



The Parrot

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

Issue #34

Fall 2009

On the Ball with Soccer Coach Hanson

Parrot: When did you start coaching here at ARC?

Hanson: Back in 1991.

Parrot: Have you coached soccer somewhere else?

Hanson: I coach for a local youth club. I coach kids.

Parrot: What's the difference between being a coach here, and being a coach at a club?

Hanson: The difference is that here at ARC the players are adults, but at the club they are kids. At ARC the players speak different languages and we spend more time together, traveling and really get to know each other well.

Parrot: Do you have women involved

here?

Hanson: Yes, we have a women team. I used to coach them, but not anymore.



Parrot: Why not?

Hanson: There is still a women's program, but the position opened up to coach the men. I was assigned.

Parrot: What's your fear when coaching people?

Hanson: The only fear I have is players getting injured.

Parrot: Have you or other people been injured while playing? What did you do as a coach?

Hanson: We have an athletic training. When seious, I call 911.

continued on page 20

Hoggan's Hero

Parrot: Welcome to the world, Mr. Hoggan?

Baby Hoggan: Thank you very much, Mr. Parrot, sir. And please, call me Gabriel. I don't want people to confuse me with my father, Mr. Hoggan, the professor.

Parrot: Do you really think that people will mix the two of you up?

Baby Hoggan: It's

possible. I was ten pounds at birth. 22.5 inches! Give me a couple of years, and I'll be looking down at my dad's bald spot.

Parrot: Does your dad really have a bald spot?

Baby Hoggan: He does, but a lot of people don't notice it because he is so tall. However, every time he leans over me to change

my diaper, I have to cover my eyes because there is a strong glare reflecting off his head.

Parrot: Is he worried about that?

Baby Hoggan: He used to be worried about that, but now he's not because I was born with so much hair.

continued on page 10

Blood and Marrow!

(See last page)

Choose your friends carefully. Your enemies will choose you.

Yassir Arafat



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

Inside this Issue

The Best Hour of My Life 2 &3

Social Networking 5

Parenting 11

World Music & Dance 17 &18

Parrot Survey 19

Student Chirpings

The Best Hour of My Life

Mom's Birthday

King Solomon, the son of David wrote: "For everything there is a time for every purpose under heaven: a time to weep, and time to laugh, a time to mourn, and time to dance." Time is something that is measured in hours. I have had a lot of good and bad hours in my life, but now I want to remember only the good hours of my life.

The best hour of my life I experienced last year. It was a very special year for our family, because my Mom was going to celebrate her 90th birthday. I was thinking about that day all year because I took responsibility to organize the party.

My Mom is the most important person in my life. She is my helper and my advisor. She gave me life and raised me. She gave me her everlasting love and now I want to give her my best. I always wish her to be happy and than all her needs and desires will be fulfilled.

My Mom lives in Lithuania, so I took a trip by plane. I didn't see her for five years and when she met me at the airport and I saw her standing with a cane in one hand and my favorite flowers, white lilacs. My heart was broken and my eyes were full of tears. After a few days of rest, I started to work on the preparation for her party. First of all, I found a restaurant with a nice banquet room where we could have a formal dinner for Mom, our family, and Mom's friends. Then I ordered a beautiful bouquet of flowers. I had to order a special big cake with the number "90" on it. The last thing I had to do was to buy a nice new

dress for my Mom and then invite guests for this special occasion.

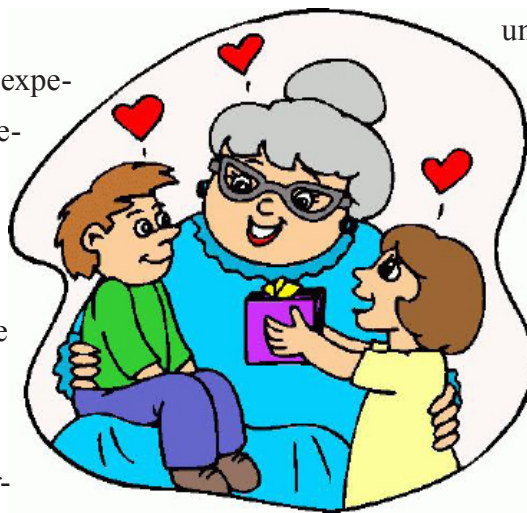
The day came. We went to the restaurant. A dinner table was set with silverware, yellow table napkins and candles. When all the guests took a seat, a hussar (a man dressed in an ancient soldier's uniform) arrived with a bouquet of flowers for my Mom. He presented a greeting speech and played a few songs on the violin for Mom. We sang.

I was looking at my Mom. She looked so beautiful that I would never say that she was ninety years old. Her face shone from a charming smile; her eyes expressed amazement. I saw that my

Mom was very happy. A big joy brought tears to my eyes. I couldn't sing because tears shut my voice, but my heart was full of joy. At that moment I felt I was the happiest daughter in the world. It was the best moment in my life.

A lot of good words, the best wishes and toasts were told to my Mom that day. Everyone enjoyed being there. We came home late and a little bit tired, but with song and joy in our hearts.

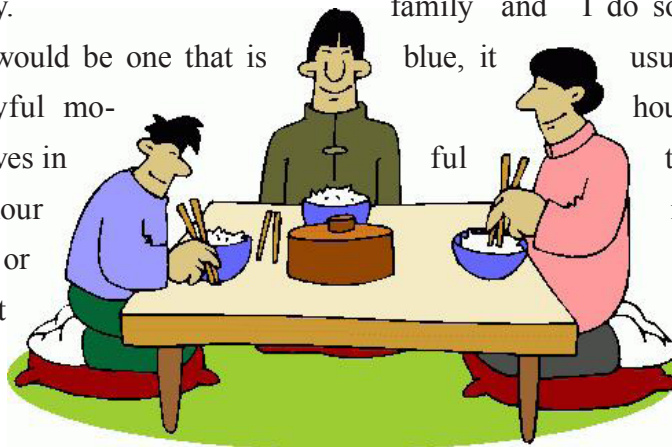
I will remember that hour my entire life because I experienced the truth: what a blessing it is to give to someone love, joy, and happiness because it comes back to you.



Eating Out with my Family

Every person has a moment in their life that they remember as perfect. This moment can last for a minute or more, such as a kiss, or wedding or the birth of a baby. In my opinion, the best hour of my life was after I came to the United States and was spending time with my family.

A great hour, to me, would be one that is filled with pleasant and joyful moments, where everything arrives in good ways. There was one hour on Monday without work or school when my family went out to a Vietnamese restaurant. After a hard week, we spent time together doing things such as eating, sharing, and enjoying a Vietnamese family meal. We, finally, could enjoy the specialties of our country. Pho, Bun Bo Hue, and Bun Mam. Besides, we were sharing each person's story about work or school, for example, what was going on in my family and how they felt about their jobs or their studies in this new country. It sometimes was good news or bad news. For instance, my



brother told us that his teacher usually praised him as a good math pupil in front of the class. Or, one day, my parents had some problems while communicating at work. So, it was good to know and encourage each other during this time. However, whenever my

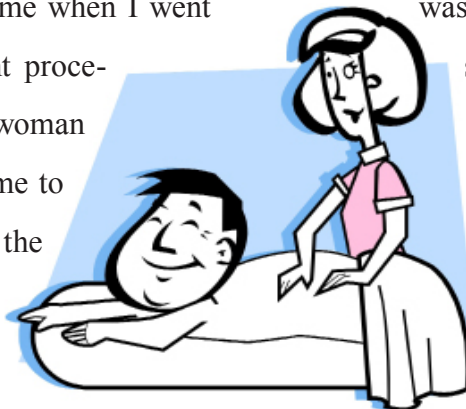
family and I do something totally out of the blue, it usually tends to be the funniest hour as well. It was a meaningful traditional Vietnamese family meal.

All in all, the time my family spent together is the best hour of my life. Though we had had these moments like this before in Viet Nam, we could not ever have it often in this country, where we just work and study all of the time. So, I am extremely respectful of this time we spent together and feel that this will be the best hour ever in my life.

Y La W40

Massage

The best hour of my life was the time when I went to a massage parlor for a treatment procedure. I was greeted by a beautiful woman named Olga who quickly escorted me to a room and told me to lie down on the massage table facing the floor. As I was laying on the table with closed eyes, she turned the lights off, but quickly lit the candles and turned on smooth jazz. She



washed her hands and began slowly massaging my back and softly talking to me. I was so relaxed, I drifted into a quick relaxing nap like a baby sleeping. For the next hour, I was flying in the clouds like a bird in the sky. It was the best hour of my life.

Anonymous

Mistakes People Make About my Country

I arrived in the United States of America about two and a half years ago and there are a lot of mistakes people make about my country. I am an international student from Nigeria, which is in the west of Africa. I am studying Urban Planning. First of all, I will clarify that there are three major ethnicities in Nigeria: Yoruba, Igbo and the Hausa. I am of Yoruba heritage. There are smaller tribes like the Ijaw and Irobo. They are all different in unique ways, and it is fascinating that they are all from one country, Nigeria. Nigeria is similar to the United States in the sense of diversity. I hope to break a myth about Nigeria. There are many myths I hear about as I meet with students, staff, and all people throughout my stay in the U.S about Africa. It's almost like a mini-class I have to give correcting these mistakes. These mistakes seem to be created mostly by the media and also by the fact that the United States is isolated, relative to most countries in the world, which are usually bordered by other countries with a completely different culture.

As an international student from Africa, I have realized that people are sometimes surprised that I have clothes on; it's almost like they expect me to walk around with leaves on. It's pretty astounding when I am faced with such circumstances, but I see this as an opportunity to educate people. Most students expect for me to inform them with an interesting story about Africa. It's humorous for me to learn that in reality they expect something more like a tale; for example, I'm walking home from school, and a lion jumps in front of me, and then I pull my knife to strike it. Unfortunately this is not the story you will be told. I will start by informing you that Africa has about 57 countries in it.

Nigeria acquired her independence from the British on October 1st, 1960, so English is our lingua franca, which means a language for trade/commerce. It is the language the President gives his speeches in, all our governing documents are in the English lan-

guage, and it is also what is taught in schools. It is the unifying language among the different ethnic groups. In Nigeria, there are 36 states and in those states there is at least one city which is usually urbanized, meaning they have roads, shopping centers, traffic lights, restaurants, and an array of night-life. Nigeria also has many differences as well, for instance, people sometimes kill cows, goats, and chickens in the backyard of their home. In the U.S this would be considered an organic product because the animals aren't processed at all. I want to clarify for the record that my family didn't and does not torture animals.

People in Nigeria do not torture animals because they consider it to be a sinful act to eat an animal that was tortured. There are reserves in some parts of Nigeria where the animals are left alone, and people can just drive around and observe. Notice that I said drive because walking might not be a good idea since reserves have no cages.

There are also assumptions that we are technologically deprived. For example, I was playing a video game with my friend, and he wondered how I was able to play so well; he assumed that I have had played it some where in the States before but contrary to his assumption, the last time I played that game was in Nigeria, in 1998. I have also watched cartoons, movies, and listened to all types of music. I have about 400 Nigerian Facebook friends, and they all have computers and internet access.

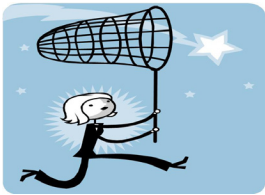
So when you meet someone from Africa, surprise them by asking:

What country in Africa are you from?

What tribe are you from?

What animals are dominant in your country?

By asking these questions, you will hear the amazing history of that person's country.



Netscape - Articles from the Web

Social Networking Benefits Validated

Texting, blogs, Facebook, gaming and instant messages might seem, to some, to be just more reasons to stare at a computer screen.

Thinking like that is so 2008, any middle schooler will tell you. Now a study that looked at the online habits of 800 teenagers backs them up.

Researchers in the study, titled the Digital Youth Project and conducted primarily at the University of Southern California and the University of California at Berkeley, found that in our increasingly technological world, the constant communication that social networking provides is encouraging useful skills. The study looked at more than 5,000 hours of online observation and found that the digital world is creating new opportunities for young people to grapple with social norms, explore interests, develop technical skills and work on new forms of self-expression.

"There are myths about kids spending time online -- that it is dangerous or making them lazy," says Mizuko Ito, lead author of the study, which will be the basis of a forthcoming book, "Hanging Out, Messing Around, Geeking Out: Living and Learning With New Media." "But we found that spending time online is essential for young people to pick up the social and technical skills they need to be competent citizens in the digital age."

Co-author Lisa Tripp, now an assistant professor at Florida State University, says technology, including YouTube, iPods and podcasting, creates avenues for extending one's circle of friends, boosts self-

directed learning and fosters independence.

"Certain technical skills in the coming years are not going to be just about consuming media," she says. "It is also going to be about producing media. It is not just about writing a blog, but also how to leave comments that say something. Learning to communicate like this is contributing to the general circulation of culture."

That means anything from a video clip to a profile page is going to reflect the self-expression skills one has, so teens might as well practice what will say who they are.

Social networking also contributes greatly to teens' extended friendships and interests, Ms. Tripp says.

While the majority of teens use sites such as MySpace and Facebook to "hang out" with people they already know in real life, a smaller portion uses them to find like-minded people. Before social networking, the one kid in school who was, say, a fan of Godzilla or progressive politics might find himself isolated. These days, that youngster has peers everywhere.

"This kind of communication has let teens expand their social circle by common interests," Ms. Tripp says. "They can publicize and distribute their work to online audiences and become sort of a micro-expert in that area." The study found that young people's learning with digital media often is more self-directed, with a freedom and autonomy that is less apparent than in a classroom. The researchers said



youths usually respect one another's authority online, and they often are more motivated to learn from one another than from adults.

Parents, however, still have an important role to play when it comes to tweens, teens and social networking, the researchers say. They need to accept that technology is a necessary and important part of the culture for young people and, other experts say, be aware of with whom the teens are communicating. Monica Vila, founder of theonlinemom.com, an online resource for digital-age parenting, says parents need to set parameters just as they would "at any other playground." "This kind of study puts a lot of facts behind the value of social networking," Ms. Vila says.

It is up to parents to monitor what is being expressed, she says. She recommends that parents "have a presence" in their child's online social network. That doesn't necessarily mean "friending," communicating and commenting, but it does mean having a password or knowing who your child's online friends are. One Fairfax County mother of a middle schooler, who asked that her name not be used to protect her daughter's privacy, says she was skeptical at first when her daughter wanted a Facebook page.

"I was hesitant for all the reasons we hear about, such as how it could bring in unwelcome visitors," the woman says, "but eventually I realized that this is the main medium for kids keeping in touch. It has gone from e-mail to IM to texting to Facebook in such a quick progression. [Social networking] is like the modern-day equivalent of the lunch table. If you are not on Facebook, then you are not in the loop."

The woman says she stays in the loop because she knows her daughter's password, and her daughter knows her mom can access her page whenever she wants -- and can see who is there and what they are posting.

A few rules: no putting your exact whereabouts on your status update, and be aware of who is tagging you in a photo because if that photo contains unflattering behavior, it could come back to haunt you. Also, the mom has a Facebook page of her own,

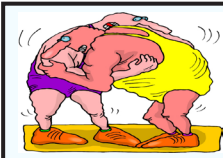
although she is not yet among her daughter's 100-plus friends.

"I have become accepting that there are more positives than negatives from social networking," the woman says, noting that she is pleased to see the connection of her daughter's network through various circles such as school and sports. "It is allowing a lot of dialogue among people who may not otherwise have a chance for a lot of dialogue." Those are all good rules and observations, Ms. Vila says.

"I like to catch parents before this whole process starts," she says. "That way you can set the ground rules early and [not] be trying to catch up. If your kids know that you have a presence in their online community, you are acting like a chaperone. If they won't friend you, you should at least have their password. "It is not that kids are untrustworthy," Ms. Vila says. "It is that they often lack processing skills. Parents need to explain that images may be damaging. They may not be able to think past the next day, let alone what will happen when they are looking for a job six years later." Studies such as the Digital Youth Project and the report "Enhancing Child Safety and Online Technologies," issued recently by Harvard University's Berkman Center for Internet and Society, show that social networking has earned a place in American culture from which there is no turning back, Ms. Vila says.

"A few years ago, parents were saying, 'I don't want any of that stuff coming into my house,' even about video games," she says. "Then they realized, 'I have no choice, it is all around me.' Now studies are saying technology is going to encourage skills for jobs we didn't know existed. At the very least, social networking is encouraging technology skills, and that is going to be essential to the digital economy." To read the full report from the Digital Youth Project, visit <http://digitalyouth.ischool.berkeley.edu/report>.

Parrot Warbling



Grappling with Grammar

Words with More than One Job

Many words in English can have more than one job, or be more than one part of speech. For example, “work” can be a verb and a noun; “but” can be a conjunction and a preposition; “well” can be an adjective, an adverb and an interjection. In addition, many nouns can act as adjectives.

To analyze the part of speech, ask yourself: “What job is this word doing in this sentence?”

In the table below you can see a few examples. Of course, there are more, even for some of the words in the table. In fact, if you look in a good dictionary you will see that the word “but” has six jobs to do: verb, noun, adverb, pronoun, preposition and conjunction!

word	part of speech	example
work	noun	My work is easy.
	verb	I work in London.
but	conjunction	John came but Mary didn't come.
	preposition	Everyone came but Mary.
well	adjective	Are you well ?
	adverb	She speaks well .
	interjection	Well! That's expensive!
afternoon	noun	We ate in the afternoon .
	noun acting as adjective	We had afternoon tea.

www.englishclub.com

Yellow

Green is go,
And red is stop,
and yellow is peaches
with cream on top.

Earth is brown,
and blue is sky;
yellow looks well
on a butterfly.

Clouds are white,
Black, pink, or mocha;
yellow's a dish of
tapioca.

Maurice Sendak

The Random House Book of Poetry for Children

Rigoberto's Riddles

I go around in circles
But always straight ahead
Never complain
No matter where I am led.
What am I?



Answer: A wheel

<http://www.dumb.com/riddles/>

Some More Parrot Fun Stuff



Marine Life Wordsearch

Find and circle all the listed words that are hidden in the grid. The remaining letters spell the name of a sea animal.

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

Anchovy
Barracuda
Clam
Clownfish
Cod
Crab
Dolphin
Halibut
Jellyfish
Lamprey
Lobster

Manatee
Marlin
Octopus
Oyster
Penguin
Porpoise
Prawn
Sardine
Scallop
Sea Lion
Sea Otter

Sea Turtle
Seals
Shellfish
Shrimp
Sponge
Squid
Starfish
Stingray
Tuna
Walrus
Whale

Idiom-Attic



On the Line

Lately Tom's been more conscientious about the accuracy and quality of his work with the company. He was warned that his job was **on the line** because of his lack of concern for his duties. When Tom was alerted that he was **in danger of losing his job**, he began to take his obligations with the company more seriously.

Beak Speak

- A group of magpies is called a tiding, one of ravens an unkindness, one of turtle-doves a pitying, one of starlings a murmuration, one of swans a lamentation, one of ponies a string, one of rattlesnakes a rhumba, one of crows a murder, one of cobras a quiver, one of foxes a skulk, one of emus a mob, one of elks a gang, one of cats a clowder, one of flamingoes a pat, and one of bears a sleuth. Groups of geese are named in a peculiar manner; when they are on the ground they are called a "gaggle", but in the air they are called a "skein."



- The longest words that can be typed on a standard QWERTY keyboard using only the left hand are twelve letters long. There are six such words: aftereffects, desegregated, desegregates, reverberated, reverberates, and stewardesses.
- The largest number in the English language with a word naming it is a googolplex, which is 10^{100} , which would be written as 1 followed by 10100 zeroes.
- The word "mile" comes from the Roman milia, "thousands" The Romans measured distances in paces, which were about five feet. So, milia passum, 1,000 paces or about 5,000 feet, was the length of a mile.

<http://www.sentex.net/~ajy/facts/words.html>

Silly Vasily's Chuckle Chamber



A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

Answer: The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

http://www.answerbag.com/q_view/353249

Granny Noetal

Dear Granny,

A couple of my friends in an ESL reading class turned in summaries of a novel's chapter or of a whole novel – I don't remember-- but anyway, they got in trouble for taking it from the Internet. The teacher made a big thing out of it. Why? My friends don't write very well and the Internet summaries express what the teacher wants perfectly. Why are my friends punished?

Puzzled



Dear Puzzled,

It's simple. The teacher wants your friends to learn: to learn to think for themselves and to write for themselves. Then they'll be independent, free! If you want to teach someone to make money, do you teach them the skills of business? Or do you simply direct them to a bank and say, "Go, take, and be rich!" Get it?

Granny

To contact Granny: braccop@arc.losrios.edu

Net Gain: Ask the Komputer Kid -- Pawandeep Singh!

Dear Pawan,

I have been using my computer without any antivirus protection since I bought it. At this time my PC is much slower than in the past few months. Some unknown applications open every time I start my computer and freeze the screen. Is there any way I can prevent these problems?

Lenta Mentay

Dear Mice,

It is a very common problem that people are facing these days because the majority of computer users know how to use the computer but they don't know how to maintain it. I have been asked this question by many different people, including my clients, colleagues, and friends because they have similar problems with PC's. There could be several different solutions which could help you to recover the speed of you computer and prevent these problems.

First, you need to format your computer's hard disk and reinstall the operating system because there is no other better way to remove viruses, Trojans, or unknown applications. Some of these unknown applications won't appear on your computer's screen because they operate behind the scene and slow



down your computer. In addition, most of these applications cannot be removed easily because they don't have a remove option.

Second, install an antivirus protection to prevent these problems in the future. I don't want you to spend too much money on security applications

because there are some open source applications which are available free of charge and they work as well as paid applications. One of the free security applications is AVG, which you can find on Google to download.

Last, do not open any e-mail that you are not expecting because a majority of these e-mails contain viruses. Usually these e-mails come with an attachment

which contains viruses. After downloading and extracting the file, it can harm your computer.

I believe that these tips will help you to recover your computer's speed and to stay away from PC pests. If you have further questions about computer technology, feel free to contact me at pawanibo@gmail.com

Pawan

continued from page 1

He can relax because he knows that I can be a hair donor for him in the future.

Parrot: Are you happy that you were born on September 25?

Baby Hoggan: Definitely.

It was a great day to be born because it was also the birthday of Mark Hamill?

Parrot: Who is that?

Baby Hoggan: He is the actor who played “Luke” in Star Wars.

Parrot: So are you a big Star Wars fan?

Baby Hoggan: Not yet, I have never seen any movies. But my dad has the complete “Star Wars” collection. In fact, before I was born, my mom and dad sometimes called me “Baby Luke” because my dad is a Star Wars fan, and he thought it would be funny to say, “Luke, I am your father.”

Parrot: Do your parents always call you “Gabriel” or do they have any nicknames for you?

Baby Hoggan: Sometimes they call me Gabe. My dad occasionally calls me “Gables.” He also calls me “Bubba.” Mom calls me “Sweetie” and “Cutie.”

Parrot: I know that a lot of children sleep with a stuffed animal. Do you have a favorite stuffed animal?

Baby Hoggan: Well, I like giraffes a lot because my mom likes giraffes because she lived



in South Africa for a while and had some close encounters with giraffes. I think there are about 6 or 7 giraffe figures in my bedroom. I also have several pieces of clothing.

Parrot: What do you mean by “close encounters with giraffes”?

Baby Hoggan: Well, she was once chased by a giraffe at a nature preserve in South Africa. Her friends had to save her by driving their car between her and the charging giraffe.

Parrot: Can giraffes really run that fast?

Baby Hoggan: Yes, as a matter of fact. But my mom used to run track, so she is pretty fast, too.

Parrot: I understand that your middle name is “Reid.” Why did your parents choose that name?

Baby Hoggan: My mom’s father is Reid Minster, and his mother’s maiden name was Reid, so I’m named after my grandpa and his mother’s family.

Parrot: Now that you have been in Sacramento for a week, what has impressed you most?

Baby Hoggan: For starters, vacuum cleaners. Wow! They make such a relaxing noise. I love those things! Leaves are really great, too. My grandma took me outside a couple of days ago, and I was blown away by the leaves. There are so many of them on trees! Great concept! I hope there’s a lot more of them out there.

Parrot: Thanks for your time, Gabriel. It was nice getting to know you.

Baby Hoggan: Oh, no. Thank you, Mr. Parrot. See you later!

Parenting the Parrot Way!

A Great Book to Share



ESL Prof. Elizabeth Moon

The best time of the day in our house is book time. My two sons and I cuddle on our cozy, leather chair and read a book they've chosen from our shelves or the library. The books are the springboard of many discussions about our world and our family. Recently, my sons borrowed a wonderful book from the library called *TILLIE AND THE WALL* by Leo Lionni.

Leo Lionni is a children's author whose books are beautiful to explore for their illustrations, as well as the author's wise words and joyful exploration of the diversity around each of us. In this one, Tillie, a delightfully inquisitive little mouse, is determined to find out what lies on the other side of the wall. Her family and friends discourage her from this exploration, pointing out that they are just fine where they are. Ultimately Tillie goes over to the other side and discovers mice just like her that are living in a lovely but different world. When she brings back this news, the mice on her side learn to be open to those from the other side as well.

Nowadays, parents and educators want to prepare their children to live in a culturally diverse world. For most people this usually refers to learning about and becoming friends with the many immigrants and visitors to our country who may speak different languages, come from varying racial or

ethnic backgrounds, or have religious beliefs that are different from those practiced by ourselves. This is what I consider a global view. On a more personal level, every family creates and maintains its own unique culture and accompanying cultural beliefs and practices. I believe that part of my job as a parent is helping my children come to understand and learn that other family ways are just as "right" as those in our small piece of the world.

Every family has its own unique ways of celebrating birthdays (a birthday chair decorated with bows and ribbons), attitudes about how to spend spare time (outside on swings and playing with friends), and customs about who cleans up and when (you made the mess, you clean it up!). My oldest boy has recently informed me, with a bit of indignation, that ALL his friends get paid for doing the chores that he does for 'free'. My youngest son just last week invited a new friend to visit and was quick to ask him to remove his shoes before coming inside. The friend asked him why and my son replied, "That's just what we do." These are personal examples of how each family has their own distinctive ways of doing things.

So when the issue of birthdays, chores and allowances, or shoe removal comes up, our most helpful response is to grin, shrug and remind our children that it is wonderful there is so much variety around us. Yet, when the differences observed are the big ones of values, beliefs, and practices, then we, as parents, have the right and obligation to explain our beliefs while still showing an attitude of respect and acceptance for those who believe differently. "Walls do not have to divide when we help children discover what we all have in common."

Take the time to find books that give you and your children a chance to explore your family beliefs and those who live around you.

For more information see www.growingchild.com

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

Artie's Corner

Artie's Easel

This month we'll continue with our anonymous sketches of well-known, contemporary artists in our attempt to find out what inspires them to produce art.

Let's talk about Artist C in this month's Parrot. Artist C comes from the Mount Shasta area and is a famous California Indian artist whose work has been shown around the world and in United States' art institutions such as the Smithsonian's Museum of the American Indian. Needless

to say, he is very famous for his type of art. Artist C receives a lot of his inspiration from his cultural heritage since most of his paintings reflect aspects of his Indian values. He says that most of his artistic subjects also reflect his relationship with the natural world that he lives and interacts in every day. His paintings show careful observation to

vibrant color that is found in our environment. I myself have been impressed with his wonderful use of greens, blues, oranges, rusts, yellows, and reds. They simply stimulate the mind and the passions while bringing out aspects of a subject matter that most people usually miss entirely when they look at it.

Artist C's art is also inspired by his personal spirituality because he is closely connected to his tribe's rituals as demonstrated through California Indian dances. He is a dance leader for one group of Maidu dancers living in Northern California; he is also a spiritual leader for many people who come from his tribe. This very intimate connection allows Artist C to explore spiritual concepts in all of his paintings. In fact, when you look at his painting, you can see that he is able to integrate his view of the nat-

ural world with his personal world view of the spirit moving within him. This particular artist is one of my favorites because he captures not only the essence of his subject, but the intensity of the emotion and passion reflecting from the subject. Artist C's work is, simply put, outstanding to behold!

Artist C received his training in a variety of different places such as the art school in Santa Fe,

New Mexico. However, I believe that his abilities in art are innate and that school only exposed him to different painting techniques that he could utilize if he wanted. This particular artist's talent is natural and derives from his spiritual connection to the Earth. It is also one that has inspired him to share his knowledge with university students for many years and one that has

inspired him to work within the Sacramento community developing many art programs for children and adults alike. Artist C has given of his many natural skills to all types of groups and ages of people, and he has received some of the highest honors our country has to offer. Today, he continues to paint, write and collaborate with museums in developing beautiful exhibits that all people can visit. Art

In conclusion, Artist C, it seems, receives his inspiration from his close connection with his cultural values, the natural world and his personal spirituality. He is truly one of the most outstanding artists of our times and, in my opinion, will continue to be considered outstanding by future generations.



Prof White -- Artie's Mentor

To contact Artie: whiteg@arc.losrios.edu

Mim's Cafe



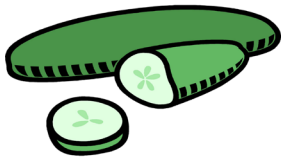
Prof. Montgomery with happy eater.

Appetizer #2, spring rolls, is healthy. Spring rolls originated in Vietnam and made their way into the hearts of many people in neighboring countries as well as Westerners. There are many variations of spring rolls. I went to a birthday party where vegetarian spring rolls were served. The stuffing included lettuce, mint, mixed shredded carrots and jicama, and sliced tofu. They were scrumptious. So if you don't eat meat, try adding tofu to your spring rolls. As for the dipping sauce, you can use my recipe, or try a recipe off the Internet. Some people prefer to dip their spring rolls in Thai peanut sauce.

Fresh Spring Rolls

Ingredients

- A half a head of lettuce
- 1/2 cup of boiled, broiled, or baked chicken
- 1/2 cup of cooked shrimp (optional)
- 1 cup of boiled rice noodles (drained)
- 1/2 cup of sliced cucumbers
- A half bunch of cilantro
- A half bunch of mint leaves
- A package of round, rice paper (I prefer the brand with the three ladies)
- Warm tap water



Wrapping Instructions

1. Once you have all the ingredients above, make an assembly line.
2. Fill a large, Pyrex (or glass) bowl with warm water.
3. Put one rice paper in the warm water. Let the rice paper soften (about one minute).
4. Take the rice paper out and spread it on a clean surface (a big plate or a cutting board).
5. On one end, place lettuce
6. Stack on the lettuce, rice noodles, cucumber, chicken, cilantro, mint, and shrimp.
7. Roll the rice paper halfway and then fold the sides in before completing your roll.
8. Continue the process until you have finished.



Dipping Sauce Instructions

- 1 cup of sugar (brown it first)
- 2 cups of water
- 1/2 cup of fish sauce
- 1/4 cup of white vinegar
- 5 cloves of garlic (chopped up)
- 3-4 Thai chilies
- 1/8 cup of grated carrots for garnishing

In a hot pot, add sugar. Let the sugar brown and turn golden. Add fish sauce, water, vinegar, chopped garlic, and Thai chilies (you can chop them or add them whole). Let the sauce simmer for five to ten minutes. When it cools, add the carrots. You can taste the sauce and modify it to your liking. Some people like it a little sweet while some like it extra spicy. The sauce can be kept in the refrigerator for two to three months. Enjoy.

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

Boots on the Ground: Get Slick with Trail Mick

Walk Off a Piece of Tahoe Rim Trail -- Lower Echo Lake to Tamarack Lake

On this hike, if you get hot and tired you can catch a cool, breezy boat taxi ride back to the trailhead. Read on!

The Tahoe Rim Trail, or TRT, winds along the high ridges of the mountains surrounding Lake Tahoe. The 165 miles long trail encircling Tahoe is made up of eight sections. Each section starts at a trailhead and parking lot to accommodate trail users' cars. Any one of these starting points will serve for a nice in-and-back day hike of desired duration. The (Section 7) trailhead at Lower Echo Lake is as good a starting place as any. The hiking trail described here is either 2.5 miles each way to upper Echo Lake, or 3.6 miles for those want to continue on to Tamarack Lake. During the summer, hikers can opt for a boat taxi to take them 2.5 miles from Lower Echo to Upper Echo Lake and back.

To get to Echo Lakes from the Sacramento area, drive east on Highway 50 for about 90 minutes to a turnoff located just one mile before Echo Summit. At the Johnson's Pass Road sign turn left and go 0.6 miles to a junction. Turn left there on Echo Lakes Road. After 0.9 more miles you will come to a large parking lot above the lake. Park here and walk down to the Echo Chalet store and boat ramp area.

If you're interested, you might want to stop in at the store to find out when the boat taxi is available and how much they charge. (Cost was \$10 one way per person as of Summer 2009.) You enter the trail by crossing the dam at Lower Echo Lake. Then the trail takes you up a few switchbacks to a point above the narrow lake. From here you will have a nice view and a chance to get your bearings. Much of the lower lake is visible, dotted with cabins along the shore. Though the route generally follows the lakeshore, the trail stays high above the lake. As granite cliffs tower above, you will pass through extensive brushy areas with boulders and shady wooded glens containing tiny streams. Near the far end of the lake the trail starts to curve around toward the south, traversing upward through an open, rocky area that offers nice



Was this the end of Trail Mick?

views. Soon after, the trail enters the woods between Lower and Upper Echo. Upper Echo is a smaller lake than the first one, and you will soon arrive at a trail junction on your left. This short trail leads down the boat taxi dock (which you can see through the trees). If this is as far as you are going, the dock area provides a nice place for a picnic. If you have had enough hiking, there is a phone in the little boathouse to call for the taxi. If you're going on to Tamarack Lake, continue uphill on the main trail for another 1.1 mile. The

trail passes through an open granite area with great views in all directions. A bit further on you'll see a sign and short trail leading off to your left to Tamarack Lake. There are some nice granite slabs along Tamarack Lake's shoreline, providing pretty spots for a picnic and a rest before the walk back down the trail.

There are a few things you should be aware of. If you travel as far as Tamarack Lake, you will enter the Desolation Wilderness. A Wilderness Permit is needed there. No bicycles are permitted and dogs must be leashed. Wilderness permits can be picked up for no cost at the trailhead kiosk. No permit is needed for the Echo Lakes area, however. Finally, keep in mind the entire hike is above 7,000 feet. Though sunny afternoons can get quite warm, you might want to bring a sweater. Bring lots of water and sunscreen as well! Early in the season mosquitoes can be numerous, so you might want to pack some bug repellent.

If you are interested in learning more about the TRT, you might want to go to the Tahoe Rim Trail Association's website at www.tahoerimtrail.org. See you on the trail!

EDITOR'S NOTE: As Trail Mick is a somewhat retiring sort of person, I'll toot his horn for him. In August the Mick completed hiking the entire 165 miles of TRT (though he didn't do it all at once – it took him over a year).

To contact Trail Mick: braccop@arc.losrios.edu

Out of the Cage

Internships -- A Way to Your Career

Tuesday, October 6
5:00P.M.- 6:00 P.M.

Did you know that nearly 58% of students who had an internship with a company were offered full-time jobs by that same company? And did you know that employers would prefer to hire a student with experience through internships than a student with a degree alone? This workshop explains why internships are such an important step towards your career. The workshop will also explain how to get an internship through the Co-op Work Experience & Internship Program. Open to all majors, don't miss it!



Location: Career and Job Opportunity Center/
Student Services Building

Transfer Day

Wednesday, October 7
9:30 A.M.- 1:30 P.M.

Meet with over 40 university representatives from California State Universities, Universities of California, Private and Independent Universities and Out of State Universities.



Sexual Assault Prevention Workshop

Tuesday, October 13
12:15 P.M. - 1:15 P.M.

Learn simple techniques to help keep you safe, presented by the ARC Police Dept., with a guest speaker from the Sacramento County Sheriff's Sexual Assault Unit.

Location: Raef Hall 160

NAMI In Our Voice Presentation

Thursday, October 8
12:15 P.M.- 1:15 P.M.

The National Alliance on Mental Illness (NAMI) is bringing its message to American River College. NAMI offers "support and public education efforts focused on educating America about mental illness." This program will inform students, staff, and faculty interested in learning more about the subject and about supporting those within our community whose activities and behaviors are influenced by mental illness.



Location: Raef Hall 160

Keirsey Workshop

Tuesday, October 13
6:30 p.m. - 7:30 p.m.

What is your natural temperament? What careers are you most drawn to? What kinds of people do you get along best with? Come to this workshop to discover more about yourself using an assessment tool based on Carl Jung's theory of Psychological Type. This is for students who wish to take the Keirsey assessment or have already taken it and want a more in-depth understanding of the eight scales, or "ways of being" it is based on. You will learn some new things about yourself, about what careers suit you, and about the people in your life in this interactive, fun and informational workshop.



Location: Career and Job Opportunity Center/
Student Services Building

FAFSA Workshop and Online Loan Entrance/Exit Counseling

Wednesday, October 14

5:00 p.m. - 7:30 p.m.



Get help in completing your loan entrance/exit counseling loan debt management counseling, on-line. This workshop will assist students in completing their 2008-2009

FAFSA applications on-line. Students should bring their Social Security Card (SSN), Parent's Social Security Card if dependent, 2008 Federal Tax return or estimated taxes for 2008, personal income information, asset information, and any investments and/or other financial information available. The workshop will be located in the Assessment Lab in the Student Services building on a first-come-first-serve basis with limited space. Students must arrive before 6:30 p.m. Due to limited seating, if there is not room for the student at 6:30 p.m., the student will need to return to a different workshop. Students who are not able to complete the FAFSA by the end of the workshop will need to save their work and either complete it on their own or return to another workshop

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.

Footloose

Saturday, October 17

8:00 p.m.

One of the most explosive movie musicals bursts onto the live stage with exhilarating results. When Ren moves from Chicago, he encounters a town which has banned dancing. Soon Ren is caught up in the quest for freedom, dancing, forgiveness, and romance. Footloose celebrates the redeeming power of love, and the wild exhilaration of dance.

Do You Have a FACEBOOK Page? Add us as a Fan!



"ARC ESL Department"

Has a FACEBOOK page for our students!!

Post and Read Items Around:

- ARC campus
- Fun things happening around Sacramento and CA -- Your favorite restaurants, art exhibits..., parks and hikes ...
- Your dance or musical recital
- What's happening in ESL -- cool links to use to study that crazy English grammar.

Search for ARC ESL Department and click on "Become a Fan"

ARC Connects to the Community at Sacramento World Music and Dance

Sacramento Mayor Kevin Johnson and the ARC team at Sacramento World Music and Dance on Sunday, September 27, 2009

At Sacramento World Music and Dance Festival (SWMDF) on Sunday, September 27, 2009, the ARC booth, sponsored by the Center for Teaching and Learning, the Equity Committee, Printing Services, the International Student Department, and the International Student Association, played a major role in educating the public about African, Asian, Middle Eastern, European, Latin American, Native American, and Hawaiian and other Pacific Islander cultures. Visitors were very interested in the exhibits. Sacramento Mayor Kevin Johnson, also visited our booth and had a photo taken with the ARC team. The hardworking ARC team, with its great showing, has been invited to participate in the event again next year, and ARC looks forward to another opportunity to connect with the community.



Visitors showed interest in the exhibits.



Dean Lisa Lawrenson's paper flowers were popular, and she enjoyed making them and teaching visitors how to make them.

Parrot Survey

Squawking is Easy -- but Listening?

	Almost Always	Usually	Occasionally	Seldom
1. Do you like to listen to other people talk?	5	4	3	2
2. Do you encourage others to talk?	5	4	3	2
3. Do you listen even if you do not like the person who is talking?	5	4	3	2
4. Do you listen equally well whether the person talking is man or, woman, young or old?	5	4	3	2
5. Do you listen equally well to friends, acquaintances, strangers?	5	4	3	2
6. Do you put what you have been doing out of sight and out of mind?	5	4	3	2
7. Do you look at the speaker?	5	4	3	2
8. Do you ignore distractions?	5	4	3	2
9. Do you smile, nod your head, and otherwise encourage the speaker?	5	4	3	2
10. Do you think about what the other person is saying?	5	4	3	2
11. Do you try to figure out what the other person means?	5	4	3	2
12. Do you try to figure out why other persons are saying what they are?	5	4	3	2
13. Do you let the other person finish what they are trying to say?	5	4	3	2
14. If the person hesitates, do you encourage the person to go on?	5	4	3	2
15. Do you restate what the person has said and ask if you got it right?	5	4	3	2
16. Do you withhold judgment about the speaker's ideas until the person has finished?	5	4	3	2
17. Do you listen regardless of the speaker's manner and choice of words?	5	4	3	2
18. Do you listen even though you anticipate what the person is going to say?	5	4	3	2
19. Do you question the person in order to get the person to explain an idea more fully?	5	4	3	2
20. Do you ask what the words mean as the person uses them?	5	4	3	2

If you scored 0-20, take an ESL listening-speaking class.

If you scored 21-40, take an ESL listening-speaking class.

If you scored 41-60, take an ESL listening-speaking class.

If you scored 61-80, take an ESL listening-speaking class.

If you scored 81 or above, take an ESL listening-speaking class and maybe get an "A".

If you are tired of reading this, take an ESL listening-speaking class!



continued from page 1

Parrot: What words or phrases do you overuse?

Hanson: Pass the ball.

Parrot: What is it like to coach with people from different countries?

Hanson: It's wonderful!

Parrot: Why? Could you be more specific?

Hanson: I mean soccer's played they've been in every country in the world, so one thing in common is that they love sport and it just makes it kind of a more interesting team when there's a lot of... guys learn a lot about different types of cultures and people. Soccer is the unifier. Most guys really like that.

Parrot: Do you get frustrated when some people in your team don't understand something you said and you have to repeat again or explain what you have already said?

Hanson: Most students speak English, or they have friends on the team that can help them. Most of the concepts are understood easily and some people understand when using body language.

Hanson: Language is not a problem. I feel that most of the students understand what I'm saying. There are a lot of Spanish-speaking people on the team, and they speak English when playing because they want to learn English.

Parrot: Are there any particular communication problems with players from other countries?

Hanson: Sometimes in my classes there can be a little bit of frustration both ways. It's not frustration for me only, it's for students also. We kind of understand each other and I think that's part of the deal.

Parrot: How do you handle it or what do you do with players when you get angry?

Hanson: Sometimes I make them run. If I get angry, I let the players run because that way they're not talking too much. I usually try not to get angry.

Parrot: Do you prefer having people from different countries, or you prefer them to be Americans?

Hanson: I prefer them to be from different countries.

Parrot: Why?

Hanson: Well, I mean I like good soccer players, so if they come from different countries, that's great. If they come from America, that's great too. When I hold the tryouts I try to pick the best players regardless of where are they from or what language they speak. But because American River has a diverse population of students, our team reflects that. I don't really have a preference. I'm trying to get the best players.

Parrot: Can you think of any funny things that happened on the playing field or while playing?

Hanson: Oh, yeah! One of the guys started to dance and everybody got a good laugh.

Parrot: Are you married?

Hanson: Yes.

Parrot: Do you have free time to spend with your family and friends?

Hanson: Yes. I have three kids. We do a lot of kids sports at the youth club.

Parrot: Do you have any other passions beside soccer?

Hanson: Yes, just enjoying hiking, cycling, and in summer, I coach a lot.

Parrot: Does your wife know how to play soccer?

Hanson: Yes, she's a good player. She played in college. Our kids are good at it too.

Parrot: What do you like to do in your free time?

Hanson: I like to watch movies, play tennis, and go to the park with the kids and stuff like that.

Parrot: What is something that you do every day for your excitement, enjoyment?

Hanson: I walk my dog.

Parrot: When is your favorite time you like the most?

Hanson: Morning. My quiet time is 6 to 7 in the morning. I like my mornings to be peaceful.

Parrot: What can't you stand?

Hanson: When people are late.

Parrot: What advice would you give to people whose dream is soccer?

Hanson: Go to countries that have professional clubs.



All participants
will receive
a **FREE T-SHIRT**
& a ticket to see Dolphins and
Whales at the Sacramento
Esquire IMAX Theatre!

American River College Blood & Marrow Drive

Tuesday, October 13th &
Wednesday, October 14th
9:00am-3:00pm

Located in the Cafeteria Banquet Room

For more information contact:

Health Center @ 484-8383

*Eat & Drink plenty of fluids prior to donating

*Please bring a photo ID



BloodSource[®]

Yes, you do save lives.