



The Parrot

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

Issue #37

Spring 2010

Putting it All Together: Welding Professor Ramos

Parrot: Hello Mr. Ramos. You're teaching Welding at ARC. Please tell me a little about your background.

Prof. Ramos: I started in the welding industry in 1963 in metal manufacturing with no skills. I had no formal training experience; employees were my mentors, like my textbook. In five years, I became a journeyman and I got several certificates

Parrot: Why did you choose to be a teacher?

Prof. Ramos: After 11 years of experience as a welder, I got back to school. I didn't know exactly what I wanted. Counselor saw my experience and advised me teaching career. My major was social science. I didn't study welding in college because I was a journeyman and I knew welding and codes. After AA degree at Sacramento City College I transferred to CSU Sacramento. Simultaneously I applied to UC Berkeley for teaching credentials. In 1978 I applied for a Full time Teaching Position at American River College and was hired as a Welding Instructor. In 1980 I graduated from CSU Sacramento with a BA degree and in 1982 I graduated with a master degree from CSU Sacramento.



Parrot: Do you enjoy your job?

Prof. Ramos: Yes I do.

Parrot: Why did you choose the welding field?

Prof. Ramos: After high school, I worked in a restaurant and I wanted to become a cook, but my brother-in-law told me about a manufacturing company that was expanding. I applied for the position and got a job as a helper.

Parrot: How long have you been teaching?

Prof. Ramos: I've been teaching at ARC for about 31 years.

Parrot: What was your most enjoyable experience here?

rience here?

Prof. Ramos: Working with staff at ARC. People who are always ready to help.

Parrot: What were the most gratifying moments in your job?

Prof. Ramos: Helping students. Help with employment. Helping them to succeed

Parrot: What would you tell students who are trying to find their goal.

Prof. Ramos: The welding field has lots of opportunities but you need to work hard.

Parrot: If you weren't teaching, what would you do?

Prof. Ramos: I would work in a kitchen. I wanted to be a chef. It could be my job.

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

Prof. Ramos: I like to golf. It's very challenging.

Parrot: What countries have you visited?

Prof. Ramos: Mexico, Spain, France, Singapore, Malaysia, Thailand, China. I like Asia. My wife is half Chinese, half Indian We are planning to travel to India.

Parrot: What hobbies do you have?

Prof. Ramos: I like gardening.

Parrot: What's your favorite dish?

Prof. Ramos: I like Chinese food. I like black beans with shrimps.

Parrot: What do you like to read?

Prof. Ramos: In the past I liked to read welding code books. I also like to read novels.

Parrot: Thank you, Professor Ramos.

Big Mike Spiridonov
ESL L320

*Who dat?
George Washington!
Abe Lincoln!
Dat who.*

See pages 7 & 11

*Things are more
like they are now
than they have
ever been.*

Gerald Ford



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Student Chirpings

Difficulties and Solutions

Our life looks like a fight and it's going so fast. All the time we experience some problems or difficulties and we have to solve them. I also encountered some difficulties in my marriage but fortunately they were solved.

It was almost five years ago. I was married and lived with my family (my husband and our four children) in a small city, Lutsk, in our native country Ukraine. We had everything that we needed for life such as a beautiful, furnished house surrounded with a organic, huge back yard, and one-third acre where we grew many kinds of sweet, and tasty vegetables and fruits. Our life satisfied us and this was continuing until July 15, 2004. On that day we got a chance to move to the USA. My brother's family turned in our documentation to the American Embassy in order for us to have an interview with the ambassador to get permission to enter the United States. Our relatives really wanted us to come to the USA and they were hoping we would get the good status. We also missed them very much and wanted to meet with them and never get apart because nothing could substitute for communication between relatives.

So, that chance was a big, yellow letter (got it by mail) which asked us to be in Moscow for an interview with the American ambassador on August 15, 2004. We had only one month for making a right decision, preparing a lot of documents, and there wasn't enough time for thinking. It was very hard to make the right decision because we were afraid to make a mistake. Although I knew that living in a foreign country has some disadvantages such as a different language, different culture, I wanted to move here. However, my husband began to protest and our marriage encountered some difficulties.

First of all, he didn't want to move to this country and it was hard for me to listen to this. I knew that he was the head of the family and his words, his decision, should be the law, but I was thinking that he wasn't all right. All the time he said, "We will not go to America. I don't want to be there." Why was he doing this? So, some people in Ukraine told him that he would work hard in the USA and be like a slave, and he was afraid. He couldn't imagine life in another country, how it could be. I wasn't too afraid and really wanted to move (all my brothers and sisters were here at that time) and I argued with my husband. I told him, "We can go there and if we don't like it we can come back." It was the hardest time in my life when we had different opinions about moving because my lovely husband always said, "Go by yourself;

I'm not going to go."

Fortunately, my husband agreed to move and we entered the USA six months later. In our first days being here he met some old friend (who was also from Ukraine) who talked to him and made him dissatisfied. That friend said, "Why did you come here? I have been here for four years and I'm not glad. All of my wages I spend on rent, bills, and gasoline, but back in our country you don't have to pay for rent, so you have some money left for yourself. So, here is nothing good and I'm planning to go back." He also said that everyone here has to work like a "papa Karlo" (cartoon person), but have almost nothing left. There began other problems too. My husband started to say, "I want to go home; I don't want to stay here."



Who can imagine how I was feeling? My heart was broken and I was thinking, "Why did it happen to me?" What should I do?" I tried to talk to him and asked, "Please be yourself; don't listen to anyone. Your friend can't decide how your life should be. You have to decide what you have to do to be satisfied here." I talked to him every day for a few weeks and fortunately he realized that he had to do something to fix those difficulties. After a short time he found a job

(he likes to fix cars and his job was in this field) and has never given up. He went to work, got money, and there wasn't time to feel bored. Step-by-step he became more familiar with American life and decided that it's fine to live here. Of course I was glad that my husband finally found his way in our new country, and the other day he was thinking back about what he said in the past couple months. He was surprised about what he said. Now he is very satisfied and doesn't want to go back.

In conclusion, I know that life may bring problems to us but we are supposed to fight them and survive from them. I know two women who had same difficulties like me and they moved here without their husbands because at the last moment their spouses changed their mind and didn't go with the rest of the families (their wives and children). Now, their spouses wanted to be here but it's almost impossible. Unfortunately, their difficulties continue year-by-year. I'm glad that mine weren't so long; we found our way together and our marriage didn't break up.

Anonymous
ESLW50

Last Day -- A Valentine's Message?

My uncle was a very lucky man because he had many girlfriends. If he didn't like a girl, he never said to her that he didn't want to be with her anymore. However, I saw many girls when they told him that they didn't want to be with him anymore. He was never sad or angry about it because he knew that they were going to do it. He told me, "If you want to break up with someone, just make yourself a very bad person. If you do that, you should just wait for the end of your relationship." So, if you want to break up with somebody, you have to make yourself a bad person. You can become a bad person and break up in three easy ways.

Starting to say "I want" is the first step to breaking up with someone. I want you to say "I want it" or "I want to do it one more time." It is very easy and you're going to have fun, believe me. Take, for example, when you are in a restaurant or at the store. I did it for a few months. I started with a simple "I want that candy" or "I want that cute bear..." Then I wanted more and more until all of the boyfriend's money was gone. The first step was my favorite because I had everything that I wanted!

Being angry is the second step to breaking up with someone. This step was a little bit harder for me than the first one. It



is really hard if you're not a bad person or if you are not really angry. But you have to do it if you don't want to be with someone anymore. What can you do? First, ask your boyfriend to do something for you. Then tell him that he didn't do it well enough and that you want him to do it again. I did it only two weeks because after two weeks my boyfriend asked me to stop doing it or he was going to break up with me. See, I was lucky.

Being very busy is the third step to breaking up with someone. This is the last step, so be very careful. Make a plan before you start this step because you have to do something that will not let you be bored. Remember, you're not angry anymore! Now, you're too busy to see your girlfriend or boyfriend. My boyfriend called me every single day for a few weeks. Then he came to my house and told me that we shouldn't be together anymore. It was a nice, funny, happy day.

In conclusion, make sure that you really want to break up with this person. If you want to, it means that your partner wasn't good. If it is true, then you should take those steps with him. Good luck!

Rada Yezepchuk
ESLW50

Veggie Valentine



You may not "carrot" all for me

The way I care for you

You may "turnip" your nose

When I plead with you

But if your "heart" should "beet" with me

Forever "lettuce hope"

There is not reason in the world

Why we two "Cantaloupe"



Author Unknown

Learning Resource Center -- Link to Success

It is a sunny day, a day on which many people would prefer to go to the beach or to the park to have fun and get some positive emotions, but I cannot because I need to visit a place for my English class to write an observational essay. I have planned to visit the Learning Resource Center. The location of the Learning Resource Center, the LRC, was perfectly chosen, because it can be reached and recognized from any place on campus. The LRC is located between Davies Hall, the old library building, the bookstore, and across from the physical education area. When I entered the building, the first thing I saw was a very nice modern picture depicting the brilliance and radiance of life. Other parts of the LRC also have wonderful and thoughtful pictures. The LRC has bright fluorescent lighting, and walls are painted in light tranquil colors. The LRC provides academic services, along with the latest in high-technology equipment, and is a very useful place for students of American River College. The LRC is open from 7:30 a.m. to 9:30 p.m. I would say that like many parks, it is almost open from dawn to dusk, but with one huge difference, people don't come here to have fun. The LRC is a very helpful place for people who want to succeed and improve their knowledge and grades. It's where professional teachers, tutors, and instructional assistants are always willing to help those students who want to do well in their classes.



On the left side from the entrance are the computer lab and the Tutorial Center. The computer lab has a great number of up-to-date computers that are on convenient tables with comfortable chairs. There are only two printers, but they seem to be enough even when the lab is fully occupied with students who are eager to study. It was Wednesday when I visited the LRC; the computer lab was fully in use. Students from different classes had many different questions, and a very professional helper in the person of an instructional assistant, Sergey, was ready to help solve any problems. Since many classes are based on the use of the computer, it is very practical to come here and use free computer resources. I changed to a couple of different computers, trying and exploring each computer's programs. Computers have many programs ranging from English and math to computer graphics courses along with many others. Students with special needs will find computers designed to help

them with class work. Those computers have easy access for students who come to college in wheel chairs. Novel software enlarges text for low-vision students, translate text to speech, and also allow students to dictate work into a word processor. If somebody experiences a problem, there is always very skilled staff to give a hand. There was one young girl approximately twenty-one years old who came to the lab in a wheel chair. I was sitting very close to her, so I could see that she really needed help adjusting her software into the computer. Because of her disability, she looked very timid and embarrassed. She had a dog that definitely couldn't be a big help in that situation. Finally, she got assistance, so she was able to work. Students who were there looked like busy ants working on their projects. The computer lab is a well-resourced place offering a personal approach to meet academic success and professional needs.

Across from the computer lab there is the Tutorial Center, which is a specialized service dedicated to help students, focusing on the success of every individual. The program provides three types of face-to-face tutoring under one roof and behind one counter. When I got there, I saw several tutors who were tutoring their tutees, and they listened very carefully, taking notes and asking additional questions. One girl in tiny denim shorts that covered almost nothing was reading her biology textbook and making annotations on the edges of it. She was sitting with her legs crossed and looking very much occupied, like everything else around her didn't exist at all. At one table that has a sign "Math," two young fellows were doing mathematics. One of them appeared to be a tutor, and the second one looked like he was a student. From the place I sat, I could see that they were working on math word problems. A boy who was obviously a student couldn't get them at first, so a tutor had to explain again until the student finally understood them. When he was done, he got up and gladly left. Individual tutoring is a great opportunity to have personal attention. Students are offered help in all levels of chemistry, biology, physics, and accounting.

Drop-in tutoring is quite different. When I was there, I saw that some students were doing homework, and others studying for a test, and if they needed help, they raised their hands to ask questions. It was pretty crowded there, as well. Almost every round table, which was to be used for certain

subjects, was taken. A young fellow in blue jeans and white-striped shirt was writing an essay and discussing a thesis statement with an English tutor who had a dark outfit and brown leather loafers. One middle-aged woman who was dressed rather modestly in a long dark skirt and a light blue blouse with long sleeves was typing her homework assignment, which looked like an essay to me. She appeared confused, so she sometimes got up to look up something on the Internet and then wrote it down.

Beacon or group tutoring is another opportunity for students to achieve success in their classes. Beacon means “guiding star,” and Beacon tutors are like many guiding stars working with small groups of students to lead them to accomplish their achievements. I observed one assigned chemistry study group through a glass window. Students there discussed questions and a well-trained tutor was writing chemical formulas and problems on the white board and explained them. The benefit of beacon tutoring is that students and a tutor work together learning from each other. Watching them, I came to the conclusion that students who participate in a Beacon study group apparently get better grades and understand the subject better. Obviously, the Beacon program at ARC is a cooperative and supportive tool that is dedicated to raising students’ academic success.

All tutorial services are very helpful and useful. The Tutorial Center was quite crowded. There was a huge line of students who wanted to check in for help, so even three employees who assisted them had difficulties to manage checking everyone in fast enough. Students who want to get tutorial help are encouraged to bring their Student Access card to check in and out because employees cannot just put students into the system without confirmation. Trained staff are very helpful, carefully explaining to students what they need to do and handing them applications to fill out. I would say that they have lots of patience since some students are very annoying. All employees are friendly and look very professional wearing appropriate business clothes.

The right part of the LRC is designed for the RAD, the WAC, the ESL Center, the Reading Center, and the Writing Center, whose services are also planned to assist students in a variety of subjects. The ESL Center, for example, is intended for students for whom English is a second language. Students can earn units while working on their own individual needs, enhancing their knowledge, and improving their grades. The place was just teeming with students the day I visited it. Students were “buzzing” like bees in beehives working on their modules. They were mostly Slavic people in very nice clothes, but some of them were Asians who were also dressed very exclusively. The objective of the ESL program is to facilitate students to develop habits and skills that will make them successful college students. The RAD, on the other hand, enables students to be successful in specific classes such as anthropology, history, political science,

economics, and many other subjects. The RAD is dedicated to prepare for tests, help to develop outlines, and interpret difficult texts. It is a very helpful place, as well, like the ESL Center.

The WAC is another helpful facility, which provides individual appointments with instructors and writing consultants to students working on writing assignments for any class offered on campus. While I was there, three rooms were taken, and one was available where a teacher in bright clothes was looking up information on the Internet. A drop-in tutoring, which is a no appointment opportunity, is provided for those students who have quick questions. These last minute appointment opportunities are fifteen minutes long. While I was there, lots of students were coming and going, almost all of them dressed up in jeans, t-shirts, and sneakers, but some of them were dressed rather funny. My attention was grabbed by one young girl who looked hilarious. She had a doll face and was wearing an extremely pink short skirt with a matching pink blouse that had lots of ruffles. She also had tons of jewelry and was wearing an enormous amount of makeup. Her pink suede shoes had strips of embedded beads. She looked like she was going to a costume party or the theater to perform on stage. Observing her, I ironically thought to myself, “At least someone looks nice today.”

My next “destination” was The Reading Center where I saw a boy who was writing something on his notebook. He looked like he didn’t understand what he was doing, and a helper who was sitting at the front desk approached him and cleared the air for him. Students in the Reading Center can choose from a large variety of individualized programs designed to strengthen their writing skills. It was fun to observe people who were working like ants preparing their food for a long winter. Overall the LRC looked neat and organized. It seems that people who work there take good care of it. All the places I visited in the LRC were crowded, like ARC itself.

To summarize, I spent almost four hours at the Learning Resource Center exploring it and observing every part of the LRC, and I came to the conclusion that the Learning Resource Center is really dedicated to students’ success. It is a well-appointed and professionally oriented with all modern conveniences. A well-trained and friendly team is enthusiastic and determined to help students to achieve their academic and professional goals and aspirations through independent studying, tutorial assistance, and alternative modes of instruction. Their helpfulness, friendliness, and professionalism were things that amazed me the most.

Cool Holidays for February

Get a Different Name Day

When: Always February 13th



Get a Different Name Day is for those who are not fond of the name given to them. At birth, we are given a first name, a middle name and a last name. It wasn't our choosing. Rather, our parents bestowed it upon us. If you like your name, good for you. If not, then today is for you. Take advantage of today to change your name.

P.S. If you change your name, don't forget to update your stationery. And, you will need to notify family and friends about your new name.

International World Thinking Day

When: Always February 22nd



Just think about it! Today is a day to ponder and contemplate. International World Thinking Day is celebrated by Girl Scouts, Girl Guides and other girl groups. The original objective of this day was to set aside a day for girls all over the world to think of each other, and to give thanks and appreciation to "sister" Girl Scouts and Girl Guides. Over the years, it has been expanded to include the opportunity for girls (young and less young) to learn about health issues that affect girls and young women.

You don't have to be a Girl Scout or a Girl Guide to participate on this day. Rather, we encourage all females, young and old, to learn a little more about health issues today. If you are in a position to provide education and training on health issues, do so today. If you can not conduct it today, then schedule it for some time in the near future.

Something to think about: February 22nd is the birthday of both Lord Baden-Powell founder of the Boy Scouts, and his wife Lady Olave Baden-Powell. Lady Baden-Powell founded Girl Guides.

Random Acts of Kindness Day

When: Always February 17th

Today is Random Acts of Kindness Day. And, you know what to do...perform a few random acts of kindness. Almost any kind deed will do. And, we highly recommend you perform kind acts on as many people as you can.

This is a favorite day of many people and groups. People like the idea of showing a little kindness to others. It's a fun and good thing to do. And, they like being on the receiving end of this day as well. It makes both the giver and the receiver feel good.

Schools have used this day as an educational event, and to promote the value of kindness. Organizations have used this day to promote their cause, and for fundraisers.

Caution: What comes around, goes around. Random Acts of Kindness is highly contagious.



No Brainer Day

When: Always February 27th

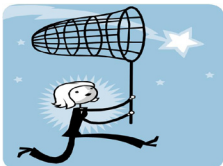
No Brainer Day - now this day is for me!

By definition, a "No brainer" is doing something that is simple, easy, obvious, and/or totally logical. Therefore, today is the day for you to do all those "no brainer" tasks and activities. If a project requires thinking, study, or analysis of any kind, then it's not the chore to do today.

Some people think that Christmas should be every day of the year. They even sing that theme in popular holiday songs. But, we think that No Brainer Day should be every day of the year.

We think you'll quickly get the hang of the concept of the day. And, were certain you will excel at No Brainer Day!





Netscape - Articles from the Web

George Washington, the Man The Only Founding Father to Free his Slaves

While not leading revolutions and writing constitutions, George Washington lived many very non-mythical days.

One of the best articles separating the myth from the man is "The Surprising George Washington"

by Richard Norton Smith. "According to Newsweek, 14 percent of all American preschoolers think that George Washington is still sitting in the Oval Office.

To the rest of us, Washington appears every February to sell cars and appliances before vanishing into the historical mists, the Ultimate Dead White Male."

Smith's article presents fascinating anecdotal glimpses of Washington's

more "common" undertakings like his contract with a liquor-loving man employed as a gardener at Mount Vernon. "... if allowed four dollars at Christmas, with which to be drunk four days and four nights; two dollars at Easter, to effect the same purpose; two dollars at Whitsuntide, to be drunk for two days, a dram in the morning, and a drink of grog at dinner and at noon."

Then, there's the account of how, on the night of his death, Washington's friend, Dr. Thorton, attempted to revive the deceased hero in a most progressive, but unusual manner. "First to thaw him in cold water, then to lay him in blankets, and by degrees and by friction to give him warmth, and to

put into activity the minute blood vessels, at the same time to open a passage to the lungs by the trachea, and to inflate them with air, to produce an artificial respiration, and to transfuse blood into him from a lamb."

You'll also find out the truth about Washington's set of "wooden" teeth, who called him "Old Muttonhead," and other well-known George Washington myths.

Here are some more Washington trivia answers:

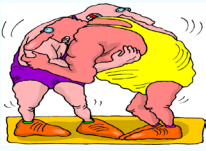
- Washington was the only Founding Father to free his slaves.
- He was the only president who did not live in Washington D.C.
- The nation's capital, along with 1 state, 31 counties and 17 cities (Maybe 18 counting the town of "George," in central Washington State) are named in his honor.
- As a farmer, Washington grew marijuana on his farm and promoted its growth. (In the 1790s, the crop was grown mainly for its industrial value as hemp and for soil stabilization. It was many years later that the recreational and illegal use of marijuana became popular.)
- As a farmer, he is credited with introducing the mule to America.
- He was the first Mason to serve as president.
- He was the only president to win a unanimous vote of the Electoral College.
- Washington's 2nd inaugural address was the shortest ever delivered - 135 words.

More Fun Facts About George Washington

- Washington used to snore loudly. He frequently got confused in spellings, having letters 'i' and 'e'. He is reported to have had an IQ of 125. Records show that he did his own bookkeeping.
- At the time of his inauguration, George Washington had only one tooth. All his teeth were pulled by the time he was the President. At many times he wore dentures. His inauguration speech was 183 words long. Due to his false teeth he took 90 minutes to read it.
- He had six white horses in his stable. He had their teeth brushed everyday. He bred hound dogs and gave them strange names.
- George Washington's family had thought him dead in the war at Monongahela. The family members also assumed he had made a dying speech. On knowing this, Washington wrote to his brother that he wasn't dead and that he had not composed a dying speech till then!
- In one of his plans for assault in 1775-76, he had called upon the soldiers to glide across the frozen span of Boston Harbor and attack the British. The plan was not practicable and was discarded.



Parrot Warbling



Grappling with Grammar

Question tags with imperatives

Sometimes we use question tags with imperatives (invitations, orders), but the sentence remains an imperative and does not require a direct answer. We use won't for invitations. We use can, can't, will, would for orders.

	imperative + question tag	notes:
invitation	Take a seat, won't you?	polite
order	Help me, can you?	quite friendly
	Help me, can't you?	quite friendly (some irritation?)
	Close the door, would you?	quite polite
	Do it now, will you?	less polite
	Don't forget, will you?	with negative imperatives only <i>will</i> is possible

Same-way question tags

Although the basic structure of tag questions is positive-negative or negative-positive, it is sometime possible to use a positive-positive or negative-negative structure. We use same-way question tags to express interest, surprise, anger etc, and not to make real questions.

- *So you're having a baby, are you? That's wonderful!*
- *She wants to marry him, does she? Some chance!*
- *So you think that's amusing, do you? Think again.*

Negative-negative tag questions usually sound rather hostile:

- *So you don't like my looks, don't you?*

Idiom-Attic



Hang On

During the depression years the Smiths had a great deal of trouble with their business, but somehow or other they were able to **hang on**. Although they almost lost their store, they managed to **persevere** until things got better.

<http://www.englishdaily626.com/idioms.php>

Beak Speak

- "Stewardesses" and "reverberated" are the longest words that can be typed using only the left hand.
- "Lollipop" is the longest word that can be typed using only the right hand.
- "Skepticisms" is the longest word that can be typed using alternate hands. "Rhythm" and "syzygy" (look it up and learn a new word today!) are the longest words without vowels.
- The letters H, I, O, and X are the only letters that look the same if you flip them upside down or view them from behind.
- "Queueing" is the only word with five consecutive vowels.
- The only city in the United States whose name is spelled using only vowels is Aiea, Hawaii.
- The longest one-syllable words are "screeched" and "strengths".
- The word with the most consonants in a row is "latchstring".



Some More Parrot Fun Stuff



World Currencies Wordsearch

Find and circle all of the world currencies that are hidden in the grid. The remaining letters spell a secret message - a John Paul Getty quotation.



AFGHANI
ARIAYRY
BAHT
BALBOA
BIRR
BOLIVAR
BOLIVIANO
COLON
DALASI
DENAR
DINAR
DIRHAM
DOLLAR
DRAM
ESCUDO

EURO
FORINT
FRANC
GOLD CORDOBA
GOURDE
GUARANI
GUILDER
HRYVNIA
KINA
KORUNA
KRONA
KRONE
KROON
KUNA
KWACHA

KWANZA
KYAT
LEMPIRA
LEONE
LILANGENI
LIRA
LITAS
LOTI
MANAT
METICAL
NAIRA
NAKFA
NEW CEDI
NEW DONG
NEW KIP

NEW SHEKEL
NGULTRUM
OUGUIYA
PATACA
PESO
POUND
PULA
QUETZAL
RAND
REAL
RIAL
RINGGIT
RIYAL
RUBLE
RUFYAA

RUPEE
RUPIAH
SHILLING
SOM
SUCRE
SYLI
TAKA
TALA
TENGE
TOLAR
VATU
WON
YEN
YUAN RENMINBI
ZLOTY

I'm The Wind

*I'm the wind, so I can go everywhere.
I went to a land. I saw a jungle made from concrete.
There were so many high-rise buildings.
Troops of humans rushed to walk on the street
toward their working nests.
They looked like a torpedo aimed at the target.
The human tsunami rolled on the city every morning
and rolled back every night.
The city became a cemetery at midnight. Nothing was there.
The buildings just stood like tombstones.*

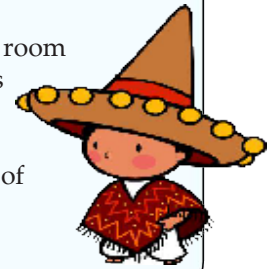
*I went to a land.
I saw an evergreen forest with singing wood thrushes.
I caressed cedar needles there.
I smiled to blossoming azaleas there.
I listened to squirrels' chatting there.
One day, big monsters suddenly appeared in the forest
from the east with the rising sun.
The monsters stepped on the azaleas
who greeted them with a bow by their big feet.
Their big arms hit the cedars
who had quietly stood for 500 years.
Their big hands dug out the ground
and destroyed squirrels' nests with their screaming.
In their place, human nests appeared
on the ground that was soaked with nature's tears.*

*I went to a land. I saw rice fields
beside crystal clear streams with many playing killfishes.
Bright blue butterflies and bright yellow butterflies
floated between paddies singing love songs.
Uncle honeybee with his youngsters
visited flowers looking for nectar.
He lectured them on how to collect nectar
under the blue sky.
Nobody knew the peaceful days wouldn't last much longer.
The snowy day came in summer.
The shower of white powder came down on the rice fields
spreading its poison.
Butterflies stopped singing love songs.
Uncle honeybee stopped lecturing his youngsters.
They laid their bodies down cramping on the ground.
Killfish floated lifeless on the streams.
I blew their bodies upward and I took them to heaven.
Only the paddies survived. And I could hear their voices,
"Forgive us our dear friends."
I'm the wind. I can go everywhere.
I saw a gentleman and listened to his speech.
He said, "I have a dream
that one day on the red hills of Georgia,
the sons of former slaves and the sons of former slave owners
will be able to sit down together at the table of brotherhood."
I have a dream that one day in the forest of my home country,
nature and humans will be able to live together as brother-
hood.*

*I believe that the dream will come true.
Someday.....
Someday.....*

Rigoberto's Riddles

Sergi and Sally were sitting in their family room one night. While Sergi was watching T.V his wife Sally was reading. All of a sudden the power went out and Sergi decided to go to bed, but Sally kept on reading. With no use of artificial light, Sally kept on reading. How?



Sally was blind... she was reading a book by Braille

Silly Vasily's Chuckle Chamber

A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them.

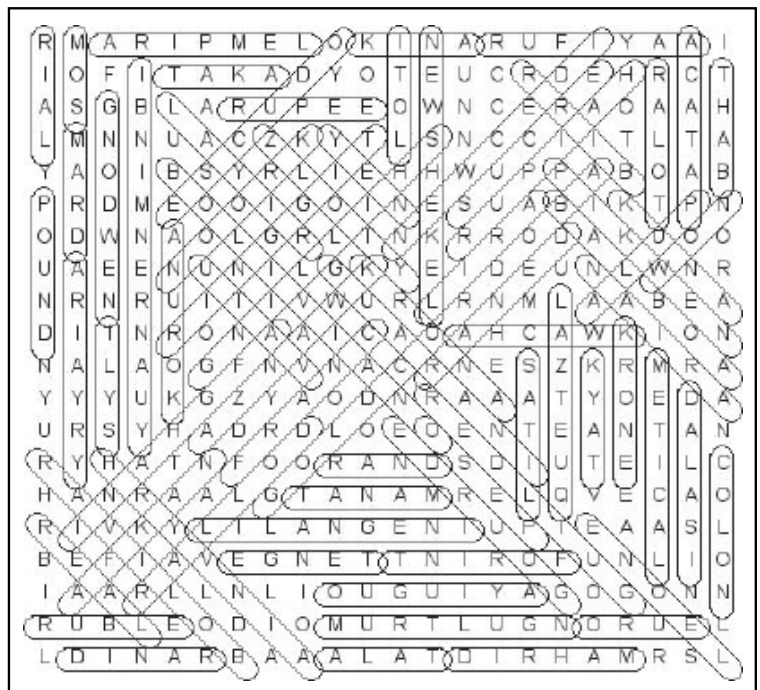


His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing. The man says, "I'm sending out 1,000 Valentine cards signed, 'Guess who?'"

"But why?" asks the man.

"I'm a divorce lawyer," the man replies.

Solutions for Puzzle on Page 9



The Three Sisters: Rada, Ella, Inga (Counselors on Courting)

Dear Sisters,

I want to prepare a special Valentine evening for my girlfriend but I don't have a lot of money. What can I do to show her I care? (I am a poor, starving student)

Roman

Dear Roman,

I think you should do only two things. The first one is you have to be sure that you love her and that she loves you very much. It is very important because if you really love her you will do anything to make your sweetheart happy, even something crazy. On the other hand, if she loves you she will like any of the ideas that come into your head. Now you don't have to worry - your Valentine's day is going to be good because you're both in love. The second is you should go to the Dollar Store and buy colored paper. Then go home and make a lot of (more than 100!) hearts. They have to be different sizes and you also can write something on them. Don't be lazy. Make as many of them as you can! When they are ready, you should go to her house and put all of them on the tree by her room or house. Make sure that she will sleep while you do this idea, so you should start to put them early in the morning (you can start at 4:00 a.m.). After you finish, go home and wait for her call because she is going to be thankful and she will call you and invite you to a nice dinner. Have a wonderful day!



Rada

Dear Roman,

If you are young and you have a girlfriend, but sadly you have no money... I would recommend to you the following: you should make your own card and write down all the feelings that you have for her. After all of this, go to her house and express everything you wrote to her. On the way to her house don't forget to stop and steal some flowers from a neighbor and to make them into a bouquet. In the end she will be very happy with what you did because most girls don't need much. All they want is just a little bit of attention and something from the heart. Have fun with your love :)!

Ella

Dear Roman,

You don't have any money and you want to do something special for your loved one. There are some things you can do. At first, wake up early that morning and send to your love a picture. It could be a

shirtless picture of you with heart drawn on your chest with red lipstick. Include a text saying "I love you!". Secondly, don't forget a romantic night! Invite your sweetheart to your house and give to your love a card. The card has to be personally made by you, so you will need to prepare it. Take your bedsheets and decorate them with compliments and sweet words about your loved one from your bed cover and the entire bedsheet. Make it special. Then fold so that it looks like a gift with a bow. In the end, don't forget to have a romantic conversation with candles and cup of coffee! Have a lovely, wonderful, Valentine's Day!

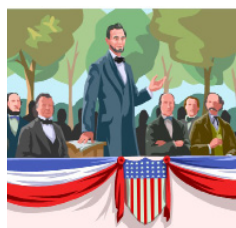
Inga



Ella, Rada, Inga

Abe's Tweetings if He Had Twitter

- Abraham Lincoln was born in Hodgenville, Hardin County, Kentucky on February 12, 1809. He was the first President to be born in Kentucky.
- He had no church affiliation.
- President Lincoln was the tallest president -- 6 ft. 4 in., weighing about 180 pounds.
- Abraham Lincoln grew a beard because a little girl wrote him a letter telling him that he would look more handsome with a beard.
- Mud Slinging- In the campaign of 1860 his opponents said Abe was homely and an ignoramus.



Granny Noetal

Dear Granny,

The other day outside of Davies Hall when it was raining, I got splashed by a very fast car driving in the teacher's parking lot. I was wet and angry and I was wearing a new skirt. I also think this area is dangerous because there are many cars dropping people off, and they are in a hurry. They don't stop and they drive the wrong way. I take the bus and even crossing the street onto the campus is like being in the capital of my country when it's time to bring the sheep to the central marketplace for slaughter. I write my parents that I am safe – they worry because there are boys in my classes – but I won't tell them that it's the cars, not the boys that are crazy.



Anonymous

Dear Anonymous,

Thank you for your letter. To any new readers, I'd like you to know that Granny is always here for you! I'd never really thought about this traffic issue very much because I enter the campus walking from a crosswalk near the stadium. No one gets dropped off there and, as a result, traffic flows smoothly. I, of course, remember the old days when there were fewer cars about (AND!) even a few sheep nearby. In any case, I hope all our readers think about this problem and become more cautious. Perhaps our school administrators can come up with some solutions to alleviate the problem of picking people up and dropping them off. Good luck in your classes and I'm happy that you have "not-crazy" boys in your classes. Or sheep.

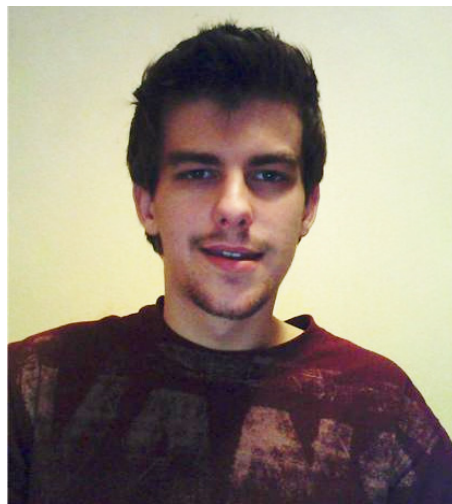
Granny

The Cyber Bum--Bogdan Kolmyk

For free or not for free? (this is the question)

I know many other people struggling with questions about downloading stuff from torrents, file servers, etc. Is it legal or not? If I pay for the Internet and a computer isn't this enough and isn't software supposed to be free? I'll try to give answers to these three questions.

First of all, is it legal? No, no and no. Unless stuff you are downloading is freeware – programs that are created to be distributed with no charge only. In this case you can make as many copies as you want or download it from any place on the web. Take, for example, Open Office – freeware analog of Microsoft Office. Open Office might be a little bit less functional and less visually stylish and yet a pretty good package to get work done with. And what is the most important – it is absolutely free! You can find many other analogs for



famous software brands.

Why is all this not supposed to be free after you bought your PC and paid your Internet provider? Well, if you were the inventor, would you like to get paid for your inventions? Of course! They were your intellectual property. It's the same story with digital media and software. They are someone's property and the owner wants to get paid. What's even more important is he has the absolute right to want money for his product protected by United States law. What is my point here? The next time you're downloading pirate copies of Windows 7 or a new song by Metallica, think – do you really want to pay about 200 thousand dollars per copy for violating copyrights? Please, think twice.

To contact Bogdan: bogdan.komlyk@gmail.com

Parenting the Parrot Way!

Your Child's Emotional Intelligence



Prof. Moon's kids

Parents may sometimes be concerned about their child's IQ (intelligence quotient). The IQ test has been perceived for many years as the best predictor of a child's success in later life.

New research studies indicate, however, that emotional intelligence--sometimes referred to as "EQ"--may be an even more important factor in determining the course of one's life. This is not to say that IQ is unimportant. In the words of one scholar: "IQ may help a person get a job, but EQ will be needed to be promoted."

Emotional intelligence is what enables some people to remain upbeat and optimistic under circumstances that would drown a less buoyant soul. It explains why the brightest student in high school is not always the most successful in later life.

It has been found that people with good emotional intelligence are likeable and self-confident. They possess good social poise and have an ability to put others at ease. When engaged in conversation, they have an ability to make the other person somehow feel that he or she is the most important person in the world.

Emotional intelligence has been found to have an important influence not only on a person's career success, but also on one's marriage and family life, one's ability to care for and get along with others, as well as on one's own sense of self-fulfillment.

Awareness of one's own emotional states is the foundation on which emotional intelligence is built. A person who is aware of inner feelings is better able to handle those feelings appropriately.

Emotional intelligence also involves an ability to recognize the emotional cues of others--being sensitive to how another person may be feeling--and then responding appropriately.

Recent brain research has helped scientists develop a better understanding of the relationship between emotions and behavior. Deep inside the limbic system of the brain is the amygdala, a walnut-shaped structure which encircles the brainstem. It has been found that a signal in the brain can go straight to the amygdala without passing through the brain's thinking part, namely, the neocortex.

That's what happens, for example, when we react before we think. ("I was so scared, I couldn't think clearly!") Worrying provides another example of how feelings can block thinking. Excessive worry about failing only increases the likelihood of failure, for example.

While we usually don't have any control over what emotions we experience, we can learn to control what we do about our emotions. It has been found, for example, that the prefrontal circuitry in the brain, which regulates the relationship between behavior and feelings, probably does not mature until mid-adolescence. This provides a window of opportunity for parents and teachers to help young children develop better emotional intelligence during the preschool and early school years.

In a study of 4-year-olds, each child was shown a marshmallow on a table. The children were told that they could either eat the marshmallow immediately, or, by waiting until the experimenter had run an errand, they could have two marshmallows.

It was found that about one-third of the children in this study ate the one marshmallow immediately. Another one-third were able to wait for a short time, but eventually gave in and ate the marshmallow. The remaining one-third waited until the experimenter returned to the room to give them the two marshmallows.

While it is interesting to note that only one-third of the 4-year-olds in this study were able to delay gratification, the results of a follow-up study are even more revealing.

When these same children were tracked down several years later in high school, it was found that those who could not control the impulse to eat the one marshmallow immediately were more likely to be stubborn, lonely, and easily frustrated. They preferred to avoid challenges and buckled easily under stress.

In contrast, those who had shown greater emotional control by waiting were found to be more confident, adventurous,

popular, and dependable. On average they also scored 210 points higher on the SAT.

These findings would suggest that the ability to bring emotions under the control of the reasoning brain can have significant impact on a person's life.

- Be a good role model for your child by keeping your own emotions under control. For example, instead of an emotional outburst, try counting slowly from one to ten.
- Pay attention to what your child may be feeling, not just what she is doing. For example, try to find out if she is angry, lonely, or frustrated.
- Use your own reasoning ability to help your child better understand, cope with, and control her emotional life. For example, if she is crying over a broken toy, you

might say: "I know you are sad because one of your favorite toys is broken. But there are lots of other toys that you like. Let's pick one to play with right now."

- Act as your child's tutor or coach in helping her to improve her emotional intelligence. For example, encourage and help her to think about and evaluate consequences before she acts.

In summary, helping your child in these ways can have many beneficial effects. Children with good emotional intelligence usually develop better self-confidence and higher self-esteem. They get along better with their parents, and are better liked by their peers. They are also more likely to be selected for leadership roles.

Reprinted from www.growingchild.com

How to Say I Love You to Your Child

You're terrific.

You're a very good listener.

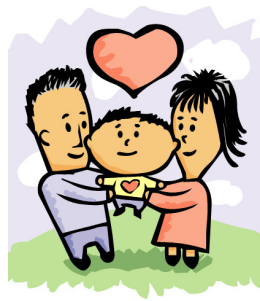
I like you just the way you are.

Good job.

You're very special to me.

Thanks for putting away your toys.

Your hair looks really nice today.



I'm very proud of you.

You're my big helper.

I'm very glad we are such good friends.

You are very thoughtful.

Have I told you lately how much I love you?

I want to give you a great big hug.

I love you.

Shaz Has Pizzazz

Acting on a review from the Sacramento Bee, I checked out a very local Pakistani restaurant called Shaz. Its location is a little obscure, but I found it worth the hunt.

Going south on Watt from Interstate 80, the last right turn before Business 80 is Longview Drive. About a block in you'll find Airport Drive, which leads to Shaz's parking lot. Total elapsed time was 7 minutes from ARC. The area looks somewhat industrial, but the interior is a charming blend of off-whites and taupes that give the place a cheery feel.

I sampled every item on the buffet in two separate visits, and the flavors were well blended with-

out losing their individuality. I found the bit of spicy bite in the saag- a creamed spinach dish - a refreshing variation.



The goat curry was more tender than I've found in most such dishes elsewhere. The chili chicken woke up my sinuses without overpowering my taste buds, and the hint of

lemon in the lentil soup brought out the flavors nicely. The naan bread was freshly made, tasty, and well-textured. All the offerings are halal - meeting Islam's dietary strictures

The staff and management are friendly and eager to please, and an all-you-can-eat lunch buffet for two came in below \$20.

In short, Shaz is a good prospect for a quick, very tasty lunch. I recommend them highly.

Professor John Gamber

Mim's Cafe

Welcome back everyone to ARC! I hope your winter break was pleasant. This semester I am going to share with you many more recipes. For this first issue of The Parrot, I would like to share with you another quiche recipe. I was up in Washington State when I made this dish for visiting friends. (It turned out quite well.) I hope you make time to try it out. This recipe is perfect for people who don't eat meat and for those who love spinach.



Prof. Montgomery with happy eater.

Spinach Quiche

Ingredients

- 3 large eggs
- 1 package frozen spinach (12 to 14 ounces)
- 1- ½ cups chopped button mushrooms
- 2 -½ cups shredded cheese (Mozzarella, Swiss, or Cheddar)
- 1 cup of milk
- 2 -½ cups chopped leeks
- ½ tsp. salt
- 1/2 tsp thyme
- ½ tsp tarragon
- 1 deep-dish pie shell



Cooking Instructions

1. Turn the oven on to 375°.
2. Slice the leek and mushrooms
3. Shred the cheese
4. In a skillet, soften the leeks, mushroom, and spinach until soft making sure the water evaporates.
5. In a large bowl, whisk the eggs and milk together. Add the leeks-mushroom-spinach mixture. Then, add salt, thyme, tarragon, and a cup of shredded cheese.
6. Mix well and pour mixture into the pie shell.
7. Sprinkle the rest of the cheese on top.
8. Bake at 375° for 45 minutes or until the crust shows light golden.
9. Serve the quiche warm.



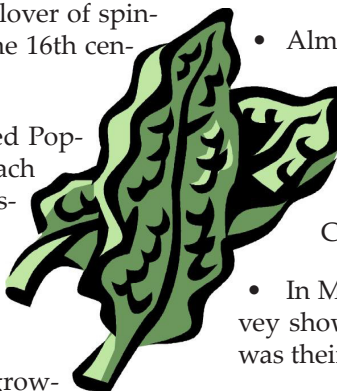
Possess Spinach?

- Florentine" is a common part of names of recipes where spinach is a significant ingredient. Florence in Italy was the home town of Catherine de Medici, a lover of spinach, who married the King of France in the 16th century.
- In the 1930's U.S. spinach growers credited Popeye with a 33% increase in domestic spinach consumption - a welcome boost to an industry during the depression era.
- The spinach growing town of Crystal City, Texas, erected a statue of Popeye in 1937.
- California is today the US's #1 grower/supplier of spinach, accounting for almost three quarters (3/4) of national production. Other

spinach-growing states include Arizona, New Jersey, Texas, Colorado, Maryland and Arkansas.

- Alma, Arkansas (population approx, 4,700), holds an annual spinach festival each April, organized by the Alma Chamber of Commerce. Alma proclaims itself to be the "spinach capital of the world", a title also claimed by Crystal City, Texas. Alma is the home of "Allen Canning Company" which cans and ships spinach.

- In March 2005, Bon Appetit magazine's annual survey showed that 56% of respondents said that spinach was their favourite vegetable.



Boots on the Ground: Get Slick with Trail Mick

Mississippi Bar Trail, Folsom Lake State Recreation Area

This hike near Lake Natoma is a good local hike, perfect for the winter months. Take a quiet walk along a partly wooded trail with vistas of a lake and surrounding bluffs without leaving Sacramento County.

Folsom Lake State Recreation Area offers several walks in primarily natural settings. This trail actually consists of different paths leading from starting point to destination, allowing you to make a loop rather than retracing your steps. If you go there you should allow an hour or two for the hike, depending on your desire to explore side paths. You might want to carry water and a snack.

Mississippi Bar is a large lowland area bordering Lake Natoma's north side. Over a hundred years ago the area was heavily mined through a process known as dredging. Looking to extract gold, mining corporations employed huge water-borne barges to excavate the entire landscape, depositing the discarded earth everywhere into huge rock piles. Needless to say, dredging was very destructive to the environment. It has taken dozens of years for the natural vegetation to return. Though many scars and rock piles remain, the landscape has returned to an essentially natural state, providing hikers and bikers with a large, if altered, preserve to explore.

The trail(s) starts near the Shadow Glen Riding Stable. To reach this place, drive on highway 50 east from the Sacramento area and take Hazel Avenue north to Sunset Avenue. Drive on Sunset eastward to where the road dips down into a ravine and the road turns northward. This is the junction with Main Avenue. Here you will notice a dirt parking lot and several turnouts for parking. The riding stable is also in evidence (at least by smell). Park your car and start

walking on the dirt road that starts at a locked gate to the left of the parking area. The road, which is closed to motor vehicles, takes a southwesterly course for about two miles, ending near the Natomas Dam. Several inviting little foot-paths intersect the dirt road. Any one of these may provide an alternative trail to explore Mississippi Bar. As you hike, maintain a general southwesterly direction, keeping the bluffs on your right, while the Lake will be generally out of view to your left. Eventually you will intersect a paved bicycle trail (that extends completely around Lake Natoma). Follow the trail until you arrive at the dam, where you might want to take a break before the return hike to your car. For variety, you might want to follow the bike trail on the trip back. However, as the bike trail stays well south of the trailhead, you will have to take a connecting trail -off to the left of the bike trail- to get back to your car. I recommend that you take note of features on the bluffs above the Bar, using these as landmarks to help you retrace your route to the trailhead.

Mississippi Bar is a good place for horseback riding and mountain biking as well as hiking. It's also a great place to walk a dog – though dogs must be kept on a leash in all state parks as this one. When hiking or biking, be aware that horses and their riders have the right-of-way. No guns or hunting are allowed, though fishing is permitted in Lake Natoma with a valid California fishing license. You can hike this trail in any season, but I prefer going during the months of October through May, when fewer people are evident and cooler weather makes for better hiking.

Happy Hiking!

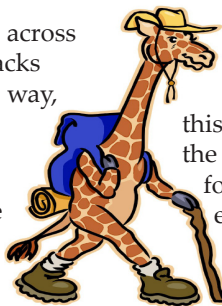
To contact Trail Mick: braccop@arc.losrios.edu



Trail Mick's Cats After a Long Hike

Hiker's Humor

- Harry and George are out hiking a trail and come across some tracks. Harry says, "I know what kind of tracks these are. These are bear tracks." Harry says, "No way, these are deer tracks!" A few seconds later, while they are still arguing, a train runs them over.
- There's a Christian who's hiking in the woods one day when he comes upon an angry bear. The bear stood up on its hind legs and growled ferociously, clearly preparing to charge. In panic, the



Christian started to run, but the bear followed close on his heels. Finally the hiker came to a cliff. So he dropped to his knees and asked God to please make this bear a good Christian bear. To the hiker's amazement, the bear suddenly stopped growling, fell to his knees and folded his paws together in prayer! "Thank you, Lord!" exclaimed the Christian. "Thank you, Lord!" exclaimed the bear, "for this meal I'm about to receive!"

<http://www.hokeyhollow.com/2009/05/tgif-hiking/>

Out of the Cage

Community and Diversity Center Initiative Volunteer Orientation

Friday, February 5, 2010
12:00 pm - 1:30 pm

As the ARC community advances our mission of respecting differences with the addition of the new Community and Diversity Initiative and Center, it is important that we share a common language and understanding of purpose to guide us in this new effort. This workshop will focus on helping us to begin to prepare us to collectively and intentionally build a respectful and inclusive campus community. For those who want to help staff the Community and Diversity Center by volunteering time, this workshop will provide the common vocabulary and understanding of diversity, cultural competence, and cultural responsiveness.

Location: Davies Hall 203

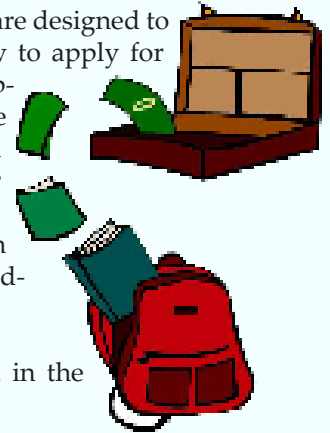
Foundation Scholarship Workshop

Friday, February 5, 2010
2:00 pm - 3:00 pm

The Scholarship workshops are designed to provide information on how to apply for scholarships and create an application that may enhance your chances for success in garnering funding for your education.

Location: Orientation Room in the Student Services Building

Location: Orientation Room in the Student Services Building.



Resume Development Workshop

Tuesday, February 9, 2010
12:00 pm - 1:00 pm

Your resume reflects your uniqueness. This workshop focuses on the physical appearance of a resume, including different types of formats and the kinds of information that should be included. Tips on writing an effective cover letter to send with your resume and formatting scanner friendly resumes will also be discussed.



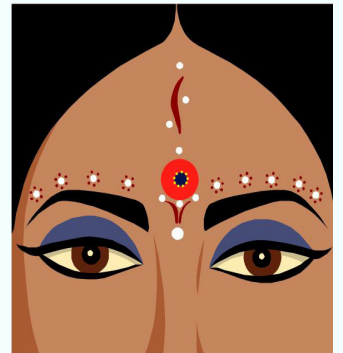
Location: Career & Job Opportunity Center

Issues of Globalization: The Case of India

Thursday, February 11
12:15 pm-1:15 pm

Please join Dr. Soheir Stolba in discussing the impact of globalization on the lives of women in India. World-renowned for her work with human rights, especially for women and children, Dr. Stolba will share her slides and stories from a recent trip to India.

Location: Raef Hall 160



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

Senior Editor: Christian Valenzuela, parrot-arc@live.com