works of art. Hooray for color!

**Artie**

To contact Artie: [whiteg@arc.losrios.edu](mailto:whiteg@arc.losrios.edu)

## Granny Noetal

**Dear Granny,**  
I'm not taking any classes this summer but want to work. Got any ideas?

**Eager Igor**

**Dear Igor,**  
When you say "work", I gather you don't mean on your English but rather at a job where you can earn some cash or learn a skill. Little late to look, isn't it? January is the time to look for summer work! My advice is to get over to our Career Center as soon as possible. They always have ideas for internships, which are like temporary, learning-type jobs at companies and organizations. Sometimes the jobs are just volunteer positions, but other times they are paid. Working



at an internship is often a good way "to get your foot in the door" and it looks great on your resume. Another option is to simply go from business to business making inquiries and filling out applications. Looking for work is a job in itself. I must say you seem to have waited a long time to start thinking about this. Competition is keen for jobs, especially during these uncertain economic times. If you manage to get your foot in the door, make sure you're not late and make sure you shine your shoes. I should add make sure you wear shoes, unless the job is as a foot model ...

**Granny**

To contact Granny: [Braccop@arc.losrios.edu](mailto:Braccop@arc.losrios.edu)

## Restaurant Reviews

### Famous Kabob

*Famous Kabob* serves Iranian food; it is moderated and good for middle class families and couples. The restaurant is comfortable and the waitress very kind and ready for anything you need, so you'll enjoy your meal. Maybe I like this restaurant because its close to our food in my country. I like the dish Qaunlin chicken and beef marinated with special spices and sauce grilled over hot coals and served with rice and salad. Also we were served warm bread baked in a special oven. I drank a special yogurt drink, it's delicious. *Famous Kabob*—Fulton Ave, Sacramento.

Vladyslav Nabok L50

### Stolichniy

It is located on 5601 Watt Avenue, North Highlands. In my opinion it is very less expensive than others. I can say cheaper. There is a native menu of Russian and *vazace*. Taste is nice, you can eat *vareniby*, *pelmeni*, *borshesh*, *rassolnik*, *okroshka* and other exclusive food. I recommend to visit this restaurant.



Raeda Alamad L50

### Chinese Buffet

Usually one time a month my family and me are going to a Chinese Buffet. I like this buffet because it is not expensive, there is a lot of food and I don't know why, but my children like it; maybe because after sea food they eat ice cream as much as they want. I like Chinese buffet because of the price and my children have a lot of fun. But, I don't eat a lot of food as after this I become sick. I dream when I will get full time job. If I get more free time I'll go with my family to some expensive restaurant to try food, dream, and enjoy.

Viktor Mudik L50

## Presenting the Past — The Accidental Historian

### Placerville

It was a beautiful weekend, and we happily had some time on our hands. What to do? After mulling our options, we decided to head east to Placerville. We had been through the area many times en route to Amador County, Apple Hill, or Lake Tahoe. Placerville, with its rich and unusual history, was definitely on our list of places to visit, but we had never had time to stop. Now, we planned to make a day of it.

To make sure I didn't miss anything interesting, I took along a list of historical markers and their locations (I warned you I was addicted). It didn't take long for us to find the first marker, and my favorite of the day: a simple placard announcing:

PLACERVILLE  
KNOWN AS HANGTOWN IN THE  
DAYS OF '49'  
TO  
SUTTER'S FORT  
SACRAMENTO  
50 MILES

It's common knowledge that Placerville used to be known as "Hangtown" (and is apparently the origin of the dish "Hangtown Fry"), but where did this reputation, and thus the name, come from?

Placerville is about 8 miles from Coloma, the site of the first discovery on John Sutter's land. Dry Diggins, as the Placerville area was first known, was the first mining town to appear in that area. People poured into the area from all over the world to seek their fortune. It was called Dry Diggins because of the scarcity of water with which to wash out the gold.

However, with a large influx of people comes a rise in crime. Police officers couldn't keep up, so miners began to deal with criminals themselves. Vigilantes would act quickly, catching the accused, making rushes to judgment, and immediately flogging or hanging their catches. A popular place to hang criminals was a giant oak tree, which stood conveniently on the main street through town.

The first lynching was a triple hanging, which came after a gang of five men tried to rob a miner of his gold dust. They were caught and flogged. Someone viewing the flogging claimed to recognize three of the men as being wanted for a murder that had occurred elsewhere. The three suspects, fresh from their flogging, were quickly hanged from the giant oak without benefit of a trial. From this time on, Dry Diggins was known as Hang-

town. Though the vigilantes' questionable tactics were at once appreciated and reviled, they were able to bring a small amount of peace to honest miners. Eventually, the town grew and became more law-abiding as well as family-friendly. In 1854, the local population voted to separate from their grim past and change the name of the town to "Placerville".

Not far from the first marker we viewed is a marker commemorating the three men who were hanged that fateful day. The "Three Unfortunates Hanged" marker

reads: "Somewhere here lie the remains of the three unfortunates hanged in late 1849 from the oak tree in the feed corral after fair trial by the vigilantes. This incident changed the name of Dry Diggins to Hangtown. Let us not judge them too harshly for those were the rough days of the great Gold Rush"

The oak tree used in so many vigilante hangings is no longer standing, but there is a marker, not far from the Three Unfortunates Hanged marker, at the spot where it once was. There is now a building in its place, housing a bar called "Hangman's Tree". The stump of the tree is said to be in the cellar of the building. A dummy hangs from the second story to illustrate its past.

This is a great time of year to head in the direction of Placerville and not only enjoy the weather, but appreciate the area's important place in the history of the state of California. If you're interested in seeking out historical markers, you can find an incredible list, with pictures and some explanations of each, at The Historical Marker Database online at <http://www.hmdb.org/>. Just search for the state, county, or city you want to check out, and make your own list of attractions to see.

And don't forget to enjoy a little Hangtown Fry while you're in the area!

(Compiled from information found at [hmdb.org/](http://www.hmdb.org/) and <http://comspark.com/chronicles/hangtown.shtml>)



ESL Prof. Brenda McTighe



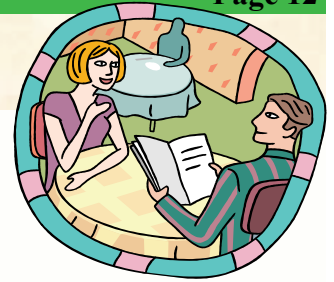
To Contact Prof. McTighe: [McTigheB@arc.losrios.edu](mailto:McTigheB@arc.losrios.edu)

# Mim's Cafe



Prof. Montgomery with  
happy eater

People in Cambodia, Thailand, and Sri Lanka celebrate the arrival of a new year on April 13. This year marks the year of the Ox. The New Year celebration usually lasts for three days with people eating special treats, visiting temples, and partying. My family and I visited a Cambodian temple in Modesto for this year's celebration. We offered rice to the monks, watched traditional dancers performed on stage, but mostly we ate, ate, and ate -- especially sweets made with coconut milk.

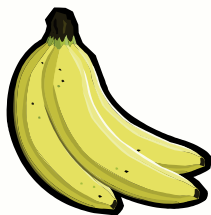
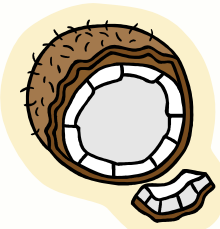


Coconuts have many uses in the three countries mentioned above. The husk is used as firewood; the shells are used as bowls or made into spoons and ladles. The coconut flesh is used to garnish desserts or pounded to make milk. Coconuts are so important in Cambodia that we even have a dance called the Coconut Dance in which dancers tap coconut shells simultaneously. For the last recipe of the semester, I am sharing with you a special Cambodian dessert that is made with coconut milk. This dish takes about 20 minutes to make and is simply delicious. The recipe below serves four to five people.

## Bananas in Coconut Milk

### Ingredients:

- 1 and 1/2 Cups of unsweetened coconut milk (use more if desired).
- 1 Cup of water.
- 3 tablespoons of small tapioca pearls (make sure you rinse them).
- 4 regular bananas (slice into fours).
- 1/2 Cup of sugar.
- 1/2 teaspoon of salt.
- 2 tablespoons or roasted sesame seeds



### Cooking Steps

1. In a small pot, add 1 cup of coconut milk and the 1 cup of water. Bring them to a boil.
2. Reduce heat to medium and stir in the tapioca. Stir gently so the tapioca pearls don't stick to the bottom of the pot. Cook the tapioca pearls for about 7 minutes or until they become clear.
3. After the tapioca pearls are clear, add sugar, salt, and bananas and cook for 3-5 minutes. Remove from heat.



## ***Boots on the Ground: Get Slick with Trail Mick***

### **American River Canyon – Lake Clementine Walk**

The present spring warm spell is giving me Spring Fever! During warm weather, I like to hike in places that are near water, where the trail grades are gentle, and where I can find shade. I prefer short hikes where there are good places by the water to rest or picnic. A perfect hike that fits these conditions is the North Fork of The American River to Lake Clementine.

To get there from Sacramento, go east on Interstate 80 to the Gold Country town of Auburn. From there, take Highway 49 south, which winds down to the bottom of the American River Canyon until the highway reaches the river. Before the bridge crossing, turn left off the highway onto Old Foresthill Road for a short distance until you come to a second bridge where you will cross the North Fork of the American River. After this bridge, on the right you will see places to park. After parking your car, cross the road to the other side where you will see the trailhead located near the bridge on the south side of the stream. The trail is easy - almost two miles up and two miles back with only a small elevation increase on the way up.

The Lake Clementine area is just one small part of the huge Auburn Lake State Recreation Area. The parklands extend for several miles upstream and downstream on both the north and middle forks of the American River. In the 1970s the federal government was planning to build a great dam a short distance downstream from the point where the two river forks come together to form a large lake. Since the road from Auburn to the town of Forest Hill would be under water, the government built the 700 feet high Auburn-Forest Hill Bridge to span the future Auburn Lake. The whole area to be flooded was designated parkland. However, when an earthquake fault was discovered at the dam site, the

whole dam plan was cancelled. Instead of a big lake, the area now remains in its natural state as a deep and scenic river canyon.

From the trail you can see the high Auburn-Foresthill bridge, far above. In fact you will soon pass directly under the giant structure. The trail closely follows the stream, passing through some nice woods of

oaks and pines. If you look above the opposite side of the river, you might see evidence of an old stagecoach road built in 1852.

Further along, the river forms a very long, narrow pool, known as Clarks Hole. If the weather is warm, this is a great place for a swim! Just beyond Clarks Hole, at about the halfway point, you might notice some old bridge abutments that mark the place where the old stage road once crossed the river. Looking upstream you will also see the Lake Clementine Dam. For the next half-mile or more, the trail uses parts of



Trail Mick putting his best foot forward

the old stage roadbed. Though the dirt trail ends at a paved, one-lane access road, I recommend that you continue on up this road for a short distance to Lake Clementine. You will have good views of the lake and of water cascading over the dam like a large waterfall. The return trip downhill is somewhat easier.

There are no fees for parking, and dogs are permitted if kept on a leash. Remember that this is a California state park, and so park rules apply. This is a good hike for just about any time of year, though I prefer spring when the river has lots of water, and fall, when the trees are colorful.

***Happy Hiking !***

Trail Mick

To contact Trail Mick: [braccop@arc.losrios.edu](mailto:braccop@arc.losrios.edu)

# What's the Biggest Mistake ESL Students Make ?

**Prof. Krista Hess**



*"Afraid of mistakes, worrying about making mistakes"*

**Prof. Mark Rau**



*"Taking Bracco's class"*

**Prof. Ann Creighton**



*" Not studying hard enough and not having enough confidence in themselves"*

**Prof. John Gamber**



*" Not practicing enough"*

**Prof. Susan Pezone**



*" Not being active learners"*

**Prof. Joanna Zadra**



*" Cheating in class"*

**Prof. Allyson Joye**



*" Worry, they worry about their full time job, their family and still want to have good grades"*

**Prof. Melinda Anderson**

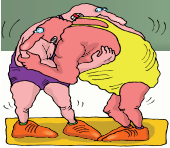


*" Not speaking English and not reading English when they're not in School "*

**Prof. Mim Montgomery**



*" Weak at spelling and vocabulary"*



# Parrot Warbling

## Grappling with grammar

### How do we make the Past Perfect Continuous Tense?

The structure of the past perfect continuous tense is:

subject	+	auxiliary verb HAVE	+	auxiliary verb BE	+	main verb
		conjugated in simple past tense		past participle		present participle
		had		been		base + ing

For negative sentences in the past perfect continuous tense, we insert **not** after the first auxiliary verb. For question sentences, we exchange the **subject** and **first auxiliary verb**. Look at these example sentences with the past perfect continuous

	subject	auxiliary verb		auxiliary verb	main verb	
+	I	had		been	working.	
+	You	had		been	playing	tennis.
-	It	had	not	been	working	well.
-	We	had	not	been	expecting	her.
?	Had	you		been	drinking?	
?	Had	they		been	waiting	long

### Silly Vasily's Chuckle Chamber



There were three men on a hill with their watches.  
 The first man threw his watch down the hill and it broke.  
 The second man threw his watch down the hill and it broke.  
 The third man threw his watch down the hill, walked all the way to the bottom, and caught it.  
 The other two men were puzzled and asked the third man how he did it.  
 The third man said, "Easy. My watch is 5 minutes slow!"

## Idiom-Attic

### Bend Over Backwards



When Joan first started teaching she was afraid that she would have a lot of trouble getting used to the kids and to the faculty. Her fears turned out to be unfounded, since everybody **bent over backwards** to help her. Everyone **tried very hard** to help her feel comfortable and adjust to the school.

### Self Destruct

*The law that governs, creates the society that tears it down*  
*The law restricts people and depression befalls them*  
*Oppression by the law brings the need to rebel against it*  
*We can live a better life without currency as the driver or*  
*Thoughts of advancement when we are really living someone else's expectations,*  
*We are like trees, we grow to end up with many branches*  
*In our system, we grow up with a lot of weeds growing along with us, competing with our resources and distracting our exploration.*  
*A job is not necessarily work, we are born as naturally creative beings*  
*we do not need money for motivation, we are naturally industrious, we are explorers*  
*the need to do something that we want is always there, the will just never comes because of the restrictions.*  
*We are satisfied when we do what we are interested in, a synthetic satisfaction is created when we do what we are manipulated to do.*

Adebisi Obateru

### Rigoberto's Riddles

I can be created by humans But they cannot control me. I suck on wood, paper, and flesh alike. I can be more of a hindrance than help at times. To my creators I seem to be everywhere at once. What am I?



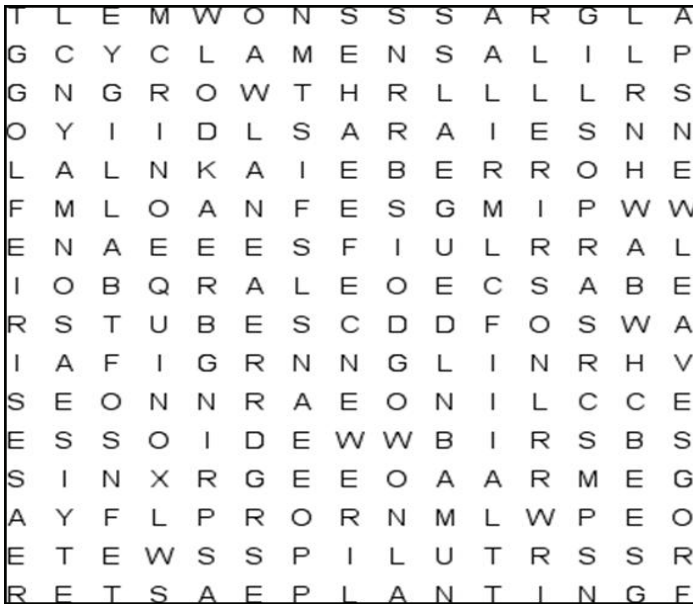
A baby •

## More Parrot Fun Stuff



### Spring Word Search

Find and circle all of the words that are hidden in the grid. The remaining letters spell a message about Spring.

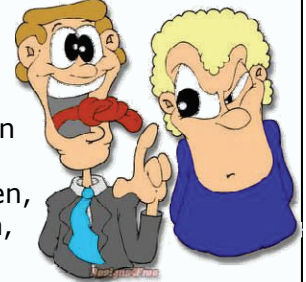


- |            |                 |                 |
|------------|-----------------|-----------------|
| Allergies  | Growth          | Tulips          |
| April      | Irises          | Warmer          |
| Baseball   | Lilies          | Wet Rain        |
| Bees       | March           | Renewal         |
| Crocuses   | May             | Robins          |
| Cyclamens  | New Leaves      | Season          |
| Daffodils  | Planting        | Snowmelt        |
| Dandelions | Rain            | Softball        |
| Easter     | Renewal         | Spring Break    |
| Equinox    | Robins          | Spring Cleaning |
| Flowers    | Season          | Tulips          |
| Frogs      | Snowmelt        | Warmer          |
| Golf       | Softball        | Wet             |
| Grass      | Spring Break    |                 |
| Green      | Spring Cleaning |                 |

### Tongue Twisters

1. She sells sea shells by the sea shore.  
The shells she sells are surely seashells.  
So if she sells shells on the seashore,  
I'm sure she sells seashore shells.

1. A bitter biting bittern  
2. Bit a better brother bittern,  
3. And the bitter better bittern  
4. Bit the bitter biter back.  
5. And the bitter bittern, bitten,  
6. By the better bitten bittern,  
Said, 'I'm a bitter biter bit, alack!'



7. One-One was a racehorse.  
8. Two-Two was one, too.  
When One-One won one race,  
Two-Two won one too.

4. Which witch wished which wicked wish?

5. Sure, the ship's shipshape, sir.

6. Red lorry, yellow lorry, red lorry, yellow lorry.

cop@arc.losrios.edu Questions/ Comments?

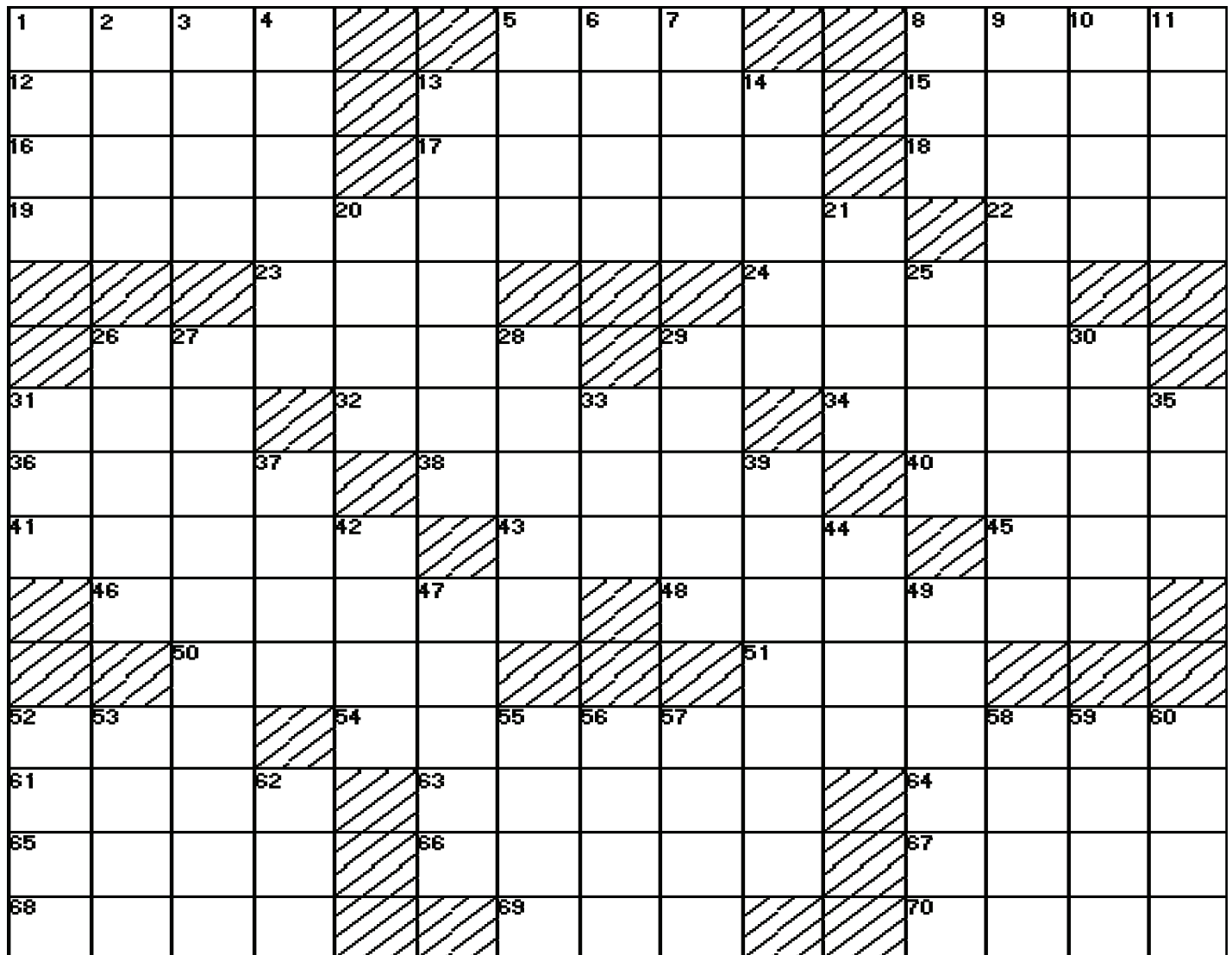


Please let us know what we can do to improve "The Parrot" We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D387 ( Davies Hall), or call (916) 484-8988, braccop@arc.losrios.edu.

### Did You Know?

- In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!
- There are 18 different animal shapes in the Animal Crackers cookie zoo!
- Your body is creating and killing 15 million red blood cells per second!
- There are no clocks in Las Vegas gambling casinos!
- When glass breaks, the cracks move faster than 3,000 miles per hour. To photograph the event, a camera must shoot at a millionth of a second!
- A lightning bolt generates temperatures five times hotter than those found at the sun's surface!
- It is estimated that 4 million "junk" telephone calls, phone solicitations by persons or programmed machine, are made every day in the United States!
- A group of geese on the ground is a gaggle; a group of geese in the air is a skein!
- Clinophobia is the fear of beds!
- The electric chair was invented by a dentist!





**Across**

**Down**

- |                                    |                           |  |   |
|------------------------------------|---------------------------|--|---|
| 1. An evergreen oak                | 41. Not the victor        | 1. Throw                                     | 29. Classical music theater                               |
| 5. Priestly vestment               | 43. A brief indulgence    | 2. Chocolate cookie                          | 30. The complete extent                                   |
| 8. Highest degree attainable       | 45. Not in                | 3. Place                                     | 31. Zero  |
| 12. Murres                         | 46. Long narrow pieces    | 4. Drive up the wall                         | 33. Viper   |
| 13. Relating to the lower body     | 48. Climb                 | 5. Wings                                     | 35. Permit  |
| 15. Objective                      | 50. Traveled on a horse   | 6. Former Italian currency                   | 37. Roman emperor   |
| 16. Found in a woodwind instrument | 51. Intensive Care Unit   | 7. Not front                                 | 39. Plans or schemes                                      |
| 17. An early spring month          | 52. To and ___            | 8. A commander in the Ottoman Empire         | 42. Go on horseback                                       |
| 18. Excretory opening              | 54. Imperiling            | 9. A large assembly                          | 44. Latin for "Behold"                                    |
| 19. Bullhorn                       | 61. Cuts or prunes        | 10. A Hawaiian island                        | 47. Pertaining to prisons                                 |
| 22. Contend                        | 63. A noble gas           | 11. Otherwise                                | 49. A moon of Jupiter                                     |
| 23. Supplement with difficulty     | 64. Comply                | 13. Accuse                                   | 52. A flat mass of floating ice                           |
| 24. Lack of difficulty             | 65. Hawaiian island       | 14. Bird sound                               | 53. Street  |
| 26. Madman                         | 66. Oafs                  | 20. Downhill or cross-country                | 55. Let fall to the ground                                |
| 29. Choosing                       | 67. Preparation (abbrev.) | 21. Charge per unit                          | 56. Shivering fit   |
| 31. Small bite                     | 68. Biblical garden       | 25. Anagram of "Dins"                        | 57. Memo  |
| 32. Discarded                      | 69. P                     | 26. Son of Zeus and Europa (Greek mythology) | 58. International Bank for Reconstruction and Development |
| 34. Inner                          | 70. Augments              | 27. Indicates omitted letters in a word      | 59. Require   |
| 36. Knowing a secret (2 words)     |                           | 28. Crucifix                                 | 60. Swindles  |
| 38. Watered                        |                           |  | 62. Our star  |
| 40. 10 cent coin                   |                           |  |   |

### ESL Boo-Boos: Wat's Wong?



- She asked for Wednesdays off to see her psychiatrist.
- After my father hit my boyfriend, we didn't see ourselves anymore.
- There's an electric sucker in the wall.
- When I feel tired, I go to bed and take a map.
- After I was a high student, I went to the university.
- Joan, who I have known for many years, is one of my closet friends.
- I'm Christian, so I didn't have a sex before I got married.
- On weekends I enjoy playing in the piano.
- Drug dialing is a big problem on my block.
- He's been eaten at expensive restaurants lately.
- [At the wedding,] they threw lice on us for good luck.
- She apologized for being so nude.
- A widow is a woman whose husband is dyed.
- Cinderella fell in love with the price.
- Everyone seeks hippiness.
- I look forward to eating my mother cooking.
- I tanked him for the flowers.
- I tried eating prepared foods, but now I cook myself as much as I can.
- I was talking with my roommate, who was a good friend until 3:00
- I'd love to go to the wedding, but it just isn't possible.
- In Singapore, you get a fine if you forget to flush the toilet.
- Marijuana is a serious addition in a person's life.
- People in American families are rich but shellfish.

#### Animal Sounds

The cry of a cat's a meow,  
 And an oink is the meow of a hog;  
 And a moo is the oink of a cow,  
 And a bark is the moo of a dog;



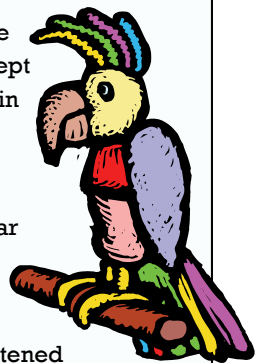
And a neigh is the bark of a horse,  
 And a trumpet's an elephant's neigh;  
 And the trumpets of lions are roars,  
 And the roar of a donkey's a bray.

And the bray of a duck is a quack,  
 And the quack of a snake is a hiss;  
 And if that doesn't take you aback,  
 You may be confounded by this:

The hiss of a sheep is a baa,  
 And a hyena's baa is a laugh;  
 And the laugh of a babe is a waah,  
 And the waah of a ... say a ... giraffe  
 Is so small  
 It is nothing  
 Nothing at all

#### Thief and the Parrot Story

Late one night, a burglar broke into a house that he thought was empty. He stealthily crept through the lounge and was stopped dead in his tracks when he heard a loud voice clearly saying, "Jesus is watching you!"



Silence returned to the house, so the burglar crept forward again. "Jesus is watching you," the voice rang out again.

The thief stopped dead again. He was frightened out of his wits. Frantically, he looked all around. In a dark corner, he spotted a birdcage and in the cage was a parrot.

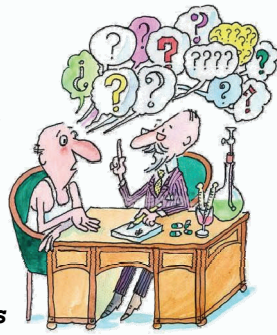
He asked the parrot, "Was that you who said Jesus is watching me?" "Yes," said the parrot.

The burglar breathed a heavy sigh of relief and asked the parrot "What's your name?" "Ronald," said the bird.

"That's a stupid name for a parrot," sneered the burglar. "What idiot named you Ronald?" The parrot said, "The same idiot who named the rottweiler Jesus."

**Punctuation Can Make a Difference**

- “Private — no swimming allowed!”  
**Does not mean the same as**
  - Private? No. Swimming allowed.
  - The escaping convict dropped a bullet in his leg.  
**Does not mean the same as**
  - The escaping convict dropped, a bullet in his leg.
  - The butler stood by the door and called the guests names.  
**Does not mean the same as**
  - The butler stood by the door and called the guests’ names.
  - Go slow, children.  
**Does not mean the same as**
  - Go slow — children.
- Nor does
- I’m sorry you cant come with us.  
**Mean the same as**
  - I’m sorry. You can’t come with us



**Limericks**

A flaky old fellow named Mark  
Once said “I’ve become Central Park —  
Quite perfect for skating,  
Or jogging, or dating  
But not very safe after dark.”

A gunshot by accident pinked  
The tail of a dodo, who winked,  
And said, “If I cared,  
I might have been scared;  
But why should I care? — I’m extinct.”

**More Goofy Jokes**

**Medora:** How do you make a cigarette lighter?  
**Jeremy:** Take out the tobacco.

**Medora:** Do you entertain evil thoughts?  
**Alexander:** Oh no — they entertain me.

**Medora:** Taylor’s been walking since he was a year old.  
**Jeremy:** Doesn’t he ever get tired?

**Medora:** How can you get into so much mischief in one day.  
**Eliot:** I get up earlier than most kids.

**Solutions for puzzle on page 17**

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

# More Student Chirpings

## *My Experience with Phi Theta Kappa*

Most students who attend American River College work and go to school. They come in and out of classes and don't participate in any school activities. They struggle and hit hard times just like the rest of us. A year ago I was one of those students.

I started attending ARC a year and a half ago. I am the youngest out of eight children. My siblings had all gotten married around the ages of 17 through 20 and did not obtain a college degree. While I was attending high school, I did not think about continuing my education. My older sister Katrina explained to me that I could do more with my life than what I had planned. My parents had come to the United States from Ukraine 17 years ago when I was only seven months old. I watched my parents struggle every day working dead end jobs and making month-to-month payments. That's when I decided to take my sister's advice; I put my social life on hold and enrolled in ARC. I am not implying that I don't have a social life, but I'm trying to inform you that I decided to break the cycle of getting married at a young age and struggling financially.

My first year at ARC I did not know many people; I was not aware about the clubs that existed on ARC campus. For that reason, I was not involved in any different activities that could have helped me prosper. Shortly after my first year, I met Alaha Wahab, who educated me about how students could get recognized for their academic achievement. She told me about a club called "Phi Theta Kappa" (PTK). PTK is an International Honors Society for two year college

students, and one of its chapters is located at ARC.

The PTK chapter president's name is Anna Eck; she had come to the United States four years ago from Russia. She advised me about all the perks of being a member of this club, so I decided to attend one of the club meetings. I was astonished and very surprised to see all the students who took the initiative to come to school on Friday nights. Very quickly Anna



From left to right: Anna Eck, Luba Pislar

became my mentor. According to Anna, PTK started off with three board officers and now there are approximately 20 students who attend meetings every Friday.

Anna has been in the United States for only four years. She had taken English courses in Russia before she established her residency in California; she speaks English fluently. I was shocked to find out that a person who has only been residing in the US for four years, she has already accomplished and has prospered so much.

Currently Anna works two jobs and attends ARC part-time. She was a full-time student at ARC for two years. Anna doesn't let anything stand in her way of achieving the

"American Dream". She is transferring to UC Berkeley in the fall of 2009 and has a great future awaiting for her there. Many people who come to the US work day-to-day jobs, and they give up when complications arise. These people are very hard working, but they don't search for the many opportunities that can assist them in the future. What is admirable about Anna is that she does not take no for an answer; no matter how difficult the task at hand may be, she never gives up.

Being the president of PTK is not an easy task. It is a great deal of responsibility and hard work, but it is a club that teaches one leadership, service opportunities, and fellowship. A student also becomes eligible for a great number of scholarships. Being an officer at this club has opened my eyes to a new and better way of reaching my educational goals. The officers and the students who take the initiative to come to club meetings are now not just regular students who walk by me on campus; they are my friends, and they are my inspiration to never give up. They have taught me that no matter how hard or difficult it is to obtain the "American Dream," one should never give up because the results are worth it all.

According to the Declaration of Independence, "all men are created equal; they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of happiness." All of us through hard work and determination can reach our goals that will lead us to a better life and happiness.

Luba Pislar

## Back Home

If I had to talk about my country I would say that Thailand is my country because that is where I was born. Although I don't remember Thailand because we came to the United States when I was about five years old, I can tell you about the history of the Mien people.

In the late 1800's the Mien people migrated from South China. Although it is said that the reason for the emigration remains controversial, some say that we had to give up our lands in China. So the Mien migrated from China to Thailand, Laos and other parts of South east Asia. My grandma is still there in Thailand as well.

The elders of the Mien people fought alongside with the United States CIA during the secret war in Laos. We then had to seek refuge in Thailand awaiting our fate. There are many theories about the origin of the Mien people. One of them is about the emperor who gave his daughter's hand in marriage to anyone who could defeat and bring him the head of his enemy King Kao Wang. Many tried, but none succeeded, so one day a human-like dog named Pan Hu, who spoke and also roamed in the emperor's court, took up the offer. Pan Hu left for many days and came back one day with King Kao Wang's head. As a promised, the emperor

gave Pan Hu his daughter and said, "But you must take my daughter and live out in the far distant lands of the mountains," and soon they did. The lady gave birth to six boys and six girls, thus became the new breed of human beings, the Yao (Iu Mien), which became the twelve clans of the Iu Mien tribe. The twelve clans are listed as follows: Saelee, Saechao,,



Saetern (Teurn), Saephan (Pharn), Saefong, SaeLo, SaeSio, SaeYang, SaeChou, SaeTong, SaeChin, SaeLeo, Liew.

The name "Yao," which was given by the Chinese, means "Barbarian," but for the "Iu Mien" it means "The People."

It is said through many generations that the Mien are Chinese. When there is a ceremony taking place, the Shaman would do readings from a book which contain Chinese word characters. Throughout many ceremonial gatherings such as weddings, rituals, funerals or just an ordinary get-together, I would sit at the

table with the elders, listening while they shared their stories about how life used to be before settling in America. One would reminisce of how frightening it was, hearing shots fired or bombs going off in the distance. My mom used to tell me stories of how she carried me in her stomach as they fled from Laos to overcome all the struggles and obstacles that my people faced.

She used to tell me about how I always wanted to sleep by my grandma's side and I would cry late at night. Then my dad would have to bring me over to grandma's. I thought it was funny and although I don't remember those times, when she tells the stories, I can actually see it so clearly as if I were back home.

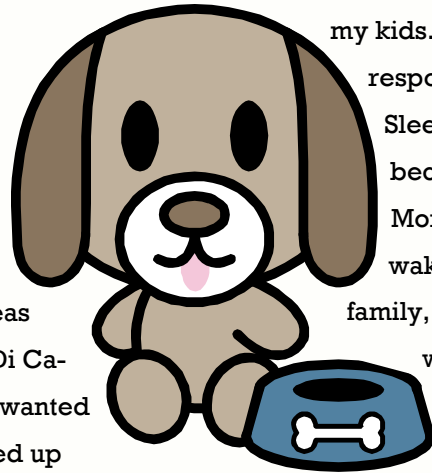
I chose this topic because I just wanted to say a few things about the Mien people and how we ended up in America as Mien Americans. For the Mien people, we are losing our identity, our culture and even our language, considering that we live in modern cities. I think that it is very important for us to be known here in America. The one heart-breaking thing is that we are already losing the voices of the Mien people before they can even be heard.

## Morte

I had such an easy life before I got my kids a puppy. I lived in a very nice house with my 14 year-old daughter and 6 year-old son.

Trying to raise them myself every day, I faced a large amount of hard work and hard choices that eventually were very rewarding and satisfying for me. I love my kids very much and if I could, I would give them anything they want and sometimes more than they really need. So that is why they got a Golden Retriever puppy dog.

The day I brought Morte home was one of the most wonderful days in my children's lives. We all were so very happy. We had fun choosing his name. We had so many funny and different ideas for it like Leonardo, just like Leonardo Di Caprio, my daughter's favorite, or my son wanted to name him Cailiu. But then we all ended up with the name, Morte, the name of the dog my father had. We were all satisfied with this name. We had so much fun observing the dog because he was very playful. One time, when he was running around the house, he ran into the sliding door, not knowing it was closed. Another time, my kids laughed so much when the dog spilled his food all over the kitchen floor, and slid on the spilled water. It was so cute! For several weeks, we enjoyed watching Morte doing crazy puppy things. The kids got very



attached to him and I did as well. I couldn't get off work soon enough to see the puppy interacting with the kids.

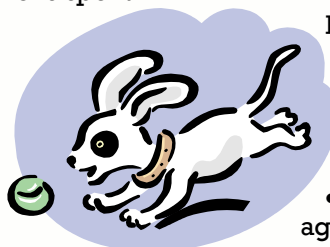
However, that time passed by very quickly, and the puppy grew a lot. As a matter of fact, he is a big dog now. He has a beautiful golden color, is very intelligent, and I get a lot of compliments on him when I walk him. I am very proud of him. On the other hand, he drives me crazy! Especially when he still acts like a puppy around my kids. They love to play with him, but all the responsibilities of cleaning after him is on me. Sleeping in on weekends is impossible now because I have to get up early to walk Morte, feed him, and play until the kids wake up. Before the puppy arrived in my family, I could enjoy my weekends off. I just wish that Morte would be trained better, to the point where he can't make a mess and he can clean up after himself!

Knowing that he's always going to be a big part of my family makes me like him very much anyway. I know that my children will appreciate me and my sacrifices, training and raising the dog in the future. Even though I had an easy life before having the puppy, I would get him anyway.

Marzena Sylvia Cichosz G50

### Cool and Fun Facts about the Life, Behavior and Personality of Puppies

- Puppies are born blind, deaf, and toothless.
- During its first week, 90% of a puppy's time is spent sleeping and 10% eating.
- By the age of three weeks, a puppy will develop their sense of smell, sight, and hearing.
- Puppies sleep for about fourteen hours every day.
- Puppies grow while they sleep.
- Puppies are usually found new homes between the
- age of 7 and 12 weeks and will start house training.
- Between 4 and 5 weeks, puppies interact with other puppies in the litter.
- Puppies are usually found new homes between the age of 7 and 12 weeks and will start house training.
- A puppy is considered an adult at the age of one year.
- More than 5 million puppies are born every year in America.



Continued from page 1

I've students...you know that I've... I coached their sons after them. I have students contact me late in life, and remember things even I forgot and... One time, you know, the moments, the things we shared in the past a ... It's just been...It's been a wonderful, wonderful, wonderful experience.

**Parrot:** Would you explain to me about the experience of being a coach?

**Don:** It's fun taking a group of young people and showing them... raising their own personal goals... and standards and showing them how to reach that. And see and look in their eyes when they get into a location physically, emotionally that wouldn't before if you hadn't pushed them to that level. And they feel really good about what they've accomplished. That's the really neat thing about athletics, sports, and to be called champion, to be a champion. You can't buy that. You gotta earn that, and once you've earned it, nobody can take it away from you. And, so, that's been fun to have that happen over the course of 30 years of coaching.

**Parrot:** What's your advice for a student career?

**Don:** My advice for a student career is pick a profession that they're compatible with. Which means something really you have a passion for and not because you try to earn x-amount of dollars, but because you do really get a sense of pride and self satisfaction. Because with that implies I never had a Monday... I didn't go to work. Coaching and teaching was part of my lifestyle. What I want to say is don't get off track. Don't take a semester off.

Stay in school and finish. Get it done as early as you can, so you get a career off to a really good start. You know, I've seen so many students over the years who think that they will take off one semester. One turns into two, two turns into three, and their lives change. And maybe they start a family, and they get married, whatever. And they have trouble to get back in. Keep your nose to the grind stone.

Set the goal and finish the education you need to do for a particular profession. But there are a lot of ways of making a living. Choose the one that you are compatible with. Don't let money be the deciding factor as the way you decide to live.

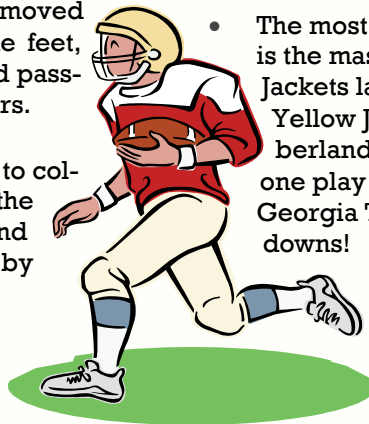
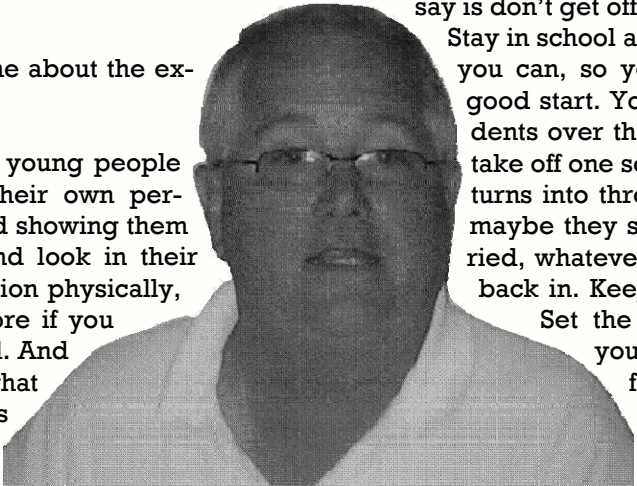
**Parrot:** What are some changes you'd like to see at ARC?

**Don:** For the most part, I'm pretty happy with the way it is.

**Parrot:** Thank you so much!

### Some Interesting Facts about College Football

- The first game of college football took place on November 6, 1869 between Rutgers University and neighboring Princeton. This first game didn't really resemble modern college football at all. Each team had 25 players and the ball could be moved only by kicking or batting it with the feet, hands or heads - there was no forward passing. The final score was 6 - 4 for Rutgers.
- The longest winning streak in college football history is 47 games, set by the Oklahoma Sooners between 1954 and 1957.
- The most lopsided victory in college football history is the massive butt kicking the Georgia Tech Yellow Jackets laid on Cumberland University in 1916. The Yellow Jackets showed no mercy in beating Cumberland by a score of 222 - 0! Cumberland had just one play for positive yards during the game, while Georgia Tech scored an unbelievable 32 touchdowns!
- The University of Michigan has won more games than any other team in college football. The Wolverines have won 842 games since they started playing in 1879.
- Although Yale isn't anywhere near a college football powerhouse now, the school has won the most National Championships, with 18. Yale's last title was in 1927.
- The forward pass was first introduced to college football in 1906. This addition to the game would lead to greater scoring and reduce the number of injuries caused by mass maulings and tackling.
- A record, which might never be broken, is Prairie View College's 80-game losing streak during the 1990s. During the 1991 season, the Panthers were outscored by an average margin of 56 - 4.



*Continued from page 1*

**Alina:** Uhm, I wouldn't say smarter. What I'd say, uh, in one way would be the fashion. Here, nobody cares, you can wear whatever you want, but there everybody cares about every little thing you wear, about how you dress... Basically it's all about appearance, you have to look good.

**Parrot:** Is that only in schools or anywhere?

**Alina:** Like anywhere and there's not like many fashions at once. It's like; there is one fashion that comes in, and, everybody wears that...

**Parrot:** Has your life changed a lot since you came to the United States?

**Alina:** Yeah, my life has changed for two reasons. One is that when I came here I was like a kid. I was only thirteen years old; I kind of grew up in one way. And, then since I moved to the United States, it changed school-wise a lot. When I was around fifth grade or so, I was kind of bad at school. I don't know why. I just hated school and when I came here and became a freshman in high school, school became the number one thing. The reason is because I got all A's in my first year and after that...

**Parrot:** So it was easy for you.

**Alina:** It wasn't easy. I just tried harder. I wanted to feel like I'm one of the students who know. I didn't want to be sitting in class and lost... I wanted to know what was going on. Plus, I didn't have much going on, like, yeah; I was mostly spending time in school. It wasn't an easy thing, I mean, I just started spending more time at school. That's when I started going up and up in grades, kind of got a little boost.

**Parrot:** So what are your future plans?

**Alina:** My future plans, uh, I want to finish my school. I want to be done with my biochemistry degree and after that I'm going to go into a PA program which is physician assistant program. That's going to take me about two to four years. It depends kind of... I'm trying to get my GPA close to 4.0 so I get accepted to the school and work as a physician assistant.

**Parrot:** Now, let's go to some light questions... What's something that you would never do?

**Alina:** Something I would never do? Uh... I wouldn't, it's kind of weird, but I can never go to class without doing homework. For me, I'd rather not go to class, and then the next day I go to class and turn in the homework, but I can never go to class without doing homework.

**Parrot:** Oh yeah?

**Alina:** It's kind of weird, but...

**Parrot:** What is your idea of perfect happiness?

**Alina:** Uhm, a career that you enjoy and family...

**Parrot:** Who is the living person that you most admire?

**Alina:** I'd say my parents. They always understood me; they weren't like those really conservative parents. "You do this because I said so" or "You can't do this because I said that." You know, they're like, "It's your choice to do whatever you want. We're just trying to give you advice for life."

**Parrot:** Who is the living person you most despise? Or hate maybe...?

**Alina:** I don't really hate anybody; there are some people that I don't get along with—the kind of people that are stuck up and think they're too cool.

**Parrot:** What is your greatest achievement?

**Alina:** So far it's been graduating from high school with a 3.9 GPA.

**Parrot:** What is your most inspirational experience?

**Alina:** I'd say every time I achieve something. Something that's greater is like an inspiration and so far it has been being baptized in church. Also the encounter in my church that we had, we went out for three days and we just encountered God. That was the most inspirational experience ...

**Parrot:** What is your worst failure?

**Alina:** My worst failure... What should that be? Uh, one time I got an "F" in my government exam in high school because I was so unready... What's interesting is that I never had an "F" and that was my senior year. I was spending a lot of time on chemistry and physics, but I wasn't spending time on government, so I got an F in the exam and I was so worried. I felt that it was the worst thing that had ever happened to me, but then I got a "B" in the class.

**Parrot:** How would you like to die?

**Alina:** Of course, at an old age and not because of sickness, just natural, I wouldn't want to die having some disease and suffering.

**Parrot:** What is your greatest fear?

**Alina:** I'd say I really hate spiders. I just can't stand them, they're just scary. And snakes, they look really slippery and disgusting.

**Parrot:** What is always in your refrigerator?

**Alina:** There always has to be ice cream and cheese. If it's not there, then it's a trouble.

**Parrot:** What words or phrases do you overuse?

**Alina:** Uhm, let me think about that... "Like" yeah, I use that a lot. "Uhm" I use a lot too. I just noticed that, and I always say "but yeah." Every time I talk to someone I always say "but yeah." That's my phrase.

**Parrot:** Do you have any advice for ESL students?

**Alina:** What I would say is that ... for people struggling learning English, the best way for learning is to speak whether you say it right or wrong. I spoke in English even though it didn't make sense sometimes... and that is the best way. By taking an English class, you're going to learn the grammar, and you're going to learn how to write and speak right, but you got to practice that outside of class. Read in English extra books and speak in English most of the time...

**Parrot:** Thank you, Alina...



# Multicultural Evening



Hello!

There are so many students, staff, faculty, and administrators to be acknowledged for their support in making Multicultural Night a wonderful celebration and success! Thank you so very much for your contributions and efforts before, during, and after the event.

Multicultural Night continues to provide a platform for the campus community to come together and share the diversity, talent, and culture of ARC.

Special Thanks to all of us that made this event possible:

- ARC Facilities & Maintenance Dept.
- ARC Horticulture Dept.
- ARC Bookstore Managers
- ARC Instructional Media Services
- ARC Printing Services
- ARC Cafeteria Managers
- ARC Campus Life

- ARC Student Association Clubs:
- Vietnamese Student Association
- M.E.C.H.A.
- Latinos Unidos
- Campus Progress
- Phi Theta Kappa
- Black Student Union
- International Student Association

There are so many others that have contributed and supported our event- Thank you all!

Enjoy the pictures and I will have a Flickr link with more pictures soon!

We hope you join us next semester!

Please take time to enjoy the events of Multicultural Week sponsored by the ARC Equity Committee in the Bookstore Quad and Rose Marks Quad this week!

Jamil Malik  
International Students Office

# Multicultural Evening



*Bye for the Summer! Squawk!*