



The Parrot

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

Issue #44

Fall 2010

Parrot Chews ... with Lina Fat: ARC Benefactor and Sac World, Dance and Music Festival Organizer

Parrot: May we start now?

Lina: Sure, anytime.

Parrot: Could you please introduce yourself?

Lina: Ok, my name is Lina Fat. The spelling of it is L-I-N-A. A lot of people think it's L-E-N-A.

Parrot: Is it your Chinese name or ...?

Lina: No, this is my English name. My mother gave me the name when I went to an English school in Hong Kong.

Parrot: So, you got that name when you were in Hong Kong.

Lina: Yes, in Hong Kong.

Parrot: So, did you speak English already when you lived in Hong Kong?

Lina: Yes, not that well. I was able to write better than speak because there were mostly Chinese students in the school and in the classrooms. We always spoke Chinese with each other outside the classroom. Inside, we had to speak English.

Parrot: We do the same thing.

Lina: When I first came to the United States I went to David Lipscomb College in Nashville, Tennessee to study pre-pharmacy. The Southern dialect



Nhi Ho, Lina, and Y La

Continued on pages 16 and 17

National Spelling Bee Protests: Should We Simplify English Spelling?

If the Scripps National Spelling Bee teaches us anything, it's that the English language is a complete mess.

The Irish playwright George Bernard Shaw is said to have joked that the word "fish" could **legitimately** be spelled "ghoti," by using the "gh" sound from "enough," the "o" sound from "women," and the "ti" sound from "action."

Shaw was probably not the **originator** of

this joke, but he was one of a long line of people who thought that the English language's **anarchic** spelling, a **hodgepodge** of Germanic, French, Greek, and Latin, was desperately in need of reform.



To this end, he **willed** a portion of his estate toward the development of a new **phonetic script**. The result was the Shavian alphabet, whose 47 letters

Continued on page 18

Hear, Feel, be Moved!

see last page

"Whenever I'm caught between two evils, I take the one I've never tried"

Mae West



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

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Student Chirpings

I Believe in Writing

“Why don’t you just cut your veins?” my mom said. I was 16 years old when I started to believe in writing as a way to drain my feelings.

I believe in writing because it has magic to make me fly and be free to play with words. It allows me to scream when I am angry, cry when I am sad, or just help me express my emotions with out sound.

I was 16 years old when I had a friend. My mother didn’t like him, so I wrote to him. Unfortunately she found the letter. She read it aloud and said. “Why don’t you just cut your veins?”. Those words sounded loud in my heart. For me, as a quiet person it was an embarrassing, horrible moment. Later, she returned the letter to me and I ripped it up immediately. That moment changed my life. I closed my ideas, thoughts and feelings. I hid them inside myself. That moment made me feel ashamed of my feelings and thoughts. Years later, at 19 years old I worked as a secretary in the office of a psychologist. He liked to talk to me about everything and when I had to move he gave me a little pink notebook made by him with my name on it. When I got home I noticed that he had written a note. “Make up your mind to say I’m alive! I am here! Say it aloud with all your heart. If



you can not say it, WRITE IT DOWN!”. Those big words made me feel anxiety about writing, but I didn’t do it. I felt ashamed and scared to write my feelings again.

A few months later I came to the U. S., and for the first time I saw the sea. I was amazed and full of thoughts and feelings, but I didn’t have anybody to talk to. Fortunately I found the little notebook from my boss. His words were like a light that made me free and brought me the friend I needed. That day I let my feelings and thoughts go wild, and I wrote in detail without hurry or limits. I wrote in short hand, a way that secretaries use to write quickly. Short hand became my secret writing, and I began to write often. Whenever I write. I always sit on the floor in my bedroom, and write until I feel relaxed and peaceful. When I finish, I always rip up my writing. That makes me feel secure about my thoughts and feelings.

I believe in writing as a best friend. A friend who invites me to jump into his world, where nobody judges or stops me to explain my words, or how I see, think and feel. Writing helps me to relax, heal my thoughts and feelings with out fear.

Gabriela Arredondo
ESLL 310

My Little Noisy Girl



I have believed in cats for almost 10 years. I did not believe in them until my daughter was born. Cats are such little animals but they can make kids sleep better and take care of them.

When I lived in Ukraine, I had my little daughter. I had wanted a girl for years and finally I got her. I named her, Sofiya, after a famous Ukrainian singer, but she did not sing, she cried. In fact, I took her to a doctor because I thought that something was bothering her. However, the doctor said that she was perfectly healthy. She just had a noisy character.

Sofiya was about one year old. Children usually sleep well at night at this age if they are not sick. However, my little singer was different. She cried a lot during the day and even more at night. I was so tired and did not know what to do.

One day, an old woman who lived across the street came to my house. Her name was Hanna. She was really helpful and the nicest neighbor that I have ever had in my life. She looked at my daughter, and said to get a cat for her and it would help.

I did not believe that a little cat could make my Sofiya stop crying, but I was desperate. I was willing to try anything because I was going crazy, so I got a striped male cat .

At first, Sofiya was kind of scared of him but after a few days she got used to him maybe because the cat was really patient with her. She played with him a lot and he was always around her. When she began to cry, the cat started to make some funny noises that always made her stop. I was really surprised but also happy. I couldn’t believe that it was really happening. He became my little babysitter for Sofiya. During the night the cat slept next to her and my daughter started to sleep much better. Before she would wake up two or three times during the night, but after we got this cat, she slept all night or woke up only once. After a while, she became a very good and quiet girl. She cried sometimes but only for a reason like new teeth or sickness.

I do not advise everyone to get a cat but I believe in them. Some cats have a special power that can be very helpful for us and our kids. Now Sofiya is nine, and the cat is still a big part of her life. I am glad that I got a cat.

Halyna Kotsyubaylo
ESL L310

Guns and Roses

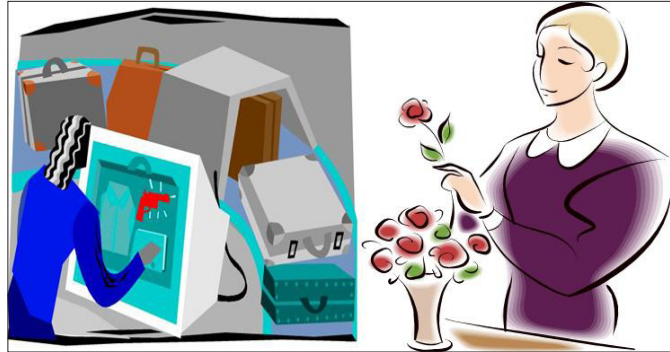
Have you ever been given a flower arrangement on your birthday by a florist wearing a gun? Have you ever been going through a security checkpoint at an airport and been frisked for explosives by a guard carrying a bouquet of roses? The answer is probably no, for these two jobs, airport security guard and florist, are very different. They have very different responsibilities, shift schedules, and impacts on society.

One of the big differences between the jobs of security officer and floral designer is responsibilities. As an airport security officer in Anchorage, Alaska, my duties and responsibilities required me to work with people. For example, I had to screen workers, pilots, and visitors for weapons, explosives, and other forbidden articles. My duties also included reporting functions and various forms of paperwork, daily operation of the x-ray machine and hand wand, and the use of an approved vehicle to inspect and secure the interior of aircraft. I was also responsible for observing and reporting security monitor activity and maintaining the secure sections within the airport. In contrast, as a floral designer in Anchorage, I was working with flowers instead of people. My duties and responsibilities included designing and fashioning live, cut, dried, and artificial floral and foliar arrangements. My duties also included trimming materials, bouquet and wreath arrangements, dish gardens, terrariums, and other items.

There were also great differences in my shift schedules between these two jobs. As a security officer, I had to work different shifts. Flexibility was important in order to work night shift, day shift, weekends, holidays, and be constantly on call if some officer called in sick. If another officer couldn't make it to his or her shift on time, I could not leave my duty until someone replaced me. For example, there was an instance when an officer called in sick and no one could come replace the individual, so I had to call my friends and ask them to pick up my son from child care because I had to work another four hours after my normal shift. In contrast, as a floral designer, I had only a daytime shift. My hours were from 8 a.m. to 5 p.m. Occasionally, I was asked to work on holidays. This was mainly seasonal in nature. For example, on Valentine's Day, we had so many people who wanted to buy flowers that our company had to hire more people just

for this day. It was very busy, yet a fun time, because we could use special decorations.

The last obvious difference between a security officer's and a floral designer's job is their impact on society. The security officer job is very important and can be very dangerous. For example, if we didn't have security at airports, terrorists could injure and kill many people. Every day, thousands of people travel, and every one of these travelers wants to feel safe and secure. Security is also responsible for lost or stolen merchandise. For example, if we found high value merchandise at the airport where I was employed, we had to keep tight control on the items until they could be secured, and then had to complete a thorough report and disposition of articles. This included not only articles of high value,



but also cash and jewelry. In contrast, a floral designer's job can be just as important, but in a different manner. Floral and decorative arrangements can play very important roles in society. Flowers can be arranged for holidays, weddings, anniversaries, different kinds of balls and also for funeral services. People can display

their feelings through these vehicles. Some people even believe that each flower has its own meaning. For example, bellflower (white) means gratitude; cedar leaf means "I live for thee"; balm represents sympathy; and acacia stands for chaste love (Claire Powell, *The Meaning of Flowers*). It is helpful to be knowledgeable about this flower language if your job is related to the floral industry.

Jobs as a security officer and floral designer do have different types of responsibilities, different shift schedules, and different impacts on peoples' lives. I liked both of them very much because each one was important in its own way. I had a chance to meet different people, build my very poor vocabulary and learn skills that can help me in the long run: Being patient, being romantic, knowing what to do in emergency situations, and being able to communicate with a variety of people who have different personalities and differing points of view on life. I strongly believe that one can be much happier and more satisfied with his or her job if it is chosen by the heart.



Netscape - Articles from the Web

A September Historical Moment

History of the Little Rock Nine & Brown v. Board of Education



In 1954, the Supreme Court's *Brown v. Board of Education of Topeka* decision officially declared segregation in public schools as unconstitutional. All U.S. public schools were instructed to integrate. Within a week, Arkansas was one of two Southern states to announce it would begin immediately to take steps to comply with the new ruling. The Arkansas Law School had been integrated since 1949, and by 1957, seven of Arkansas's eight state universities had desegregated. Blacks had been appointed to state boards and elected to local offices; however, public state high schools were a different story.

In September of 1957, the public school ruling was tested for the first time when nine black students enrolled at Little Rock's previously all-white Central High School.

The list below details the sequence of events before, during and after the desegregation attempt.

September 2, 1957 - The day before classes begin for the new school year, Arkansas Governor Orval Faubus summons the Arkansas National Guard to surround Central High School and block any attempts by black students to enter the school. Faubus announces in a public television speech that the orders are a proactive approach to prevent violence to all citizens and property and to "preserve the peace."

September 4 - Nine black students attempt to enter Central High but are turned away by the National Guard.

September 20 - A federal judge grants an injunction to NAACP lawyers Thurgood Marshall and Wiley Branton to impede the

governor's use of the National Guard. The troops withdraw.

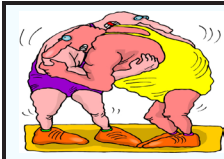
September 23 - Little Rock police officers and over 1,000 integration protestors surround the school in anticipation of the black students' attempt to enter the school. The police escort the students into the high school's side door unnoticed. Outside, the mob learns of the students' entrance and becomes angry and aggressive. They begin to challenge the police officers. Fearful the crowd will get out of control, the school administration moves the black students out a side door before noon.

September 24 - U.S. Congressman Brooks Hays and Little Rock Mayor Woodrow Mann ask the federal government for help via a telegram to President Dwight Eisenhower. President Eisenhower displaces between 1,100 and 1,200 federal troops of the 101st Airborne Division and places 10,000 National Guardsmen on duty.

September 25 - The Little Rock Nine, under protection from federal troops, enter Central High School through the front entrance. Aggressive white mobs verbally chastise the students and physically harm black reporters in the crowd covering the affair. The event is seen around the world.

Fifty years later - The courageous efforts of the Little Rock Nine are celebrated as one of the most defining chapters in Little Rock's history, and as one of the earliest victories of a long overdue civil rights movement. Central High remains one of the leading education centers in Arkansas and stands as an icon for racial equality and social reform.

Parrot Warbling



Grappling with Grammar

Prepositional Verbs

Prepositional verbs are a group of multi-word verbs made from a verb plus another word or words. Many people refer to all multi-word verbs as phrasal verbs. On these pages we make a distinction between three types of multi-word verbs: prepositional verbs, phrasal verbs and phrasal-prepositional verbs. On this page we look at prepositional verbs.

prepositional verbs	meaning	examples	
			direct object
believe in	have faith in the existence of	I believe in	God
look after	take care of	he is looking after	the dog
talk about	discuss	did you talk about	me ?
wait for	await	John is waiting for	Mary

Prepositional verbs cannot be separated. That means that we cannot put the direct object between the two parts. For example, we must say "look after the baby". We cannot say "look the baby after"

www.englishclub.com

English Learning Tips

Learn English through Songs: Vocabulary needs to be reviewed again and again. Well, what could be better than studying vocabulary by listening to your favorite songs?

Read the lyrics first and try to understand them. You don't have to translate the lyrics word by word, just try to find out what the song is all about. (Note: 'Rap' might not be practical as those songs usually contain slang words that not even 'ordinary' English native speakers know.)

Pick some words or phrases from the song that you would like to learn. If necessary, look up their exact meaning in a dictionary. A dictionary might also be useful to find other interesting phrases with the word.

Now, to learn the vocabulary, all you have to do is listen to the song again and again (that shouldn't be a problem if it's one of your favorite songs).

<http://www.ego4u.com>



Idiom-Attic



Toy with the idea

Teddy is **toying with the idea** of studying to be an engineer. That, of course, will be a few years away so he may change his mind between now and then. **To toy with an idea** is to **think of one in an easy, light and speculative manner**. "I don't know. I may or may not want to be an engineer," Teddy said. "I'm just trying with the idea."

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

Beak Speak

- Thitherwards contains the most English words spelled consecutively within it: a, ar, ard, ards, er, he, her, hi, hit, hithe, hither, hitherward, hitherwards, I, it, ither, the, thither, thitherward, wa, war, ward, and wards, totaling twenty-three words. Therein, seven letters long, contains twelve words: er, ere, he, her, here, herein, I, in, re, rein, the, and there.
- Scraunched and the archaic word strengthened, each ten letters long, are the longest English words that are only one syllable long. Nine letter monosyllabic words are scratched, screeched, scrouged, squelched, straights, and strengths.
- Are** is a one syllable word that can be made into a three syllable word by adding just one letter to make **area**. Similarly, **came** can become **cameo**, **gape** can become **agape**, and **lien** can become **alien**. Adding a letter to the middle of **smile** becomes the three syllable word **simile**. Similarly, **whine** can become **wahine**.
- Io may be the shortest two syllable word in the English language. Other candidates are aa, ai, and eo, but there is some dispute over the pronunciation and legitimacy of these words.



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

Some More Parrot Fun Stuff



USA States Wordsearch

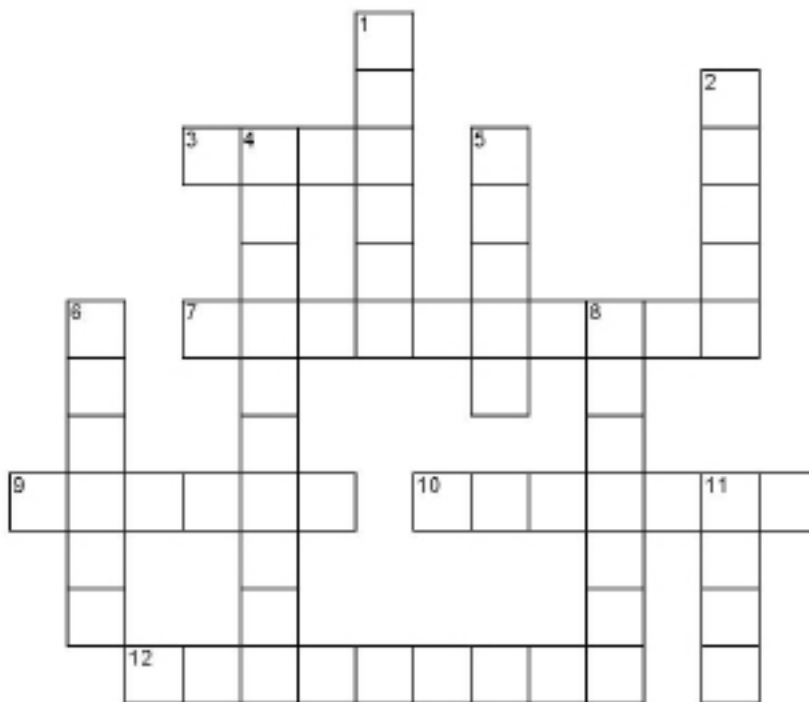
Find and circle all of the USA States that are hidden in the grid. The remaining letters spell a secret message - an Adlai Stevenson quotation. Note: Virginia and West Virginia do not overlap. The same goes for Kansas and Arkansas

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

ALABAMA	HAWAII	MASSACHUSETTS	NEW MEXICO	SOUTH DAKOTA
ALASKA	IDAHO	MICHIGAN	NEW YORK	TENNESSEE
ARIZONA	ILLINOIS	MINNESOTA	NORTH CAROLINA	TEXAS
ARKANSAS	INDIANA	MISSISSIPPI	NORTH DAKOTA	UTAH
CALIFORNIA	IOWA	MISSOURI	OHIO	VERMONT
COLORADO	KANSAS	MONTANA	OKLAHOMA	VIRGINIA
CONNECTICUT	KENTUCKY	NEBRASKA	OREGON	WASHINGTON
DELAWARE	LOUISIANA	NEVADA	PENNSYLVANIA	WEST VIRGINIA
FLORIDA	MAINE	NEW HAMPSHIRE	RHODE ISLAND	WISCONSIN
GEORGIA	MARYLAND	NEW JERSEY	SOUTH CAROLINA	WYOMING

Job Applications and Interviews

Employment Crossword Puzzle



www.elcivics.com

ACROSS

- 3** bring two black _____ to fill out job applications
- 7** have at least three _____ (hint: starts with the letter "r")
- 9** _____ carefully to all questions before answering them
- 10** arrive to a job interview _____ minutes early
- 12** ask one or two _____ about the company or the job

DOWN

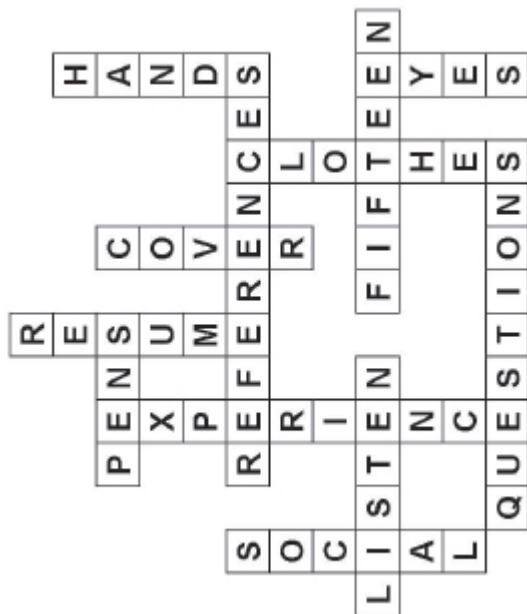
- 1** give the interviewer a copy of your _____ (hint: starts with the letter "r")
- 2** smile and shake _____ with the interviewer
- 4** be ready to answers questions about your job _____
- 5** write a _____ letter to go with your resume
- 6** bring your _____ security card, birth certificate, drivers license, etc.
- 8** wear your best _____
- 11** sit up straight and look the interviewer in the _____

If I Were a Super Star

If I were a superstar
 I would ride an awesome car
 I would travel all day long
 And would sing a lovely song
 I would have a lot of friends
 And would know more famous bands
 I would spend my time with them
 If I won the KCA (Kids Choice Awards)
 I would live in Hollywood, LA
 And I would have lots of fans
 They would be my special friends
 If I had a better life
 I would never become a wife
 And I would never have to cook
 Or to read a boring college book
 I would not shop at the bazaar
 If I only were a superstar.

Aliona Espiciuc
 ESLR 340

Solutions for crossword on page 7



Rigoberto's Riddles

Only one color, but not one size,
 Stuck at the bottom, yet easily flies.
 Present in sun, but not in rain,
 Doing no harm, and feeling no pain
 What is it?

morays o s,ij .



Silly Vasily's Chuckle Chamber



There were three fathers to be in a hospital waiting room, waiting for their babies to be born.

The first nurse comes out and tells the first father, "Congratulations you're the father of twins!" He says, "Great! I am the manager for the Minnesota Twins."

The second nurse comes out and tells the second father, "Congratulations you're the father of triplets!" He says, "That's cool! I work for 3M."

The third father opens the window and jumps out.

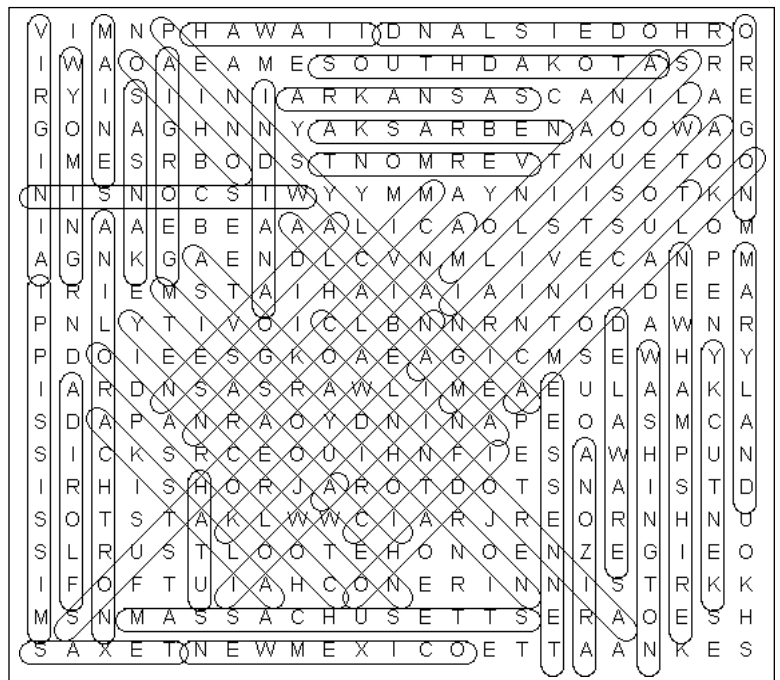
The third nurse comes out, and asks, "Where's the third father?"

One of the other fathers said, "Oh he jumped out the window."

The nurse asks, "Why?"

He replied, "He works for Seven Up!"

Solutions for puzzle on page



Granny Noetal

Dear Granny,

I noticed there are posters in the halls of Davies Hall on the second floor saying "Do Not Sit on Floor or Block Hall". They are so like cool! Great colors. I want to get one for my dog at home. How can I get one?

Bud

Dear Bud,

I'm glad you noticed them; they are, in-



deed, very attractive. I hope they have meaning, too, because they have been posted to remind people that accidents do happen when there are many people in small spaces. Horizontal, unmoving people and vertical, moving people are a recipe for disaster! Many a time Granny has had to navigate the hallways with her walking stick, and it's easy to poke a calf here or there, unintentionally, of course. Bud, I do have one question for you, though. Can your dog read?

**Puzzled,
Granny**

The Cyber Bum--Bogdan Kolmyk

Safe and Secure

How much money do you think is stolen through the Internet? Well, the FBI reported almost \$560 million as losses from online fraud in 2009. In other words, this money was stolen from people through the Internet. Today we will talk about two ways of how money is stolen and a way to keep your money in your pocket. You probably wonder why I said that there are only two ways of losing money. To be honest there are thousands of different ways to take money from people, like financial pyramids and e-mail scams. Nevertheless, you lose your money against your will or you give money out voluntarily.

Let's first talk about the first case. The most common situation is that you have a virus or maybe even a few in your computer. There are different types of computer viruses. They are pursuing different goals. Some of the new viruses will encrypt all files on your hard drive and then they will ask you to transfer some money to a virtual bank account or send your credit card number to get a code for decryption of your files. Other viruses just quietly sit in your computer and log everything you type. It means they are writing everything into a file including your credit card number, your logins and passwords and so on. Then the virus sends that file to its creator. It all ends when you find out that you were robbed in a really sophisticated way.

The second case of online frauds is more complicated. It



involves psychology and social engineering. According to Wikipedia's 'Social engineering (security)' article, "Social engineering is the act of manipulating people into performing actions or divulging confidential information, rather than by breaking in or using technical cracking techniques; essentially a fancier, more technical way of lying". The key phrase here is 'manipulating people' to get some profit. So the scammer creates, for example, a fake commercial about how to make \$50 thousand in one week. When you click on it, they ask you for a credit card number and personal info to send you a little book with instructions for, let's say, 10 dollars. Also they will charge you every month for as it mentioned in a license agreement that exists on another web-page and the link to it is really small and hard to see. So, you are pretty sure you got a nice deal, but it ends up with you receiving strange credit card bills and loss of your money. There are many other schemes to make you give out your personal information.

So, who can secure you from all this? The answer is you. First of all be aware what you are clicking and what websites you are visiting. Think about the deals presented to you – does this "great deal" sound too good to be true, is it possible to buy a Ferrari for \$2 thousand, do you know the person who sent you an e-mail about receiving a million dollars just by downloading that little attached pro-

gram? Remember there is no free stuff on the Internet except open source software. Second, get an antivirus. Be aware of the unknown antivirus software that might be proposed in browser pop-ups. Also, make sure you update your operating system and the software, since the updates may fix some security problems. These are just a few of many steps how to make your browsing and interacting with the Internet safer.

Again, you are the first line of defense so be aware of what you are doing and how. For more info about security issues refer to Google or this e-mail address: geek.for.parrot@gmail.com

P.S. For those who interested in reading the FBI's report about online fraud, go to this page: http://www.ic3.gov/media/annualreport/2009_IC3Report.pdf

The Top 10 Internet/Email Scams

10. Lottery Scams: Have you ever received an email stating that you've won the lottery in some other country, usually with a total of a few million dollars? If so, you know all about lottery scams. These scams target people with the promise of millions of dollars, which will be deposited into their bank accounts after completing a few easy steps. However, the catch is that you must pay thousands of dollars ahead of time before you receive your promised millions. Sadly, once you hand over your thousands, your lottery win is nowhere to be found, and you're out money. Though it seems silly, what's a few thousand dollars compared to a couple million?

9. Disaster Relief: Recently, disaster relief scams have been on the rise. In a country's time of need, money is usually the best donation to provide, and scammers have become well aware of this. Generally, these scammers will send out emails with a link to a fake donation

website that asks you to make a donation, usually by using your debit or credit card online. However, by providing this information, such as your card number, the scammers have access to your information which could then provide them access to your money. In the end you're out of money, some scammer has your information, and you never really donated to the real cause. Make sure you donate your money to a reliable organization, at the correct web address. If your request for a donation came through email, it's probably a phishing scam. Take the time to research a real relief fund before you donate money.

8. Online Dating: Today, online dating websites have become extremely popular. Participants set up a dating profile on one of the online dating websites that promise to give you access to hundreds of potential partners. Be warned, that this also gives online scammers access to you! For ex-

ample, let's say one of the fellow members messages you, and over time the connection grows and becomes pretty strong. The member has led you to believe that he or she is pretty well off. Next, your online boyfriend or girlfriend tells you that he/she is out of the country doing business and needs your assistance with a few things. The scam starts when that person wants you to cash a money order and wire the money. Those who fall for the scam are hurt both emotionally and financially.

7. Rogue Software: Have you ever been to a legitimate website and had a sudden pop-up that says something along the lines that your computer is infected with viruses and worms and needs to be cleaned ASAP? This is another popular scam today as many people will fall for the pop-up and then download the rogue software, usually software that looks like it is legitimate anti-virus

software that promises to clean your computer of all of the viruses. Though many times this rogue software is free, there are times when the program does cost money, and people do fall for it. While many people generally aren't out of money with this scam, their computer is infected with even more viruses, Trojans, worms, and other things that can not only ruin the computer, but can have their private information exposed to the scammers.

6. Travel and Vacation Scams: It's safe to say that in today's world, many people are cutting out their yearly vacation in order to make ends meet at home. And while people are giving up their travels, it doesn't mean that they necessarily want to, and it surely doesn't mean that they wouldn't take a vacation deal if someone offered it to them. This is why scammers who run travel and vacation scams are cashing in each day. Unknowing consumers will seek out a vaca-



tion deal, usually one that is seriously too good to even begin to believe. Something like a trip to Disney, all expenses paid, you just give us a few hundred dollars. Who would believe that? Sadly, some people do. These scams aren't as popular as before, as people have smartened up, but at the same time they're also on the rise, as more and more people are looking for ways to continue their normal lifestyles, and that usually comes in the form of saving money and attempting to find any type of deal that may be out there to enjoy.

5. Fake Auctions/Sales: With the popularity of places such as eBay, Craigslist, and other auction websites growing each day, it's no surprise that fake auctions and fake sales would start to become an issue online. Many people use these websites on a daily basis to obtain items at a discounted price; and where you find people with money, you will also usually find scammers trying to take it off their hands. At first, it looks like an opportunity to save money, but in the end many people are left empty-handed and out some bucks. These fake auction and sales scams usually happen pretty frequently and in the blink of an eye. It's simple. The scammer creates an ad or auction on a website, stating that he has a certain item for sale, usually something that is pretty expensive to begin with, for a very low price. The scammer knows that people will jump all over this "deal," without even stopping to think that it could be fake and just a luring act for money. Plenty of people fall for it, making this particular scam a huge success.



4. "Free" Trial: We've all seen the ads and pop-ups on certain websites that promise a free trial of some sort of product: weight-loss pills, a colon cleanse, or dieting pills. We all know how expensive these products can be, so many people will fall for the free trial scam. While many do get the free product they were promised, the scam starts when you have to provide your banking information to pay for shipping and handling fees. With the information you provide, the company can then charge you each month for not canceling your free trial. Usually the cancellation notice is in a very fine print that most people pay no attention to. However, after not canceling your free trial within 15 or 30 days, your debit or credit card is billed monthly. Sometimes even after canceling, the company who has your banking information will sell it to an affiliate company who can then use it as they please.

3. Working from Home: Not only do these scams mean you're out of money, but it could mean that your computer

is left nothing short of...ruined. These scams usually have a situation where you are given the opportunity to work at home, making your computer a "money-making machine" by doing very simple things. However, you aren't told what these things are and how to locate them on the Internet without paying a few dollars. The catch is that you're paying for information that you often don't receive, or that often has nothing to do with working from home. Often times you are guaranteed that within 24 hours you'll have full access to information and programs that allow your computer to make money for you, without much effort on your part. But this is just another scam and you've provided your banking information, and many times you've installed rogue software that will only ruin your computer.

2. PayPal: Many times with these PayPal scams, one is scammed when they have someone respond to an online ad they have placed on Craigslist or some other similar site. The scammers will usually respond to the ad, stating that they are interested in the product that is being sold and that the product will be sent to a friend or family member within the U.S. Many times these scammers are people from a foreign country who are promising to pay more money than what the seller asked for in the first place. After shipping the item and after the seller pays, you'll realize that soon enough, PayPal has taken the money from your account, and that you're out of the item you were trying to sell. Many times the "buyer" will contact PayPal saying that they never received the item, or in even worse cases, the scammer will be using a fake PayPal address or a stolen account.

1. Nigerian 419: Most people today have an email account that they use for various purposes. Of course there are the occasional spam emails that many of us just put into the junk folder, but on some days, we get an email that is really shocking. If you've ever received an email, usually from a Nigerian member of a family that comes from a lot of wealth stating that they are attempting to get a very large amount of money out of the country, you were a possible-victim of the Nigerian 419 scam. Usually these emails call out for your help in order to get this money moved into the U.S. But, these emails are nothing less than a scam. It is said that over \$32 billion has been lost. The Nigerian 419 scams are one of the most popular today, and the number of scammers who use this tactic continues to grow. It is said that there are about 300,000 of these scammers in the world today, but the number is steadily increasing.

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

Dear Sisters,

I'm trying hard to get a date. But every girl I approach on campus walks away from me within 2 minutes. Do you have any advice on how I can start a conversation or get a date? (P.S. I'm pretty good-looking).

Max

Dear Max,

Try to talk less... Most of the girls at college study full time, and a lot of them work full time too. So this is why you shouldn't just rush into a conversation, but observe her first, and when she seems to be needing some help, approach her and offer your help to her. Let's say you saw her forget something and you brought it to her. I am sure that if you just pick the right moment and offer to help, she will be pretty happy. This way a conversation on a positive emotional base will go by better and smoother than you could ever imagine. But please, take your time to observe her and pick the right moment of approach. To be honest with you, our life consists of bad and unpleasant, or good, and very positive moments. Do your best and make that conversation be one of those good and positive moments of HER life.

Rada

Dear Max,

I feel sorry for you! But look at it from another perspective: you have more time to study. And if you study well, get your degree, and get a good job... Well, all those girls will be the ones going after you. But if you don't want to wait that long, then you should be more observant, don't talk too much, and don't ask any stupid or personal questions.

Inga

Max,

I think that if the problem is not in how you look, then it is in your personal appeal. See how other people react to the smell of your cologne (if you have one of course!). Maybe you were too busy studying and working that your clothes are old or out of style. In that case shopping it is! Or maybe the root of the problem is something completely different. Maybe you just simply forgot to brush your teeth in the morning!

But if you don't have a problem with any of this stuff, then maybe you are just trying to get a date with a girl out of your league. Maybe you should try to approach somebody at your level, and see how it goes. Well, I honestly wish you good luck.

Ella



The Parrot's Worst Pick Up Lines!

- Squawk!
- I'm sure glad I brought my library card, cause I'm checking you out!
- Excuse me, is there an airport nearby large enough for a private jet to land?
- Are you from Tennessee? Cause you're the only ten I see.
- Being a multimillionarie really doesn't mean much when you have a weak heart.
- Do you believe in love at first sight or should I walk by again?
- Go up to the girl of your dreams, give her a single rose and say, "I just wanted to show this rose what true beauty is."
- Here I am! Now what were your other wishes?



Press Here

Mim's Cafe

The recipe below comes from Chef Jon Ashton, and it was published in Relish Magazine. I've always been fascinated with Indian cuisine but have never tried making dishes from that region because strong spices don't usually agree with my weak stomach. When I saw this recipe, I just had to try it. My always-willing-to-be-a-guinea-pig-when-it-comes-to-food husband enjoys this dish very much, especially when it is served with Naan from Trader Joe's. This recipe serves eight people.



Prof. Montgomery with happy eater.

Indian-Style Grilled Chicken

Ingredients

- ½ tsp black pepper
- 1 tsp ground cumin
- ½ tsp coriander
- 1 tsp ground chili powder
- 2 tsp garam masala
- ¼ cup chopped fresh cilantro
- ½ tsp salt
- ½ cup hot sauce, such as Frank's Original Hot sauce (I used what was available in my fridge.)
- ¾ cup plain yogurt
- ¼ cup heavy cream
- 4 garlic cloves, minced
- 3 tbs soy sauce
- 8 chicken bone-in thighs
- cooking spray



Cooking Directions



1. Combine all ingredients (except for chicken and cooking spray) in a large bowl and stir well.
2. Add chicken making sure to coat them well in the sauce.
3. Cover the bowl and refrigerate at least 8 hours and up to 24 hours.
4. Prepare grill.
5. Use cooking spray to keep chicken from sticking to grill.
6. Put chicken, skin side down, on the grill and grill each side for 6-8 minutes.
7. Discard marinade.

Little Known Facts About Chickens

- Chickens are pretty fast. A chicken can travel up to 9 miles per hour when it wants to.
- The largest ever recorded chicken egg weighed nearly 12 ounces, and measured 12.25 inches around.
- Chicken language has real meanings. The birds give different alarm calls depending on which type of predator is threatening them.
- Chickens can cross breed with turkeys. The result is called a 'Turkin'.
- There are four cities in the United States that have the word "chicken" in their name: Chicken, Alaska; Chicken Bristle, Illinois; Chicken Bristle, Kentucky; and Chicken Town, Pennsylvania.
- The greatest number of yolks ever found in a single chicken egg was nine!
- The chicken is the closest living relative to the tyrannosaurus-rex.
- In Gainesville, Georgia, (the chicken capital of the world), a local ordinance makes it illegal to eat your chicken with a fork.
- The waste produced by one chicken in its lifetime can supply enough electricity to run a 100 watt bulb for five hours.
- The longest recorded distance flown by any chicken was 301.5 feet.
- The record for laying the most eggs in one day was seven.
- Chickens can fly, but not for long. The longest recorded flight of a chicken is only thirteen seconds.
- The fear of chickens is called 'Alektorophobia'.
- Laid head to claw, all the chickens consumed from KFC worldwide would circle the Earth at the equator 11 times.



Boots on the Ground: Get Slick with Trail Mick

A Small Hike to Big Meadow

This hike includes a small slice of the Tahoe Rim Trail and features a scenic sub-alpine meadow. Read on!

The TRT winds along the high ridges of the mountains encircling Lake Tahoe. The trail, comprising eight sections in all, totals 165 miles.* Each section starts at a developed parking lot and trailhead. For Section 6, Big Meadow trailhead provides a nice in-and-back starting place for a day hike. The hike to Big Meadow is quite short - just 0.7 mile each way. Serious hikers, however, can continue on to Round Lake or Dardanelles Lake, each about 3 miles from the trailhead. Both these lakes are gems and well worth the walk.

To get to Big Meadow Trailhead from the Sacramento area, drive east on Highway 50 over the Sierra crest until you come to Hwy 50's junction with Highway 89 in the village of Meyers. Turn right (south) on Route 89 and go 5.3 miles to the trailhead entrance, which is on the left side of the road. Drive down into the parking area and select your spot (parking is free). There you will see a restroom with pit toilets and a glass case displaying maps and other information about the trail. Attached to the display case is a little box that usually contains free copies of the TRT Section 6 trail guide. If they're in there, grab a copy as these leaflets contain a small topographic map of the trail section.

To find the trail, walk in a southerly direction back toward the entrance until you pick up the path. Cross Highway 89. Though it's short, the trail to Big Meadow can be a bit steep in places as it climbs from a beginning elevation of 7,300 feet to the meadow at 7,500 feet. As you wind up the forested path on switchbacks, you will see a considerable number of large trees. Most of these are Red Firs, so noted for their reddish-brown bark. The trail follows tiny Big Meadow Creek all the way up to the meadow. During much of your ascent you can hear the stream not far off to your right. For the most part, though, you won't see it, as willow thickets effectively screen out the stream. After perhaps 20 minutes of walking, the trail starts to level off and you burst

out onto acres of wide open grassy meadowland. During the summer months, lots of wild flowers are usually in bloom. Big Meadow Creek continues on through the length of the meadow and beyond, up into the forested lower slopes of 10,000 foot Stevens Peak**, which dominates the scenery. Big Meadow is a great place to spread out a blanket and have a picnic. The return trip to the trailhead is all downhill from there!

Groves of Quaking Aspen are in evidence around the meadow, especially on the north and east sides. During the early fall, usually the first half of October, these groves turn a delicate golden color. When summer-like weather holds up, Autumn is a great time to visit!

There are a few things you should be aware of. Keep in mind the entire hike is above 7,000 feet. Though sunny afternoons might get warm, you will probably want to bring a sweater. Nights and mornings especially tend to be cold. Bring lots of water and sunscreen as well! Early in the season mosquitoes can be numerous, so you might want to pack some bug repellent. No permit is needed for this hike.



Another Hike from Mick's Bucket List

If you are interested in learning more about the TRT, you can go to the Tahoe Rim Trail Association's website at www.tahoerimtrail.org.

See you on the trail!

* A different portion of the Tahoe Rim Trail, or TRT was featured in the Parrot this past spring.

** Steven's Peak is named for Elisha Stevens, who led a party of wagon trains overland to California (crossing the Sierra Nevada Range) back in 1844. Stevens is generally given credit for opening up the California Trail, used later by the Donner Party (1846) and then by the 49ers during the California gold rush.

To contact Mick: braccop@arc.losrios.edu

Artie's Easel

Dear Artie,

What can you tell me about Helen Wills Post, the artist and humanitarian who recently passed away?

Sincerely,

Wanting More Information

Dear Wanting More Information,

I am so glad you asked about Helen Post because she was a fellow Creative Arts League of Sacramento member. After researching her life, I came up with the following information about her.

Helen Wills Post was born in Greenville, Texas on December 6, 1915 to Lettie and Joseph Wills. She was daughter number five of six children. Her father was a cowboy rancher and entrepreneur, and her mother was a housewife. Helen lived in Fort Worth, Texas until her mid-twenties, and then she traveled east to Princeton University. She found a job in the Bursar's office when she arrived. It was while she was working at Princeton that she met her life-long friend and fellow art lover husband, Alan Post. Alan was a graduate student in the Economics Department at Princeton. The two fell passionately in love and married.

After World War II, Helen, Alan, and their new son, David, moved to Sacramento, California. The year was 1946 at this time. While living in Sacramento, Helen began her career in art and sculpting. Over the years, while Helen was busy sculpting, Alan, her husband, began painting, too. Alan also worked as a legislative analyst at the Capitol. Over time, they both became artists of great distinction, Helen for her sculptures and Alan for his painting.

Many of Helen Post's sculptures were of human figures and animals such as monkeys, goats, and birds while others were based on the Guardia Civil forces in Spain where she and Alan eventually had a home and studio. She also sculpted representations of women peeking out from under veils in Iran where she traveled in the late 1970's. Helen's earliest works included stone, wood, and metal, and she often incorporated found-objects into her work. Later, her pieces were

made exclusively from bronze and varied a lot in both size and theme. For example, her largest bronze sculpture is located in front of the Teichert building on Watt Avenue and stands 15 feet high. This piece is a kinetic water fountain.

Helen Post was an enthusiast with broad interests. She loved and was inspired by the sculptures of Henry Moore, Pablo Picasso, Julio Gonzales, Miro and Chillida. She also loved literature of every type and especially enjoyed the poetry of T.S. Elliot, Pablo Neruda, and Louis Carroll. She admired President Franklin Delano Roosevelt for his compassion, his resolve, and success for bringing the United States out of the Depression. Helen especially admired Roosevelt's fundamental principles of justice and decency. In addition to

these, Helen loved California's Central Valley with its magnificent orange orchards. She also enjoyed the beaches of eastern Spain, the ancient town of Cuenca with all of its contemporary art museums, and the music of Mozart, Schubert and Satie. Helen Post also volunteered in schools and community groups. For example, she helped to start the Creative Arts League of Sacramento and the Family Service Agency of Sacramento. She was a former president of the Kingsley Art Club, and the Sacramento Union honored her in 1972 as



Prof White -- Artie's Mentor

Woman of the Year.

Artists say that Helen Post had a strong sense of design and that she produced beautiful images of animals that captured their essence without being elaborate. In other words, she looked for their spirits and sculpted these. Helen told her friends that she had loved making mud pies when she was a little girl and that she loved shaping things. She felt that molding images came naturally to her. Even though Helen has passed on, her son, David, carries on her art tradition. David is a well-known painter himself, learning from both his mother and father.

As President of the Creative Arts League of Sacramento and writer of Artie's Easel, I can say that Sacramento has lost a legendary artist and human being. In spite of her demise, Helen will live on in all of her works and through her son.

Until Next Time,

Artie

Continued from page 1

is very different from the British accent and different from the regular American accent. I felt like I was in a foreign country within a country. It took me a little while to get adjusted. I have a very fond memory of my time there and have maintained contact with my roommates and friends in the southern states.

Parrot: So, how did you get a job? You said on your video at your web site that you got a job when you got here.

Lina: I had a part time job working in the Admissions office in David Lipscomb College. After two years, I came back to California and graduated with a Doctor of Pharmacy degree at UC Medical Center in San Francisco. I started working as a pharmacist fulltime from 1965 to 1967 and then working part time after our second son was born.

Parrot: Yeah, I heard that in 1974 you joined the Fats family's business after working as a pharmacist for 10 years. So, what is the major reason that you changed your career?

Lina: I worked as a pharmacist full time and part time for almost 10 years. After our second child was born, I found cooking to be very enjoyable and relaxing and it stimulated my creativity. I then studied cooking as if going to college again. When we went out to dine, I asked the chefs about the food and the kitchen. I took cooking classes whenever I could. We also entertained a lot, from 15 to 150 during our daughter's one month old party. In 1974 my father-in-law decided to open a restaurant in Old Sacramento and chose the name China Camp to commemorate the Chinese immigrants coming to this country. He and his oldest son Wing could not decide on the menu since Frank Fat's, their first restaurant, was serving Chinese food only a few blocks away. I suggested a menu that had our family recipes frequently requested by many friends. These recipes were true to what immigrants used to prepare for food when arriving in the US, using local ingredients while cooking with Asian spices. I then got involved in the testing of the recipes. When the restaurant opened, I was asked to be in charge of the kitchen. I thought I would do it for a few months. However, I have stayed in the food business since 1974. We opened Fat City Bar & Café in 1976. In 1979 we opened China Camp and Fat City in San Diego. In 2000 we opened Fat's Asia Bistro in Roseville and in 2005 Fat's Asia Bistro in Folsom was opened. During that time I learned more cooking skills from the Culinary Institute of America in Hyde Park and studied under a Chinese Master Chef in Hong Kong.

Parrot: So, how many restaurants does your family have right now?

Lina: Right now we have six.

Parrot: And do you want to open more in the future, or do you want to . . . ?

Lina: It's up to the next generation. If the next generation wants to open more, we will have more.

Parrot: Do you own a restaurant in your country?

Lina: You mean in my birthplace, Hong Kong? This is my country now.

Parrot: Yes, in Hong Kong.

Lina: No, we do not own any restaurants in Hong Kong. When I was in Hong Kong I only knew how to eat and I knew how to taste food. That's why I'm interested in cooking. Cooking is a creative process and completely different from pharmacy. Pharmacy is all science. When I went to Hong Kong to study under a master chef, I could not work and learn in the restaurant kitchen. Chefs and cooks were mostly men and they didn't allow women in the kitchen.

Parrot: So, what's the difference between the recipes in New York and, you know, back in Hong Kong?

Lina: It's not just about recipes. In New York, they taught me different European cuisines. It is about learning the technique and art of the trade.

Parrot: So, are the recipes that you learned in Hong Kong the same as those you learned in school, in your family, or from your mom?

Lina: No. I learned from everywhere, watching people. Of course, in Hong Kong, I learned a lot of techniques from watching the chefs. Learning the technique of cooking is more important than knowing a recipe. Recipes can be changed according to individual taste. The correct technique in cooking and personal creativity can make the food taste good, smell good, and look good.

Parrot: Yeah. So could you please tell us a little bit about the background of the Sacramento Festival?

Lina: We started the Sacramento World Music & Dance Festival (SW MDF) 3 years ago to showcase the cultural diversity of the Sacramento region through the presentation of an ethnic dance and music festival for all ages, providing an education and entertaining experience.

The mission is to nurture and honor our cultural diversity. The SW MDF Board of Directors and its volunteers see a very direct connection between our work and our ability to favorably impact the fabric of our community through encouraging cultural interaction and celebrating the richness of our cultural diversity. The annual event also provides education and entertainment opportunities for the entire region.

This year's theme is rice of the world. Rice is a very common product. There are different kinds of rice and different ways of preparation. It's good to know that rice isn't just an Asian food product. There will be chef demonstrations on making rice dishes from different countries. The Festival this year is on Sunday October 3rd in Old Sacramento. There will be 2 stages with almost 30 groups of performers representing different countries, and booths for educational displays from schools or school districts. This year we have added something different, a hip-hop contest which is a dance originated in the U.S. Another new program is a DJ contest of music. We not only talk about diversity but we also talk about celebrating art in different ways.

Parrot: So, when do you think it is good for people to go online to find information about the festival?

Lina: Our 2010 web site, www.sacramentoworldfestival.org is a work in progress. We will be adding more information as it comes along.

Parrot: So, what are the hours of the festival?

Lina: From 10 a.m. to 5 p.m.

Parrot: So, do you think students from school can get a discount for the ticket or...?

Lina: This year we don't have the theater show on Saturday night. Sunday in Old Sacramento is free for everyone. We understand the school's budget is limited, so we provide free booths to schools for their displays.

Parrot: My teacher wants ARC students to participate in the festival.

Lina: We'd like to connect the schools with the artists. Since budgets have been cut from the art programs, this is a good way to network and support each other. Art is about creativity and scientists need creativity to excel. It is important to know art is an essential part of our lives. Many people support scientific research for known illnesses, which is very important. However, I think everyone should also be exposed to art to become a more balanced individual.

Parrot: Because they think it's kind of wasting . . .

Lina: Yes, most people think it is wasting money to teach art and music. But children express themselves in art in early ages when they paint, draw, sing, dance, or play instruments. Art is beneficial for everyone, and that's why I support it.

Parrot: Thank you very much for the interview.

Lina: You're welcome.

by Nhi Ho ESL L50
and Y La ESL L320

Note: ARC will have a diversity booth at the *Global Village in Old Sacramento* from 10:00 a.m. to 5:00 p.m. on Sunday, October 3rd.

Old Sac's Global Village. See Website:

<http://www.sacramentoworldfestival.org/globalvillage.html>



Continued from page 1

have a one-to-one phonetic correspondence with sounds in the English language. Like just about every other attempt to **rein in** English spelling, Shaw's alphabet continues to be widely ignored to this day.

But spelling-reform **advocates** press on. The Associated Press reported that this year's Scripps National Spelling Bee was **picketed by** four protesters, some dressed in bee costumes, who distributed buttons reading "Enuf is enuf. Enough is too much."

The demonstrators were from the the American Literacy Council and the London-based Spelling Society, organizations that aim to do to English **orthography** what the metric system did for weights and measures. The American Literacy Council **endorses** SoundSpel, which seeks to "rationalize" the English language by spelling each of the English language's 42 (or so) phonemes one way and one way only. In SoundSpel, "business" becomes "bizness," "equation" becomes "ecwaezhun," "learned" becomes "lernd," "negotiate" becomes "negoeshaet," and so on.

An **overhaul** of English spelling would be not **without its pitfalls**. Even if you could get every printer, publishing house, signmaker, and blogger to agree on a new system, there would still be the problem of those who have learned only the new system of spelling being unable to read literature printed in the old one.

What's more, in giving a fixed value to each letter, someone has to decide what counts as "correct" pronunciation. It's easy to imagine the holy wars that would erupt over whether "either" becomes "eether" or "iether," or whether "envelope" becomes "onveloep" or "enveloep"?

Still, many other languages – including Dutch, French, German, and Indonesian, to name a few – have successfully undergone top-down orthographic makeovers. Perhaps the English language can too.

The key would be to start slow, beginning with the most troublesome **irregularities**. We could start with the "ough" words: That such distinct-sounding words as "though," "tough," and

"through" have the same ending is a historical accident that could be easily **rectified**. American English is already **trending** in that direction, having coined such sensible words as "plow," "donut," and "thruway." By **eliminating** all "ough" words in one go, we would simply be doing a more **thurrow** [thorough] job of it.

Next, doing away with the whole "i before e" nonsense and just going with "ee" or "ay," depending on how the word is pronounced, would no doubt be met with much **relief** [relief] among those trying to learn English.

This change would position us for a more **comprehensive** vowel **overhaul**, **discarding** such **variations** as "wait," "weight," "straight," "great," "vein," and so on, and representing each vowel **sound** [sound] by a **uneeque** [unique] single letter or **pare** [pair] of letters. This **wood** [would] allow us **too finalee doo** [to finally do] away with the silent "e."

Then **wee cood moov** [we could move] on to fixing the consonants. **Under ar noo sistem, thare wood be noe moer need for the sawft** [under our new system there would be no more more need for the soft] "g," the **voyced** [voiced] "s," the **letterz** [letters] "c," "q," and "x," or **anee eeraygyoolar konstrukshuns**. [any irregular constructions.] **Wee kood al-soe eeliminate thos yooles dubil leterz**. [We could also eliminate those useless double letters]

¹Wiel wee ar at it, wee might az well cleep up ar eeraygyoolar verbz, mayking the preterit and past participal the saym in awl kasez and regyoolarizing awl ar plooralz. Bi then wee wil hav noe dowt bringed the literasee levelz of English speekerz up to thoz uv other kuntreez.

¹[While we are at it we might as well clean up our irregular verbs making the ___ and past participle the same in all cases and regularizing all our plurals. By then we will have no doubt brought the literacy levels of English speakers up to those of other countries]

²The reezult would bee a langwadje that iz konsistent, lojikal, and abil too bee eezily understud by evereewon. Jorj Bernerd Sha wood bee proud.

²[The result would be a language that is consistent, logical and able to be easily understood by everyone. George Bernard Shaw would be proud]

Some Words to Know

1. Legitimately (adv.) -- legally
2. Originator (n) -- person who begins
3. Anarchic (adj.) -- lawless
4. Hodgepodge (n) -- great unorganized mix
5. Will (v) --to give upon death
6. To rein in (v phrase) -- to control or bring to a stop
7. Advocates (n) -- people who work for an issue
8. Orthography (n) -- spelling
9. Overhaul (n) -- big change of standard practice
10. Trending (v) -- popular movement in change

Out of the Cage

Resume Development Workshop

Tuesday, September 21
1:00 p.m. - 2:00 p.m.



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

Wednesday, September 22
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

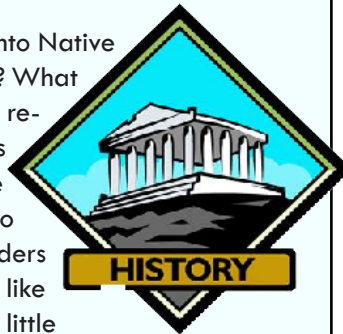


Location: Raef Hall 160

Don't Know Much about History?

Thursday, September 23
12:15 pm - 1:15 pm

How did John Sutter put fear into Native Americans to keep his fort safe? What kind of guy was Sam Brannon, really? Do you know what was the most popular food in the California Gold Rush? What do we really know about the founders of our fair City? If you would like to know more and maybe be a little surprised by what you thought you knew, this is the presentation for you!



Location: Raef Hall 160

German Film Fest -- Good-bye Lenin

Thursday, September 23

East Berliner Alex attempts to hide the fall of the Wall to his mother while reconciling his place in the new Germany.



Location: Davies Hall 218

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 or Professor Moon, moone@arc.losrios.edu
Senior Editor: Christian Valenzuela, parrot-arc@live.com

2010-2011 FAFSA Workshop

Wednesday, September 29
8:30 am - 11:30 am

This workshop will assist students in completing their 2010-2011 FAFSA applications on-line. Students should bring their Social Security Card (SSN), Parent's Social Security Card if dependent, 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 10:30 a.m. Due to limited seating, if there is not room for the student at 10:30 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.



True Colors Workshop

Wednesday, September 29
2:30 pm - 3:30 pm

True Colors is a career assessment tool to help you know and understand yourself better – what motivates you, why you behave in certain ways, why you have certain attitudes and preferences, and what your core values are. It helps you identify what careers and career environments would be most compatible and fulfilling. It also helps us understand others better, improve our communications with others, and appreciate our differences.



Location: Career & Job Opportunity Center

Peter Pan

Saturday, October 9 at 8:00 p.m.
Sunday, October 10 at 2:00 p.m.



Peter Pan A new musical adaptation by Timothy Mason and Hiram Titus, from the story by J.M. Barrie. Directed by Bob Irvin.

"The adventurous tale of the "boy who wouldn't grow up," the story of Peter Pan begins in the Darling nursery, where Mr. & Mrs. Darling have tucked their children into bed. Peter Pan and Tinkerbell fly in through the window and whisk the children out into the night. Off they go to the island of Neverland, where the children encounter the Lost Boys, the exotic princess Tiger Lily, and the dreadful Captain Hook. The adventure comes to a climax when Captain Hook captures the Darling children and the Lost Boys, Tinkerbell is in trouble, and Peter Pan must face the evil pirate to save his friends.

Timothy Mason's concise, fast-paced adaptation does an exuberant job of story-telling...Mason's text is bright, witty and doesn't talk down to its child audience.

--Minneapolis Star Tribune

Flying Effects provided by ZFX, Inc. / arctheatre.org

Mick Martin and The Blues Harmonica: A Legend shares his stories

Wednesday, October 13
12:00 pm - 1:15 pm

Mick Martin, who has played blues for over 25 years (including tours of Europe, a Carnegie Hall concert and recorded 21 CDs as leader of Mick Martin & the Blues Rockers) will be bringing an interactive blues presentation to American River College.

As the main lecturer for the Sacramento Blues Society's "Blues in the Schools (BITS)" program, Mick has been going to high schools, middle and elementary schools for seven years involving young people in what he insists is "America's only original art form." Accompanied by the cream of Sacramento's blues musicians. Martin will mix history with live performance (encouraging student participation) for a College Hour that will draw from his 40-year fascination and involvement with blues of every kind. An award-winning harmonica player, radio show host/producer ("Mick Martin's Blues Party" in its 20th year on Saturdays 90.9 FM KXJZ) and singer-songwriter, he is intent on showing how "the blues is a healer." Come out and be healed.



Location: Rose Marks Quad

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American River College
Blood & Marrow Drive
Tuesday, October 12th &
Wednesday, October 13th
9:00 am – 3:00 pm

Located in the Cafeteria Banquet Rooms

For more information contact:
Health Center @ 484-8383

*Please eat and drink plenty of fluids
*Please bring a photo ID

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