



# The Parrot

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

Issue #46

Fall 2010

## Voice From Kenya: Kamau Kinuthia

**Parrot 1:** What is your full name, please?

**Kamau:** My full name is Kamau Kinuthia.

**Parrot 2:** Where are you from, please?

**Kamau:** I am from Kenya in Africa.

**Parrot 1:** Which part of Africa?

**Kamau:** That is East Africa, right on the east coast of Africa, right below Somalia and above Tanzania.

**Parrot 2:** That is not a big country.

**Kamau:** It is bigger than Togo.

**Parrot 2:** What is the special food in your country?

**Kamau:** Oh, you know, it depends. In my country there are 42 tribes, so it depends on which tribe you are from.

**Parrot 2:** So from which tribe are you from?

**Kamau:** I am from the biggest tribe called Kikuyu {K I K U Y U}.

**Parrot 2:** What is the tradition in your tribe?

**Kamau:** Tradition? Any tradition?

**Parrot 2:** Yes.

**Kamau:** Let me begin with my name. My name is Kamau Kinuthia: Kamau was my grandfather's name.

**Parrot 2:** Does that mean something at all?



*Continued on page 2*

## Where's the Turkey?

See page 16

*"I am free of all prejudices. I hate everyone equally."*

WC Fields



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## Intrepid Officer, Maintenance Worker Save Skunk Sweet on Yogurt

On October 21st between 8:30 and 9 a.m., ARC police headquarters received word that a small dark creature fitting the description of a skunk was meandering inside the tennis court, clad not in a matching tennis outfit but in a 3-ounce Danon yogurt cup enveloping its nose and mouth, and apparently stuck. Officer Frank Smith, armed only with his common sense and cat-like curiosity, quickly responded to assess the situation. Closing all the gates to the court and



peeking from behind a pole, Officer Smith observed the skunk in distress, desperately trying with its tiny claws to remove the offending yogurt cup. Officer Smith decided the situation called for backup and called Animal Control. While waiting for the arrival of Animal Control, however, he decided to barricade the tennis court gates with garbage cans to prevent a "bull rush" to another part of campus by the small, striped, odiferous mammal.

Soon after, the skunk made its way over to one of the gates and lay down, flat out on

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**Kamau:** Kamau means “Silent Warrior” and my grandfather’s name was Kamau. Kinuthia is not my last name; it is my father’s first name. So we are named after grandparents: girls --- grandmothers, boys ---- grandfathers and if there are more, uncles and aunts.

**Parrot 2:** What about the food?

**Kamau:** The food. Our traditional food mostly uses a lot of corn and corn meal also, then vegetables: beans, collard green, spinach and then you cook it with the meat. You eat it with your hands.

**Parrot 2:** Do you have some special songs when you meet together?

**Kamau:** Song? It depends on what you are doing. There are some songs that are dealing with marriages, some songs that are dealing with .... It depends on the ceremony.

**Parrot 1:** What brought you to the United States, particularly to California?

**Kamau:** I came for school.

**Parrot 2:** So you were an international student?

**Kamau:** Yes, I was an international student, but I wasn’t an ESL student, because Kenyans speak English.

**Parrot 1:** That means you never had the language barrier?

**Kamau:** I actually did because we speak British English, so I had to adjust to American English.

**Parrot 2:** I think that is the same in my country.

**Kamau:** It took me years to get used to the American English accent; some of the expressions are different.

**Parrot 1:** So you came just after you finished high school?

**Kamau:** Yes, just after high school. I was 18 years old.

**Parrot 2:** So, what did you come here to study?

**Kamau:** Actually, when I was in high school I really liked economics.

**Parrot 2:** Really?

**Kamau:** Uh Hum. So I studied economics as an undergraduate and in graduate school.

**Parrot 2:** Did you like math?

**Kamau:** Yes, I liked it. I can’t say I was excellent, but I really enjoyed math classes.

**Parrot 2:** Here or in your country?

**Kamau:** Here.

**Parrot 1:** What difficulties did you face when you first came?

**Kamau:** Oh... the biggest, no question about it was the way people look at friendship here. People here, their friendship is very disposable. I went to a funeral, some friend’s uncle’s funeral and there were only 7 people. I couldn’t believe it; it shocked me. I said, “How can this person not have any close relatives? I couldn’t get it.”

**Parrot 2:** What nationality was the person?

**Kamau:** An American. There were only 7 people at the funeral and I was one of the seven.

**Parrot 2:** That’s strange.

**Kamau:** That means to me that people can be so far removed from their family. I think friendships are really disposable here, because you think this person is a friend of yours, the minute you go in different places, you call them, they think you are disturbing them. People forget friendship very quickly. I think, in my opinion, people’s friendships are just artificial; not deep, that is unusual. One of my closest friends is from Indonesia; we are very close, very, very close because we understand each other.

**Parrot 1:** Even people from Africa, when they come here sometimes, they also change. Most of the time when you call them it is like you are bothering them. When you don’t call, they don’t call you to ask about you. When they need you, you are always there for them, but when you need them, you can’t find them available.

**Kamau:** Uhhh. True. Uhhh. Their friendship, I find it very interesting. Unfortunately also in our countries, things are starting to change. People don’t give time for friendship.

**Parrot 2:** Is the alphabet in your language different?

**Kamau:** In the African language, it was never written. It was always spoken. So when the westerners came, they came with their language. The only thing is in my language, they have a small accent like in French.

**Parrot 1:** That means you can write and read your language?

**Kamau:** I can read and write my language and certain other languages I can read and write. Swahili, do you know Swahili? It is the national language. There are two national languages. To be a politician in Kenya, you have to know how to speak English and Swahili.

**Parrot 2:** How did you decide to be a teacher?

**Kamau:** Actually, by accident. I could not get a job because the economy back in 1991 was very bad here in California. So I started teaching part time at San Jose City College in the Bay Area. I left UC Davis and moved to the Bay Area and went to live with a friend of mine. They were looking for teachers at some of the city colleges to teach economics and statistics. And I started doing it because I didn't have any other job and I enjoyed it very much. I have been teaching since 1992. It is a long time ago, a very long time.

**Parrot 1:** After you graduated from here, you didn't want to go back to Africa?

**Kamau:** Actually, my goal was to work for international agencies like The World Bank or any international agency, you know. I applied for so many jobs in Washington D.C.; I even went to Washington D.C. I always wanted to go, but I started teaching by mistake part-time. Then I found a full-time job and I was working at Intel in the Bay Area and taught part time. Five years later I got a full time job in Washington State in Seattle and because I enjoyed teaching so much I decided to teach full-time and I lived there for about 4 years. I didn't like the rain. It is wet all the time. Actually, I had a student from Togo; he became a friend of mine. I decided to come back to California. Do you know the Dean of Humanities?

**Parrot 2:** Lisa Lawrenson?

**Kamau:** Yes, she and I used to work in Washington. She went to school here. When there was a position here she told me, "You know you are going to like that school." We used to work together. Our offices were next to each other. So I came down and a few years later she also applied and came down.

**Parrot 2:** How long have you been teaching at ARC?

**Kamau:** 9 years.

**Parrot 2:** Do you teach only economics?

**Kamau:** Economics. I used to teach statistics also.

**Parrot 2:** Is it different, statistics?

**Kamau:** Statistics is mathematics. Uhhh I taught both and I also taught a humanities class when I was in Washington called Introduction to African studies.

**Parrot 2:** What is your nicest moment since you have been teaching?

**Kamau:** Okay, I think I don't know if it is funny or bad or what it is? When I was teaching at Washington State, I used

to teach at 7:00 o'clock in the morning and I loved it. I would get up at 4:00 o'clock every day and ride my bicycle to school. I loved it.

**Parrot 2:** In the rain?

**Kamau:** Yes, I got used to it. Somebody gave me advice: "If you want to survive in Washington, when it is raining just keep going; pretend it is not even raining." You know it is not really a heavy rain. You know volume wise, it rains more here in Sacramento than there, the amount of rain, but there is very little there. Anyway, at 7:00 o'clock in the morning I was teaching and a student walked in the class late and he walked in the front of the class and he was carrying beers in his bag and the beers just fell out of his bag, cans of beers and he had to pick them up and put them back in his bag. I didn't know whether to laugh or to be sad. But I think it is the funniest one. The good thing was none of the cans broke, because the floor was carpeted.

**Parrot 1:** How can you compare the education here and in Africa? Is it better here?

**Kamau:** Okay, I can't say what's better and what's worse. But the thing about it is that less things have changed in Africa. I think the facilities here are excellent. In Africa the facilities are not there. Students want them, they are hungry for them, but they are not there. But the one thing I like about Africa is that there is a lot more respect for the teacher.

**Parrot 1:** Have you ever been disrespected by students?

**Kamau:** It is kind of unusual, but yes.

**Parrot 2:** Did you ever go to your country to visit?

**Kamau:** A lot. I just came back like 3 weeks ago. I go every summer.

**Parrot 2:** There is something special you like there?

**Kamau:** I just like going back home.

**Parrot 1:** Do you still have family there?

**Kamau:** I do. I have quite a lot of family here and there. I have a lot of cousins in the states. I have a sister here in Sacramento, a sister in the Bay Area, and nieces and nephews who go to school here.

**Parrot 2:** How long have you been in the United States?

**Kamau:** Twenty-four years, I think.

**Parrot 2:** Almost my age.

**Kamau:** You see, some of us are old.

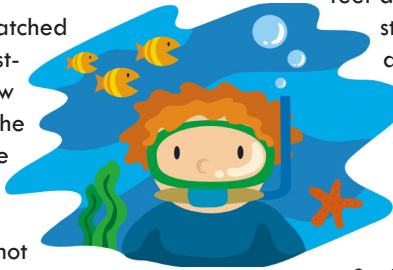
# Student Chirpings

## Diving

I believe in diving. For me, the interesting water world of fish, and plants, is a world I do not know. But it is a world where I feel free, and it helps me relieve stress and tension. It is a world in which I forget about the present. In the underwater world, life has remained such as it was conceived, and I believe that water is one of the sources of our energy.

My passion started when I was 12 years old. I watched a TV show about diving, and I became interested in this underwater world about which I knew nothing. I felt a desire to get acquainted with the underwater world. I had a friend who told me about diving courses. I went to one of these courses and for the first time was submerged in a training pool. But the dive in the pool did not cause me the delight which I had expected and dreamed of in open water. And so I did not do it again.

A year later, my family and I went to the Black Sea to visit relatives. It was there I tried my first dive into open water. I dove to 12 meters. We had about 40 minutes total time in the water and it was very cool. I saw corals, fish, and some sunken piece of iron. Everything was different because it was not on TV but present and real. I could touch the fish, and algae, and see a cave. From that moment in the Black Sea, I have desired to dive more under



the water, because diving gives me a charge of vital energy. I can feel the pressure of water in the depth of the ocean and swim with big fish. When I saw a large group of dolphins swimming next to me, I had a feeling of fear and delight at the same time.

After diving, I feel healthy and strong. I am in a good mood and feel a lot of impressions. But in my country, in Uzbekistan, there is no ocean, no sea and I do not have access to all the charms of this sport. So my dream remained a dream. I left this hobby for many years. But now I live in the U.S., and I want to go back to my diving. I believe that I can continue my diving studies that I started in my youth.

This summer I plan to go to Los Angeles specifically so that I can dive. I am very happy about the upcoming event, because it will be my first dive in the ocean. I plan to dive with my wife and show her all the beauty of the underwater world.

I believe that diving is a force that helps me to solve the complexity in my life. It is a pleasure that makes my life more rich and exciting.

Sergey Bekirov  
ESL L310

## Attitudes Towards Education Before and Now

As we all know, education plays a role in one's life. As far as I am concerned, I consider that education is the only way to reach success in life. As I grew up in India, I studied Indian history and came to know about the attitude of people toward education of my parents' generation and today's generation. As a result, I came to know about surprising similarities and differences between the attitude of my parent's generation and today's generation towards education.

As my father is a well-educated man, he always tells me about the resources of education 40 years before. He says only 60% used to do farming and they wanted their children to work in the field and their attitude towards education was equal to none. Still, 60 % of people are illiterate in my country. People have to go to cities to get an education, and this is the reason people's attitude towards education was weak. As we know, India is a poor country. People did not have money to send their children to schools because they were unable to pay their tuition fees and other expenses and this is going on till today. In other words, people's attitude towards education is less in India so far.

If we talk about people's attitudes towards education now and

my parent's generation, I got some surprising results. In today's era people have many resources to get education and their attitude towards education has also changed. Nowadays, farmers also want their children to get an education because they know their children can make more money by getting good jobs. There



are many ways to get an education, for example, distance learning. Nowadays, people are getting an education while sitting in front of the computer. They are saving time and getting an education. In India many schools are opened by government where people can get an education and these things make people interested to get an education and good jobs.

To conclude, the attitude of today's generation towards education has changed as compared to my parents' generation in attitude. Nowadays, people have more resources and their mentality towards education makes people interested in education.

A. Gusharan  
ESL W50

## Working Hard

“Trabajar Fuerte” means “to work hard” in Spanish. It was a phrase of my grandfather. He said that lazy people never have money and are always poor.

My grandfather was a man who always gave us the example of what he said. He never borrowed money from anyone to feed the family. My grandfather probably could have been a good doctor or an attorney or a teacher, but he didn't have time to go to college.

He always worked hard no matter if the boss was looking at him or not. He also thought he was always working for God. I wondered why my grandfather said this phrase and I found the answer in a verse of the Bible. Colossians 3:23 says “whatever your task, put yourselves into it, as done for the Lord and not for your masters.”

One day my grandfather was angry with my father because he was late to work. My grandfather didn't speak to him for two days because that was not the example that he gave to him. When my dad apologized for being late, my grandfather told him that good opportunities can be lost by being mediocre.

So, after that, my dad was never late again. That is why when I

came to America I took this philosophy as my own because I know my grandfather was a wise man. Sometimes I feel lazy but I remember what my grandfather said, so I jump out of bed and I say to myself “I have to be a hard worker.”

For school, I tell myself “be a good student” because this is going to help my future. And I think I have to teach this philosophy to my kids too -- always work hard for the family, like the way I do for them and my grandfather did for me and his family also. I will teach my kids to work hard as doing it for God. I can teach this to my family because I believe this happened with my grandfather.

I remember one time when my grandfather's boss said, “I am always going to have a job for you Senor Lopez.” My grandfather also told me that laziness in a person is a disease. It is contagious. It is better to be around hard-working people because it is very good for yourself since you learn to work and learn about the goals and visions of others.

I believe in what my grandfather taught me because this works with me when I have to work. That's why I always give my 100%. I believe in working hard.

Johnny Lopez  
ESL L310



## Happy Life

I have learned from others that bad actions don't bring people happiness or prosperity but only big troubles. I believe in a happy life without lying or stealing.

When I was a boy, my sister and I played near our apartments with other kids. We never lied to each other and nobody ever thought to steal anything from anyone until we met a girl, Amy, who changed everything. She was a new kid because her family just moved into our apartments. Everyone wanted to play with her. She told us many strange stories that seemed false, but we trusted her because we couldn't check her stories. Soon we found out that she was stealing some of our toys, and her stories were not true at all. As a result, nobody liked to play with her, and everyone knew that she was a liar.

As a kid, I decided never to do the same in my life. However, telling the truth every day wasn't easy at all and doing the right thing was sometimes very hard for me. As I grew up, I saw many people that used almost the same method of telling lies or stealing something to get an advantage.

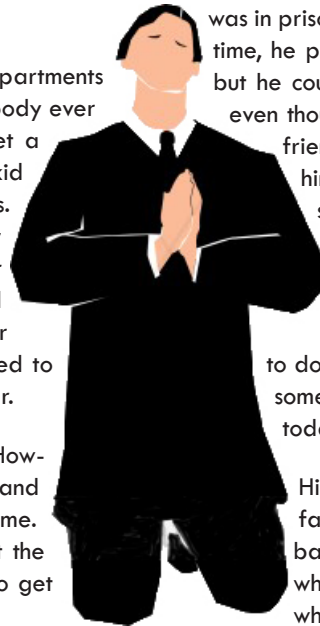
About five years ago, I met a very interesting person at my church who shared about his life with me. He was a professional thief and many criminal groups have known him. He said that he couldn't live

a day without stealing. If he saw a good thing, he couldn't stop himself from stealing it even though he didn't need it. As a result, he was in prison several times and it was a terrible place. After each time, he promised himself to stop stealing and start a new life, but he couldn't. He felt empty inside and was really unhappy, even though he had lots of money, expensive possessions, and friends. Often he couldn't sleep because people came to him in nightmares and asked him to bring back what he stole.

Finally, he went to church and in front of a lot of people asked God to forgive him. He realized that he had done a lot of bad things and promised never to do the same again, and then he cried. After that, he felt something heavy was taken out from him. He feels cheerful today and has a goal to help people through his life.

His life story gave me confidence in what I've believed so far about honesty. I know I will never be happy by doing bad things in my life. I truly believe in happiness for the whole world where everyone enjoys peace of mind and where no one lies or steals any more.

Budko Viktor  
ESL L310



## “Unic”

I like to shop. My favorite place to shop was “Unic”, the biggest mall in Chishnau, the capital of Moldova. It was located in a convenient area, near the market and the bus terminal. The store was a three-floor building with a nice fountain in front. In the hot summer, many people liked to stop there and rest on the benches. For others, it was a meeting point. They met their relatives from the bus terminal there. Every season there were a lot of people. The store wasn't like others. Every show-window was a piece of art that reflected Moldavian culture. I spent hours there, enjoying everything, and never got tired. For years, I went shopping at “Unic”. I was familiar with the first floor, where there were a lot of souvenirs. I used to buy little figurines of men and women in traditional national clothes for my colleagues on their birthdays. I used to order special wishes engraved on flower pots for my friends. The atmosphere was nice, and the people working there were friendly. Nobody said a word to me while I was just window shopping. Once, however, I couldn't even suspect that I would face the most embarrassing incident in my life there.



That day I came to the store because I had plenty of time. I was going to take my bus to my village, and I arrived in advance. I went up slowly from the first to the third floor carrying my backpack with me. I stopped at the department where the coats were. I looked at them, and compared prices. I found my size, and I started to daydream about the time I could afford that coat.

I was still daydreaming when, suddenly, a woman came toward me. She was small and obese. She had black and wavy hair, and she was wearing a dark blue robe like every other person working there. She, without any explanation,

grabbed my arm, and pulled me away from that department. She shouted at me, “You are shameless! You are a shoplifter! Go away!” Three other people were watching and condemning me with their stares. I was dressed in casual blue jeans and a blue jacket. Every worker considered that people like me couldn't buy such expensive coats. Their customers were only those who were wearing leather jackets. That's why, maybe, that employee was afraid that I might steal something.

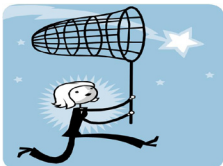
I was very ashamed, and I was so annoyed that I was ready to cry. I hung my head, and turned to the exit. All the way to the bus, and the whole way home, I thought about that. I couldn't believe that somebody suspected I was a thief. That woman didn't even check my backpack. She just said it as a fact only because she didn't like my appearance. She discredited me. It was an unfair accusation, and it hurt me: I felt like that woman spat in my soul. When I arrived home, I was sad, but I didn't tell anybody why. My family had encountered a difficult time, and I didn't want to upset them. That embarrassing event remained as a wound in my heart.

Many years have passed since then but I think it was the most embarrassing incident in my life. Nothing is as embarrassing as an unfair accusation that you are a thief. Even now, I don't feel comfortable shopping at big stores. If I go there, I don't like to be alone, and I don't carry my backpack anymore with me. I hope it will never happen to me again.

Anonymous  
ESL W50

### Shoplifting Statistics

- The majority of shoplifters steal as a response to social and personal pressures in their life, not out of financial need or greed. Only about 3 percent of shoplifters are “professionals” who steal solely for resale or profit as a business.
- Shoplifters say they are caught on average of about once every 48 times they steal. They are turned over to police about 50 percent of the time.
- Shoplifting affects more than the offender. It overburdens the police and court systems, adds to a store's security expenses, costs consumers more for goods, costs communities lost dollars in sales taxes, and hurts children and families.
- Chronic shoplifters steal an average of 1.6 times per week.
- There is no profile of a typical shoplifter. Males and females shoplift about equally as often.
- Your kids know kids who shoplift – 86 percent of kids say they know others who do and 65 percent say they hang out with those kids.
- Slang term for shoplifting is the “5 finger discount.”



## Netscape - Articles from the Web

### Thanksgiving Turkey History

The wild turkey (*Meleagris gallopavo*) is native to North America and was a staple in the Native American diet. It was imported to Europe in the early part of the 16th century by the Spaniards via Turkey (the country.) It was confused in those early times with the Guinea fowl which also arrived via Turkey, and both birds were called turkeys in those days. When it was assigned its Latin name in the 18th century, the name turkey still stuck. Native Americans called it "peru" with no reference to the country of the same name.

Turkey was introduced to the early Pilgrim settlers by the Native American Wampanoag tribe after the Pilgrims arrived in 1620. The first year for the settlers was bleak, with many dying from the journey. Their seeds, aside from barley, did not produce any usable crops. The Indians assisted the settlers, introducing them to native foods such as corn and squash and showed them how to hunt and fish. The first Thanksgiving was celebrated in 1621 at the behest of Governor William Bradford, and the Native Americans were invited guests of honor.

Thanksgiving became an official holiday in the United States on October 3, 1863 via proclamation issued by President Abraham Lincoln. This was largely due to the lobbying efforts of Sarah Josepha Hale, editor of Godey's Lady's Magazine who had lobbied for 17 years for the holiday. The proclamation declared the last Thursday in November as Thanksgiving Day.

By 1916, Thanksgiving was referred to in writings as Turkey Day due to the popularity of the bird at the traditional

feast.

Interestingly enough, in 1941, President Franklin D. Roosevelt attempted to move the official Thanksgiving date to earlier in November in order to encourage a longer Christmas shopping season as a Depression recovery strategy. His idea was shut down by Congress, and the official date was declared permanently as the fourth Thursday in November via Public Law #379.

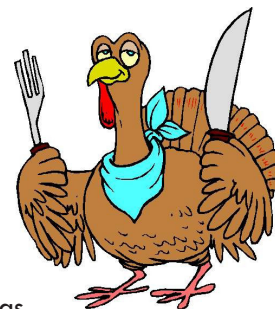
The popularity of wild turkeys nearly wiped them out. The federal government stepped in with protection in 1991, and they are now found in 49 states.

Turkey was most-associated with Thanksgiving and Christmas, making winter the prime season for turkey farmers. In 1935, the per capita consumption of turkey was only 1.7 pounds.

Today, turkey has been recognized as a lean substitute for red meat. Aggressive marketing by turkey farmers by advertising and availability of parts rather than the necessity of cooking a whole bird has increased consumption to 20 pounds per person per year, with 74 percent of the consumption being in sliced turkey sandwiches.

And, of course, who can resist drying the wishbone from the breast of the turkey to make a wish?

<http://homecooking.about.com>



### Cooler Thanksgiving Quotes

- We're having something a little different this year for Thanksgiving. Instead of a turkey, we're having a swan. You get more stuffing -- George Carlin
- You know that just before that first Thanksgiving dinner there was one wise, old Native American woman saying, "Don't feed them. If you feed them, they'll never leave." - Dylan Brody
- Thanksgiving, when the Indians said, "Well, this has been fun, but we know you have a long voyage back to England". - Jay Leno
- At Thanksgiving, my mom always makes too much food, especially one item, like 700 or 800 pounds of sweet potatoes. She's got to push it during the meal. "Did you get some sweet potatoes? There's sweet potatoes. They're hot. There's more in the oven, some more in the garage. The rest are at the Johnson's." - Louie Anderson
- What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving? -- Erma Bombeck
- This Thanksgiving is gonna be a special one. My mom says I don't have to sit at the card table. - Jim Samuels

## World Music and Dance Festival



ARC ESL Club and ARC professors at their Global Village Booth October 4, 2010 in Old Sacramento. Students and faculty alike worked together to represent our college.



Faculty member Kamau Kinuthia, Dean Lawrenson, Professor Limmaneeprasert, and students with their families and their friends enjoying a moment before the day's festivities begin. Everyone joined together in setting up this diverse booth representing the myriad of cultures of our international and ESL students at American River College.



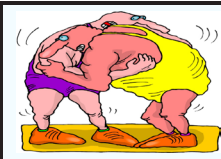
Professor Limmaneeprasert giving a teaching demo on how to make sticky rice. It was enjoyed by all who came and participated in this wonderful event.



One of our wonderful students sharing his musical talent. It was a day of international musical flavor. Music with lots of different beats emanated from all around the festival allowing all attendees to enjoy the day.



# Parrot Warbling



## Grappling with Grammar

### A, An or The

When do we say “the dog” and when do we say “a dog”? (On this page we talk only about singular, countable nouns.)

The and a/an are called “articles”. We divide them into “definite” and “indefinite” like this:

Articles	
Definite	Indefinite
the	a, an

We use “definite” to mean sure, certain. “Definite” is particular.

We use “indefinite” to mean not sure, not certain. “Indefinite” is general.

When we are talking about one thing in particular, we use **the**. When we are talking about one thing in general, we use **a** or **an**.

Think of the sky at night. In the sky we see 1 moon and millions of stars. So normally we would say:

- I saw the moon last night.
- I saw a star last night.

Look at these examples:

the	a, an
<ul style="list-style-type: none"> <li>• <b>The</b> capital of France is Paris.</li> <li>• I have found <b>the</b> book that I lost.</li> <li>• Have you cleaned <b>the</b> car?</li> <li>• There are six eggs in <b>the</b> fridge.</li> <li>• Please switch off <b>the</b> TV when you finish</li> </ul>	<ul style="list-style-type: none"> <li>• I was born in <b>a</b> town.</li> <li>• John had <b>an</b> omelet for lunch.</li> <li>• James Bond ordered <b>a</b> drink.</li> <li>• We want to buy <b>an</b> umbrella.</li> <li>• Have you got <b>a</b> pen?</li> </ul>

Of course, often we can use **the** or **a/an** for the same word. It depends on the situation, not the word. Look at these examples:

- We want to buy an umbrella. (Any umbrella, not a particular umbrella.)
- Where is the umbrella? (We already have an umbrella. We are looking for our umbrella, a particular umbrella.)

## Idiom-Attic



### Drive Someone Up a Wall

Wow ! What a great set of drums!

Yeah, they're great, but I can't play on them when my folks are at home. They say I **drive them up a wall** with all the loud banging.

I get the same thing at home. My folks tell me that I **annoy them and get them really angry** whenever I turn up the volume on my stereo.

### Beak Speak



- The sentence “**the quick brown fox jumps over the lazy dog**” uses every letter in the English language
- The only 15-letter word that can be spelled without repeating a letter is **uncopyrightable**.
- The longest non-medical word in the English language is FLOCCINAUCINIHIPIPILIFICATION, which means “the act of estimating as worthless”.
- **Mafia** in Old Arabic means ‘sanctuary.’
- The longest word in the Old Testament is “**Malher-shalahashbaz**.”
- **Papaphobia** is the fear of Popes
- Clans of long ago that wanted to get rid of their unwanted people without killing them would burn their houses down--hence the expression “**to get fired**.”
- Involuntary bad language, a symptom affecting about one in 10 people with Tourette's syndrome, is called “**coprolalia**”.
- The medical name for the part of the brain associated with teenage sulking is “**superior temporal sulcus**.”
- Canada is an Indian word meaning “**Big Village**.”

## Some More Parrot Fun Stuff



### Candy Wordsearch

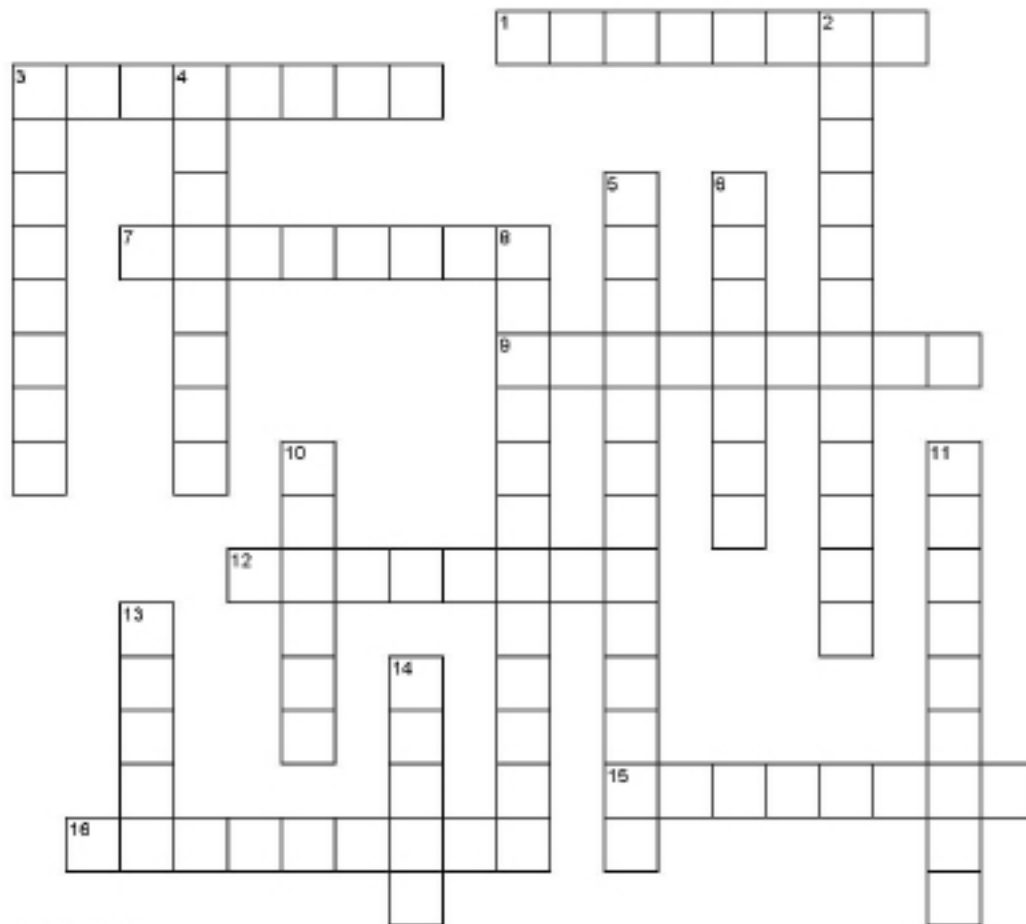
Find and circle all of the Candy treats that are hidden in the grid. The remaining letters spell a secret message.

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

ALMOND JOY	CRACKER JACK	LIFESAVERS	RED HOTS
BABY RUTH	DUBBLE BUBBLE	LOLLIPOPS	SEN-SEN
BAZOOKA GUM	GOOBERS	MILK DUDS	SLO-POKES
BOTTLECAPS	GUMMI BEARS	MILKY WAY	SMARTIES
BUBBLE YUM	HERSHEY KISSES	MOUNDS	SOUR BALLS
BUTTERFINGERS	HUBBA BUBBA GUM	NECCO WAFERS	SPEARMINT LEAVES
CANDY NECKLACE	JAW BREAKERS	OH HENRY	SWEETARTS
CHICLETS	JUJUBES	PEPPERMINT PATTY	TOOTSIE ROLLS
CHUCKLES	KIT KAT	PEZ	TWIX
CLARK BAR	LEMON DROPS	POP ROCKS	TWIZZLERS
COFFEE CRISP	LICORICE PIPE	PUMPKIN SEEDS	WAX LIPS

# BRANCHES OF GOVERNMENT

Legislative, Executive, Judicial



www.elcivica.com

## ACROSS

- 1 Senate and House of Representatives
- 3 head of the legislative branch of government
- 7 there are two from each state / they work in the Congress
- 9 head of the executive branch of our government
- 12 has power to declare war
- 15 month when we vote for president
- 16 The \_\_\_\_\_ can veto bills and select Supreme Court justices, but he or she cannot declare war.

## DOWN

- 2 highest court (2 words)
- 3 has power to make laws
- 4 head of a state government
- 5 becomes president if the president dies (2 words)
- 6 special group that advises the president
- 8 has power to interpret laws
- 10 The \_\_\_\_\_ elect members of Congress.
- 11 chooses members of the Supreme Court
- 13 head of a city government
- 14 number of branches of government



## Artie's Easel

Dear Artie,

What kind of art do most people like, and why do they like it?

Yours Truly,

### Wanting to Know

Dear Wanting to Know,

You have asked a very complicated question because there are so many different ideas about art among individuals. In order to answer your question, I surveyed a few ESLW 50 students who attend American River College and received the following answers.

**Question:** What is your favorite type of art and why?

### Answers:

"One of my favorite types of art is culinary art because it is my passion, and I enjoy it very much."

"My favorite type of art is music. I like to listen to nice music. While I am listening to music, I can relax and feel better. When I am alone at home, I always listen to beautiful music."

"My favorite type of art is photography because you are creating true to life images with it. You can also travel a lot when you are a photographer."

"My favorite type of art is any type of art that has bright colors in it and that has some kind of texture, too."

"My favorite type of art is landscape art because through the



Prof White -- Artie's Mentor

paints, I can actually feel a scene that never seems to end. Landscape art tells me that what is painted keeps going on and on even though there is always an end for everything in this world."

"My favorite type of art is abstract painting. I think it's amazing because it shows your emotions and feelings, and it doesn't matter whether or not you can figure out the main point of the piece. But the artist who painted it is able to describe its meaning perfectly."

"I like art that speaks to your soul and that is also unique in its own special way. I believe that abstract art provides these two qualities and even more to the person who is observing it."

"My favorite type of art is the opera because for me, it's a nice place to watch and hear gorgeous music being performed. I like to see the people who go to operas, too."

"My favorite type of art is any act of creation that produces beauty and knowledge for human beings.

I believe that all types of art have value and are important to the evolution of society and its members. Thus, I cannot choose any one particular type of art as more important than another since I admire the very act of creating and producing beauty and understanding." (Artie)

I hope that these answers will satisfy you in part.

Artie

*Continued from page 1*

its belly in the spread position, either exhausted or in fear of arrest. The quick-thinking Officer Smith quickly called Maintenance to ascertain if they had a trash-pick-up-tool (the type with a pole and little prongs at the end) and within minutes a maintenance worker was at the tennis courts. "We approached quietly and cautiously," confided Officer Smith. "He had better position and he was able to hook the cup; the skunk instinctively pulled back and the cup came off."

According to Officer Smith, the skunk raised its tail for a moment; both men raised their eyebrows, exchanging knowing glances. The air, 'though ripe with tension, remained ripe, but only with tension. The rescued skunk ambled off, arsenal intact; it found its way through the fence, reached its burrow, and crawled back in, unaware that its saviors were not on its scent. When asked if he'd ever dealt with anything like this before in his long career, Officer Smith quipped, "Often. I've got a nose for this sort of thing."

## Granny Noetal

### Dear Granny,

I'm a student. I've been living here now for five years. I am from Estonia. I have put on weight since I got here – eighteen pounds. I'm not happy about that. I don't eat American junk food and I don't eat before I go to bed at night. I am afraid I'm going to put on more weight like Americans. What should I do?

### Elte

### Dear Elte,

I'm not a doctor or a nutritionist so I'm not sure if I should be giving you advice. Those types of experts might be able to help you. Our ARC Health Center can give you good advice if you stop by there (in the Administration Building). You say you don't eat American junk food. Do you eat Estonian junk food? In any case, these are my thoughts: I've actually been to your lovely country (during WWII as a dancer – story for another



day), and I recall people walking everywhere, throughout your capital, up and down the hilly streets in places. So, my question is this: Do you walk here in Sacramento? If you are like most people, you probably drive. My bet is that driving everywhere might mean a couple of pounds a year.

So, what's the answer? Many people decide to join health clubs. Here at ARC we also have economical physical education classes. The key is to keep moving -- let me rephrase that -- I don't mean move to another country. You're probably quite happy in Sacramento and at ARC. I mean make sure you burn a few calories each day. Even at my age, I understand the importance of that and, at times when I'm tempted to rev up my pink Corvette to go to the AM/PM down the block, I hold back and take my bike instead. So, I hope I've given you a few ideas to think about -- food

for thought, as we say. Stay in touch and let me know a year from now how you're doing.

**Granny**

## The Cyber Bum--Bogdan Kolmyk

### New Tricks for Teaching Purposes

Today I'll give you a few pieces of advice on computers and computer-related issues.

The first piece of advice is to turn off your computer properly. By saying properly I mean going through the whole process of opening the Start menu and selecting the proper button to shut down your PC. As an alternative, you can use the sleep mode or sleep button on the keyboard if there is any. Every once in a while, we all are tempted to turn the computer off just by unplugging a cord. Nevertheless, you need to remember that your PC has much more sensitive electronics in it than your vacuum cleaner.

My second advice is to not use your neighbor's wireless even if it's not password protected. This is not legal; in fact, using your neighbor's wireless even with his

permission may be illegal. Yeah, it sounds silly but you need to be aware. After all, going to a café or a place with free Wi-Fi connection isn't as bad as facing charges or being fined.



The last advice for today is to not be afraid to do research. The Internet is like a huge junkyard. So, research is the most important and useful skill. Whenever you have a question, spend just a few minutes "asking" Google, Yahoo, Bing or whatever your favorite search engine is. After a few weeks of practice you'll be surprised how easily and fast you find your answers. Spend a few minutes today, save hours in the future. *For more tips, for your comments or suggestions for the next topic, please feel free to send*

*your e-mails to this address: [geek.for.parrot@gmail.com](mailto:geek.for.parrot@gmail.com)*

# Parenting the Parrot Way!

## Teaching Your Kids to Manage Envy



Prof. Moon's kids

With Christmas and the holidays approaching, our children may have more of a tendency to want what their friends have and feel envious when they don't have the most popular item. Here is some advice I found at [www.parenting-advice.net](http://www.parenting-advice.net) to help my children with these feelings and teach them our family's values.

### Explain the Meaning of Wanting

When a child sees in others, something he or she does not have, it's natural to feel resentful. After all, there's nothing wrong with desire per se. Wanting may even serve as motivation to go after what you fancy.

However, to want something simply because "others have it" is a destructive emotion. Educate your kids that the best standard for wanting something is need and/or real personal fulfillment. If they can absorb this value, they'll be less susceptible to feeling destructive envy.

### Let Them see the Bigger Picture

Reality-testing is one of the best ways to ground children's expectations. If you can teach your kids the value of money early, they would better understand what "not in the budget" means. This will make you seem less of an ogre when you deny them something they want you to buy.

### Get your Child to Appreciate What He or She Has

Yes, other kids may have the latest Sony Playstation, or can afford to go abroad for a vacation. But this doesn't mean that you're being deprived! Help your kids see what are the

many things that he or she has in his life – that many times others do not have. For instance, quality family time is worth much, much more than an expensive vacation. If you can make your child value people and integrity over things, they would be less likely to envy.

### Transform Envy to Hard Work

If you feel that the object of your child's envy is actually worth having, then encourage your child to work for it. You may say: "Would you like to have the new train set? You know 1 month on a paper route will earn you enough to buy it." Envy can actually become an opportunity to teach your kids about persistence, hard work and frustration tolerance. At the end of the day, your child would value their possessions more, because they know they're the product of their own time and sweat.

### Teach Your Kid About the Value of Security

Envy is usually a by-product of emotional insecurity. People want to have things others do to compensate for a personal flaw. Help your kid to attain a sustainable level of security by always being there for him; by reaffirming his self worth; by being vocal in appreciating him and his efforts; by reassuring him that he will never be alone because you will always be there to see him through. Once he feels that he is secure enough, he will be less susceptible to look for extraneous things to fill a personal void.

-----  
 Have them put the following items into the chart below and then discuss their answers. Some of these can be both a need and a want. A great discussion about how to decide!

Bread	Video Game	Coffee
Fruit	Clothes	Pet
Home	Vacation	Legos
Donuts	Bus Fare	Paper
Backpack	Starbucks	Computer

<b>Want</b>	<b>Need</b>
-------------	-------------

## Mim's Cafe

I clipped the Thai Beef Salad recipe below from the Sacramento Bee. It is a recipe that is served at Tuk Tuk Restaurant in Natomas. I've had various versions of Thai beef salad made with fermented fish (similar to anchovies) in Lao and Cambodian style but never ones that just use fish sauce before. I experimented with this recipe for family friends from Georgia who requested Thai food. This recipe, tamer in flavor, is perfect for those who don't want the strong flavor of fermented fish.



Prof. Montgomery with happy eater

### Thai Beef Salad- A Thanksgiving Alternative

#### Ingredients

- 1 pound sirloin or similar quality steak
- 5 fresh hot Thai chilies, sliced thinly (you can substitute jalapenos)
- 2 large cloves of garlic, sliced crosswise, thinly
- 1 tablespoon of sugar
- 5 tablespoons of fish sauce
- 5 tablespoons of fresh squeezed lime juice
- ½ a hothouse cucumber or 1 small cucumber, seed removed and thinly sliced
- 2 to 3 shallots, sliced thinly crosswise
- 1 head of Bibb or Boston lettuce, or 1 heart of Romaine lettuce
- 3 or 4 sprigs of cilantro, stems removed



#### Cooking Directions

1. Grill or broil steak until medium rare and trim off fat.
2. Let steak cool and thinly slice into 1/8 inch thick
3. Mix fish sauce, lime juice, sugar, garlic, and chilies in a small bowl.
4. Add sliced beef and toss with shallots and cucumbers.
5. Taste and add more fish sauce if desired.
6. Make a bed of lettuce on a serving plate.
7. Place beef mixture on top and garnish with cilantro.
8. Serve with jasmine rice.



### 10 Other Alternatives for Turkey on Thanksgiving

**Braised Duckling With Oranges :** Moist duckling served with an orange sauce; perfect for Thanksgiving entertaining.

**Roasted Vegetable and Pasta Bake :** Here's a hearty vegetarian dish that the whole family will enjoy.

**Couscous Casablanca:** Give this recipe a "10" for its more than 10 different vegetables!

**Cranberry Pie** Our amazing Dean of Humanities, Kate Jaques, enjoys this alternative to apple pie.

**Cranberry-Apricot Pork Tenderloins :** The cranberry and apricot stuffing in this recipe compliments the pork tenderloin wonderfully.

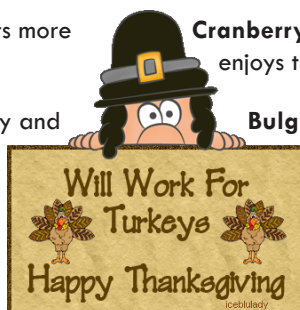
**Bulgur- and Beef-Stuffed Acorn Squash :** Bulgur-stuffed acorn squash is a healthful meal in itself. Acorn squash is a good source of beta carotene.

**Lamb Chops With Red Currants:** Grilled lamb chops get a sophisticated crusty coating of whole cumin seeds and ground spices.

**Five-Cheese Lasagna for a Crowd :** Throwing a large party? This big lasagna recipe will serve a huge crowd.

**Pork Chops Stuffed With Apples and Pears:** Applesauce is the classic partner for pork chops, and this recipe makes good use of the pairing.

**Spicy Tofu With Lemon Grass and Fresh Basil :** This healthy main dish is full of contrasting flavors, textures, and colors.





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

### **Gerle Loop Trail, Magnolia Ranch BLM Park**

Located in the Sierra foothills off Highway 49, this park used to be part of a large cattle ranch until the United States Bureau of Land Management (BLM) teamed up with the American River Conservancy. Together they bought the land and established the Magnolia Ranch BLM Park. Next, they developed a new multi-use trail system. Other than the trails (constructed mostly with volunteer labor) there is little development. The trailhead consists of a big gravel parking lot, a portable toilet, and a glass-enclosed information display case. Primitive as it is, this public park is able to subsist on a very low budget. Magnolia Ranch lies next to the Cronan Ranch BLM Park, which was featured in an earlier Parrot hike article.

To get there from the Sacramento area, drive east on U.S. Highway 50 to Placerville. Once in town, turn north (left) onto Highway 49. This winding route takes you through the historic gold rush town of Coloma. Keep going on 49 past Coloma, crossing the South Fork of the American River at the junction of Lotus Road and Highway 49. Once you cross the bridge, continue on 49 northward for approximately 3 more miles until you see a vineyard on your right. On your left you will see a large signpost for Magnolia Ranch and the trailhead parking lot. Pull in here and park your car (no fee).

At the far end of the parking lot, next to a gate designed to exclude motorized vehicles, you'll find a glass display case containing a map of the park. From the map you will see a couple of trail options to choose from. The Gerle Loop Trail is easy and relatively short - about 2 1/2 miles round trip. On this multi-use trail you can hike, bike, or ride horseback. During my first hike there last week, I began by turning to the left, or south fork of the trail. The first half mile or so is over flat terrain consisting of open pasture. The path gradually veers right into a sloped area consisting of oak woodland. This stretch offers good views to the south, toward Coloma and the high bluffs above the town. About a mile from

the trailhead, you will see a trail forking to the left that winds down the slope to the South Fork of the American River (visible from this point). If you want to walk or bike down to the river, this is a good path to take. (No horses are permitted on side trails.) If not, stay on the main trail, which continues looping to the right around a large hill on the wooded slope. Given the hilly terrain, the trail grade is remarkably even! You will find little elevation gain or loss on the Gerle Loop. Though you can hear the sound of the rapids below, the trail stays a few hundred feet above the stream, never approaching the water. At about one and three-quarters

miles from the trailhead, on the left you will encounter a second side trail leading down to the river. Keep to the right fork to stay on the Gerle Loop. The path keeps on its gradual course to the right, opening up once again onto pastureland. Keep walking toward the trailhead parking lot, which is visible now about a half mile in the distance.

Allow about an hour for this hike, unless you take a side trip down to the river to relax or picnic, in which case you might want to take an extra hour. As this trail is popular, expect company, especially on weekends!

Magnolia Ranch Park is open daily from dawn to dusk. No motor vehicles of any kind are permitted beyond the trailhead parking area, and no overnight camping is allowed. Fishing for trout is permitted in the American River for those with a California fishing license. Though not often seen, rattlesnakes, coyotes, and mountain lions inhabit the park. Dogs are okay on leashes. Except for the portable toilet located at the trailhead, there are no facilities available in the park, so you will want to bring your own water and snacks.

***Happy Hiking!***

You can contact Trail Mick at: [braccop@arc.losrios.edu](mailto:braccop@arc.losrios.edu)



Secret Footage of Mick After Hours

*Continued from page 3*

**Parrot 2:** What do you like the most in the United States?

**Kamau:** The one thing I really know about, this country gives you opportunities. No matter how you look at it, no matter how you like it or live it, you have opportunities.

**Parrot 1:** I think it depends if you are lucky or not and the age. I think you can have more opportunity if you come here when you are still young.

**Kamau:** That one I agree. You are right, especially because you can blend more easily. At this age I can't come and start all over. I will not advise my mom and dad to come and live here. It will be too hard for them.

**Parrot 2:** Yes, especially at that age.

**Parrot 1:** At what age do you want to retire? And what do you want to do after?

**Kamau:** I would like to retire maybe at 55, pack my things, close this chapter, get to a plane and go back to Africa.

**Parrot 2:** Why?

**Kamau:** Because I think I can be more useful.

**Parrot 2:** There?

**Kamau:** Yes.

**Parrot 2:** Why at age 55?

**Kamau:** Because I want to still be strong when I move back.

**Parrot 1:** And do you have a plan when you go there? What you are going to do?

**Kamau:** Yes.

**Parrot 2:** So do you want to still teach there?

**Kamau:** No....No... First of all, I would like to volunteer. Right now I volunteer, me and some friends are volunteering to educate some high school students, so we raise money for the education of those students. And maybe become a business man.

**Parrot 2:** Do you love reading?

**Kamau:** I love reading.

**Parrot 2:** Who is your favor writer?

**Kamau:** Who is my favor writer? Oh, my goodness. I don't think I have any, my best... I don't read fiction, I like to read biographies. I like reading about people who overcome challenges. The most recent book I read is about a Kenyan, one of the richest in Kenya. He started from nothing, but

he was so business minded that he built a big empire. He is about 81 and he is still busy with business, he just doesn't know how to slow down. I love reading about people: I read Clinton's biography... And also I am a big.. I like to read about the news, I have to be updated, it is like a drug, when I wake up sometimes, even I am so sleepy I have to go to the computer and read what is going on.

**Parrot 2:** What was the most challenging thing you ever did in your life?

**Kamau:** I think going to school, because... especially in graduate school, I had to have money. I used to work and try to go to school at the same time; I used to pay international fees. It was extremely challenging. I used to be under a lot of stress, because I had to work to make a full schedule and stay at school.

**Parrot 1:** Did your parents send you here?

**Kamau:** Yes, they did.

**Parrot 1:** That means they are wealthy.

**Kamau:** I can't say they are wealthy, but they brought me here and told me I was on my own after the first year. I was very ambitious when I was young. I actually knew some Americans in my country, so I decided to come to the USA.

**Parrot 2:** For how long did you go to school?

**Kamau:** I went to school for 6 years straight.

**Parrot 2:** So you have a Master's degree?

**Kamau:** Master's degree. I always take classes. It has been a year since I didn't take any class.

**Parrot 2:** Do you advise students who don't have any idea of their major?

**Kamau:** Do I advise? Yes I do, of course especially students who want to pursue economics. Quite a few of them have gone into economics because they came and talked to me. Over the years I have seen about 30 or 40.

**Parrot 1:** When you came here, people didn't try to make you change your major? Because a lot here want you to go to the medical field, especially nursing, because they think it is easy to find a job as a nurse and make money, especially in the African community and maybe because I am a woman.

**Kamau:** Even now, I noticed a lot are going to the medical field. I was never interested. Actually, I realized the people I used to know back then were all in academia.

**Parrot 2:** Do you like golf ?

**Kamau:** Actually I like golf. I play a lot of golf.

**Parrot 1:** Did you learn it here?

**Kamau:** I learned it here. Yes. I have a passion for golf. It is my favorite pastime. Any other question?

**Parrot 1:** Do you want to talk about your family?

**Kamau:** My family?

**Parrot 1:** Yes. Kids?

**Kamau:** I have one son. He was born just about two and half months ago. He is my first child.

**Parrot 2:** So you named him after your grandfather?

**Kamau:** His name is my last name, not my first name.

**Parrot 1:** So his first name is?

**Kamau:** Kamau. His name is the opposite of mine.

**Parrot 1:** It doesn't bring confusion?

**Kamau:** It does. I have a cousin who lives in the Arden Area. His name's Kamau. We are cousins. We are named after the same grandfather. I have another cousin who lives in the Bay Area. His name's Kamau too. We are named after the same grandfather. So you come to my house and you say Kamau, people are looking at you, which one you are talking to. And this is only in our culture. I think in another tribe called Luo, I think they named their children according to the time of the day you are born and that is the tribe where Obama's father comes from.

**Parrot 1:** Do you also have European names?

**Kamau:** We do. We actually do, but I got rid of mine.

**Parrot 1:** Why?

**Kamau:** Because I am an African, not a European. I did that because I wanted to totally identify myself. There are many people who give to their children Western names.

**Parrot 2:** Why did they give European names?

**Kamau:** It came from.... When the Europeans came to Africa, they started that culture to promote their names, but they usually said this is a Christian name. But now we realized these are not Christian names, they are European names. And some people who are Muslim in my country they get like Muslim names, especially people from the coast, they have African names, but they say like Hassan, Souleman.

**Parrot 2:** How many countries have you traveled to?

**Kamau:** I have been to the United States, Mexico and Canada. And by the way I have been to all, but 4 or 5 States. In Europe, I have been to the United Kingdom, Netherlands, France, and Germany. In Asia, I have been to Thailand and Japan. In Africa, I have been to Senegal, Liberia, Nigeria, Kenya and Tanzania.

**Parrot 1:** When you go back to visit, do you have contact with your high school classmates?

**Kamau:** You know we have lost touch with a lot of them. But this time I ran into two people from high school. Recently, I started to get in touch with some of the people I went to high school with.

**Parrot 1:** And how are they doing there?

**Kamau:** Some of them, well. The system was cool. The school I went to...., we all came from different schools. The school I went to was one of the top schools in the country, so a lot of the students did very well. Most of them went to engineering, medicine.... A lot of people are doing very well.

**Parrot 1:** What do you think about the economics of most African countries?

**Kamau:** Basically, my opinion is that the economies in most of those countries are destroyed by their leaders. Major thing, our leaders think about making themselves rich first and then they don't care about the masses, number one. And number two, I think that it is internal they have to deal with international countries. Basically a lot of European countries trade with Africa, but they don't bring anything, they just want to take resources and they don't really develop the country at all.

**Parrot 1:** Do you think that can change?

**Kamau:** It can change. It can change, hopefully.

**Parrot 1:** And what do you think Africa has to do to be united?

**Kamau:** That is the big one, the big one. We have to start working together. But I think there are major problems. First of all, the population is too high.

**Parrot 1:** I think because a lot of people are not educated.

**Kamau:** You are right. It is amazing; people who don't have as much money are the ones who have a lot of children.

**Parrot 1 and Parrot 2:** Thank you very much for giving us your time for this interview. Bye and have, a nice evening.

## Out of the Cage

### Artist Lecture: Frank LaPena

Wednesday, November 10  
7:00 pm



Room 547 in the Music Building. As a published poet, and artist who has been exhibiting his work for the past 50 years, Frank LaPena's art continues to be influenced by his Nomtipom Wintu tribal heritage. He has exhibited his work in over twenty solo exhibitions, and numerous group exhibits, in museums and galleries across the United States, Europe, Central and South America, Cuba, Australia, and New Zealand. He has also served as a consultant to major museums including the De Young in San Francisco and the Smithsonian Institution's National Museum of the American Indian in Washington D.C. More information at the James Kaneko Gallery on campus (484-8399)

### Honoring Student Veterans

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



As we honor all veterans on this special day, please join us as a panel of ARC student veterans share their stories of their service and their experiences as returning students.

### Jazz Improvisation Clinic

Tuesday, November 16  
3:00 pm - 4:30 pm



The ARC Music Department presents a jazz improvisation clinic with alto saxophonist Jeff Clayton of the world renowned Clayton/Hamilton Jazz Orchestra. Mr. Clayton will present "The Nuts and Bolts of Jazz Improvisation: A Step-by-Step Approach."

The free clinic is open to the public and it is recommended that participants bring instruments and a recording device if available.

For additional information, please contact Dr. Dyne Eifertsen at (916) 484-8676.

### East Meets West in the Land of the Rising Sun

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



In June 2009, Keith Atwater, Professor of Humanities and Religions, and his 17-year-old son Paul toured Japan for 11 days. They found and photographed places and people that showcase the remarkable culture of this land, from the world's largest Buddha statue to Elvis Presley impersonators in a downtown Tokyo park, from Anime shops to Shinto shrines. Come take a closer look at this significant culture from the slopes of Mount Fuji to the heart of Japan's electronics empire via this narrated slide show.

**Location:** Raef Hall 160

### Grammar Bowl

Thursday, November 18  
12:15 am - 1:15 am

Teams from the ENGWR 51 classes of Professor Arlene Clarke, Professor Mary Lou Nugent, and Professor Lyn Case will be competing in a demonstration of their knowledge of grammar.

**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](mailto:braccop@arc.losrios.edu) or Elizabeth Moon at [moone@arc.losrios.edu](mailto:moone@arc.losrios.edu)  
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