



The Parrot

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

Issue #40

April 1

Spring 2010

ARC Current Wins Coveted Pulitzer Prize

AP (Associated Parrot) The Pulitzer Prize was awarded yesterday to American River College's Current for its outstanding work in print journalism. Said the Pulitzer Board, which awards the prizes, "It's not so much what The Current has done in the past -- it's for their potential to effect change and bring about world peace."



While competing publications expressed surprise, shock, and outright indignation, journalism department head Brian Bates declared he was not surprised and that the award was well-deserved. "The faculty and students work very

hard. It shows. It's even affected the way people at ARC speak. Walk around campus these days and you can hear students, instead of the usual "What's up?", greeting each other with, "Yo, what's current?"

The NY Times and Washington Post, heavy hitters in the world of journalism expressed interest in interviewing Current journalism students for possible summer internships, "Show us the money!" said one Current staffer. Amen says the Parrot.

For a history of Joseph Pulitzer, see page 14

Lady Gaga to Speak at ARC Commencement

AP (Associated Parrot) The Student Association announced early this morning that pop star Lady Gaga will be the featured speaker at the Spring 2010 Commencement. According to Wikipedia, "Gaga, who to date has sold over eight million albums and over thirty-five million singles worldwide, cites fashion as a source of inspiration for her songwriting and performances."



The Student Association announced early this morning that pop star Lady Gaga will be the featured speaker at the Spring 2010 Commencement. According to Wikipedia, "Gaga, who to date has sold over eight million albums and over thirty-five million singles worldwide, cites fashion as a source of inspiration for her songwriting and performances."

The Academic Senate meeting next week, lauded the selection, proclaiming Gaga's gig to be "absolutely fresh and hella good." When asked what the theme of her address would be, Gaga, presently on tour in Europe, replied, "Diversity. What else could it be - just check out my nail colors and shades of lipstick!"

To that end, ARC's fashion department suggests professors marching in this

Beaking News!

See page 9

"It takes a big man to cry, but it takes a bigger man to laugh at that man"

Jack Handy



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Inside this Issue

U.S. vs Ukraine	2
My beliefs	3
Name Poems	4
Income Tax	5
Drop Out	9
Get Your Class in Gear	18

Student Chirpings

U.S. vs. Ukraine

“Home, Sweet Home.” How many times did you hear this phrase? Probably a billion times. And how about your homeland? Is it the same or different? How to decide if it is good or bad? Many people ask themselves these questions over and over again. I was asking them too, while I was moving from Ukraine to the US. Even though there are a few similarities, life in Ukraine and the United States are basically different.

Ukraine, as well as the U.S., has problems with traffic on the roads, especially in big cities. Well, too many cars is one of the biggest problems of any modern society. Nevertheless, regarding parking problems, those two countries are pretty similar. Furthermore the lifestyle of people in Ukraine is getting more and more like the lifestyle in the States. Ukrainians are starting to spend more time working, which is really rare for post-Soviet Union countries. They are working harder, more, and with better quality. These facts and a few other small facts are making Ukraine and the United States look like each other.

However, there are way more differences than similarities between these two countries. The biggest one is corruption in government. In Ukraine the corruption goes too far. For example, if someone kills somebody, he can pay the judge to make his punishment much easier or even escape from prison. Corruption also adds problems to running small and medium businesses since for every official paper you need to pay double price - the official tax and some extra money to the guy who gives those papers. One of my friends decided not to pay the extra for receiving his passport in Kiev. As a result, he received it in four months, while another of my friends, who paid “the tip”, got his in four days. And that’s for a document that everyone must have. You can imagine what the expenses for opening and running your own business in a country like Ukraine are. The next huge difference

is the health care system. Even though in Ukraine medicine is free, unlike in the United States, “no extra charge” exists only on paper. To get good and proper health care you need to spend almost the same amount of money you will spend in the U.S. Of course, nowadays some insurance companies can provide a partial coverage of your expenses but still the level of service the Ukrainian system provides is way lower than what the American system provides. Another big difference is the people’s mentality and their life values. Growing up in a socialistic and atheistic society pays off. In some ways, Ukrainians act almost inappropriately for Americans. Take, for example, cheating in class. Well, we all



cheat at least once or maybe a few times in high school, but let’s talk about college. Most Americans just don’t understand cheating since they study for education, not for a degree. At the same time, many Ukrainians are basically proud to share how they cheat or get a better grade with no studying. This is the way they were raised – get to the goal no matter what. Some Ukrainians are

even using this thesis while they run a business or communicate with their neighbors. I know one guy who sells salvage cars as new to other Ukrainians who have just come to the States and are not able to check the car. This is really rude and impolite. For sure not all Ukrainians act the same way; however, the mentality of people in those countries is very different.

In conclusion, even though Ukraine and the United States have a few similarities, a huge amount of big differences like people’s mentalities, problems with government, and health care puts a high barrier to communication and understanding between them. So, if you choose one or the other countries to live in, remember you might need to adjust!

Bogdan Kolmyk
ESLW50

My Beliefs

I believe that when children plant trees, it makes the children healthier.

When I was a kid my parents taught me to plant trees. They taught me that a tree would grow better if children planted it. However, that was not the most important reason why I planted them. More importantly my parents told me that if I planted trees I would feel happy and healthy. For example, one day when I was a child, I got sick. It was early spring. I had the flu and I did not want to go outside. My father knew that I was sick but he said that he needed my help to plant a tree. He did not ask me if I was able to help him. He said he would wait for me outside. Father did not want me to be late. I got a warm coat and followed him. When we finished planting, I spent the rest of my day in bed. I was so tired. However, the the next day I woke up and asked my mother if I could go outside to look at the tree. She said that I was sick. I said I was ok and I would be back in a few minutes. I was not sure that the flu was gone and I was not sure that I was still sick. But I knew for sure that I had the energy to go outside. After that, I felt better and better.



My father explained to me later that when kids plant trees and take care of these trees, they will be healthier and their lives will be happier. He said if you believe in planting trees yourself, then you will always be healthy and happy. Every spring I helped my father plant a new tree. It was amazing work when he taught me how to plant. He taught me how to plant trees carefully and with love. I waited a whole year to plant a tree in spring time. When I walked around our house I saw many different kinds of trees planted by me. I have planted about fifteen trees in my life. I felt so glad and proud about my amazing work. I think this belief has helped me to be strong, and I would recommend it to other people because it helped me to be happy and healthy. In my opinion, if everyone shared this belief, many people would be more glad for their lives. I am going to teach my children how to plant trees and I hope it will help them too. Because I know that my parents have never taught me to believe in anything bad, like I will never teach my kids either.

Oksana Buchko
ESLL310

Friendship After a Fight

There are many ways to start a friendship. You can go for coffee, a drink, parties or other social activities. Probably, there are few people who have started a friendship after a fight. I don't think fighting is a good way to start a friendship, but this is the way my friendship started with Hugo. Because of that experience, I believe it is possible to be a friend with somebody after a fight. Here is what happened.

I was in third grade. My age was between eight and nine years old. Hugo used to lived in the same neighborhood where I grew up Lima Peru. How did I meet him? Well, thanks to my older brother Jaime and Hugo's older brother Gustavo. One Saturday Jaime and I went to play soccer outside of my parents' house. So we were playing and Gustavo came to talk to my brother Jaime. He had in his hands two pairs of red boxing gloves. They talked for five minutes, then my brother Jaime came to me and told me, "You're going to fight Gustavo's brother". When I asked why, he replied "because I told Gustavo that you're a better fighter than his brother and you're going to beat him". "What?" I said. "I don't know boxing. I don't know how to fight". My brother, replied "Don't worry, you will learn." So



I fought Hugo for 3 rounds. In the last round my brother yelled at me "Juan, just punch hard" you're losing the fight. So I started to punch, harder and harder, and suddenly I saw Hugo in a shower of blood. He was bleeding from his nose a lot and Gustavo stopped the fight. The next day I saw Hugo playing outside his house. I went to talk to him, but we didn't say anything about the fight. Since that day we started to develop a friendship that lasts still until now. Later he would become my best friend. Why? Because he was with me in good times and bad times. I remember when my brother Jaime passed away, I was completely down. Hugo was there to give me his sympathies and tried to give me encouragement. He hasn't only been with me in bad times. We had good times also; playing soccer, going to birthday parties, going to classes together, etc. This experience of friendship with Hugo taught me that some people can become friends after a fight. Even enemies under many circumstances can become friends; and even become best friends.

John Cueva
ESLL310

Name Your Poem! (ESLR 340)

I is for incredible, one of a kind
 R is for resourceful, she will go far
 I is for interest, she shows in others
 N is for nice, warm and loving
 A is active, clever and bright
 G is for glisten, the sparkle in her eyes
 E is for excellence, her passion, her drive
 V is for value, she places on her friendship
 O is for outgoing, always on the go
 R is for realist, the way she is
 K is for kind, helpful and patient
 Y is for young, so full of energy
 A is for attractive, so charming smile
 N is for name, a pleasant one indeed

 Nothing could change me
 Am I strong enough?
 There is something that makes me think about my life
 Adorable and charming, cheerful and shy
 Loyal with friends, don't leave them behind
 Youthful in appearance, direct in thought
 Assiduous and dependable, keep an open mind

 Wan Young is my name
 A little bit of hope and a little bit of fame
 Not come in free, but with a lot of effort
 You don't need to fear me, I am not a hazard
 One soul and one mind
 U and I will combine
 No person can stop this
 God will be there clearing the mist

 My kids make me crazy
 And I am always very busy
 Reading books so easy
 If you understand well
 Never wrote any poems
 And I am not going to be a poet

 Don't ask me why I'm sad
 Although it stops raining outside
 Nothing exists in my mind
 Growing in my heart just as nothingness

 Rushing through life without an objection
 Oblivious to all the rejection
 Showing my loved ones little affection
 Tears streaked my face
 I felt like I was in a race
 Slowly I got on my knees
 Lord hoping you'd please
 Always help when I cried
 Very close by my side



Larisa loves her life from God
 And loves the lessons that she thought
 Road for her is not with lights
 It has too many black nights
 So she is happy when she walks
 And lives her life the way she talks

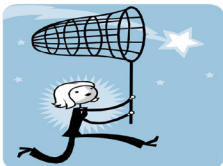
 M is for melody, the song of my life
 A is for accepting, I forgive, then I'm fine
 R is for rosy, with sunny smiles and light
 I is for ideas, those are an endless line
 Y is for young, clever and bright
 A is for agreeable, the best side of mine

 Day after day I have freaked
 Everytime I went to bed I couldn't sleep
 Never I could fit in
 In the lonely alleys I creeped in
 So many creepy nights I could've slept in

 Depressed along the way
 Advantage in my life
 Nobody understands me
 Interesting day after day
 Empire of study today
 Literature, grammar, and math
 Afraid of life to be.

 My thoughts are always crazy
 After or before I'm lazy
 Knowing that my thoughts are crazy
 Still I think of them when lazy
 I don't want to be lazy but
 My thoughts are football crazy

 Adventuress nature blooming in me
 Nice with people who are nice to me
 Good girl most of the time
 Enthusiastic if something inspiring is on my way
 Liberal to everyone around
 Intuitive when I'm on the test and have to guess
 Neat myself and like to see others neat also
 American and really proud of it



Netscape - Articles from the Web

History of the Income Tax in the United States

The nation had few taxes in its early history. From 1791 to 1802, the United States government was supported by internal taxes on distilled spirits, carriages, refined sugar, tobacco and snuff, property sold at auction, corporate bonds, and slaves. The high cost of the War of 1812 brought about the nation's first sales taxes on gold, silverware, jewelry, and watches. In 1817, however, Congress did away with all internal taxes, relying on tariffs on imported goods to provide sufficient funds for running the government.

In 1862, in order to support the Civil War effort, Congress enacted the nation's first income tax law. It was a forerunner of our modern income tax in that it was based on the principles of graduated, or progressive, taxation and of withholding income at the source. During the Civil War, a person earning from \$600 to \$10,000 per year paid tax at the rate of 3%. Those with incomes of more than \$10,000 paid taxes at a higher rate. Additional sales and excise taxes were added, and an "inheritance" tax also made its debut. In 1866, internal revenue collections reached their highest point in the nation's 90-year history—more than \$310 million, an amount not reached again until 1911.

The Act of 1862 established the office of Commissioner of Internal Revenue. The Commissioner was given the power to assess, levy, and collect taxes, and the right to enforce the tax laws through seizure of property and income and through prosecution. The powers and authority remain very much the same today.

In 1868, Congress again focused its taxation efforts on tobacco and distilled spirits and eliminated the income tax in 1872. It had a short-lived revival in 1894 and 1895. In the latter year, the U.S. Supreme Court decided that the income tax was unconstitutional because it was not apportioned among the states in conformity with the Constitution.

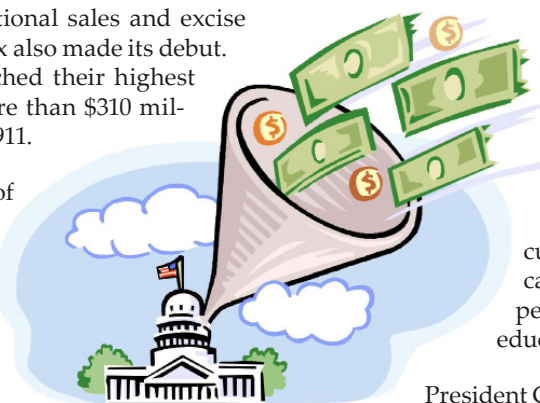
In 1913, the 16th Amendment to the Constitution made the income tax a permanent fixture in the U.S. tax system. The amendment gave Congress legal authority to tax income and resulted in a revenue law that taxed incomes of both individuals and corporations. In fiscal year 1918, annual internal revenue collections for the first time passed the billion-dollar mark, rising to \$5.4 billion by 1920. With the advent of World War II, employment increased, as did tax collections—to \$7.3 billion. The withholding tax on wages was introduced in 1943 and was instrumental in increasing the number of taxpayers to 60 million and tax collections to \$43 billion by 1945.

In 1981, Congress enacted the largest tax cut in U.S. history, approximately \$750 billion over six years. The tax reduction, however, was partially offset by two tax acts, in 1982 and 1984, that attempted to raise approximately \$265 billion.

On Oct. 22, 1986, President Reagan signed into law the Tax Re-

form Act of 1986, one of the most far-reaching reforms of the United States tax system since the adoption of the income tax. The top tax rate on individual income was lowered from 50% to 28%, the lowest it had been since 1916. Tax preferences were eliminated to make up most of the revenue. In an attempt to remain revenue neutral, the act called for a \$120 billion increase in business taxation and a corresponding decrease in individual taxation over a five-year period.

Following what seemed to be a yearly tradition of new tax acts that began in 1986, the Revenue Reconciliation Act of 1990 was signed into law on Nov. 5, 1990. As with the '87, '88, and '89 acts, the 1990 act, while providing a number of substantive provisions, was small in comparison with the 1986 act. The emphasis of the 1990 act was increased taxes on the wealthy.



On Aug. 10, 1993, President Clinton signed the Revenue Reconciliation Act of 1993 into law. The act's purpose was to reduce by approximately \$496 billion the federal deficit that would otherwise accumulate in fiscal years 1994 through 1998. In 1997, Clinton signed another tax act. The act, which cut taxes by \$152 billion, included a cut in capital-gains tax for individuals, a \$500 per child tax credit, and tax incentives for education.

President George W. Bush signed a series of tax cuts into law. The largest was the Economic Growth and Tax Relief Reconciliation Act of 2001. It was estimated to save taxpayers \$1.3 trillion over ten years, making it the third largest tax cut since World War II. The Bush tax cut created a new lowest rate, 10% for the first several thousand dollars earned. It also established a slow schedule of incremental tax cuts that would eventually double the child tax credit from \$500 to \$1,000, adjust brackets so that middle-income couples owed the same tax as comparable singles, cut the top four tax rates (28% to 25%; 31% to 28%; 36% to 33%; and 39.6% to 35%).

The Jobs and Growth Tax Relief and Reconciliation Act of 2003 accelerated the tax rate cuts that had been enacted in 2001, and temporarily reduced the tax rate on capital gains and dividends to 15%. In 2004, the U.S. was forced to eliminate a corporate tax provision that had been ruled illegal by the World Trade Organization. Along with that tax hike, Congress passed a cornucopia of tax breaks, which for individuals included an option to deduct the payment of whichever state taxes were higher, sales or income taxes.

Two tax bills signed in 2005 and 2006 extended through 2010 the favorable rates on capital gains and dividends that had been enacted in 2003, raised the exemption levels for the Alternative Minimum Tax, and enacted new tax incentives designed to persuade individuals to save more for retirement.

Cool Holidays for April

Hug a Newsmen Day

When: Always April 4th



Hug a Newsmen Day gives you the opportunity to give a great, big hug to your local newsmen. C'mon, admit it. You've watched your cute newsman day in and day out. You've always told yourself if you ever saw him, you would give him a great, big hug. Well, today is your opportunity.

Any questions on how to celebrate this day?

Important Note: Today is also a day to hug a news "woman". They wouldn't want to be left out of this very special day.

School Librarian Day

When: Always April 4th



School Librarian Day honors those who serve our young students so well in the local school libraries. The education of young minds needs to be nurtured and fed. Feeding those minds with good quality, yet challenging reading material and reference materials is what school librarians excel at.

Take a minute today, to appreciate all the hard work that a school librarian does daily, and the patience the librarian displays, as he or she aids our youth.

You may choose to show your appreciation to School Librarians in a variety of ways, including:

- Give the librarian a big smile and a big "Thank You!"
- Tell you librarian that she is doing a wonderful job.
- Send an Ecard
- Buy an age appropriate book or reference material, and donate it to the library

No Housework Day

When: Always April 7th

No Housework Day is your chance to do anything, except housework. Better still, have someone else do the chores for a day. Housework is a daily, seemingly endless and repetitive groups of tasks. It often goes unrecognized and worst of all... taken for granted. But, watch out! If the dishes aren't done, or there's no clean towels, somebody takes note.



There are two ways to celebrate this day:

If you normally do the housework around the house, cease and desist for this day. Instead, kick back and enjoy the day. Relax and do anything, except housework.

If you are a spouse or significant other, do the housework for your mate. It gives her (or him) a break from the housework. And, you just might get an appreciation of how much work it takes to keep up the house.

Name Yourself Day

When: Always April 9th

Name Yourself Day is your chance to give yourself whatever name you'd like...for a day. If you like your name, then change your name for just today. If you don't like your name, use today to select a new name for life!

Participating in Name Yourself Day is simple and easy. Go ahead, give it a try. Change your first, or middle, or last name. Or, change them all. Give yourself a cool and catchy nickname. Once you've selected your name, you've got to communicate it to all of your family and friends. This could prove to be the hard part. It will likely take time for your new name to catch on.

Scrabble Day

When: Always April 13th

Scrabble Day celebrates the popular board game. It's been popular around the world ever since. People young and old enjoy this game. Scrabble was created in 1938 by Alfred Mosher Butts. It is sold by Hasbro, Inc. It's very easy to celebrate Scrabble Day. Just get out the old board game, dust it off, and play a few rounds with family or friends.



International Moment of Laughter Day

When: Always April 14th



International Moment of Laughter Day is a special day that will put a big smile on your face. The objective of this day is to get people to laugh, and to laugh more often. After all, "laughter is the best medicine".

Moment of Laughter Day is also known as National Moment of Laughter Day, and plain old Moment of Laughter Day. We don't care whether you celebrate today as a local, national, or international day. What's important is that you bring about laughter (and happiness) to those you come in contact with today.

To celebrate this special day, simply tell jokes or do funny things that cause people to laugh. A smile is not a good enough reaction. Successful participation in this day results in whole-hearted laughter.

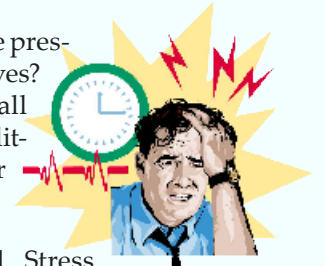
Origin of "Moment of Laughter Day":

Humorologist Izzy Gesell created Moment of Laughter Day to encourage people to laugh. It sure would be nice to meet the creator of this day in person, so we could share a laugh together. We found varying dates for this celebration, all in the month of April. But among them, April 14th is the day designated by the creator as International Moment of Laughter Day.

National Stress Awareness Day

When : Always April 16th

Is work or school putting on the pressure? Are the kids on your nerves? Is there enough money to pay all of those the bills? There are literally thousands of reasons for you to get stressed out.



RELAX!!! Today is National Stress Awareness Day. This is your opportunity to recognize that there is plenty of stress in your life... as if you didn't already know. More importantly, today is an opportunity to learn, and to do something about the stress..... before it drives you batty or worse. April is also designated as Stress Awareness Month.

Did you know? There was method behind the madness. April 16 was designated as Stress Awareness Day because it is the day after taxes are due!

Note: The UK also has a National Stress Awareness Day, organized by the International Stress Management Association. It is held in November. The date changes each year.

Origin of Stress Awareness Day:

Stress Awareness Day and Stress Awareness Month is sponsored by the Health Resource Network(HRN). They started this holiday in 1992 to increase public awareness of the causes and cures of stress.

Volunteer Recognition Day

When: Always April 20th

Volunteer Recognition Day honors the legions of volunteers who dedicate themselves to causes and helping others. They are making big and small differences in the lives of millions of people all over the world. They are saving lives. They are improving lives and providing comfort. They assist people, animals, and nature.

Most volunteers do not ask for recognition. They just want to help and to "give back" where they can.

In documenting special and unique days, this author attempts to avoid editorializing, and keeps to reporting the facts. But, I will step away from the norm when speaking to this topic. It is vital and essential that more people get involved. There are so



many groups and causes that need volunteer efforts. And, the needs are so broad and urgent, that everyone can find someplace to volunteer and make a difference.

Celebrate this "Volunteer Recognition Day by:

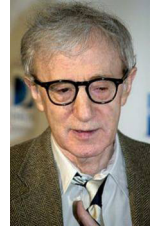
- Thanking volunteers for their work
- Getting involved yourself in a volunteer activity.
- Donating to a volunteer group

BTW: Volunteers are keeping a big secret from those that don't volunteer. Volunteer activities are energizing and rewarding. And, it is is lots of fun and camaraderie. Try it and you will see!

Should You Drop Out? Read On for the Startling Truth



Brad Pitt: “Yeah, I’m successful. But I wish I had taken some community college classes. The truth is I have a hard time reading scripts. Me and Tarentino both. Look how he spelled “Inglorious Basterds”!



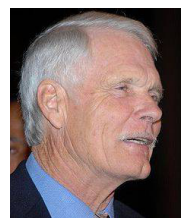
Woody Allen: “Sure, I’m an intellectual but I got kicked out of NYU for texting in class” (OK, there were no cell phones in the early ‘50’s.) Had there been a good community college in the area, I could have brushed up my screenwriting skills and made a real movie like Avatar!”



Bill Gates: “Yes, after dropping out of Harvard, I done prity good, and Harvard give me an honorary degree. But truth be told, I lack in somme basic skills, skills like writing that I could of picked up at the local community college. Write now, all I can write is checks.



Tom Hanks: “It’s not easy acting like I’m smart. Sometimes I can’t see the forest for the gump. I actually attended CSUS for a while but I should have gone to ARC first just to work with the very fine drama department and the phys ed department . With that extra bit of thespian training and weight training, I would had more range and could have gotten better roles; could have starred in movies like Gladiator or The Terminator.



Ted Turner: “Yes, I got expelled from Brown University for having a girl in my dorm room. It almost ruined my life. Although I was rich, I was a bit immature, not to mention too frugal to get a motel room. Had I gone to a community college, I wouldn’t have had a room in which to get myself in trouble. I could also have gotten a solid grounding in journalism and broadcasting and come up with better acronyms than CNN and TNT.”

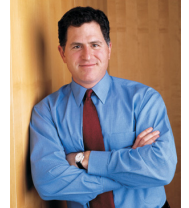


Ellen DeGeneres: “People think I’m funny – yeah, on the outside, maybe, but my heart yearns, quite simply, to have walked up to a podium and receive – not just give. If I had an AA, I’d swing my tassel all over the place!”

Steve Jobs: “ I found Reed College in Portland too distracting – party, party, party. You can focus at a community college and I understand the computer labs are just awesome.



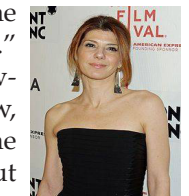
Michael Dell: “Yeah, I dropped out of the University of Texas to start my own computer company, which later became Dell Computers. Yeah, I missed the whole college experience – the cafeteria food and food fights, the parking, the endless regulations, the sappy college newspapers, the hot professors... Yes, I think community college would have, in the very least, better prepared me for my own company, with its parking problems, cafeteria food and food fights, complex work guidelines, cheesy newsletter, and hot programmers.”



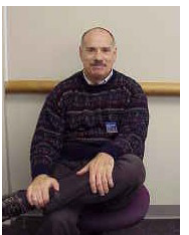
John Glenn: “You know, I was the first man to orbit the earth and a Senator to boot. I studied chemistry at Muskingum College in Ohio but never got a degree; I earned my pilot’s license. Looking back, a good two-year degree in communications might’ve helped me along in my career, might have been the right stuff for all of us space cowboys in the face of all that media. About the best we could come up with when asked tough questions was “A-OK”.



Marisa Tomei: “Yes, I know I was hot in “The Wrestler” and adored in “My Cousin Vinny.” I’m proud of that. I’m ashamed to say, however, that I dropped out of NYU, you know, to star in soap operas. I tried to take some community college classes on the side but found the academic demands surprisingly rigorous. I kept confusing my soap opera lines with test answers in my philosophy class, which led my prof’ to think I was on drugs. Nice drugs, though.”



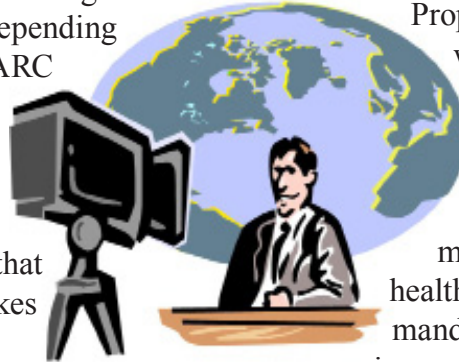
Luap Occarb: Well, I didn’t exactly drop out of school, but I was warned that if I didn’t start proofreading and editing my written work in English class, the authorities would gladly “drop me out” and make me a candidate for distance learning, “real distance.” If I could go back and do it all again, I would have spent time at a community college first, perhaps at Marisa Tomei’s, to work on my basic skills and, you know, just to encourage her.



Beaking News!

Toyota Gives ARC a Break

Toyota Corporation of Japan has announced a plan to donate 10 million dollars for the construction of a special ARC parking lot for Toyota-brand vehicles only. The stipend is to be specifically earmarked for the construction of concrete barriers to mark the end of one parking spot and the beginning of another in what Toyota has termed a “beautification project.” When queried as to the timing of the donation, Toyota spokesperson, Harto Stopa, claimed his corporation’s generosity had nothing to do with Toyota’s recent troubles and has everything to do with its concern for quality community college education. Campus police feel this may be the upcoming trend – parking by the make of a vehicle – depending on the reliability of the product. ARC sociologists, while agreeing that a stand-alone Toyota parking lot may save lives, point out that this decision may be a dangerous step down the slippery slope of exclusivity, that the diversity of autos in one lot makes for happier parking.



ARC Core Classes

Scientists at Folsom’s Aerojet Corporation have recently concluded that ARC is the center of the universe. While it had been suspected for a long time, recent GPS technology and a gold-rush era map found in recent excavations of old-town Folsom both provide strong evidence. When asked about the findings, ARC President Viar said he was not surprised, that ARC “just has that feel about it.”

The Parrot -- The Movie

Sony Pictures has just announced a multi-picture deal to buy the exclusive rights to the story of The Parrot, its humble origin, its struggle in the cutthroat world of community college ESL Newsletter production, and its ultimate triumph. Talk in Tinseltown has it that Johnny Depp and Amy Adams will play featured roles. The films will probably be shot on location and calls for extras will be announced, as there

should be many crowd scenes, car chases, and even a romantic interlude or two. A dialect coach is also being looked for.

Fed Health Care Issue Divides Nation

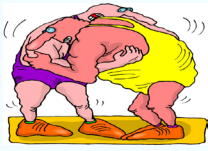
Congress appears to be at deadlock with regard to the nation’s 1st comprehensive bill for animal health care. The stalemate is over the wording of the bill and the extent to which it would be applicable. Opponents of the bill decry the inclusion of both zoo animals and pets, claiming that pet owners should be primarily responsible for the health of their pets, citing a century-old court case in which precedent was established for maintaining a “dog-eat-dog” world.

Proponents of the bill claim that animals, whether behind bars (through no fault of their own) or “picket fences” are still animals and deserve to be treated accordingly. They warn that uncovered domestic pets, not to mention wild animals denied equitable healthcare, will overrun the zoos and demand to be put behind bars, thus burdening an already flawed system.

Tea Party Leaders Caught on Video at Starbucks

National leaders of the independent Tea Party movement were recently caught on video at a Starbucks in San Francisco, sipping lattes and double espressos and spewing liberal views. Pundits point to this “outing” as highly symbolic, that the party is in disarray and without a clear view of where it is going or, in the words of one syndicated columnist, “what is really brewing in our fair nation.” A spokesperson for the Tea Party, in an exclusive telephone interview, admitted that frequenting a coffee house was a “faux pas” in terms of symbolism, but explained, quite simply, that the coffee-sippers’ nerves were shot, that they needed a caffeine fix, and that they had stock in Starbucks. Spokespersons for both Lipton and Tetley would not comment on the incident other than to say that they were “disappointed.” Go to You Tube to see for yourself.

Parrot Warbling



Grappling with Grammar

Some, Any

Some = a little, a few or a small number or amount

Any = one, some or all

Usually, we use some in positive (+) sentences and any in negative (-) and question (?) sentences.

	some	any	example situation
+	I have some money.		I have \$10.
-		I don't have any money.	I don't have \$1 and I don't have \$10 and I don't have \$1,000,000. I have \$0.
?		Do you have any money?	Do you have \$1 or \$10 or \$1,000,000?

In general, we use something/anything and somebody/anybody in the same way as some/any. Look at these examples:

- He needs some stamps.
- I must go. I have some homework to do.
- I'm thirsty. I want something to drink.
- I can see somebody coming.
- He doesn't need any stamps.
- I can stay. I don't have any homework to do.
- I'm not thirsty. I don't want anything to drink.
- I can't see anybody coming.
- Does he need any stamps?
- Do you have any homework to do?
- Do you want anything to drink?
- Can you see anybody coming?

Idiom-Attic



Kick the Bucket

It's been said that the old man knew of a buried treasure, but he **kicked the bucket** before telling anyone where it was. If the treasure exists, the old man unfortunately took the secret of its location with him when he **died**.

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

Beak Speak

- Cimicic and Cimicid, each seven letters long, are the longest words that are exclusively made up of Roman Numerals.
- Lightlight and lillypilly, each ten letters long, are the longest English words consisting only of letters with ascenders, descenders, or dots in lower case.
- Sestettes is a word in which each of its letters occurs three times.
- The word chinchinchee is the only known English word which has one letter occurring once, two letters occurring twice, and three letters occurring three times.
- Hydroxyzine is the only word in the English language that contains "xyz."
- Subbookkeeper is the only English word with four pairs of double letters in a row. Assessee and keelless are the shortest words with three pairs of double letters. Cooe is the shortest word with two double letters.
- Earth, having the anagrams hater and heart, and Mars, having the anagrams arms and rams, are the only planets with anagrams.
- Monday is the only day of the week that has an anagram, which is dynamo. March, April, and May are the only months of the year that have anagrams, which are charm, ripal, and yam.



<http://www.rinkworks.com/words/oddities.shtml>

Some More Parrot Fun Stuff



Surgery Wordsearch

Find and circle all of the words that are hidden in the grid. The remaining message spells a secret message. Find the solutions on page 12

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

ANESTHESIA
APPENDIX
BIOPSY
BLOOD
BONE SAW
BRAIN
CALIPER
CANNULA
CATHETER
CLAMPS
COLON
DILATORS
DISTRACTORS

DRILL
ENDOSCOPE
FORCEPS
GRASPERS
HEART
HEMOSTAT
HOOK
INCISION
INJECTION
IRRIGATION
KIDNEY
LANCET
LIVER

LUNGS
MALLETS
NEEDLE
OCCLUDERS
PROBE
RETRACTORS
RIBS
RULER
SCALPEL
SCISSORS
SKIN
SPECULA
SPLEEN

SPLINT
SPONGE
STAPLER
SUCTION
SURGEON
SUTURE
SYRINGE
TISSUE
TRACHEOTOME
TRANSPLANT
TREPINE
TROCER
TWEEZERS

The Creature

*In the middle of the night,
in the part that's known as "dead,"
I wake and hear the breathing
of the creature 'neath my bed.*

*Sometimes he growls and threatens me,
sometimes he only stares.
He's big and mean and ugly,
and I shiver when he glares.*

*His B. O. fills the bedroom,
and his breath is awful, too.
His teeth are caked with ick and grime;
he should be in a zoo.*

*Instead, he lives beneath me—
it's like rooming with a skunk.
The creature's my big brother,
and he has the lower bunk.*

Bill Dods

Rigoberto's Riddles

What do you get when you cross a snowman with a vampire?

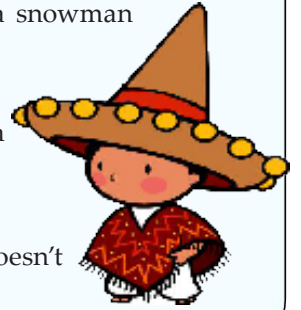
Frostbite •

What do Eskimos get from sitting on the ice too long?

Polaroids •

What do you call a boomerang that doesn't work?

A stick. •



Silly Vasily's Chuckle Chamber



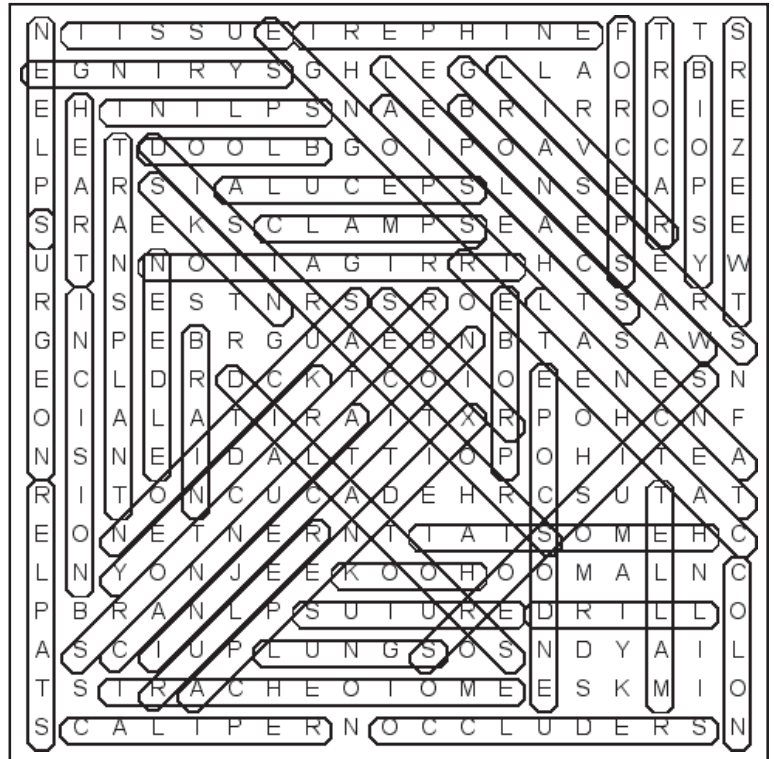
After a long career of being blasted into a net, the human cannonball was tired. He told the circus owner he was going to retire. "But you can't!" protested the boss. "Where am I going to find another man of your caliber?"

"Martin Levine, owner of a movie theater chain in New York City, has passed away at age 65," the newspaper obit read. "The funeral will be held on Thursday at 2:10, 4:20, 6:30, 8:40 and 10:50."

Solutions for Puzzle on Page 11

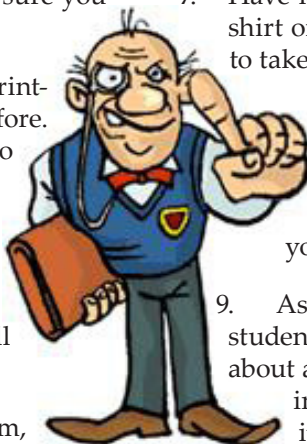
Fun Puns -- Ask a Native Speaker Why They're Funny!

- Those who jump off a bridge in Paris are in Seine.
- A man's home is his castle, in a manor of speaking.
- Practice safe eating - always use condiments.
- Shotgun wedding - A case of wife or death.
- A man needs a mistress just to break the monogamy.
- A hangover is the wrath of grapes.
- Reading while sunbathing makes you well red
- A bicycle can't stand on its own because it is two tired.
- He had a photographic memory that was never developed.
- A midget fortune-teller who escapes from prison is a small medium at large.
- Acupuncture is a jab well done.



Top Ten Ways to Fool Your Teachers (pull the wool over their eyes)

1. Want to be inconspicuous? Sit in the back of the classroom – teachers rarely look back there.
2. If you call to explain your absence from class, cough a lot – it always sounds good – but make sure you didn't say your car broke down
3. When papers are late, blame it on a bad printer – no one has ever used that excuse before. Furthermore, printers can never testify to the contrary.
4. When you don't want to shell out the money for a book but it is expected you have one in class, blame it on Amazon.com for not delivering it yet. They will never contact your teacher!
5. When you're trying to eat in the classroom, don't sit under the signs that say no eating or drinking in the classrooms. That makes you look defiant. Better to sit near the garbage can. You can say you found it and were just cleaning up.
6. Ask a lot of questions in class. Even stupid ones. Teachers like questions. They will like you for showing interest or feel sorry for you because you're not so bright. Either way, you can't lose.
7. Have lot of pencils and pens visibly showing in your shirt or blouse pocket makes it look as if you're going to take notes. Teachers are impressed by that.
8. When texting, don't text between your legs. Text on your desk. Some teachers will believe you have an electronic dictionary and will be impressed by your desire to improve your limited vocabulary.
9. Ask your teacher if there is tutoring available for students who are not doing well, that you're concerned about a family member or good friend. You will shine in his or her eyes and maybe not fail, especially if it's *you* who are flunking.
10. The time-tested red apple on the teacher's desk never fails. It's cheap and less work than baking cookies or making pirogis.



Boots on the Ground: Get Slick with Trail Mick

Trekking the Track

Round, round, round. Round, round, round. The beauty of this hike is there is no danger of wild animals, only erratic joggers. That's right! Hike the ARC track.

Enter the facility from the gate near the stands. On your right, as you mosey along, there is a wonderful set of bleachers, followed by a port-o-potty. Don't go too fast or you'll miss it. As you make the turn, there will be a set of goal posts on your left, reminding you of your past glory in end zones. Continue around the turn and on your right is a lush green hill, daunting in its grandeur and steeper than anything you'll want to climb. So ignore it. Continuing down the straightaway, if you look up you'll be inspired by looming Davies Hall, and your ears will hearken to the sounds of students and professors chillin' in the hallways,



lying about in academic bliss, legs akimbo and ears wired to the world. Look down and you'll see you've almost tripped. Make the turn and you're back at the bleachers. Imagine teeming crowds on their collective feet, chanting your name

in deafening unison ! Now say to yourself "One". That's right. You've completed one lap. Only 19 more to have the perfect hike.

Want a completely different experience? Walk counter-clockwise. No, time won't go backward; you won't return to the past, the past when you were perhaps a few pounds lighter. But you will learn to adjust your thinking and your perspective. It'll be

the same ARC air you breathe and same welcoming sights you see, just a little sweeter.

To contact Mick: braccop@arc.losrios.edu

Granny Noetal

Dear Granny,

Some of my teachers are always whining about students missing classes. If the classes weren't so boring, maybe the students wouldn't miss class. Why can you have only three absences and then you'll get dropped?

Nichtda Ausente

Dear Nichda,

I'm sorry to hear you find your classes boring. Not every class can be like watching TV where you can just change the channel. In any case, the real issue is being



absent from classes. When you miss classes, you generally miss at least one thing of value. In ESL classes, learning to focus and learning to listen for a sustained period of time in a foreign language is of primary importance. Listening is a life skill, one that will benefit you in your job, in your work relationships, even at home. As to the three absences, from what I understand, that number actually conforms to state educational regulations, which have a formula that says 2.9! So, three is about right. Whatever you do, don't take a day off because you're bored. Get yourself "unbored" (activated, interested) Use "sick leave" (like in the work world) for when you really need it.

Granny

Dear Granny,

I would like to suggest small articles or suggestion boxes to appear in the "Parrot" to improve ARC. I'm referring to the LRC and the college as a whole. I'm surprised that with all we read and hear about H1N1 and germs/bacteria in general, my fellow students still sneeze and cough into the open air or into their hands and then continue to touch the work station/computer keyboards at the LRC and Library. We should be sneezing and coughing into our sleeves, handkerchief, or some barrier and not into the open air or our hands. Dr. Oz's show has filmed and shown the amazing distance the germs of a cough and sneeze travel.

Also, the doors at the LRC state, "turn off" or "no cell phones". Well, every day without fail, a phone will ring and the individual will answer it without stepping outside (they give me a dirty look when I remind them to be considerate). Lastly, my fellow students can be incredibly inconsiderate when it comes to cleanliness and trash. This is the dirtiest college I have ever attended! There is trash everywhere. The students need to be reminded that this is our school and we should take pride in it and keep it clean. Whether you eat outside



in the surrounding area or inside the cafeteria, clean up after yourself. I will e-mail the school administrator to find out what office is responsible for keeping the entire school (parking lot included) clean.

Omar Ortiz

Dear Omar,

Thanks for your e-mail with both your concerns and potential solutions to some of those problems. I don't have all the answers but I'm going to send this e-mail (or hand deliver it to an administrator or two.) Perhaps, collectively there can be some solutions. I'd also suggest you go to the Student Association with your concerns Often, Omar, these matters are hard to enforce. The key is EDUCATION and that's what ARC is all about. So Omar, thanks again. Granny is right behind you! In the meantime, readers, what solutions can you think of to these problems?

Granny

Joseph Pulitzer: A Real Prize

In the latter years of the 19th century, Joseph Pulitzer stood out as the very embodiment of American journalism. Hungarian-born, an intense indomitable figure, Pulitzer was the most skillful of newspaper publishers, a passionate crusader against dishonest government, a fierce, hawk-like competitor who did not shrink from sensationalism in circulation struggles, and a visionary who richly endowed his profession.



His innovative New York World and St. Louis Post-Dispatch reshaped newspaper journalism. Pulitzer was the first to call for the training of journalists at the university level in a school of journalism. And certainly, the lasting influence of the Pulitzer Prizes on journalism, literature, music, and drama is to be attributed to his visionary acumen.

<http://www.pulitzer.org/historyofprizes>

Parenting the Parrot Way!

Simple Science Projects



Prof. Moon's kids

Here are some activities related to wind, land, and water that will challenge your child's thinking skills.

Wind

In which direction will an object move?

When children blow on a tissue, a ping-pong ball or another light object, they will discover that they are unable to blow anything toward themselves; things move in the direction of the wind.

From which direction does the wind come? Wet a finger and hold it in the air. Children will determine the wind's direction from the fact that the wind comes from the direction of the side of the finger which dries faster and feels colder.

What else can you do in your everyday observations to find out what else the wind does? You see that it holds things

up--kites, planes, birds, and it can blow things away--paper, clothes, leaves. Distance, height, and speed can be explored by tying your old greeting cards to a string on the clothesline. The wind will be seen to move small, large, long, or wide cards differently.

Land

How far can objects move from their base? Ask your child to put some marbles beneath a coffee can cover. When you give it a shove, how far can it travel? Will the speed and distance be altered when some marbles are removed?

Try a different type of object--a barrel shape such as an empty orange juice can. This time punch holes in each end and thread strong elastic through the holes. Hang a large wooden bead or comparable object in the center of the elastic to serve as a weight. Now you are ready to experiment with movement and direction.

Will the can roll forward and backward? Why does it return? Will it roll faster than a can without a weight? How far will a weighted barrel travel each way?

Water

How will objects glide through water? Which ones will move the easiest and the fastest?

To explore speed, direction and movement in water, assemble a variety of flotations--air-filled plastic bottles, coffee cans, wood cubes, corks, and foam.

www.growingchild.com

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

Income Tax Jokes Your Kids Might Enjoy!

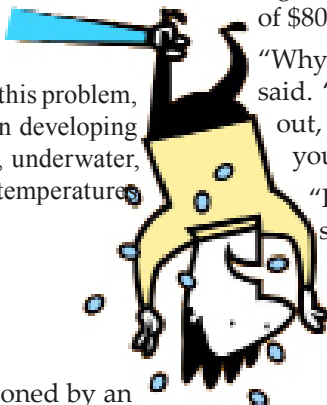
Your Tax Dollars

When NASA first started sending up astronauts, they quickly discovered that ball-point pens would not work in zero gravity. To combat this problem, NASA scientists spent a decade and \$12 billion developing a pen that writes in zero gravity, upside down, underwater, on almost any surface including glass and at temperatures ranging from below freezing to over 300° C.

The Russians used a pencil.

We Deliver

The owner of a small deli was being questioned by an



IRS agent about his tax return. He had reported a net profit of \$80,000 for the year.

"Why don't you people leave me alone?" the deli owner said. "I work like a dog, everyone in my family helps out, the place is only closed three days a year. And you want to know how I made \$80,000?"

"It's not your income that bothers us," the agent said. "It's these deductions. You listed six trips to Bermuda for you and your wife."

"Oh, that," the owner said smiling. "I forgot to tell you - we also deliver."

<http://www.basicjokes.com/djoke.php?id=534>

Mim's Cafe

Julie Caspersen, an ESL professor at ARC, submitted the recipe below. One day she brought this raw carrot cake roll to share with the staff at the Learning Resource Center. After tasting it, we begged her for the recipe. According to *The Complete Book of Raw Food*, raw food or living food "is plant or animal food that has not been heated above 115 Fahrenheit" (p. 1). Most people who are on raw food diet believe that when food is heated above 115 degrees "the enzymes in the food are destroyed or denatured, or cannot provide the same nutritive value" (p.1). Many raw food chefs believe that raw food is the best kind of diet for those who wish to shed extra pounds or adopt a healthier eating habit. I am accustomed to eating raw food because in Cambodia (where I was born) there is an abundance of fruits, edible, leafy green plants, and assorted nuts that are eaten with special dips. However I have never tried mixing different raw foods together. I'll have to experiment. It's hard to describe what raw food tastes like because each piece of fruit or vegetable you pick never tastes the same. That's what makes raw food so exciting. I hope you try this recipe.



Prof. Montgomery with happy eater.

Carrot Cake Roll

Ingredients

2 cups oat flour (made by processing rolled oats in a blender or food processor)
 2 cups pulp from 6-8 large juiced carrots (or add carrot juice to get a "doughy" texture)
 ¼ teaspoon sea salt
 2 cups dates, finely chopped or ground
 1 cup walnuts chopped
 ½ cup raisins (optional: soak overnight to make them softer)
 2 teaspoons vanilla
 3 Tablespoons agave honey or raw honey

Directions

Mix all ingredients together well. Knead and form into 2 rolls for slicing or layers for a layer cake.



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

Dear Three Sisters,

I love my girlfriend, but she sometimes dresses in ways that attracts the attention of other guys. I'm not comfortable with that. What should I do? What should I say?

Malvo Twipy

Dear Malvo,

Ok, listen up. If your girl dresses up like that, you should think only good things about it. If she dressed up in her sexiest clothes and went somewhere with you, don't you think that she was picking her outfit with you in mind? And when you are walking with her and see all these men looking at her, well, take it as a compliment. :) Of course, if she wears that type of clothes all year long, then you might take that into

consideration and have a little chat with her about it.



Ella, Rada, Inga

Rada

Dear Malvo,

I agree with Rada

Inga

Dear Malvo,

I agree with Inga

Ella

Dear Malvo,

Get a new girlfriend!

The Three Sister's Mom

Artie's Easel

Dear Artie,

Can you tell me about some more art shows that are coming up? I'm planning my Spring and Summer gallery trips now and want to put all of the interesting shows on my schedule.

Sincerely,

Planning Ahead

Dear Planning Ahead,

I am most happy to give you a "heads up" on two more Spring and Summer shows. Change the oil in your car and get ready for a short road trip to the Bay Area.

"Birth of Impressionism: Masterpieces From the Musee D'Orsay" is showing at the de Young Museum in San Francisco in June. This exhibition puts forth 100 works by the famous masters who called France their home during the mid-19th Century and from whose midst arose one of the most original and recognizable of all artistic styles, "Impressionism." This show begins with paintings by naturalist artists such as Bougureau and Courbet and also presents American expatriate James McNeil Whistler's "Arrangement in Gray and Black" known to many as "Whistler's Mother." Early work by Manet, Monet, Renoir, and Sisley will also be on view as well as a selection of Degas' paintings that depict images of the ballet, the racetrack, and life in "la Belle Epoque."

In addition to the "Impressionism" Exhibition at the de Young Museum, you can also visit The Conservatory of Flowers which features four galleries, each of which is painstakingly cared for by nursery specialists. Plants are rotated into the galleries as they bloom, so visitors can al-

ways expect to see the plants in the collection at the peak of their bloom. Whether you are a native San Franciscan, a visitor from the other side of the world, or a budding botanist, The Conservatory of Flowers offers a close-up experience with rare and endangered plants unlike any other. (I think that this exhibit of flowers should interest all of the artists of flower design in our community.)

As for a local gallery, why not visit the newly-formed High Hand Gallery in Loomis, California. High Hand Gallery is located at 3750 Taylor Road in Loomis. Telephone number: 916-259-4298. High Hand Gallery is comprised of approximately 30 talented artists from the Sacramento and Foothills areas and sponsors a variety of shows by local artists. Its visual art exhibits include paintings, sculpture, metal, glass and jewelry work. Artist demonstrations are also hosted by the cooperating artists. Call for more information. Along with its shows, High Hand Gallery also offers classes to the community. Presently on exhibition is "Taking Chances," a celebration of Spring and art. Summer hours for the gal-

lery are as follows: 10:00 am to 4:30 pm, Tuesdays through Sundays. Why not pack the family into the car and take a short drive to Loomis and celebrate Spring by visiting this wonderful art cooperative. It is a great day trip with lots of time to spend walking and eating, too. I understand from my friends who run the gallery that there is a magnificent restaurant near the gallery-one you must try!

Well, I hope that you will write these shows into your Spring schedule. Let me know how you like them. All for now, and keep creating!

Artie

To contact Artie: braccop@arc.losrios.edu



Prof White -- Artie's Mentor



From the Counselor's Corner

Can a Counselor tell me what major or career is good for me?

a. A major is what a person is very interested in studying and a career is something you will be doing for a long time, not a temporary job that you do for a month or two. In some countries, children study the same subjects and work at the same jobs their parents or grand-parents used to do. In America, in some areas or professions, people still do what their parents and grand-parents do; but it is more common nowadays for children to work in something completely different than what their parents do. Sometimes they may even have to move away far from their family. They may move to another town or even another state because their job requires them to.

b. There are many factors one must consider in making a decision about a career. A counselor can show you how to look for information that is helpful for you to make that decision, but a counselor cannot tell you what is "good" for you. Things about your interest, your ability, your family, and your commitments are things that only you know. The job market also changes, sometimes only because of one single event, in your town, your state, in the USA or some where in the world. It is something neither you nor the counselor has control over or advance knowledge about.

c. ARC offers classes that help you make your decision by helping you find out about yourself, and showing you where to find information about certain careers to best match your interest, ability, and personality. One of these classes is Hu-



man Career Development 330 (or HCD 330 as listed in the class schedule). You can certainly discuss it with a counselor; together you can decide the best activity for you in order to search for a compatible major/career.

I already had a career in my country; why can't I take the same one?

Depending on what you did, sometimes you can do the same thing that you used to do, sometimes you just need to update your information or skills appropriate to the market here in the United States. Some professions have a licensing requirement, and you have to take the test or whatever so you can work here. It's different for each state, so sometimes people (American citizens) who move from one state to another have to take the test to qualify for the new state also.

I already have a college degree in my country. Can I skip some of the classes here?

The first thing you need to do is to have your official (it means in a sealed envelope, not opened) evaluated by one of the agencies that is a member of NACES (National Association of Credential Services). Here is their website: <http://www.naces.org/>. The service is pretty expensive, and some of the classes may not be acceptable if taken outside of the United States, such as English. You should talk it over with a counselor before requesting this service.

Thuan Bui
Counselor

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

Top ten careers with the Highest Job Satisfaction Ratings

- Singers
- Municipal Firefighters
- Aircraft Assemblers -- Structure, Surfaces, Rigging and Systems
- Pediatricians -- General
- College Professors -- Communications
- Educational, Vocational & School counselors
- Managers/Supervisors of Animal Husbandry & Animal Care Workers
- Managers/Supervisors of Animal Husbandry & Animal Care Workers
- Criminal Investigators & Special Agents
- College Instructors - Other
- Therapists, Other

Top ten careers with the Lowest Job Satisfaction Ratings

- Mail Clerks & Mail Machine Operators (except postal service)
- Program Directors
- Municipal Clerks
- Food Preparation & Serving Workers, Other
- Maids & Housekeeping Cleaners
- Insurance Policy Processing Clerks
- Hotel, Motel & Resort Desk Clerks
- Food Preparation & Serving Workers (including fast food)
- Telemarketers
- Aircraft Cargo Handling Supervisors

http://www.myplan.com/careers/career_top_ten.php

Out of the Cage

*Stress – Balancing Work, School & Life Workshop

Tuesday, April 13
1:30 pm - 2:30 pm



Stressed out? Struggling to keep up with the demands of school, work, and a personal life? You are not alone. Life in the 21st century has brought in a whole new set of stressors we all must deal with. Although stress is a normal part of life, it can take a toll on our health and ability to succeed if it becomes excessive. In this workshop you will learn about the nature of stress, some of its causes and how it often surfaces in physical and emotional symptoms. You will learn experiential ways to cope with stress in your daily life. Life can't be stress-free, but we can change how we relate to stressful situations so we are not as adversely affected. * This workshop is presented by a Career Counselor.

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

Location: Career & Job Opportunity Center

No Stress

Thursday, April 15
7 p.m

How to Balance Rent, Car payments, Rising Tuition fees, Fitness Center dues, Alimony, Overdue Library Book fees, Macy's bills, Roaming Cell Phone charges, Dental bills, Child support, Federal and State taxes, Boat Registration and Fees, Cosmetic Surgery bills, Cruise Ship tickets, and exorbitant Arco Arena concert prices. \$10 general admission \$8 Students



Location: Raef Hall

CSUS Representative Visits A.R.C

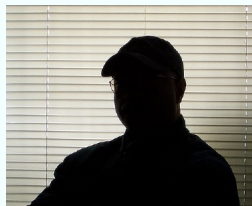
April 14 & 28, 2010

CSUS rep visits at 9:00 a.m. - 400 p.m. and drop-ins between 12:00 p.m. - 1:00 p.m. Call the Transfer Center to schedule an appointment at 916-484-8685. Or stop by the Transfer Center

Witness Protection Program

Tuesday, April 13

Always wanted to be a witness but felt you lacked protection? Find out how you really can snitch, then get a new face, a hair transplant, a cool name, and wind up living in beautiful Arkansas working at a bottling plant. Brought to you by the Flee Party. Time and place to be revealed at the last minute.



"Steps Toward Employment" Event

Thursday, April 15
12:00 pm - 1:30 pm



Learn important navigating strategies when transitioning from student to professional. Discover necessary steps to opening doors into the employment realm. Call 916-484-8492 to register.

Location: Technical Education Room #325

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

Artist Lecture Series: M. Louise Stanley

Thursday, April 15
7:00 pm

Using humor and wit, M. Louise Stanley paints in the tradition of history and narrative, documenting current and fictitious events using myth and allegory. Under her wry scrutiny, the foibles of contemporary society and mores are examined as well as the tourist industry, organized religion, bad bankers and the mortgage crisis. M. Louise Stanley was born in Charleston, W. Virginia and holds a B.A from La Verne College and B.F.A and M.F.A from California College of Arts and Crafts (presently California College of the Arts). She has received the Fleishhacker Foundation's Eureka Grant, two National Endowment for the Arts Grants and two Adolph and Esther Gottlieb Foundation Grants and has lectured, taught and exhibited nationally. Recent exhibitions held in conjunction with Peter Selz's book 'The Art of Engagement' were at the San Jose Museum of Art and Katzen Arts Center, Washington, D.C. Her public art installation 'Neighborhood Convergence' can be seen at the Powell Street Pedestrian Under-crossing at Interstate 80 in Emeryville. On view now at the California College of the Arts, Meyer Library, are 29 travel journals from her annual 'Art Lover's Tour'. She currently teaches painting and drawing at Berkeley City College. To view Louise's journals and paintings, and to learn more about her tours, please visit her website at

i n e d

Location: Room 512 Music Building

Jazz Workshop

Tuesday, April 20,
3:00 pm

New York jazz saxophonist Dave Pietro will give a jazz improvisation clinic. (See more info on this artist at www.davepietro.com). The event will be held in Room 548 of the music department and is free and open to the public.



FAFSA Workshop and Online Loan Entrance/Exit Counseling

Wednesday, April 21,
8:30 am - 12:00 pm

This workshop will assist students in completing their 2009-2010 and/or 2010-2011 FAFSA applications on-line. Get help in completing your loan entrance/exit counseling and loan debt management counseling, on-line. Students should bring their Social Security Card (SSN), Parent's Social Security Card if dependent, 2008/2009 Federal Tax return or estimated taxes for 2009, personal income information, asset information, and any investments and/or other financial information available. The workshop will be located in the Assessment Lab in the Student Services building on a first-come-first-serve basis with limited space. Students must arrive before 11:30 a.m. Due to limited seating, if there is not room for the student at 11:30 a.m., the student will need to return to a different workshop. Students who are not able to complete the FAFSA by the end of the workshop will need to save their work and either complete it on their own or return to another workshop.



Solving the Teacher Parking Problem

Monday, April 19,
10:00 a.m.

Come hear the president's special ad hoc committee discussing the possibility of either installing a "scarecrow" or sponsoring a live, giant beaver in Parking Lot D to frighten students out of parking in the lot. Likening the scarecrow face to that of a particularly fiery instructor has been suggested. Applications to serve as a model are encouraged. Suggestions from the biology department on finding a giant beaver are welcome.



Meeting Place: Cafeteria

"What to do About Empty Space"

Today: April 1

Location: Here, This Box

Join in on the Discussion!

Earth Day 40th Anniversary

Thursday, April 22, 2010
12:15 pm - 1:15 pm



I remember the general enthusiasm, and my personal optimism on that first Earth Day 40 years ago. Finally, I thought, we are going to clean up our environmental acts! You see, I had a personal grudge against pollution. It wrecked my life, destroyed the family business... and now I had to live in New Jersey! Join me for the rest of the story...- Deborah Flower, Horticulture

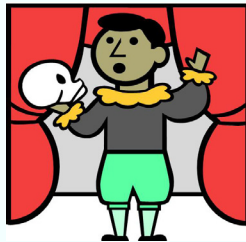
Location: Raef Hall 160

The Philadelphia Story

April 23 & 24 at 8:00 p.m., April 25 at 2:00 p.m., April 29 at 12:30 p.m., and May 2 at 2:00 p.m.

By Phillip Barry, Directed by Pamela Downs.

This Broadway hit and popular film starred Katherine Hepburn as Tracy Lord, a spoiled daughter of a privileged family. Engaged to be married, she becomes interested in a magazine reporter writing about her upcoming nuptials. When her ex-husband appears before the wedding, comedic complications ensue. A witty script gives this classic 1940's comedy-of-manners ageless appeal.



Location: ARC Theater

A View From the Bridge

April 23 & 24
11:00 p.m.

This hit play and film by Arthur Miller will be shown in 3-D. Crowds are expected, so come early (Keep those 3-D glasses from Avatar to view the film from an entirely different perspective.). For more information contact James Cameron.



CameronJ@arc.losrios.edu

Location: ARC Theater

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”



Food for Thought!

What Can Healthy Eating Do for You Today?

Good nutrition can help you be healthier now and in the future. Here are some reasons why it is important to make healthier food choices:

- *avoidance of colds and flu*
- *prevent weight gain*
- *increased energy*
- *better work-outs*
- *improved performance in school work*
- *elevated mood*
- *better complexion*
- *improved sleep*
- *prevention of future health problems*
- *Observe how you feel with healthier food choices.*
- *Try keeping a food journal for a week*
- *Note the energy effects of your food choices.*
- *Although differences may seem subtle at first, you will notice changes with time*



Parents! Come and Learn about Healthy Eating for Your Kids!

**Healthy Fast Food Choices (April 14)
How to be Creative with Vegetables (May 5)**

Time: 12:00-12:50

Place: Health Ed. Room 700

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.

	American River College	Cosumnes River College
Where?	Howard Hall (next to Admin Building) 4700 College Oak Drive, Sacramento	Room BS145 A
When	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
Who qualifies for service?	Low to moderate-income taxpayers (to \$50,000). Students at any college, staff, and neighbors are all welcome.	
What service will be provided?	Forms 1040EZ, 1040A and 1040, CA 540. Federal and California taxes filed electronically. Bring Social Security Card (taxpayer & dependents) & Picture ID.	
More information	By appointment only. Call 568-3100 after Jan. 29 & leave message on voice mail box 12334. See webpage: http://ic.arc.losrios.edu/~vita	No appointments Walk-in

