

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

**Issue #45** 

Fall 2010

# Making a Splash on Campus: Konstantine Bereza (from Spring 2010)

Parrot: What's your name? brother and me.

Konstantine: My name is Konstantine Ber- Parrot: Do you work?

eza.

**Parrot:** What country are you from?

**Konstantine:** I'm from Ukraine.

**Parrot:** How long have you been living here?

Konstantine: I have been living here for one and half years, but I came to the U.S. two years ago.

**Parrot:** Why did you decide to come to the USA?

**Konstantine:** My family won a green card and also my mom's dream was to live here all along and give a good education to my



**Konstantine:** Yes, I work at the Arden Fair Mall at the Abercrombie and Fitch store.

**Parrot:** How many classes are you taking?

**Konstantine:** I'm taking 6 classes: ESLL320, ESLR50, Art Ceramic, Fitness, Water Polo and Swimming.

Parrot: Why did you

choose ARC?

**Konstantine:** Because the first time we came here, we were looking for water polo and ARC has water polo so we called

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#### Getting Lost in the Dixon Corn Maze is Half the Fun

SFGATE By Kevin Fagan

Corn is great for eating, but sometimes getting lost in it is more fun. Just ask the hordes tromping around the Cool Patch pumpkin field these days in the dusty farm town of Dixon.

That's where the **world's largest corn maze** is - 40 acres of spook-errific 10-foot-high green and yellow corn stalks that seem to go on forever. At least that's how it seems when you're standing in the middle of them.

The idea here, basically, is to wander around in this thing until you are hopelessly confused. That takes two minutes - roughly as long as it takes to turn two corners, which never seem to match the handheld map they give you at the gate.

After that, the finding-your-way-out part starts - which always seems to consume about an hour. And when all you can see is green and yellow corn stalks and blue sky, and every corner and aisle looks the same, that can be an a-mazeingly long hour.

So say a lot of people, big and small, who have walked the Cool Patch maze, and the corn farmers who have been building it for six years.

"It takes about a week to assemble this thing every season, and even now, after running it all these years, I still get lost," said Mark Cooley, 50, who runs the farm with his brother, Matt, 47.

The pair used to grow tomatoes, but seven years ago decided to switch to better-paying

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# Mad Llama?

"My idea of an agreeable person is a person who agrees with me"

Benjamin Disraeli



#### **Inside this Issue**

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# Student Chirpings

#### **On-line Classes and Regular Classes**

There are countless ways of studying in the USA because there are a lot of colleges, universities, and schools where people can get their degrees. All of these places have different programs of education for different types of people. For example, people who like to wake up early can attend college in the morning. People who like to wake up late can go to college in the afternoon or in the evening time. Disabled people, working full-time people, or people who like to work independently also have an opportunity to get their degrees, because together with regular classes there are on-line classes also. Both regular classes and online classes

are similar because in both classes teachers use the same materials and both classes are popular among students. However, even though regular and on-line classes have something in common, there are far more differences between them.

Both regular and online classes are taught from the same material from the same book. The duration of time through the semester in both classes is the same. Regular and on-line classes are both very popular among students. If your registration day is late, then you will find it difficult to fit in either regular or online classes, because both of them are always full.

However, there are some ways that show us some differences between regular and online classes. First of all, they vary in places where people study. Even though both classes have the same materials and the same books, people who have regular classes have to go to a classroom all semester. However, people who have online classes don't have to stay in a classroom at all. It is a very good opportunity for those students who work full-time

because they don't have to leave work early to go to class or miss some family time. Both these classes also vary in duration of time for completing assignments, tests, or quizzes. Students who are attending regular classes usually have less time to prepare for tests and quizzes than students who have online classes. There is a certain time and day established for students who are attending regular classes. However, students who are taking online classes have more opportunity when they would like to take their test. These students are able to review materials until they feel that they are ready to take a test. Finally, the regular classes and online classes vary in costs. Even though both classes have

the same duration of time through the semester, the tuition for the online classes is less than the tuition for the regular classes. Furthermore, both regular and on-line classes have teaching material from the same book, but students who are taking on-line classes don't have to worry about buying textbooks. These students are able to download all the material needed for their classes: lectures, some notes, assignments, etc. Now I am taking two online classes and I didn't buy any books because these online classes

have a program that doesn't require any textbooks. As a result, I saved more than 200 dollars.

In conclusion, being a student and having both regular and online classes, I noticed a few similarities between online and regular classes but the differences are far more obvious. In studying places, in time for completing assignments, and in cost they are different.

> Elvira Shestyuk ESLW 50

#### Common Myths and Facts About On-line Education

**Myth:** Degrees earned through online format are not as valuable as traditional degree programs.

Fact: The myth may be true during the initial introduction of online education, but the 2 digit growth rate in the past 20 years has shown the online study format has gained in popularity. The proper accreditation by the accrediting agencies approved by Department of Education that guarantees an education quality has made online degrees no different than the traditional degree. The online degrees are widely accepted in the job market. An employer concern is the fake degrees issued by diploma mills. As long as your degree is from a legitimate and properly accredited university, then it is no different whether your degree is earned through an online or campus-based university.

Myth: Online learning is easier than a traditional campus-based education

Fact: Both on-line and off-line learning are the same in terms of courses. Many brick and mortar universities are offering the same degree they offer off-line to online students, same courses with the same total credit hours to complete the degree program. Although there are fast track degrees where you can waive some credits with your life experience in the related field, online learning does require a considerable amount of time and effort. The online learning may look easier as it provides you with the flexibility and convenient learning environment where you can learn from the comfort of your home and on your own schedule, however it is sometimes more difficult.

Myth: Online courses cannot transfer to other colleges.

**Fact:** You will face difficulties to transfer the courses to other colleges if you are getting an online degree from an unaccredited university. If you attend online courses offered by an accredited school, you should not have a problem to transfer the courses to other colleges. But credit transfer will largely depend on the admission office regardless of online or offline courses. You should check for the feasibility of transfer credits during the enrollment process.

http://www.streetdirectory.com

#### **A Special Blessing**

I believe in having dinner with my family. I grew up in a traditional Peruvian family, where, no matter what, we had to get together for dinner everyday. This was something that I could not miss because I could not break the tradition or the blessing from my parents.

I remember that dinner time was like a ritual. I had to help my mother in the kitchen before dinner. Peruvian dishes are

very tasty and look good; however, there is a lot of work in making them. My mother was always a good cook. As she cooked, she talked and I listened. I remember bringing all the vegetables to the table, washing them, picking the good leaves from the bunch of cilantro, and removing the bad bits from the rice; for a seven-year-old that was easy. My mother was the one who did the fun part, which was chopping the onions, peeling the potatoes, and cutting the meat into cubes. I always want-

ed to do her part, but she never let me. She said that one day I would have my own kitchen and I would be in charge of it. While she was seasoning, I watched her. My mother said that the ingredients have a purpose, a reason, and an order; she taught me how to cook. The most important thing in the kitchen she said is that you should cook in a good mood. This is the secret of being a good cook. "Cook with love and care." She was right; I noticed that when she was sad or mad, for some reason the food tasted bad, but no-

body said anything, out of respect. The food was good, but the most important thing for me was that we talked, laughed and had a good time.

I remember sitting at the table. We all said grace before meals. My father always asked God for a special blessing on his kids. Then my father always liked to ask, "What was the good part or the bad part of your day?" And after that

he asked, "What did you learn today?" He wanted to know what we did every day. For a seven year old, this was difficult, and sometimes I did not want to talk about my day because I thought I would be in trouble if I told them everything. However, I always told them everything, and they always knew what happened in my life. I enjoyed seeing them laugh when I told them about my day.

It really was a blessing to have a family who cared about me. Now, with my own family, we also have dinner together every day. We say grace before meals and my husband is the one who asks the questions about my kids' day. It seems that for some reason, my kids have trouble answering questions, like me. What a coincidence! I enjoy keeping this tradition that makes me feel connected to my childhood.

Norka Lema ESLL310



#### 10 Benefits of Family Dinners

- Everyone eats healthier meals.
- Kids are less likely to become overweight or obese.
- Kids more likely to stay away from cigarettes.
- They're less likely to drink alcohol.
- They're less likely to use illicit drugs.
- School grades will be better.
- You and your kids will talk more.
- You'll be more likely to hear about a serious problem.
- Kids will feel like you're proud of them.
- There will be less stress and tension at home

#### **Tips for Organizing Family Dinners**

- Set a goal. Twice a week, perhaps? Build from there.
- Keep it simple. Family meals don't have to be elaborate. Work salads and vegetables into meals. Focus on familiar favorites, like chili or frittatas.
- Keep healthy 'appetizers' on hand. Stock the kitchen with fresh fruits, nuts, and low-fat cheese -- stuff the kids can snack on after school, instead of chips.
- Get the family involved. Let kids help prepare meals and set the
- Use the crock pot. Put everything together before leaving for work in the morning. You'll come home to the delicious smell of a cooked meal.
- Make it enjoyable. Leave the serious discussions for another time. Family meals are for nourishment, comfort, and support.
- Set the mood. Play soothing music. Put flowers on the table. Light a candle. Create a relaxing environment.

## **Keep Your Spirit Up**

people

I will never forget the summer of 1995 when I was working for a Ukrainian social program with a student group in Kharkov. I need to tell you that that year was one of the hardest years for the Ukrainian economy. People earned \$20-\$40 per month. Money which students got from a university or a college could hardly ever cover one meal per day. In addition to that, half of the students nor their parents could buy tickets to go home for a summer break. That's why I went to this city, to be with students for two months of summer. My purpose was to find and set up a variety of activities to keep them busy, for example: go to the theatres, picnics, sporting events, hiking, and disco time. I looked at this like a great mission to help, to make somebody's life happier. But I could not imagine that a twist of fate left me as needy as the people I went to help!

The first week was incredible. met from other cities of Ukraine who went there with the same mission. One volunteer was a girl from my city and we lived in one apartment together. We met our student group, asked them a lot of questions about their hobbies and how they liked to spend their free time. After that we made a plan for one month. Everything seemed just great for me! But you never know what kind of surprise life has already prepared for you.

It was a usual morning our second week with an unexpected announcement on the radio:"Warning! The sewage plant broke, all clean water systems, rivers and lakes are now polluted. Do not drink water from them!" That meant the whole city did not have water! People panicked! Nobody could tell us how many days or weeks it takes to clean up all the water system. The government decided to bring one cistern of water to each neighborhood every day. People could pour water into a plastic bottle, a pot, etc. The problem was for us that we left home at 7.30-8.00 a.m. and came home around 8 p.m. Yes, we missed our cistern. Sometimes we could take water from another neighborhood; sometimes we bought bottled water in the store. You could not even imagine what was happening in the store when they had the bottled water delivered! Chaos, screaming, fighting, long lines! We could buy only two bottles per person (it was a rule). It was a good day for us if we had water to drink. We could only dream about taking a shower or washing clothes.

An extra surprise the following week was the weather. The temperature jumped up to 90-95 Fo! One day I was desperately looking for water. "One drop, I need just one drop!!!"- was the only thought in my head. I found one small fountain in the downtown and drank brown (!) water but with great thankfulness. I really appreciated every drop!!! After I finished drinking, the water suddenly stopped flowing. I understood I had seen a miracle, somebody had taken care of me. I really appreciated every drop of that brown water!!!

Maybe you have a question how we washed our clothes with such hot weather and after working all day? I can give thanks to my every Monday trip to Kiev for conference time!!! I took all the dirty clothes of my coworker and mine to Kiev. I came home after arriving; hugged and kissed my parents; put the dirty clothes into the washing machine; took a shower; went to the conference; came home in the evening; took clean clothes, and drove to the train station

to take a train to Kharkov. This lasted for the next four weeks. I still remember that one day per week I was the happiest person in the whole world!!!

> But all this enthusiasm alternated with my emotional struggle. Yes, it was a hard time for me. I was 25 years old. I was born in the capital city. We always had good public utilities. I had never been in such a situation before. Plus I have an idealistic personality. I went there with good intentions to help. I was really excited

about this trip! Of course, I was not ready to face this problem. Sometimes I thought, "That's all. I can't stand this anymore. I want to go home. What am I doing here? Why should I go through all this? What if I get sick? Who needs all my sacrifices? Where can I find energy to support all my students? And this is the end of the 20th century!" Actually having thoughts about 17-18 years old students helped me to think clearly. I understood how selfish I was (and I am ). I told myself, "Anna, look at them! They needed to live from hand to mouth every day! They struggle to get their education in this hard time for the country. Stop complaining. Do not forget you are here for them."

Being in this situation taught me to stay positive, to be thankful for all goods that we have, to do not give up, to see my goal, and to think of people needs more than of mine. When I look at pictures of our student group of '95, I think of the great time we spent together, how quickly we became close to each other, and how we helped each other to go through this extreme situation.

> Ganna Schorn ESLW50

#### **ARC New Library**



#### Roforo

Have you been to ARC's new library yet? After a major remodel, it is open and ready for business – YOUR business. Every student should stop by and look at this beautiful new building; you will fall in love with it.

The library has a self-tour handout that is right by the front door. This is a 3 page diagram (or map) of the three floors of the library which directs you from one area of the building to another and explains the purpose of each area to you. You use the self-tour to guide yourself around the library at your own speed. There are always librarians near by if you think of some questions as you wander through the building. You'll be surprised by some of the library's "secret" spots!

Students in Prof. Wellsfry's **ESL R310** class recently took this tour individually, and these are some of their comments:

"The library has lots of places to relax, study, and do your homework."

#### Nataliya Torchilo

"There are many computers where students can check their grades or get some help with homework."

#### Raisa Kozma

"I liked the librarians and their polite answers to my questions."

#### Olga Ignatiuk

"They have private rooms for ones who want to study quietly."

#### Maryam Azin

"I like the window sitting areas; you can sit on the soft chairs and look through the windows."

#### Marianna Dolinskaja

"For me, one of the best things is the box outside where we can put our books back."

#### Zoia Petrova

"I think the people who designed this library made the best possible way for students. I like this library, and in the 'Special Collections

#### After

and Archives' sections, I chose some books. (There are Easy Reading books in this section.)

#### Tetyana Baha

"It's awesome! It has good lights to study and a copy machine, printer and computer labs."

#### Mike Hsiao

"I like the new library because students can work inside and outside; we can relax in the library."

#### Nadiia Hipska

"It's very important to have a very big and beautiful library for students. The library is comfortable and it is clean everywhere."

#### Lida Lavrushchak

"There are a lot of computers, librarians, assistants, and seating places to help us to study."

#### Nhi Ho

"I like the balconies and spots that make you feel like you are sitting outside – plants, tables, etc."

#### Viktor Budko

"I like the small rooms for several people to use. There I can use my notebook and do different jobs with my classmates."

#### Tatyana Tumanova

"The library is beautiful I like it because there is much helpful information that we can use in our life. In the library, there is quiet and nobody bothers me when I do my homework, and I like it."

#### Yelena Berkash

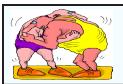
"I have never seen a library that looks like this! Everything is made of expensive and modern materials. I was very, very impressed."

#### Peter Zhalezny

"My suggestion is for students to use it more often!"

#### Nina Fedchik

# Parrot Warbling



# Grappling with Grammar

#### Prepositions of Place: at, in, on

#### In general, we use:

- at for a point.
- in for an enclosed space.
- on for a surface.

AT	IN	ON
POINT	ENCLOSED SPACE	SURFACE
at the comer	in the garden	on the wall
at the bus stop	in London	on the ceiling
at the door	in France	on the door
at the top of the page	in a box	on the cover
at the end of the road	in my pocket	on the floor
at the entrance	in my wallet	on the car- pet
at the crossroads	in a building	on the menu
at the front desk	in a car	on a page

#### Look at these examples:

- Jane is waiting for you at the bus stop.
- The shop is at the end of the street.
- My plane stopped at Dubai and Hanoi and arrived in Bangkok two hours late.
- When will you arrive at the office?
- Do you work in an office?
- I have a meeting in New York.
- Do you live in Japan?
- Jupiter is in the Solar System.
- The author's name is on the cover of the book.
- There are no prices on this menu.
- You are standing on my foot.
- There was a "no smoking" sign on the wall.
- I live on the 7th floor at 21 Oxford Street in London.

# Idiom-Attic



#### Call it a day

"Let's call it a day and go home," Teddy said. Because the person he's addressing doesn't understand the expression, it's up to me to explain that when we call it a day, we stop whatever we are doing, regardless of the time. "After twenty years as a postman, Mr Burr called it a day and retired."

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

#### **Beak Speak**

Chasm, dirndl, massacring, rhythm, sarcasm, and vrbaite have more syllables than pronounced vowels. Contractions and words that end in ism and ithm also have this property. Proper names with this property include Edinburgh and Hamtramck.



- Louea, five letters long, is the shortest four syllable English word. Oceania, oogonia, and oxyopia, each seven letters long, are the shortest five syllable English words.
- Ushers contains the most personal pronouns spelled consecutively within it: he, her, hers, she, and us, totaling five pronouns.
- Johnny-jump-up and niminy-piminy, twelve letters long, are the longest words that can be typed using only those letters normally typed with the right hand. Eleven letter words with this property include hypolimnion and kinnikinnik. Nine letter words with this property include homophony, homophyly, monophony, nipponium, nonillion, pollinium, and polyonomy.

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

# Some More Parrot Fun Stuff



#### Science Ficion Movies Wordsearch

Find and circle all of the Science Fiction movies that are hidden in the grid. The remaining letters spell the title of an additional Science Fiction movie.

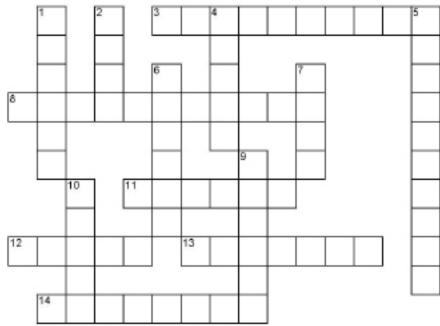


ALIEN
BLADE RUNNER
BODY SNATCHERS
BRAZIL
COCOON
CONTACT
CUBE
DARK CITY
DEEP IMPACT
DUNE
EQUILIBRIUM

FANTASTIC VOYAGE FLASH GORDON FLATLINERS FORBIDDEN PLANET FRANKENSTEIN GATTACA INDEPENDENCE DAY JURASSIC PARK LOGAN'S RUN MAD MAX METROPOLIS ROBOCOP SCANNERS SHIVERS SILENT RUNNING SOLARIS SOYLENT GREEN SPIDER-MAN STAR WARS STARGATE STARMAN STARSHIP TROOPERS TERMINATOR
THE ABYSS
THE FLY
THE MATRIX
THEY LIVE
TOTAL RECALL
TRANCERS
TRON
VIDEODROME
WESTWORLD

# California

Golden State - 31st - Sept. 9, 1850



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#### ACROSS

## 

#### DOWN

1	The current Governor of California is
	Schwarzenegger.
2	A lot of people moved to California
	between 1848-1855 to search for
4	California became a on
	September 9, 1850.
5	The capital of California is
6	Los Angeles means City of
7	A grizzly is on
•	California's flag.
9	California shares its southern border
	with the country of
10	Father Junipero helped
	build many of the missions in California.

## If | Were

If I were your best friend,
You could rely on me.
You would trust me with all your heart.
I would be there no matter what
When you would need somebody to talk with.

If I were your best friend,
We would not let any bad decision destroy our relationship,

We would not tell anyone our secrets.
We would not let jealousy come between us.
We would support each other.

If I were your best friend,
We would be there in bad times and good times.
We would be like two sisters who found each other in this
big world.

We would advise each other in any decisions that one of us or both have to make it.

If I were your best friend,
We would respect each other.
People would see in us that life is very different.
When one of us would have her heart broken
In many pieces that could not be held in her hands.
I would be there for you or you for me.

If I were your best friend,
I would find in you a true most friend.
You would see in me a wonderful person that you ever dreamed of.

And I would admire you what a great person God created and put life in you.

I would be thankful to Him that He put you in my life
We would support each other through prayers.
And we would pray to God to bless our lives.
I would not let you down.

Ligia Goga ESL R340

#### Solutions for crossword puzzle on page



#### Rigoberto's Riddles

You use a knife to slice my head and weep beside me when I am dead. What am I?

.noino nA

All about but cannot be seen. Can be captured cannot be held. No throat but can be heard. What is it?

The wind.



#### Silly Vasily's Chuckle Chamber

Joe Smith started the day early having set his alarm clock (MADE IN JAPAN) for 6 a.m. While his coffee pot (MADE IN CHINA) was perk-

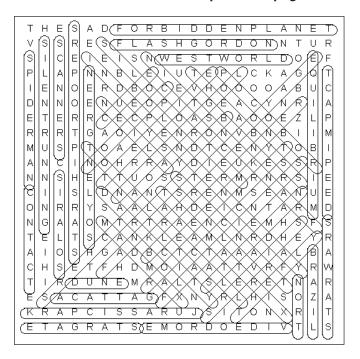


ing, he shaved with his electric razor (MADE IN HONG KONG). He put on a dress shirt (MADE IN SRI LANKA), designer jeans (MADE IN SINGAPORE) and tennis shoes (MADE IN KOREA).

After cooking his breakfast in his new electric skillet (MADE IN INDIA) he sat down with his calculator (MADE IN MEXICO) to see how much he could spend today. After setting his watch (MADE IN TAIWAN) to the radio (MADE IN IN-

DIA) he got in his car (MADE IN GERMANY) and continued his search for a good paying AMERICAN JOB. At the end of yet another discouraging and fruitless day, Joe decided to relax for a while. He put on his sandals (MADE IN BRAZIL) poured himself a glass of wine (MADE IN FRANCE) and turned on his TV (MADE IN INDONESIA), and then wondered why he can't find a good paying job in..... AMERICA.....

#### Solutions for wordsearch puzzle on page



# The Three Sisters: Rada, Ella, Inga

(Counselors on Courting)

#### Dear Three Sisters,

I'm nineteen and planning to get married next spring. My parents are urging me not to and want to sit me down and talk to me but, you know, they're from another country and just don't get it. They said there are a lot of things to think about before you get married. Truthfully, though I love them, I don't want to listen to them. I love this guy - that's it. What do you think? What do you think my parents are thinking?

#### **Hearing Wedding Bells**

#### Dear Hearing Wedding Bells,

Marriage is a very important event in anybody's life. We decided to discuss this between us, and write a combined answer for you from all three of us.

Your parents have been together for a long time now, and we think that you should at least try to listen to them. It doesn't matter if they come from a different country, because there are things in the relationship that are valued in any country; those are being faithful, honest, and straight up. We agree with your parents on the part that before you get married there are a lot of things that you should consider and think about. Love can burn out, or go away... What's worse is that you can start having problems and obstacles, and then love can't always solve

everything. We think that you should really think about these questions:

- 1. Can you cope with his faults, and maybe problems? Or are you hoping that those things might change after you get married? Of course it will change but probably not in the best way; don't even think that you will be able to change him after the wedding. Forget about that if you want a good, healthy marriage. If there are things you don't like, right now is the time to solve them. And also are you willing to bend your ways for his? Can you change something if he asks you?
- 2. Did your life become better after you both met? Are you sure that you are better off with him than on your own?

- 3. What if just the two of you will end up on a deserted island? No seriously! Could the two of you survive there? Can he get out of tight situations? How fast does he get tired, or give up? Can you depend on him to be a real man? And in the end do you respect him and value his opinions and decisions? Or do you just want him to keep pampering you after the wedding?
- 4. How fast do you forgive each other? Do your arguments last for a few days? Can you solve your conflicts without other peoples' help? Can you solve it without bringing in your sisters, brothers, friends, and parents?



Ella, Rada, Inga

- 5. Is it easy for you both to communicate? Were there times when you just sat there and had nothing to say, and you would end up discussing other peoples relationships? Is he funny? Do you guys understand each others' jokes? Do you like the way he acts around your friends?
- 6. How much do you have in common? Do you have any mutual hobbies? What about cultural traditions that the two of you follow?
- 7. KIDS. Yes!.. someday you will have those, you know? Will he be a good father? What will he be able to teach your kids? What kind of future will he give them? Do you agree on the methods of raising kids?
- 8. Does he value you more that other girls? What about you? Is he above all and all for you?
- 9. Does he strive to become better? To make you better?
- 10. If you both will be having problems, or obstacles in your life, how much are you willing to sacrifice for him? How far are you willing to go to make HIM stronger and better? After all, it is not just about you; he has a heart, feelings, and weaknesses too.

Think about all of this!!! If you do, it might open your eyes to a lot of things that the curtain of "being in love" conceals in the dating stage.

#### Rada, Ella, Inga

# **Granny Noetal**

#### Dear Granny,

I hear they're closing down the cafeteria for a few years. What are we gonna do?

#### Hungry

#### Dear Hungry,

I know what I'm "gonna" ("going to" in academic English) do. I will be brown-bagging it, i.e. bringing my lunch from home, just as I did when I worked in a factory in LA during WWII. A few carrots, a cheese sandwich, a piece of fruit, and a cookie should do it. While our cafeteria

has great food, bringing lunch from home has its advantages: you can save a few dollars and, if you're lucky and looking for adventure, you ask your little brother to make

straight-up trading lunches with your friends also brown-bagging it. If you're really daring and looking for a way to meet that cute guy or gal in your chemistry class, you can offer to share your peanut butter and marshmallow on onion -rye-bread sandwich. You know, the way to someone's heart is through their stomach, especially if there is saran wrap involved.

it for you. Then there's always the possibility of

Granny

#### Artie's Easel

#### Dear Artie,

What can you tell me about the new Crocker Art Museum?

#### **Looking for Action**

#### **Dear Looking for Action**

The new Crocker Art Museum is truly a place of wonder. It opened to the public on October 10, 2010, providing free entrance and many fun activities throughout the day. The Crocker made certain that Sacramento residents enjoyed the city's newest museum by providing art, food, and tours on opening day. Thousands of both Crocker patrons and non-members participated in the event and tours hosted by employees of the museum. Before the opening on the 10th of October, the Crocker administration folks

the Crocker administration folks had to solve a myriad of potential problems. For example, where were visitors going to park? Because the museum has a limited number of available spaces for cars, the Crocker staff sent out publicity encouraging opening day visitors to ride their bicycles on opening day. They also asked visitors to use Sacramento's public transportation systems. As usual, Sacramento's residents responded to the museum's request

positively by cycling and riding the bus on the 10th.

All in all, Sacramento residents supported one of its largest art museums by making the grand opening a success. For example, activities were held not only inside the building, but also on the very spacious patio that connects the old

Crocker building to new building. At the same time the patio events and music were going on outside, tours were held inside the new Crocker for visitors.

The new Crocker building has been under construction for more than three years. Is it finished now that it is open to the public? No. Construction and detail projects will be underway for many months to come. Sacramento will also be paying for the new museum in the years to come because of the many new exhibits that have been installed in



Prof White -- Artie's Mentor

the building. In other words, the new Crocker is an expensive, marvelous work of art in itself, and as all artists know, art can be costly.

Have fun! Visit the new Crocker art museum in downtown Sacramento on the corner of 2nd street and O street.

**Artie** 

# Parenting the Parrot Way!

#### Llama Llama Mad at Mama



Prof. Moon's kids

Lately my children have had some trouble getting back in the swing of school and responsibilities. I noticed what made it worse was having the children go on errands or do chores around the house. Then, I came across this article and story on <a href="https://www.growingchildren.com">www.growingchildren.com</a> and it has proven to be really helpful in making errands and chores much easier.

This picture book, <u>Llama Llama Mad at Mama</u>, probably suitable for children as young as two, and certainly enjoyable by all preschoolers, tells a story we can all recognize.

Llama Llama is interrupted from his play because it's time to go shopping. The store looks interesting at first, but then there's "Yucky music, great big feet, Ladies smelling way too sweet. Look at knees and stand in line." Llama Llama starts to whine.

Then he has to try things on-"pull and wiggle, itch and cough"and help Mama make decisions about cereal and lunch, and he just wants to go.

As he decides it's no fun at Shop-O-Rama, Llama Llama gets mad at Mama! And the familiar grocery store temper tantrum begins.

Then Mama does what she should have done at the beginning-she helps him see that they can make the shopping fun and get it done. Llama Llama becomes part of the team, and shops with Mama, so a happy ending for all. In the best of all possible worlds, no young child would have to go on full-blown shopping trips that exceed their ability to have to sit-still-and-not-touch, wait in endless lines, or to resist marketing temptations.

Given the constraints of family time, this is usually not a real-

ity. But there are some things parents can do that help ease the process, and make shopping an enjoyable and educational activity.

1. Plan the time for the shopping trip so that children (or adults) are not already tired or hungry. Being comfortable and allowing enough time not to have to rush provides the best circumstances.

Avoid the crowds, such as just before dinner, which would make for long checkout lines.

2. Let children know in advance what you will be buying. With preschoolers, it is useful to show them a list, and even have them look with you through grocery store flyers.

Remember, shopping is often an early education in concepts of nutrition and budgeting, as well as understanding that plans make life easier. If they can help make some choices, make this clear so they can anticipate their role.

- 3. Remind children ahead of time about limits and behavior. Let them know specifically what you expect. Children who are still learning appropriate behavior benefit from such gentle reminders.
- 4. Capitalize on children's curiosity. Let them look at interesting fruits and vegetables, learning new words as they go. Ask them questions about the items they see, including guesses about what things feel like, what their taste may be, where they grow, and so on.

Encourage them to think about counting and weighing concepts. Simple questions avoid shopping boredom.

- 5. Let older preschoolers help you locate items on the shelf, using clipped-out pictures from the grocery ads. "I spy" using colors or rhyming words can entertain kids down many a long aisle. Bringing a crayon allows youngsters to mark through items on a list, all practice for the beginnings of literacy.
- 6. Allow children to make choices within choices. For example, you may select two or three acceptable cereals, and allow your child to choose the one to buy this time. Remember what you promised they could choose at home.
- 7. Recognize that you will have to say "no" about some things. You can say no just as kindly as you can say yes, recognizing the wish, even if not granting the specific request, as in "That

# Mim's Cafe

Bobby Flay, one of the Iron Chefs on the Food Network Channel, shared the recipe below in Parade Magazine printed July 18th, 2010. I tried this recipe one night when two family friends came over for dinner. This recipe not only benefits the health but is fresh and light on the tummy. Two warnings though: first you might have trouble finding fresh oregano at your local supermarket. Luckily, there are several big bushes on my street. Second, Kalamata olives are quite expensive. A 16 oz jar costs about eight dollars. This recipe serves 4 people.



Prof. Montgomery with happy eater.

#### **Greek Chicken Salad**

#### Ingredients



- 4 6-oz chicken breasts
- 3 Tbsp fresh oregano
- ½ cup olive oil, plus 2 Tbsp
- salt and fresh black pepper
- 4 pita pockets
- juice of one lemon
- 1 Tbsp red-wine vinegar
- 1 tsp clover honey
- ½ cup extra-virgin olive oil
- ½ head romaine lettuce, chopped
- 1 cucumber, peeled, and diced
- 2 jarred roasted red peppers, drained and thinly sliced
- 1/4 cup of Kalamata olives, chopped
- 8 oz. Feta cheese, in small cubes

#### **Preparing and Cooking Instructions**

- 1. Put oregano with ½ cup of olive oil in blender and process until smooth.
- 2. Pour marinade on top of the chicken and chill for 30 minutes.
- 3. When you take breast out from marinade, season chicken with salt and pepper.
- 4. Heat 2 Tbsp of oil in nonstick pan over high heat. Cook chicken until golden brown (about  $4 \frac{1}{2}$  minutes per side).
- 5. Remove chicken from heat. Let chicken cool before cutting into small cubes.
- 6. Wrap pita pockets with foil and put in 300 F oven.
- 7. While pita pockets are being warmed, whisk together lemon juice, red-wine vinegar, honey, salt, and pepper in a small bowl.
- 8. Slowly add extra virgin olive oil.
- 9. In a large bowl toss lettuce, cucumber slices, roasted bell peppers, olives, Feta cheese, and chicken.
- 10. Drizzle with dressing before scooping them into warm pita pockets.

#### Continued from page 12

cereal does look good, doesn't it? I wish I could let you have it, but it's got way more sugar than is good for us. Let's see if we can find another that suits us."

8. Don't hesitate to give children valid reasons why requests cannot be granted. Remember, this is all a learning process, so telling kids that you just don't have the money for special things this week, or pointing out the flimsy construction of a toy helps children broaden their understanding.

- 9. If your market has a no-candy checkout station, use that to avoid this super temptation at the end of a trying experience. (If it doesn't have one, ask the store manager to consider adding one.)
- 10. Should you or the kids reach the limit of patience, don't hesitate to cut the shopping trip short. There will always be another day. Demonstrating flexibility is another life lesson.

Find more parenting tips at www.growingchild.com

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

#### Calaveras Big Trees Hike -- North Fork Trail, Calaveras Big Trees State Park

Calaveras State Park contains some of the largest trees in the world, let alone in America. A few are pretty ancient, too - up to 1000 years old. On this 1.5 mile stroll you can see a good sampling of huge Sierra Redwoods, or "Seguoia Gigantea".\*

Driving time to the Park from the Sacramento area is approximately two hours. To get there, take U.S. 99 South to

Stockton. Turned East on State Hwy 4. Pass through Copperopolis to Angels Camp. Stay on the new stretch of Highway 4 which mostly bypasses Angels Camp. (An alternate route from Sacramento is to take State Hwy 16 to State Hwy 49, then south through Jackson, San Andreas, and Angels Camp, where you will turn left to pick up Highway 4.) From Angels Camp, forty minutes of additional driving on Highway 4 will take you through Murphys, Arnold, and finally to the entrance of Calaveras Big Trees State Park. Turn right into the Park, past the ranger entrance station. You might have to pay a car park fee of \$8 (at last check), especially during the summer. Drive on to the North Grove parking area, which is visible from the entrance station.

available at the trailhead that are useful and informative. Within the grove you will also find markers along the trail that explain and tell the history of some of the more spectacular trees. Allow at least one hour for your walk through this awe-

ally, there are small paper maps and trail guide booklets

inspiring grove. In addition to the Sequoia Gigantea, there

are other old growth native conifers to see. These trees include Sugar Pines, White Fir, Incense Cedar and Ponderosa Pines. Big Trees need a reliable source of water to survive. In the North Grove much of the water is provided by a small stream, Big Tree Creek, which winds through the entire grove. The loop trail crosses the stream repeatedly over tiny bridges.

Although Calaveras State Park wasn't founded until 1931, the North Grove of Giant Sequoias was actually discovered in 1852. Not long after its discovery, tourists began to visit the site.

At an elevation of 4,600 feet, summers here are generally pleasant and cool, especially in the shade of the Big Trees.

Winters are chilly. After a fresh snowfall, it's quite a treat to see the trees wearing a mantle of white.

Finally, you should know this is a walking trail only. No dogs, bikes, or horses are allowed in the Grove. Everything within the park is protected and must remain as is and where it is.

# A fa MI North Fork Area Trail Map

Once you park your car in the large lot, take note of the surroundings. At the left side is a restroom facility (with plumbing). On the right is a picnic/camping area with tables. A large meadow is visible through the trees beyond the camping area. Straight ahead you will see the trailhead, marked by a small cabin (a warming hut during the winter) and a glass enclosed display case. The display contains information about the park, most notably the trail map. Study this map to get your bearings. The North Grove of Big Trees is serviced by a mile and a half long loop trail. It's an easy trail on mostly flat terrain, but there are offshoots that go to other areas, so be careful to stay on the main trail. Usu-

#### Happy hiking!

\* Though related to the California Coastal Redwood (Sequoia Sempervirens), Sierra Redwood is an altogether different species. Though taller, the Coast Redwoods tend to be less stout.

our coach and he invited us here.

Parrot: How do you manage your work and school life?

Konstantine: It's kind of hard because I have a lot of classes and I have swimming and It's hard for me also and I work all the time at night, so it's kind of hard but that's what I chose.

Parrot: Are you currently playing on the team?

Konstantine: Yes, I do but right now (spring) we have swimming season so right now I swim. I don't really like this but I'm supposed to... We have water polo in fall.

Parrot: How do you play water polo?

Konstantine: Ahhh... I play water polo, it's like 13 players. It depends on how the coach wants it. We have 2 goalies

and 11 players or 1 goalie and 12 players and in the field it's going to be just 6 players at a time and 1 goalie. The game has 30 minutes, 4 quarters, each quarter has 8 minutes and between the first and second quarter we have 3 minute breaks and between second and third quarter we have 5 minute breaks and between the third quarter and last quarter we have 3 minute breaks. We have 2 referees, one on each side.

Parrot: What are the requirements to be a water polo player?

Konstantine: You're probably supposed to know how to swim, how to catch and shoot the ball and you're supposed to know all the rules about water polo and

also you're supposed to be talented and if you're talented it doesn't really matter if you're a short guy but if you're just a normal player, yes, it's better for you to be a tall and big guy so you can play as well as the other guys.

Parrot: What's your position?

Konstantine: My position when I started playing water polo was center but right now I don't really have a position because I can play everywhere on my side or in the center. It doesn't really matter for me.

Parrot: Do you need special equipment to play water polo?

Konstantine: No..You just need a speedo and a cap.

Parrot: Have you ever been injured?

Konstantine: No.

Parrot: Would you like to go to the Olympic games?

Konstantine: Yes, of course, I would like to go. It's probably

the biggest dream of my life.

Parrot: Do you know where water polo was played for the first time?

Konstantine: I think it was in England or Scotland.. I'm not

Parrot: I read men's water polo was introduced at the Olympics in 1900, is that right?

Konstantine: Yes.

Parrot: When did you decide to become a water polo player?

Konstantine: I don't really know. I just remember I started swimming when I was seven years old and I swam for about two or three years but didn't really like this and didn't spend

> a lot of time in my practices but when I started playing water polo, I really liked it and maybe at that time I decided to be a water polo player.

> Parrot: What's the hardest thing about being a water polo player?

> Konstantine: For me it's probably the practices because practicing all the time is hard but if you really practice hard and give everything, then in the game you see the results and you will win.

> Parrot: What's your experience of being a part of the ARC Water Polo team?

> Konstantine: Umm.. It's really good because Ukrainian water polo and American water polo are different so I learned a lot of new stuff here and it has really helped

me because I have put everything together and it makes me a better player.

**Parrot:** What's the hardest thing of being a part of the team?

Konstantine: It was hard at the beginning because I didn't understand everything, but every practice, every day, it's getting better.

Parrot: Do you feel like you are a starting player? Have you ever been excluded?

Konstantine: No.

Parrot: What was your happiest moment playing water polo?

**Konstantine:** It probably was when I went to the European tournament with my Ukranian junior national team. We didn't have good results but it was a big tournament for me and I was really happy to be there.

Parrot: If you had to decide to play for the USA water polo team or Ukrainian water polo team which one would you



Konstantine (left) and Coach Black

choose?

Konstantine: The American team.

Parrot: Why?

**Konstantine:** Because right now in Ukraine we have a lot of problems with infrastructure (pools and money) and the Ukrainian team doesn't have lot of pools to practice in and the US has everything and my dream is to play in the Olympic games so probably I would choose the US right now.

Parrot: Do you think I can be a water polo player?

Konstantine: I don't think so but you can try everything.

Parrot: If you weren't a water polo player, what kind of an

an athlete would you be?

Konstantine: Ahh.. Probably a basketball player.

Parrot: What's your dream job, Konstantine?

**Konstantine:** My dream job is to be a coach because I spent all my life playing water polo and that's probably what I would like to do.

**Parrot:** In order of importance from 1 to 4, please number the following factors: Family, Money, Water Polo, and Career.

**Konstantine:** Water Polo, Career? It's going to be family first, second water polo, third career and the last one is going to be money.

Parrot: What are your goals?

**Konstantine:** My goals are, of course, to be in the Olympic Games, have a good family, good education, a good job, and travel, because I like traveling.

**Parrot:** If there were a fire in your house, what would be the first thing you saved?

**Konstantine:** My family pictures and my laptop because it has a lot of information.

Parrot: Tell me something nobody knows about yourself.

**Konstantine:** I like poetry and writing, but in my native language.

**Parrot:** Do you plan to go back to your native country in the future?

**Konstantine:** Yes, maybe just to visit my friends, but not to live there.

Anna Gamboa ESL320

#### **Quick Facts of Water Polo**

#### Number of players per team:

7 (1 goalie and 6 field players)

#### Length of game:

- About 45 minutes
- Four 7-minute quarters that actually last around 12 minutes or so depending on the referee.
- 2 minute rest between quarters

#### Scoring:

- 1 point per goal (like soccer).
- Scores are in the range of 6-15 goals per game. With a
  decent goalie, shooting percentages are in the 30% range so
  there are usually lots of shots and blocks to keep things exciting. A good goalie is the most important part of the team.
- You can only use one hand to touch the ball (except the goalie)
- Field of Play:
- 30 meter all deep pool if available. We use 25-yard halfdeep pools.
- Players are not supposed to touch the bottom so lots of treading is required.
- Basic strategy of the game:

- Water Polo is a team sport that mixes the best aspects of soccer, basketball, and hockey. Like soccer, goalies defend a large netted goal. Instead of using feet, water polo players are allowed to use only one hand at a time to pass or shoot the bright yellow, soccer-sized ball.
- Like basketball, there are fast breaks and a set offense that uses a centerlike "hole man" that can either make powerful offensive shots or dish passes off to a player driving towards the goal. Driving, setting picks, and working to get inside lanes (inside water) is very reminiscent of basketball. "Hole men" tend to be big because they need to plant themselves in front of the goal without being pushed out.
- Guard-like "drivers" tend to be smaller, quicker, and good ball handlers, and outside shooters like 3-point shooters have good arms to peg the high corners of the goal with accuracy whenever a defender sloughs off to cover a driver breaking towards the goal.
- Like hockey, there is a somewhat physical aspect to the game and water polo players can be temporarily ejected in a "penalty box" for short periods of time if the referee deems it necessary. Occasionally, if possession is contested there can be a "face off" between two players to decide who regains possession of the ball.

"Corn Maze " continued from page 1

pumpkins and corn. Once they planted 40 acres of yellow and 35 acres of orange, though, they needed a way to drag in customers to buy whatever they weren't selling to factories.

"Building a Ferris wheel was too expensive, so I went on the Internet for ideas," Cooley said. "I was starting to panic when I came across these mazes - and wham, it just made sense to do one in corn."

Turns out there are hundreds of corn mazes all over the planet, so it didn't take much to figure out how to build it.

The first year they did 20 acres, and they added a little more each year after that, as they learned to cut the maze paths early, in July, when the corn stalks are only about a foot high. "That way, the maze grows in place and we don't have to cut paths out of tall stalks and haul out a bunch of stuff," Matt Cooley said.

Last year, they cut into 35 acres, then this year came the big corn-huna: They added 5 acres, pushing them over the former corn maze champion in Canada. In city-folk terms, the 40 acres translates to onethird square mile.

An application complete with video footage, maps and witness testimonials to the Guinness World Records headauarters in Great Britain fetched an official designation on Sept. 26: Cool Patch is now the biggest corn maze in the world.

Toss in the 35-acre pick-your-own pumpkin patch that sits alongside the maze - with tepees, spooky scarecrows, witchy playhouses and hay rides - and the whole affair is pretty aggressively aimed at the Halloween-season crowd.

Word of such things gets around fast in farm country. So ever since September, several hundred people a day from all over Northern California have been rolling down Dixon's country roads to check out the biggest thing in town since ... well, since anyone can re-

"Boy, this smells so fresh in here," said Teresa Figueroa of Dixon, gingerly stepping through the 5-foot-wide opening the other day. Her pal, Sara Marques, peered at the maze map and strode left at the first turn.

Two minutes later, they stopped and looked around. Their gaze went to the map. Then the path. Then the map. Then the sky.

"OK, I have absolutely no idea where we are," Figueroa said. They strained their ears for a sound, any sound, but all they heard was the Central Valley breeze rustling the strawlike tops of the corn stalks.

"Good thing we just had lunch," Figueroa said, striding north ... or was it south? ... or west?

"This may take awhile."

The best way to get your orientation, it turns out, is to climb up on a fake bridge in the middle of the maze. If you can find it, that is.

"Overwhelming," mused Blake Cohen of San Francisco, as he stood on the bridge with his girlfriend, trying to reckon a way out. "Wonderful ... but overwhelming."

This walking-around-in-giant-corn-tunnels thing can be even more daunting for maze walkers who are only about 3 feet high. And probably even more fun.

> "It's kind of scary," said 5-year-old Camrie Smith of Sacramento, warily eyeing the opening of the maze as if it were a haunted cave. She took a hesitant step, then looked up at her mother, Shauna Hughes.

> "Am I going to find candy in there?" she asked. Mom shrugged and offered a piggyback.

> "Can we eat the corn?" Camrie chimed.

> "Not today," Hughes chuckled.

The pair and a half-dozen relatives plunged into the maze - and 20 feet in is when Camrie started looking worried.

"Watch out for the monsters and dragons," called out an uncle from the back of the crowd.

Camrie's eyes filled with horror.

"Monsters!" she yelped, then looked back and saw the family laughing.

She stared around at the green stalks climbing four times her height toward the sky, and sucked in a deep breath. Shimmying down off her mother's back, she dashed off down the trail toward ... well, nobody knew where ... and waved for the others to follow.

"Let's go!" Camrie cried.

Finding your way to the Cool Patch pumpkin field: Take Interstate 80 east to Dixon and exit on Currey Road. Go north over the overpass, then left at the first stop sign. Follow the sign to the corn maze. Under 18 needs to have an adult after 6:30 pm.



# Out of the Cage

#### **Ceramics Demo by Tony Natsoulas**

Thursday, October 14 3:30 pm - 5:30 pm



In Room 502 (ceramics room). Tony Natsoulos studied at UC Davis under Robert Arneson, Roy De Forest, Manuel Neri and Wayne Thiebaud. Known for his life-size figurative works and portrait busts, with subjects ranging from famous Hollywood figures to artists and musicians, to friends and family members, he has

exhibited extensively throughout the U.S. He also will offer a lecture at 7:00 p.m. in Room 547 of the Music Building.

#### Orchestra Concert in the Park

Wednesday, October 20, 2010 7:00 pm



Join the 85 member American River College Orchestra and guest vocalists from Sacramento State University in a program including highlights from Carmen, Don Pasquale, and La Traviata. The evening concludes with Strauss Waltzes and the score to the famous television series

Admission is free to this concert held in the Gibbons Park Community Center located at 4701 Gibbons Drive in Carmichael. For more information, contact Dr. Steven Thompson at 484-8368.

Victory at Sea!

#### German Film Fest -- Marx and Coca Cola

Thursday, October 21, 2010 7:35 pm - 9:00 pm

Can love conquer all after the fall of the Wall brings two totally different Germans together?

Location: Davies 218

#### Get Your Flu Vaccine at ARC

The ARC health center in cooperation with Sutter Flu and Wellness, will offer flu vaccinations on Tuesday, October 19th from 10:00AM – 1:00 PM and Wednesday, October 20th from 11:00AM – 1:00 PM. The clinics will be held in Banquet Room #2 in the cafeteria. The cost of the vaccinations are as follows: flu shot \$20, FluMist (nasal spray) \$25, and pneumonia vaccine \$45. Payments can only be made via cash or check. We are unable to accept credit/debit cards or bill your insurance. Please try to wear



short sleeves or a loose shirt with sleeves that can be rolled all the way up to the shoulder. If you are unable to attend one of these flu clinics you can find additional flu vaccine resources online at www.findaflushot.com For questions or concerns please contact the ARC health center at 484-8384 or e-mail Huetter@arc.losrios.edu

#### Fact/Fiction: Forensic Anthropology

Thursday, October 21, 2010 12:15 am - 1:15 am

While popularizing forensic science, the rise of crime-solving, law enforcement-based dramas on television has created a phenomenon called the CSI effect, in which viewers develop unrealistic expectations of the ability and accuracy of forensic science as a result of the dramatic license of writers. This college hour will briefly examine the often glamorized depictions of forensic science, then remove the glitz to present real case studies of forensic anthropology.



Location: Raef 160

#### Questions/Comments?



Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D387 ( Davies Hall), or call (916) 484-8988, braccop@arc.losrios.edu or Professor Moon, moone@arc.losrios.edu Senior Editor: Christian Valenzuela, parrot-arc@live.com

#### El Dia de los Muertos: A Way to Remember

Thursday, October 28 12:15 pm - 1:15 pm

Every November the Monarch butterflies end their long migration in Mexico and carry with them the spirits of the dead. El Dia de los Muertos or

The 'Day of the Dead' originally began in Mexico but is now celebrated in parts of South America as well as the United States. It is traditionally celebrated upon November 1st & 2nd, coinciding with All Souls Day. The celebration is syncretic in nature, blending both Indigenous elements as well as Catholicism. During El Dia de los Muertos families will typically set up an altar in their home to commemorate loved ones who have passed on and will also visit the cemeteries in which they are buried to hold overnight vigils for the dead.

The details of the festival vary according to locality but are cathartic in nature. This presentation is a discussion of the symbolism and tradition embedded within El Di¬a de los Muertos and will examine both the Indigenous and religious influences upon the event.

Location: Raef 160

#### **Managment Majors and Careers**

Thursday, October 28 12:30 pm - 2:00 pm

Investigate the many career opportunities that exist with a degree or certificate in Management. Management communication, human resources, organizational behavior, diversity management, and business computer application majors will be highlighted.



Location: Room 701 - Health & Ed.

Bldg. North

Please sign-up for this event by calling the Career Center at 484-8492

#### Cafe Noir

Sunday, November 7 7:00 p.m.

A student-hosted "open-mic" event featuring improv, stand-up, music, monologues and more in an informal cafe setting.

Location: Tech Lab, Room 515

