



# The Parrot

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

Issue #39

Spring 2010

## Old Bones to Cell Phones: Lisa Roberts-Law

**Parrot:** What is your full name?

**Lisa:** My name is Lisa Roberts-Law.

**Parrot:** Where do you come from?

**Lisa:** I grew up in Tinley Park, Illinois, a suburb of Chicago, and I moved to California in 1991.

**Parrot:** Why did you decide to move to California?

**Lisa:** Because I got a job at American River College. I had just graduated with my master's degree in counseling and applied for jobs all over the country and I got one here.

**Parrot:** Great. What's the most unusual job you had before?

**Lisa:** When I was getting my bachelor's degree, my major was anthropology, and one of the jobs that I had was at the college, packing human bones.

**Parrot:** Wow!

**Lisa:** We had to put the boxes with deteriorating bones, and we had to pack them, the whole lab, into special boxes, to not hurt the bones, and label everything, and that

kind of thing, so I spent a lot of time, one semester, handling people's bones.

**Parrot:** It's really unusual!

**Lisa:** Ha-ha-ha-ha.

**Parrot:** And why did you change your major?

**Lisa:** I didn't really change my major. When I was in anthropology, my specialization was cultural and I had a minor

in psychology and so then I went on to get my masters in counseling which is related.

**Parrot:** Why did you choose this career?

**Lisa:** When I was in college, I was a lost soul. I didn't know exactly what I wanted



*Continued on page 15*

## Have Time for Daylights Saving?

- Most of Canada uses Daylight Saving Time. Some exceptions include the majority of Saskatchewan and parts of northeastern British Columbia. In the fall of 2005, Manitoba and Ontario announced that like the United States, they would extend daylight time starting in 2007. The attorney general of Ontario commented that "it is important to maintain Ontario's competitive advantage by coordinating time changes with our major trading partner, and harmonizing our financial, industrial, transportation, and communications links." Other provinces have indicated that they may also follow suit.



- It wasn't until 1996 that our NAFTA neighbors in Mexico adopted DST. Now all three Mexican time zones are on the same schedule as the United States.

- Also in 1996, members of the European Union agreed to observe a "summer-time period" from the last Sunday in March to the last Sunday in October.

- Most countries near the equator don't deviate from standard time.
- In the Southern Hemisphere, where summer arrives in what we in the Northern

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Getting Your  
Classes!

See page 16

"I hope life isn't a  
big joke, because  
I don't get it"

Jack Handey



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## Student Chirpings

### My Study Habits and the Study Habits of My Friend

Why is it that I work very hard, but I'm still unable to get good grades, while my friend Karina of the same level gets very good scores with similar amounts of effort? Do study habits play any role in getting good grades? Yes, they do and it depends on what your study habits are. There are three main differences between my study habits and the study habits of my friend Karina.

The first main difference between my study habits and the study habits of my friend is location. My friend Karina and I are both students. We are taking ESL classes and of course each of us studies hard. However, Karina likes to study in a quiet room where everything is free of disturbance. Television and radio are always turned off. She tries to be free of screaming kids. She often takes a break to be able to concentrate. On the other hand, my studying is so different. I like to listen to good music while studying. My son always disturbs me by asking many questions. For example, "Mom, look at my car or mom, look at how I'm jumping..." I try to concentrate on what I'm studying, but often I just can't.

The second main difference between my study habits and the study habits of my friend is the working place. Karina always sits at the desk while studying. Each book, paper and pen is in order. No one in her family is allowed to move the stuff on her



desk. I, however, often like to study in my bed. All the books and pens are on my bed too. Of course, they are not in order at all. As a result, my bed usually soothes me to sleep instead of studying.

The third main difference between my study habits and the study habits of my friend is notes. My friend Karina knows that it is very easy to develop a good memory by taking notes of everything she reads. Then she tries to recollect as often as possible. Once she said, "After each chapter of a book I read, I always make some notes about what I read." As a result, this helps to register everything in the brain. However, I don't take notes at all. While studying, I always try to use my eyes, ears, and my memory, but never notes. For example, when I read an article, I try to remember who is the subject, what is an object, or who the rest of the people are of that article. As a result, it doesn't work without notes. I try very hard, but cannot attain my goals in my studying because I don't take notes.

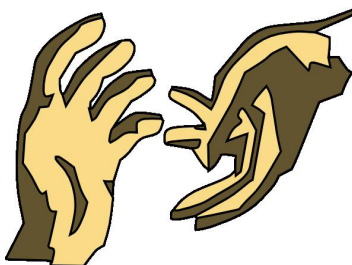
In conclusion, my friend Karina and I study hard anyway. We need to study to reach our goals. Although we study in a different way, we are good friends.

Sofia Tarasova  
ESLW50

### Good Samaritan

I'd like to talk to you about a guiding principle in my life: I believe in helping people as if I were helping myself, because of the wonderful feeling that being helpful brings me joy. I don't help others because some day I will get a reward for my good deed. Helping others brings me optimistic power of thinking about myself and my environment.

I believe the best and the most impressive reward of helping people can be their cheerful smile to me. For example, two years ago, my husband and I were in Vienna, Austria. We stayed there seven months. Those were the happiest months of my life. We used to walk every evening. Once, on the way home, we saw an old lady fall down in the middle of the street. Her eye glasses were broken, and her head was bleeding, and she had lots of stuff which was scattered around her. She was very weak and really needed a hand to stand up. I picked up her stuff from the ground and my husband helped her stand up. We walked with her slowly to the side walk, and there she asked us to accompany her to home. Her house was near and her grandson was at home. At the last moment in front of her house when we were about to leave, I glanced at her pale face. I saw a cheerful smile that still



I can remember. We really didn't know her and I know that we will never meet her again, but I will never forget the great feeling I experienced. It was wonderful and unique because I felt I was a useful person for someone else whom I really didn't know. I think the opportunity of helping people is like a door to cleaning your soul from darkness. So when I don't help someone who needs my help or asks me for help, it makes a dark point in my soul which I can't forget and which eats at me. Once, at a bus stop, I saw a pregnant woman. She was homeless and hungry. She was shouting loudly "I'm starving." I don't know why I didn't give her money. Maybe because I was afraid of her unusual behavior. However, this memory still bothers me. I only hope that by helping others I can forget this awful memory.

In conclusion, for having a joyful life, I believe there is nothing better than helping people. I will never stop helping those who need my help. And I strongly believe this can be the first step to making the world a peaceful place to live.

Narineh Mousa  
ESLL310

## Where are the Respectable Shadows of Teachers ?

I'm originally from Vietnam, and I spent more than half my life there. In my country, there was a famous proverb that said "without teachers, you would never accomplish anything big." This proverb showed the importance of teachers in that society. Teachers were some of the most respected figures in Vietnam. There is also a saying about the status in society of teachers. That is "first comes king, second comes teachers, and third comes parents." We can see how we respected the teachers in our society. I've always remembered these sayings and placed them in my mind. In school, we always call "teacher" all the ways, from university or college to high school or elementary. Although in my Vietnamese language, we have the word "professor", we only say "teacher" because "professor" sounds formal. In people's minds, they were the one who always went beyond. That was the teacher who did his job with full responsibilities with all his heart. Now everything has changed. Teachers are different from the past in my country. There are three basic types of teacher: strict, moderate and materialistic.

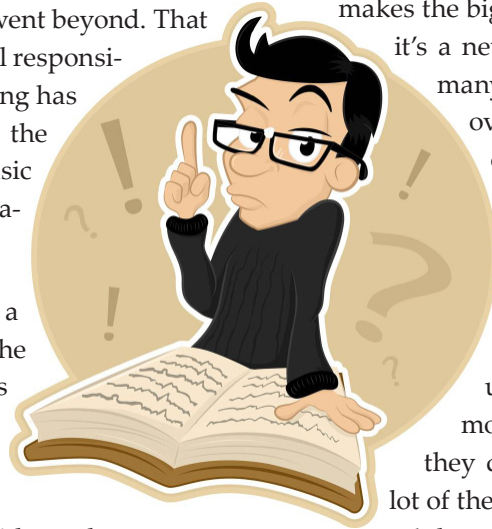
The first type of teachers makes up a small percent of the three groups. It's the teachers who always want their students to accomplish a lot and be successful in the future. So they give out a lot of work. In class, they have a very clean teaching plan. They are very strict with students who don't do homework and don't pay attention in class. Most of them are older than other types. They spend a lot of time on grading pupils' papers. For example, if students don't do their homework (are lazy), they will have punishment. It may be up to 10 times rewriting their homework with students who don't pay attention or talk in class. They have to write "I won't talk in class anymore" 10 times or more. Sometimes, in elementary or middle school, teachers use harder punishment to deter their student, such as kneeling, or hitting on hands with a wood ruler... The teachers in this type usually do the very good job. However, they aren't a huge presence in my mind because they don't have a lot of patience with the bad students. But they are always respected by parents.

The second type is the opposite compared to the first. Most of them are very young. Of course, they have responsibilities, but they don't want to spend a lot of time on their job.

So they give less homework to their students. They sometimes ask students what they want to do. If students answer "no homework" it will be in accordance to their wish. With this type, normally they don't have punishment. I think it doesn't work if the teachers don't push their students and don't force them to follow the rules. For example, in middle or elementary schools, students aren't aware of how important education is. So if there is no punishment, they will be lazy, and not do any homework or pay attention in class. The teachers in this type do fairly well to educate their students. For me, they also had a small place in my mind but not entirely.

The third type is the materialistic teachers. This group makes the biggest percent of the three. In fact, I think it's a new type of teachers in my country. Like many people, teachers in this group also do overtime to earn more money. And most of them teach in their house after class. That is the best way to do overtime. The parents who want their child to get high scores in class should bring them and pay every month. Teaching in class is the way that the teachers in this group usually think as a business. They are the most easygoing of the types. For example, they don't have homework because it takes a lot of their time. Studying after class in the teacher's house isn't obligatory. But if parents don't do it, will their children be good in their education? Will their teacher be fair to them in class? I think these teachers don't feel any responsibilities to their students. They don't have to be strict with their students either. Nowadays, life is better than in the past in my country, but the group doesn't decrease. It's still a bad type in the society and for me, they don't have any outstanding place in my mind.

As for the first group of teachers, I like it and I hope all teachers in this type will receive a lot of happiness from what they give. The second is good too. But the teachers in this type have to be stricter in teaching. The last group I hope will disappear in the future. It's not good and obscures the shadows of the respect teachers have in my mind.





## Netscape - Articles from the Web

### The First International Women's Day

In 1869 British MP John Stuart Mill was the first person in Parliament to call for women's right to vote. On 19 September 1893 New Zealand became the first country in the world to give women the right to vote. Women in other countries did not enjoy this equality and campaigned for justice for many years.

In 1910 a second International Conference of Working Women was held in Copenhagen. A woman named Clara Zetkin (Leader of the 'Women's Office' for the Social Democratic Party in Germany) tabled the idea of an International Women's Day. She proposed that every year in every country there should be a celebration on the same day - a Women's Day - to press for their demands. The conference of over 100 women from 17 countries, representing unions, socialist parties, working women's clubs, and including the first three women elected to the Finnish parliament, greeted Zetkin's suggestion with unanimous approval and thus International Women's Day was the result.

The very first International Women's Day was launched the following year by Clara Zetkin on 19 March (not 8 March). The date was chosen because on 19 March in the year of the 1848 Revolution, the Prussian king recognized for the first time the strength of the armed people and gave way before the threat of a proletarian uprising. Among the many promises he made, which he later failed to keep, was the introduction of votes for women.

Plans for the first International Women's Day demonstration were spread by word of mouth and in the press. During the week before International Women's Day, two journals appeared: *The Vote for Women in Germany* and *Women's Day in Austria*. Various articles were devoted to International

Women's Day: 'Women and Parliament', 'The Working Women and Municipal Affairs', 'What Has the Housewife got to do with Politics?', etc. The articles thoroughly analyzed the question of the equality of women in the government and in society. All articles emphasized the same point that it was absolutely necessary to make Parliament more democratic by extending the franchise to women.

The Success of the first International Women's Day in 1911 exceeded all expectation.



Meetings were organized everywhere in small towns and even the village halls were packed so full that male workers were asked to give up their places for women.

Men stayed at home with their children for a change, and their wives, the captive housewives, went to meetings.

During the largest street demonstration of 30,000 women, the police decided to remove the demonstrators' banners so the women workers made a stand. In the scuffle that followed, bloodshed was averted only with the help of the socialist deputies in Parliament.

In 1913 International Women's Day was transferred to 8 March and this day has remained the global date for International Women's Day ever since.

During International Women's Year in 1975, IWD was given official recognition by the United Nations and was taken up by many governments. International Women's Day is marked by a national holiday in China, Armenia, Russia, Azerbaijan, Belarus, Bulgaria, Kazakhstan, Kyrgyzstan, Macedonia, Moldova, Mongolia, Tajikistan, Ukraine, Uzbekistan and Vietnam.

### International Women's Day Themes

Below are some of the global United Nations themes used for International Women's Day to date:

- 2010: Equal Rights, Equal Opportunities: Progress for All.
- 2009: Women and Men United to End Violence Against Women and Girls.
- 2008: Investing in Women and Girls.
- 2007: Ending Impunity for Violence against Women and Girls.
- 2006: Women in decision-making.
- 2005: Gender Equality Beyond 2005: Building a More Secure Future.

- 2004: Women and HIV/AIDS.
- 2003: Gender Equality and the Millennium Development Goals.
- 2002: Afghan Women Today: Realities and Opportunities.
- 2001: Women and Peace: Women Managing Conflicts.
- 2000: Women Uniting for Peace.
- 1999: World Free of Violence against Women.
- 1998: Women and Human Rights.
- 1997: Women at the Peace Table.
- 1996: Celebrating the Past, Planning for the Future.
- 1975: First IWD celebrated by the United Nations.

## The Parrots -Oops!- Swallows of San Juan Capistrano Return -- March 19

They're on their way.

The famous cliff swallows of San Juan Capistrano, CA that leave town every year in a swirling mass near the Day of San Juan (October 23), are returning from their winter vacation spot 6,000 miles south in Goya, Corrientes, Argentina.

They land at the mission in San Juan, California, on or around St. Joseph's Day, March 19, to the ringing bells of the old church and a crowd of visitors from all over the world who are in town awaiting their arrival and celebrating with a huge fiesta as well as a parade.

### Seeking Solace in the Mission

Legend has it that the swallows took refuge in the Mission San Juan Capistrano from an irate innkeeper who destroyed their muddy nests. The swallows return to the old ruined church each spring knowing they will be protected within the mission's walls. In fact, the city has taken their safety seriously, passing an ordinance against destroying their nests.

So-called "scout swallows" precede the main flock each year by a few days but the majority of the small birds usually arrives on the 19th and begins rebuilding the mud nests that

cling to the ruins of the old stone church and throughout the Capistrano Valley.

### The Oldest Building in California

The mission, originally built from 1776–1806, was seriously damaged in 1812 by a deadly earthquake and was never fully rebuilt. It is the seventh in a chain of 21 California Missions all supposedly separated by the distance of a day's walk. The Mission was named for the Crusader, Saint John of Capistrano, who had taken the name of his Italian birthplace. Padre Junipero Serra was a Spanish Franciscan priest who founded the church on November 1, 1776, and the adobe Serra Chapel section of the mission has been rebuilt and it is now the oldest building in California still in use today.



The mission is located near two rivers and was an ideal spot for the swallows to nest for years because of the abundance of the insects on which they feed. The reduction in numbers of the insects, largely as a result of the development of the area, has caused some of the swallows to locate further from the center of town and explains why there are no longer huge clouds of swallows descending on the Mission. Still, it's quite a sight.

<http://www.factmonster.com/spot/swallows1.html>

## Other Incredible Animal Journeys

**Humpback Whales:** Humpback whales hold the world's record for longest mammalian voyage. One population spends the warmer months eating a literal ton of food a day in waters off the Arctic Peninsula. Come wintertime, they swim 5,000 miles away to balmy breeding grounds near Columbia and the Equator.

**Monarch butterfly:** Migrating long distances is in a monarch's blood. Each fall, thousands of butterflies head west in to California and Mexico. They summer 3,000 miles away, throughout the United States and Canada. But how they know when and where to go continues to puzzle scientists.

**Salmon:** After spending years swimming in the ocean, salmon follow their noses and return to the freshwater streams they were born in to spawn and eventually die. They'll swim upstream against strong currents for hundreds of miles to make the perfect homecoming, even if it means arriving in shoddy condition.

**Green turtles:** Motherly instinct compels female green turtles to return to their birthplace to start their own families. The pregnant turtles swim more than a thousand miles from their coastal feeding grounds in Brazil into the middle of the South

Atlantic Ocean to Ascension Island. On the tiny nursery's sandy beach, the expectant mothers carve out nests and lay their eggs before heading back home.

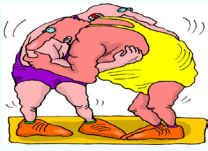
**Wildebeests:** Greener pastures drive 1.5 million of these herbivores in circles. Serengeti wildebeest travel more than a thousand miles in spectacularly huge herds, along with thousands of zebra and gazelle, to avoid the dry seasons in Tanzania and Kenya.

**Lemmings:** In the Arctic tundra, over-population and a scarcity of food sends lemmings on mass migrations at high speeds. Researchers clocked one trek of the petite mammals at almost 10 miles a day. For the weak, the pace of the journey is just too much and they are left behind to die.

**Cicadas:** Billions of chubby, buzzing cicadas will surface from their underground bunkers this month to gather together, sing, and mate. The insects will have spent 17 years fattening up underground, growing through five stages of development. Their synchronized appearance overwhelms predators, leaving most of the reveling cicadas carefree to party for their five weeks of adult life.

<http://www.livescience.com>

## Parrot Warbling



### Grappling with Grammar

#### Reflexive Pronouns

We use a reflexive pronoun when we want to refer to the subject of the sentence or clause. Reflexive pronouns end in “-self” (singular) or “-selves” (plural). There are eight reflexive pronouns. Look at these examples:

	Reflexive Pronouns
<i>The underlined words are NOT the same person/thing</i>	<i>The underlined words are the same person/thing</i>
John saw <u>me</u> .	I saw <u>myself</u> in the mirror.
Why does <u>he</u> blame <u>you</u> ?	Why do <u>you</u> blame <u>yourself</u> ?
<u>David</u> sent <u>him</u> a copy.	<u>John</u> sent <u>himself</u> a copy.
<u>David</u> sent <u>her</u> a copy.	<u>Mary</u> sent <u>herself</u> a copy.
<u>My dog</u> hurt <u>the cat</u> .	<u>My dog</u> hurt <u>itself</u> .
<u>We</u> blame <u>you</u> .	<u>We</u> blame <u>ourselves</u> .
Can <u>you</u> help <u>my children</u> ?	Can <u>you</u> help <u>yourselves</u> ?
<u>They</u> cannot look after <u>the babies</u> .	<u>They</u> cannot look after <u>themselves</u> .

Notice that all the above reflexive pronouns can also act as intensive pronouns, but the function and usage are different. An intensive pronoun emphasizes its antecedent. Look at these examples:

- I made it **myself**. OR I **myself** made it.
- Have you **yourself** seen it? OR Have you seen it **yourself**?
- She spoke to me **herself**. OR She **herself** spoke to me.

### Idiom-Attic



#### Let the cat out of the Bag

Bob was going to retire from teaching in June, and the foreign language department was planning on presenting him with some luggage at his retirement dinner. He wasn't supposed to know about it, but someone **let the cat out of the bag**. At the dinner Bob acted surprised, even though someone **had told him what he was getting before the official presentation**.

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

#### Beak Speak



- Widow is the only female form in the English language that is shorter than its corresponding male term (widower).
- There is a word in the English language with only one vowel, which occurs five times: “indivisibility.”
- There is a seven letter word in the English language that contains ten words without rearranging any of its letters, “therein”: the, there, he, in, rein, her, here, ere, therein, herein.
- There are two words in the English language that have all five vowels in order: “abstemious” and “facetious.”
- There are only two sequences of four consecutive letters that can be found in the English language: “rstu” and “mnop.” Examples of each are understudy and gynophobia.
- There are only 4 words in the English language which end in “dous”: tremendous, horrendous, stupendous, and hazardous.
- There are at least two words in the English language that use all of the vowels, in the correct order, and end in the letter Y: abstemiously & facetiously.

<http://www.funshun.com/amazing-facts/language-facts.html>

## Some More Parrot Fun Stuff



### USA State Capitals Wordsearch

Find and circle all of the USA State Capitals that are hidden in the grid. The remaining letters spell a secret message - a Bill Vaughan quotation.

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

ALBANY (New York)

ANNAPOLIS (Maryland)

ATLANTA (Georgia)

AUGUSTA (Maine)

AUSTIN (Texas)

BATON ROUGE (Louisiana)

BISMARCK (North Dakota)

BOISE (Idaho)

BOSTON (Massachusetts)

CARSON CITY (Nevada)

CHARLESTON (West Virginia)

CHEYENNE (Wyoming)

COLUMBIA (South Carolina)

COLUMBUS (Ohio)

CONCORD (New Hampshire)

DENVER (Colorado)

DES MOINES (Iowa)

DOVER (Delaware)

FRANKFORT (Kentucky)

HARRISBURG (Pennsylvania)

HARTFORD (Connecticut)

HELENA (Montana)

HONOLULU (Hawaii)

INDIANAPOLIS (Indiana)

JACKSON (Mississippi)

JEFFERSON CITY (Missouri)

JUNEAU (Alaska)

LANSING (Michigan)

LINCOLN (Nebraska)

LITTLE ROCK (Arkansas)

MADISON (Wisconsin)

MONTGOMERY (Alabama)

MONTPELIER (Vermont)

NASHVILLE (Tennessee)

OKLAHOMA CITY (Oklahoma)

OLYMPIA (Washington)

PHOENIX (Arizona)

PIERRE (South Dakota)

PROVIDENCE (Rhode Island)

RALEIGH (North Carolina)

RICHMOND (Virginia)

SACRAMENTO (California)

SALEM (Oregon)

SALT LAKE CITY (Utah)

SANTA FE (New Mexico)

SPRINGFIELD (Illinois)

ST. PAUL (Minnesota)

TALLAHASSEE (Florida)

TOPEKA (Kansas)

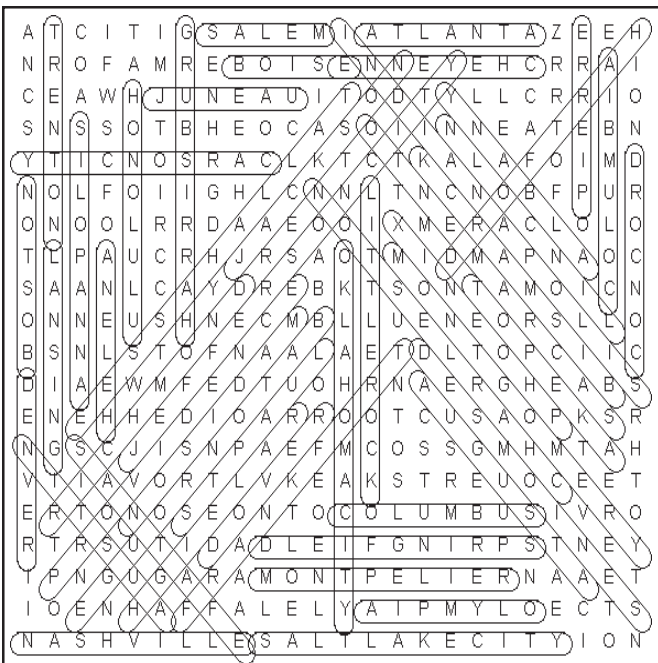
TRENTON (New Jersey)

### Gratitude

Happy for those who walked me to this path  
 Even when my tires were flat  
 For friends who came back with me to fix my car  
 Cause i couldn't go too far  
 Then the ones who turned me down  
 So i could appreciate the people that wouldn't  
 stand to see me frown  
 For those who fell for lies and brought tears to  
 my eyes  
 For those truths that brought so much pain  
 And days i walked in shame  
 For happy days which ended with funny plays  
 The friendships that taught me the rules of friend-  
 ship  
 And lessons on how to be meek like a sheep  
 For the believers who made me believe in me  
 And the followers who prevented my enemy from  
 getting to me  
 I say thank you for satisfaction now abides in me  
 I see a light that with all this cannot e blocked  
 A spirit that is unconquerable  
 I see a vision that is unstoppable  
 I see a whole world of possibilities and none be-  
 yond my abilities

Bisi Obateru

### Solutions for Puzzle on Page 7



### Rigoberto's Riddles

How do crazy people go through the forest?

*They take the psycho path.*

What do prisoners use to call each other?

*Cell phones.*

What has four legs, is big, green, fuzzy, and if it fell out of a tree would kill you?

*A pool table.*



### Silly Vasily's Chuckle Chamber



Joe and Dave are hunting when Dave keels over. Frantic, Joe dials 911 on his cell phone and blurts, "My friend just dropped dead! What should I do?"

A soothing voice at the other end says, "Don't worry, I can help. First, let's make sure he's really dead."

After a brief silence, the operator hears a shot. Then Joe comes back to the phone. "Okay," he says nervously to the operator. "What do I do next?"

### Funny Headlines -- Do You Know Why They're Funny?

- Man Kills Self Before Shooting Wife and Daughter
- Panda Mating Fails; Veterinarian Takes Over
- Miners Refuse to Work after Death
- War Dims Hope for Peace
- Cold Wave Linked to Temperatures
- Red Tape Holds Up New Bridges
- Man Struck By Lightning: Faces Battery Charge
- New Study of Obesity Looks for Larger Test Group
- Astronaut Takes Blame for Gas in Spacecraft
- Local High School Dropouts Cut in Half
- Hospitals are Sued by 7 Foot Doctors
- Typhoon Rips Through Cemetery; Hundreds Dead





## Do You Know Your ESL Professors? Guess Who!

1. This professor's last name is the same as the place where scientists recently found water.

\_\_\_\_\_

2. This professor's last name begins with "K" and ends with "a"

\_\_\_\_\_

3. This professor's last name rhymes with "wow" and "cow"

\_\_\_\_\_

4. This professor's last name is the opposite of "night."

\_\_\_\_\_

5. This professor's last name rhymes with "dress"

\_\_\_\_\_

6. This professor's last name is pronounced like the opposite of "sweet."

\_\_\_\_\_

7. Add "l" to this professor's last name and you have the word for someone who takes risks.

\_\_\_\_\_

8. This professor's last name is the opposite of "black."

\_\_\_\_\_

9. This professor's last name begins with the last letter of the alphabet.

\_\_\_\_\_

10. Take away an "e" from this professor's last name and you have the opposite of sadness.

\_\_\_\_\_

11. This professor's last name has five syllables.

\_\_\_\_\_

12. This professor's last name rhymes with jelly

\_\_\_\_\_

13. This professor's last name rhymes with "bean"

\_\_\_\_\_

14. The last two letters of this professor's last name are "ou"

\_\_\_\_\_

15. Split this professor's last name in two and you get two words: one word means places where you can get water and the other word is a way to cook!

\_\_\_\_\_

16. This professor's last name is "naggoh" backwards

\_\_\_\_\_

17. The past tense of "run" is in this professor's last name.

\_\_\_\_\_

18. This professor is not a man but there's a "man" in her last name

\_\_\_\_\_

19. "On", "go" and "me" can be found in this professor's last name

\_\_\_\_\_

20. This professor's last name rhymes with "corps".

\_\_\_\_\_



### Answers

1. Moon	8. White	15. Wellstry
2. Kommura	9. Zadra	16. Hogan
3. Rau	10. Joye	17. Moran
4. Day	11. Limmaneprasert	18. Leatherman
5. Hess	12. Kelly	19. Montgomery
6. Sauer	13. Dean	20. Kor
7. Gamber	14. Tzou	

## Granny Noetal



Dear Granny,

I am a single mother with a 4-year old child taking ESL classes and sometimes my babysitter doesn't show. As a result, I have to stay home and I miss class. I call my teachers when I know ahead of time that there is a problem. I also call and leave a message on my teachers' phones when it is last minute. When I return to class, my teachers are not really happy. They don't seem to understand my situation. When I

asked my teachers if I could bring my child to class with me, they said no, that it is against school regulations. Is that true?

Ahn Chu

Dear Ahn,

Being a single mother is not easy. However, your teachers are being truthful with you. There are insurance questions, questions of liability that apply to having non-students (your child) in the classroom. If someone who is not a registered student were to be hurt somehow, the college would be financially responsible. So, for its protection, the college has that regulation in place. I hope you can find a more reliable babysitter.

Granny

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

**Editor's note:** *The Three Sisters have been doing dating research this past weekend. This week's guest columnist is Igor, The Three Sisters' brother*

Dear Three Sisters,

I think my girlfriend's parents don't like me. They haven't told me that but I get that feeling (whenever they see me). What should I do?

Un E. Zee

Dear Un,

It could be worse. The parents could adore you but the daughter really doesn't. That happened to me and it's not that much fun. Listen, dude, there are any number of things that can cause parents to hate you. Do you have a tattoo on your face? Have you got earrings? Have you got too baggy pants? Have you got a loud, old car and do you play music they don't like? Do you bring their



Ella, Rada, Inga

daughter home late? Finally, do you have a job or go to school or do you just hang out? It's hard to believe but sometimes parents

can't always see the real you – maybe they just see those other things. The important thing is if your girlfriend likes you. Maybe you can ask her if there are some things you can do that would please her parents. Everybody likes money but that won't work. Maybe you can try to be helpful. Offer to do things around their house. Repairs, stuff like that. Most of all, act nice to their daughter when you are all together. Well, act nice to her all the time because maybe she talks to her parents and they'll believe her before they'll believe you. If nothing works, ask your girlfriend to write us. Maybe we'll find out something from her. In the meantime, keep reading The Parrot.

Ah! There it is! Give her parents copies of The Parrot! They'll love you and you don't have to tell them The Parrots are free! Bound to work...

Igor

## Parenting the Parrot Way!

Winter is upon us. The rain and cold weather has forced my children to abandon their swings and scooters, and to join me inside the house EVERY DAY! This has led to numerous and continuous boisterous interactions and some broken knick-knacks. So, at a moment of pure desperation, I found this "Parenting Survival" list on the internet: <http://www.budget101.com/recipes/id34.htm>.

**Cotton Ball:** for times when you can't hear yourself think.

**Rope:** in case you get to the end of yours.

**Rubber Band:** to remind you to stretch and grow with your children.

**Sweet & Sour Candy:** to remind you that every child is different.

**Eraser:** so everyone can start each day with a clean slate.

**Clock:** to remind you that children grow up too fast.

**Puzzle Piece:** to remind you that you are an important piece in the journey of your child.



Prof. Moon's Kids

**Marbles:** to replace the ones you've lost.

**Band Aid:** to fix hurt feelings.

**Nuts:** to remind you to laugh..get a little nutty.

**Tootsie Roll:** to remind you to roll with the punches.

**Candle:** so you never feel in the dark.

**Do Not Disturb Sign:** to remind you that you need time to yourself.

**Aspirin:** for when all else fails...take two.

**Peppermint:** to remind you that your job as parents is worth a mint.

**A piece of velcro:** for when you need to get a grip!

I have yet to gather all the materials, but if any of you parrot parents find the time, let us know if it works!

To contact professor Moon: [moone@arc.losrios.edu](mailto:moone@arc.losrios.edu)

## Basically Bert

### Focus on the Important Things!

How does your writing tablet beckon to you? Your rectangle of wood, or linen or papyrus or cotton; how does it work with you and your creative little self? This is my perspective.

I like pencils because I prefer erasable mistakes and the soft gray drawing-pencil color. Most writings, i.e. this one, are drafted on yellow legal paper for good reason: yellow is cheery and saturated which channels more focused thought to flow from mind to paper, and the wonderful, razor-thin green lines are not so obtrusive that my pencil scribbles are overwhelmed. Topping this off, the double red margin lines; truly a do-not-cross zone, dictate that that pristine margin is THE place for notes, edits and legal scribbles. Legal paper is awesome.

Right up there with legal tablets is '4 x 4 quad-ruled paper'. Oh, the luxury of writing any size you want, devising a

new margin in every line, making alphabet shapes alongside and inside the little blue squares, ... The geometry of it all!



Regular notebook paper is cumbersome; I find the heavy lines interfere with my thoughts and overwhelm my pencil. Waaaay too linear.

Finally is my ode to the ball-point pen's realm: the cocktail napkin. Four layers of plush squish for the pen, extra loft for maximum rich, dark color. Drawings and scribbles look exceptionally meaningful within that contrite border, addresses become personal and angles

have clumpy little numbers and arrows for company.

Go, writing fiends, and choose your paper.

Bert is an IA at the Natomas ESL Center

## Mim's Cafe

I got the banana bread recipe below from a book called Student's Vegetarian Cookbook. I've tried many banana bread recipes, but this one has to be one of my all time favorites. If you get a chance to try this recipe, please let me know what you think. Email your comments or the recipes you would like to share to [montgot@arc.losrios.edu](mailto:montgot@arc.losrios.edu). Bon Appetite!



Prof. Montgomery with  
Happy Eater

### Vegetarian Banana Bread

#### Ingredients

- 1 ½ cups flour
- ¾ cup Grape-Nuts cereal
- 1/3 cup sugar
- ½ cup raisins (I use dried cranberries instead)
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt (optional)
- 2 egg whites
- 1 cup mashed very ripe banana (2-3 medium)
- ½ cup plain, nonfat yogurt
- ¼ cup vegetable oil
- 2 teaspoons vanilla



#### Mixing and Baking Instructions:

1. Preheat oven to 350 degrees F.
2. Combine flour, Grape-Nuts, baking soda, baking powder, salt, and raisins/cranberries in a large bowl.
3. In another bowl beat egg whites until frothy. Then add yogurt, sugar, oil, mashed bananas, and vanilla.
4. Combine the wet ingredients with the dry ingredients and stir until evenly mixed. (Don't stir too long.)
5. Lightly grease with butter or oil 8 ½ X 4 ½ X 3 inch loaf pan and pour in batter.
6. Bake for 45-50 minutes or until done.

## The Cyber Bum--Bogdan Komlyk

### Differences between Internet Browsers

How many windows have you seen in your lives? I bet a ton of them. Round, square, oval and many others. And how many windows to the cyberworld - Internet browsers can you name? WHAT? Just Internet Explorer from Microsoft? That's not going to work. Take Europeans as an example. The European Commission made Microsoft provide Windows users with a "browser choice" screen. This choice screen will include a selection of different browsers, rather than just Internet Explorer.

Of course, I was kidding! You can't name more than one browser. Nevertheless, you all probably guessed we're going to talk about browsers. First of all, what is a browser? Wikipedia says, "A web browser is a software application for retrieving, presenting, and traversing information resources on the World Wide Web." Basically browsers give you the ability to view information on the Internet. To understand what your browser actually does, open Internet Explorer, go to Google start page and right-click on it. From the context menu, pick "View Source." Wow, surprising, isn't? This is the original information your browser gets from the Internet and the first page is what you get from the browser.



Yeah, that was a little boring. All of you who handled the first two paragraphs receive a prize – an answer for the question "Which browser is the best?" The best one is the one you like! Yep, simple like this. My advice is to try a few and pick the one that fits you just right. Well, since we are all socially-oriented creatures, I'll give you some statistics of usage share of web browsers taken from Wikipedia for January 2010 (again).

- Internet Explorer (58.69%)
- Mozilla Firefox (28.04%)
- Google Chrome (5.63%)
- Safari (4.97%)
- Opera (2.05%)
- Other (1.32%)

As you can see, one of the favorites is Internet Explorer. My guess is it is because we don't have that "browser choice" screen. Most of us just stick with what we got at the beginning. My last advice for today – don't put yourself in a box. Explore!

To contact Bogdan: [bogdan.komlyk@gmail.com](mailto:bogdan.komlyk@gmail.com)

## Artie's Easel

Dear Artie,

I recently enjoyed visiting the Cartier, Amish and Tutankamen exhibits that you wrote about in your last column. Can you tell me about some other art exhibits to visit this Spring?

Sincerely,

On the Go Art Lover

Dear On the Go,

Certainly, first, let me alert everyone to a local exhibit at the Solomon-Dubnick Gallery now. Don't miss Maija Peeples -- Bright's Terrific Raken ceramics and painting show at 1017 25<sup>th</sup> Street in Sacramento. The name of the show is "Favorites" because the artist has included most of her favorite pieces for gallery display. These include whimsical raku pieces depicting animal and human figures as well as some of her large brilliant and vibrant paintings. When I visited the show on opening day, my senses were overcome with reds, oranges, yellows and blues. What a treat for the eyes! The artist, herself, was roaming the gallery speaking to as many art lovers as possible. I sensed that she loves to portray bright, playful figures and subjects. Take an extra hour and see the show, "Favorites."

For those of you who like handcrafts, take a drive up the road to the Nevada Museum of Art in Reno. Once you arrive, find the "Survey of Gee's Bend Quilts" that come from Gee's Bend, Alabama, a small town in the Alabama River. Gee's Bend boasts a longstanding tradition of quilting among the women of that area. Joseph Gee founded the original plantation where Gee's Bend eventually grew up. Until the

Roosevelt era, the community lived in long cabins where one could "see the stars" and feel the wind and rain through gaps in the ceilings and walls. At this same time, quilting was a rare opportunity for creative personal expression.

Divided into four sections, the Gee's Bend Quilt show explores the history, aesthetics, artistic influence and the future of Gee's Bend quilts. Until recently, the quilts of Gee's Bend were the exclusive products of thrift and necessity,



Prof White -- Artie's Mentor

assembled from discarded fabric scraps. They were created to "keep the children warm." These internationally esteemed quilts have also been lauded in the "The New York Times" as "some of the most miraculous works of modern art America has produced" and call into question the old paradigm of what constitutes art.

Finally, let's look at gardens and shop a little. Why not take a trip to "Cornerstone Gardens" located at the southern gateway to Napa and Sonoma wine country. Cornerstone Sonoma is an eclectic collection of

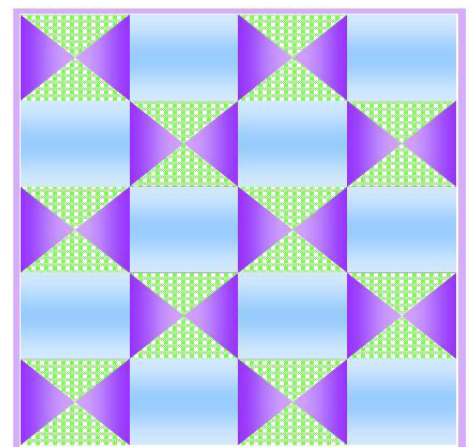
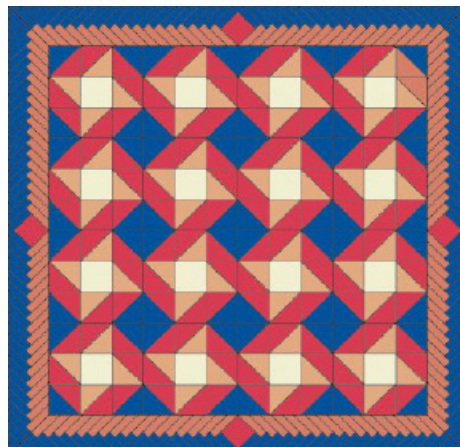
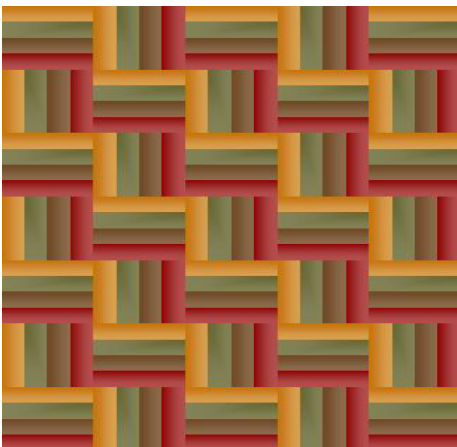
shops, wineries, and gourmet cafe set amidst nine acres of garden installations. These installations were created by the world's leading landscape architects. For more information, google <http://cornerstonegardens.com>. This exhibit is a perfect way to inspire your own gardens for the Sacramento Spring and Summer.

Let me know how you like the art shows. It's always nice to hear from our readers.

Artie

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

### Typical Quilt Patterns



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

### **Down-and-Up and Long Valley Trails Loop, Cronan Ranch BLM Park**

Once a cattle ranch, CRONAN RANCH is a wonderful new public hiking park developed by the United States Bureau of Land Management (BLM) in cooperation with the American River Conservancy. The park is located in the Sierra foothills off Highway 49. Twelve miles of marked trails are spread out over thousands of acres of land.

To get there from the Sacramento area, drive on U.S. Highway 50 east to Placerville. Once in town, turn north (left) onto Highway 49. This winding route takes you through the historic gold rush town of Coloma. Keep going on 49 past Coloma, crossing the South Fork of the American River at the junction of Lotus Road and Highway 49. Once you cross the bridge, continue on 49 northward for 5 more miles until you see a signpost for Pedro Hill Road on your left. Turn onto Pedro Hill Road. Almost immediately you will see the Cronan Ranch trailhead parking lot on the left side. Pull in here and park your car (no fee).

At the far end of the parking lot, next to a locked gate is a glass display case containing a large map of the park. From the map you will see several trail options to choose from. I recommend the Down-and-Up and Long Valley Trails loop, which offers a fine variety of scenery and terrain. Allow at least two hours for this round trip hike, which totals 4.5 miles. Walk past the locked gate onto the Park Service Road, which is just a wide dirt trail. Follow this "road" for about a quarter mile until you see the Down-and-Up Trail signpost on your left. Once on the trail you will climb gradually up onto a sort of plateau. This area offers wide open views of a large part of the park, which consists of grasslands interspersed with stands of (mostly oak) trees. When you arrive at a trail junction take the left fork, which is the Down-and-Up path. The plateau continues for about another quarter mile; then the trail plunges somewhat steeply into a little canyon filled with trees. Once the terrain levels out again you can hear the sound of the South Fork of the American River flowing off to your left. Now you are in the part where the trail derived its name! For the next half-mile the trail traverses several little ravines interspersed with ridges – this means down, then up, then

down, etc. Soon you arrive at another trail split marked with a post. Choose the left fork, which will take you down to the American River. The trail ends there at the farthest extent of the Park Road. The River is a nice place to rest and have a picnic. Be careful, as the water flows swift and cold. While my group was picnicking, the water level came up over a foot, forcing us to move to higher ground! Follow the dirt road downstream for about a half-mile until it starts climbing away from the river. After a quarter mile of gradual climbing you will emerge onto a flat area. There in front of you, is a scene that looks like something out of an old western



Mick says don't forget to hydrate!

movie. That's because it is! Twenty or thirty years ago a small ranch spread (containing a wooden house, barn, and a chicken coup) was constructed for a movie set. Though the set is in disrepair, it's an interesting place to explore. One picnic table provides a good place to rest or have a snack. The old movie set is located at the junction of the Park Road and the Long Valley Trail. This is the other part of your loop. The Long Valley trail continues gently upward through open grassland for about the next mile, paralleling a little creek.

While we were there, we saw and heard lots of small frogs in and around the creek. The Long Valley Trail eventually ends at the Park Service Road. Follow this path for another half mile back to the trailhead parking lot.

Cronan Ranch Park is open daily from dawn to dusk. No motor vehicles of any kind are permitted beyond the trailhead parking area, and no overnight camping is allowed. Fishing for trout is permitted in the American River for those possessing a valid California fishing license. Rattlesnakes, coyotes, and mountain lions exist in the park, though I haven't seen any. All the trails are open to mountain biking, horseback riding, and hiking. Dogs are okay on leashes. There are no facilities available in the park except portable toilets, located at the trailhead and along the river frontage. Be sure to bring your own water and snacks.

*Happy hiking!*

Trail Mick

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

*Continued from page 1*

to be when I grew up, and I thought, gosh, I wouldn't mind working at a college and helping people who are like me, lost

and not knowing what to do, and so I thought I would go into career counseling, and then, as I was getting my masters degree in counseling. I worked with a lot of student athletes at the university that I was in, so when I started at American River College, I was hired to be the athletic counselor, to only work with student athletic, and then moved on to general counseling and a few years ago.

**Parrot:** Interesting! Hmm...What do you like about working here?

**Lisa:** I love the people. I love the different students that I meet, and I love watching someone go from being a brand new student, to achieving their goal, and so sometimes that's a very short period of time and for some students it may take a little longer, but it's nice to see people who strive and work towards the goal, and actually achieve it and be part of a celebration at the end.

**Parrot:** How would you describe a typical day in this position?

**Lisa:** Every day is different and that's another thing that I love about it, because you never know what kind of issues you're going to help a student with that day. And so you know, a typical day I talk to, I don't know somewhere between ten and twenty different students every day, depending on what my day is scheduled to look like, and hmm.. and each student brings in their own unique questions and their own unique problems that they need to deal with, and so, as the counselor, you serve as the resource to help individuals find the answers to their problems. That's what's really cool.

**Parrot:** Are there any examples?

**Lisa:** I think that, that, you know some days you may spend more time helping students figure out what classes are appropriate. Other days, you're helping students find resources within the community. As counselors, we all have our days when we have someone who is worried about where their next meal might come from or whether they're going to lose their home, and how do you help them be able to find a resource to help them through that crisis in their life?

Hmmm. Other days you spend a lot of time helping students discover what different careers fields there are, and what it means to become a dental assistant, or what it means to become a mechanic. What is that salary like? What are the job opportunities there? Those kinds of things. And then other days, you spend a lot of time talking about different universities and is it best to transfer to California State University of Sacramento or UC Davis for a particular major, or do I want to go outside of California or southern California and talk to students about their values and what they should look for in a four-year University.

**Parrot:** Really important. What do you think is the most important characteristic of a counselor?

**Lisa:** Oh wow, that's a hard one. Just think about somebody who is very open. Hmm..Not judgmental and willing to listen. I think those are huge.

**Parrot:** I know you work with ESL students. Do you have any suggestions for ESL students?

**Lisa:** Yeah. Practice your English as much as possible. And I yell at different students in the office of Natomas constantly about that. Because, and I only say I am horrible in trying to learn foreign languages. In high school, I studied French, in college I studied Spanish, and I had a horrible time with learning a foreign language. And I know for some people it comes easier than others. I would never attempt to even pretend that I could do what many of our ESL students do, and trying to learn English, which is one of the more complicated languages. Ah-h, and so I admire the fact that we have so many students who are working so hard to learn English. I also know that's it's hard to say: "You need to go all the way to ESL 310 before you start thinking about careers and trying to take classes towards a major " and that type of thing. But because it's so hard to learn English, that's why, so that you can then fully understand the other classes. It's time just... I admire every student who is able to go through the programs and be successful, because it's hard. It takes a lot of practice and dedication.

**Parrot:** Yeah, it's true. OK thank you for your time and for your help.

Ms. Shokur  
ESLL310

*Continued from page 1*

Hemisphere consider the winter months, DST is observed from late October to late March.

- Three large regions in Australia do not participate in DST. Western Australia, the Northern Territory, and Queensland stay on standard time all year. The remaining south-central and southeastern sections of the continent (which is where Sydney and Melbourne are found) make the switch. This results in both vertical and horizontal time zones Down Under during the summer months.
- China, which spans five time zones, is always eight hours

ahead of Greenwich Mean Time and it does not observe DST.

- In Japan, DST was implemented after World War II by the U.S. occupation. In 1952 it was abandoned because of strong opposition by Japanese farmers.



## From the Counselor's Corner

### What do I do to get my classes for next semester?

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

- See a counselor between now and the end of April. Call 484-8572 to make an appointment. Remember: appointments are made two weeks in advance, so don't wait. Call soon. To get the best selection, call on Friday mornings. Counselors are also on drop-in all day Fridays, but be prepared to wait, because students are seen on the "first-come, first-served" basis.
- You must update your information every semester by filling out the "Supplemental Data Form" on line. You can do this starting on April 1.
- Take care of all your college obligations, such as fees, overdue books etc. before you can register for classes.
- Check for your registration appointment online. It can be any day or time between May 3 and May 16. Be sure to register as soon as you can because this is the first priority period. To register early means you have a better chance of getting the classes at the times and days that you want.
- Check your grades on line, beginning May 26, 2009. Grades are NOT mailed to students.
- Print out your unofficial transcript to show your instructors as pre-requisites for the next class in the sequence that you are going to take.
- Check for the class schedule online around April 1. It is no longer available in print.



### Follow Up Questions

1. Why is my registration always at the end of Priority 1, can my counselor change the date and time for me:
  - *Registration appointments are randomly assigned by the computer.. Counselors cannot assign, or change these appointments*

2. When can I get an earlier registration date?

- *The computer randomly assigns these appointments, even IT doesn't have a plan.*

3. Does it matter when I try to register, the ESL classes I want are already full.

- *The ESL classes fill up very fast, like math and English classes because they are basic skills that everyone must have in order to earn a college degree. You should try to register as soon as you can when you are given the registration appointment.*

*This appointment means that it is the first opportunity for you to register. You can register as many times as you wish after that date and time.*

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

1. Get on the waiting list.
2. Whether or not you are on the waiting list, check on the class at least once a week for:

a. People dropping the class making room for the waiting list. If you were on the waiting list, you may be moved up on the waiting list or over to the enrolled list. If you are moved over to the enrolled list, you must pay within ten (10) days or you may be dropped for non-payment & have to start the process over again, unless you have the BOGG-fee waiver.

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

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

Thuan Bui  
Counselor

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



## Out of the Cage

### ARC Instrumental Jazz Ensembles Tribute to Duke Ellington

Thursday, March 11  
7:30 p.m.

The Community Jazz, Latin Jazz, and Studio Jazz Ensembles, directed by Dr. Dyne Eifertsen, will perform big band and Latin jazz standards by Duke Ellington and Tito Puente. Special guests on the program will be the Bella Vista High School Jazz Band. The concert will take place in the ARC Theater at 7:30pm. Ticket prices are \$8.00 General; \$5.00 Student/Senior.



For more information, contact Dr. Dyne Eifertsen, 484-8676.

### "What a long strange trip it's been..." An ARC School of Nursing Graduate's Career (so far)

Tuesday, March 16  
12:15 pm - 1:15 pm

What a long strange trip it's been... - An ARC School of Nursing graduate's career (so far) as an emergency department nurse, flight nurse, and disaster responder After graduating from ARC in 1984 Gordon Worley pursued his varying interests in emergency nursing and emergency medical services (EMS), leading to a career as flight nurse on an EMS helicopter. Along the way his passion for the outdoors and wilderness medicine has led him to work in disaster response, search and rescue and on international humanitarian medical missions. Gordon is a nationally recognized speaker and author. He'll provide a quick, and hopefully entertaining, view of how one ARC graduate has shaped an interesting, rewarding and sometimes strange career, as well as a peek at what the future may hold.



Location: Raef Hall 160

### Interview Success Workshop

Tuesday, March 16  
2:00 pm - 3:00 pm

This workshop includes information on researching the organization, reviewing anticipated questions, specific strategies, assessing your skills, making a professional presentation, and body language and presentation.



Please call the Career Center and register for this workshop. 916-484-8492

Location: Career & Job Opportunity Center

### How Far Have We Come? The Right to Vote for Women

Wednesday, March 17  
12:00 pm - 12:50 pm

Women, did you vote in the 2008 presidential election? The right to vote by women was obtained in the United States after a 72-year struggle beginning in 1848 at a convention in Seneca Falls, New York. Ninety years later we are celebrating. Come meet and hear Elizabeth Cady Stanton and other famous suffragists.

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

### “How to Find Federal Jobs” Event

Thursday, March 18  
12:00 pm - 1:30 pm



Help launch your career! Learn how to find and apply for federal jobs and internships while becoming knowledgeable in navigating the federal process. Call 916-484-8492 to register.

Location: Technical Education Room #325

### Fertility Treatment: Octo-Mom vs. Test Tube Baby?

Thursday, March 18  
12:15 pm - 1:15 pm



Everything you wanted to know about having a baby without intercourse\* (but were afraid to ask?) Building a family? When is it time to seek fertility treatment? How do you know when you should seek help? What is fertility treatment really about? How to get support and help others in the process? A professional and personal experience shared by a local.

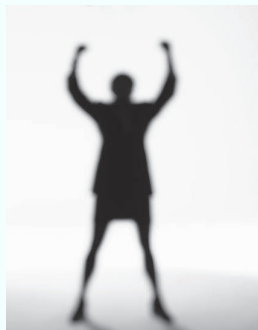
Location: Raef Hall 160

### “The Power of You! How to Get Everything That You Need to Succeed!” Workshop

Thursday, March 18  
12:20 pm - 1:20 p.m.

(Retention Series) Inspiring and enlightening! Bring a friend because you will be empowered to live your best life and achieve your personal and academic goals.

Find out how to garner funds for college and receive academic support. Discover just how much power you possess in attaining your ultimate success!



Location: Orientation Room in Student Services Building

### 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 About:

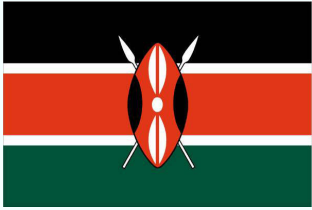
- The ARC campus
- Fun things happening around Sacramento and CA -- Your favorite restaurants, art exhibits..., parks and hikes ...
- Your dance or musical recital
- What’s happening in ESL -- cool links to use to study that crazy English grammar.

Search for ARC ESL Department and click on “Become a Fan”

## Colonialism and Modern Day Political Conflicts in Kenya

Wednesday, March 24  
12:00 p.m. - 12:50 p.m.

Following the disputed 2007 elections in Kenya, the resulting ethnic violence led to the death of over 1,200 and internal displacement of over 300,000 people. How could this happen in a nation enjoying relative peace since independence from the British in 1963? Prof. Kamau Kinuthia, Economics, explores the contribution of colonial and post colonial policies in sowing the seeds of ethnic tensions in Kenya.



Location: Raef Hall 160

## CSUS Representative Visits American River College

Wednesday, March 24  
9:00 am - 4:00 pm

CSUS representative visits American River College from 9:00 a.m. to 4:00 p.m. drop-ins from 12:00 p.m. to 1:00 p.m. Call the Transfer Center today to schedule an appointment at 916-484-8685 or stop by the Transfer Center.

## Chicana/o and Latina/o Student Transfer at American River College: Transfer Issues

Tuesday, April 6  
12:15 pm - 1:15 pm

Based on recent dissertation work focusing on current literature in educational research, this session will review the status of Chicana/o and Latina/o transfer at ARC. The topic will include an overview of the status of Chicanas/os and Latinas/os in higher education from a regional and statewide perspective to include (1) an analysis of the educational pipeline; (2) an overview of CSU and UC transfer data; (3) key factors that impede and promote transfer; and (4) institutional characteristics that promote a "transfer culture". This session is the first of a two-part series.

Location: Raef Hall 160

## Career Exploration Process Workshop

Wednesday, March 24  
2:30 pm - 3:30 pm

Confused about your career or major? Do you know what you want, but you're not sure how to make it happen? Finding your ideal career is like solving a mystery. YOU are the detective looking for clues to answer the questions: Who am I? What am I here to do? This workshop reviews 4 steps to help you in this process: 1) Know yourself, 2) Explore careers & majors, 3) Clarify your direction & make a choice, 4) Set goals & take action! Identify your values, skills, strengths, passions. Learn to use research tools online and in-person. Applying these 4 steps helps the search go more smoothly, taking out some of the guesswork. Learn to find these clues to help solve your mystery! Presented by a Career Counselor



Please call the Career Center and register for this workshop. 916-484-8492

Location: Career & Job Opportunity Center

## The Cultural and Curricular Significance of Science Fiction

Tuesday, April 13  
12:15 pm - 1:15 pm

Science fiction has served as a speculative vehicle for evaluating and understanding the world in which we live. It is a type of fiction which is deeply rooted in the mythology of man. Since the early beginnings of story telling, man has utilized speculative fiction to not only make sense of the world, but to hypothesize about the future based on the present. In this sense, science fiction can be said to represent a type of mythology, a narrative that serves as both cultural mirror and cultural teacher. It is a timeless cultural phenomenon that can be used as a valuable teaching tool across disciplines in order to inspire unbiased critical thinking and discussion about concepts in literature, science, and social science. This discussion explores the cultural impact of science fiction while also offering specific examples of how it can be utilized in the classroom for various disciplines.



Location: Raef Hall 160

## Free Income Tax Preparation Assistance

American River and Cosumnes River Colleges invite all students, staff, and neighbors in the Los Rios District to use the Volunteer Income Tax Assistance services provided by the students and faculty advisors in conjunction with the Internal Revenue Service.

	<b>American River College</b>	<b>Cosumnes River College</b>
<b>Where?</b>	Howard Hall (next to Admin Building) 4700 College Oak Drive, Sacramento	Room BS145 A
<b>When</b>	5 Saturdays: Feb. 6, 20; Mar. 6, 20 & 27	Fridays 9:30-2 Feb. 5 thru April 9 (closed 2/12 and 4/2)  Saturday 2/27 & 3/20 9:30 -2
<b>Who qualifies for service?</b>	Low to moderate-income taxpayers (to \$50,000). Students at any college, staff, and neighbors are all welcome.	
<b>What service will be provided?</b>	Forms 1040EZ, 1040A and 1040, CA 540. Federal and California taxes filed electronically. Bring Social Security Card (taxpayer & dependents) & Picture ID.	
<b>More information</b>	<b>By appointment only.</b> Call 568-3100 after Jan. 29 & leave message on voice mail box 12334. See webpage: <a href="http://ic.arc.losrios.edu/~vita">http://ic.arc.losrios.edu/~vita</a>	No appointments <b>Walk-in</b>

