



The Parrot

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

Issue #47

Fall 2010

Student Gov't VP Jeremy Palmer Welcomes ESLers

Parrot: Hi, you're Jeremy Palmer, right?

Jeremy: Yes, my name is Jeremy Palmer.

Parrot: In addition to being a cultural anthropology student, you are the Vice-President of ASB, right?

Jeremy: The Associated Student Body, yes.

Parrot: OK, tell us more about it please.

Jeremy: OK, so the Associated Student Body is the student government here at ARC. It consists of seven senators, and oh, excuse me, seven directors and ten senators. We speak to the legislature, we try to bring stuff to the campus, if students can think it,



Jeremy Palmer waving bye-bye to the Parrot?

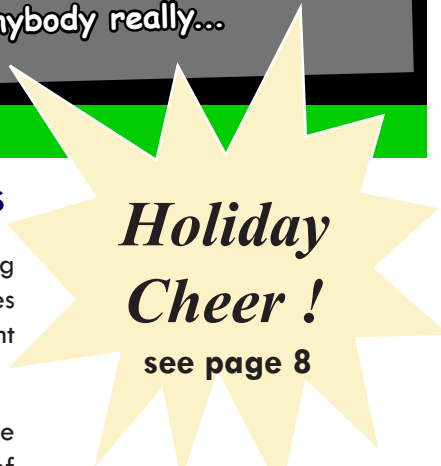
we can try to do it, so we do everything pretty much from campus based activities all the way up to advocating for student issues on the state or federal level.

Parrot: OK, so what are the duties of Vice President of ASB?

Jeremy: My duties as stated are to reform or chair the reform committee, which is the committee that looks at our constitution by-laws. We try to make sure that they are current. They were written in 1955 and every now and then they will be amended, but it is really the job of the

Reform Committee to make sure the constitution stays in line with current issues, and

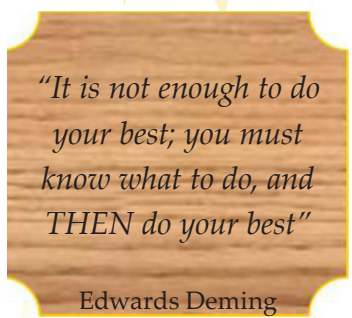
continued on page 2



Holiday

Cheer!

see page 8



"It is not enough to do your best; you must know what to do, and THEN do your best"

Edwards Deming



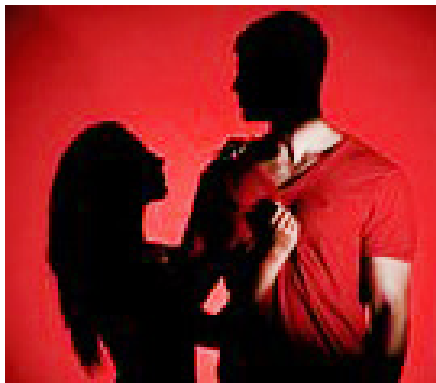
Why Santa Wears Red?

Men Wearing Red Found to Trigger Female Desire

By Charles Cooper

Forget chocolates and flowers, guys. If you want to make a big impression on the opposite sex, try adding red to your daily wardrobe. Lots of red.

The color apparently makes a man more attractive, more powerful and more sexually desirable to women, according to a study appearing in the Journal of Experimental Psychology. The research sug-



gests that woman's thoughts and feelings toward men are partly, primitive, a find-

ing sure to open another chapter in the endless discussion of the perennial question 'What do women want?'

Females were found to view men wearing red-colored clothing as being higher in status and more likely to earn a better living. And it was that very high-status

Continued on page 10

Inside this Issue

Smell	4
Cyberspace Dating	5
Nicolas	6
CPR	7
Human Rights	11
Christmas Dog	15



Continued from page 1

the realities of ARC life, how many students we have and all that stuff. So that's really my only stated duty; however, I do a lot more than that. I'm pretty much the person that brings the whole council together, helps bring information to each of the members, I organize a lot of events, I'm organizing right now the haunting festival and the day of action; both coming up soon, and I just kind of make sure that all of our council members have what they need to be successful, especially new council members. I help to train them, help to guide them. Yes I do a lot.

Parrot: Good. So could you imagine an ESL student as a council member?

Jeremy: Yeah, it's actually something we thought about, how to do that. Last year we had a senator named Luba Pislar and she actually taught in ESL, she wasn't an ESL student, but she was an ESL tutor, and she was on the council with us for a short time, for pretty much the second half of the year, and she really wanted to start tackling a lot of those issues. She just wasn't able to really find the best way to go about it. She left us with a lot of good ideas. So we'd really like to get the ESL community, communicate with them better and let them know there is spot for them. The fact is that almost half of the school identifies themselves as Ukrainian, primarily Russian speakers as a first language. That is a huge group of students on campus, and I think that any true representative government should have that voice on council. The fact is that now not a lot of people inside of ESL even know about the council, about the ability to run for council, so not having ESL members isn't necessarily just that group of students doesn't know about us, a lot of students don't know about us, and we're really trying to, you know, broaden our connection to the students, and reach out to the students. One of the things we're talking about right now is would it be possible to get dictionaries and translators on Notebooks for the ESL department, and we are looking into that right now. It is our hope that we can do that, just kind of like yeah we now you guys are here. Come and, you know, hang out, see what we're doing, and if there is any thing else we can do to help, let us know. We have quite a large budget every year and we're always trying to get back to students. We always try to find some way either to get back to the individual student or get back to the whole campus community at large. So your question is, you know, is there room for ESL on board? Yeah, there is plenty of room for ESL. Right now we have 5 open senator positions; turn in an application, you know, let's talk definitely; we have five open senator positions right now out of ten. So half of our board is still to be appointed and I would love to have ESL students.

Parrot: Wow! interesting, I have never thought about that. I

thought ESL students cannot be on the council because they can't speak English well.

Jeremy: Well, you know if you can't speak well, there are a couple of things we can do. First of all, we can find an adviser or a staff member. Someone can come in and sit in our meetings and do the translating when it is necessary; we will be open to that. Also if you have to slow down a little bit and take your time, you know, we understand that. You're not to be condemned for not having a mastery of the English language yet. We figure you are in school and you are learning it right now. You have to start somewhere, and this is where you start. It's a lot like us with council. A lot of us, this is our first time on council. We've never done any thing like this before, so we had to learn that aspect. But yeah when it comes to the council, you know we also have DSPTS students.

Parrot: What is a DSPTS student?

Jeremy Palmer: That is Disabled Students Programs & Services. So that's like people with learning disabilities and while that's a whole different thing than ESL, the communication on both ends is inhibited. So if you haven't quite had the mastery of the language, there is no problem. Our council would be more than happy to make sure we're understanding what you're saying and you're understanding what we're saying so that way we can really reach out and be successful reaching out to that community because it really is like a voice that goes unheard, and I understand the reasons with ESL you know, a new culture.

Parrot: Yeah, they are usually afraid of talking.

Jeremy: Yeah, yeah, you know, I took speech, group speech last year and we had a lot of ESL students and you could see how difficult it was for them. They had their dictionaries in front of them, they got lost, they got left behind in the dialogue, in the communication and I see that, and I really would like to help with that somehow on the campus level. I sit on what's called the Planning Coordination Council, and that council consists of all the deans of the school plus the President and Vice President of instruction. It consists of myself and the President of our organization, Shaine Johnson. And we kind of game plan the coming year and we try to say what kind of demands we have to meet and what kind of expectations we have to perform and we try to adjust that and other things that came in front of us. Last year was what is called the KEIs, which is Key Effectiveness Indicators. So really we tried to pinpoint who is successful, who is not, who is moving on, who is not moving on, who is kind of stuck at ARC, the different demographics whether it is male or female or whether it is rich or poor or whether it is you know, American, or you know if you are from Russia or, if you are African



American. All these different groups and they are trying to determine who is more successful and why. One of the things that I advocated for last year was in the Key Effectiveness indicators. It lists white and Russian and Ukrainian as together which is really a disservice to that whole community because they don't have the basic communication skills in English that are necessary to be successful in school. So the indicators that point out where they are successful or they're not are tied to, American students who are born and raised here and it kind of does them an injustice and hides their trouble areas. Because it's masked behind the rest of the "white" community so that's another issue with ESL. And all kinds of stuff like that. So, yes, again coming back to if there is room for ESL, I would ask ESL students to come out. One other thing we do on council is provide opportunities. So if an ESL student comes up with personal firsthand knowledge of issues that affect ESL students and they can brainstorm a solution or brainstorm something that would help them alleviate that problem, we as a council, will work together. This isn't something where council members will come up with an idea and have to do it. We all have to vote on it. So if an ESL student brings something up and we think it's a good idea and we see that it will work and it's actually going to help ESL students, all that good stuff the council has to vote on and once the council votes, it becomes the property of the council. It is no longer the person who wrote the bill or legislation. So we all do it together, so an ESL student won't have to think that they came up with an idea to do it themselves. What you get is 15 to 17 other individuals that are totally dedicated to helping that person's idea come true.

Parrot: Interesting. So when are your meetings and where can they meet with council members?

Jeremy: So our council office is in the cafeteria in the campus life center. You can just come anytime. There are almost always ASB members here; I'm almost always there between work and school and ASB staff are almost always here. If one of us is not here, you can always leave a message and we will get back to you, just as you did, and beyond that our meetings are on Tuesdays around 12:30. And we meet on the cafeteria stage and anyone is welcome to come and you can get our agenda and see what we are talking about. You are more than welcome to raise your hand and get called on and say you like what we are talking about or you don't like what we're talking about, or offer your own suggestions on how it can be better. You know we love to have that. It's been a big problem in terms of getting, like I said earlier in getting anybody out, let alone ESL students. The fact is you know, we are all students and, people have classes and you are in school, you're busy and probably work outside the school, or family and anytime we do get students out to add discussion we kind of get more of it, and we want more and more of

that. So yeah, come by. Everyone is free to come by and it's every single Tuesday starting at 12:30 pm. You don't have to stay the whole time; you can leave or you can come late. We normally wrap up around 3:00. You can catch the first hour of it, or you can catch the last hour of it if you can.

Parrot: Thank you. That's interesting. So the next question is how do you describe a successful person?

Jeremy: How do I describe a successful person? Well, if you make goals for yourself and the goals are for enriching and bettering your life, whatever that means, you know if you want to make a lot of money and live securely and be able to do all the things you want to do and that's the goal you set, if your goal is to be a leader in whatever your field and you desire to major in, if that's your goal, and if your goal is to raise your family to be a great family that's your goal. If you set goals for yourselves and you actively engage in achieving those goals, work hard at it, find ways to pursue those goals and accomplish those tasks and even if the first year is unsuccessful you keep trying and you reach out, ask for help and you accept help when it's given and you learn and continue to learn you're successful. Even if you haven't achieved yet your ultimate goal, as long as you're pursuing that path and doing so without being too stubborn and saying: "No I'm going to do this by myself," but you look for help and learn from others and help others to learn on your way of what you've learned then I've got to assume that you know that's the definition of successful. Eventually one day we will all have jobs, and to be a successful person in general, you have to be able to set goals for yourselves and work hard to achieve them. Don't give up and then I think that things will come of that.

Parrot: Interesting, so what's the biggest challenge you have ever had to face?

Jeremy: Ever?

Parrot: Yeah. Ever!

Jeremy: Ever, huhh? That is a good question!

Parrot: Take your time.

Jeremy: Well, honestly I'll say my biggest challenge was being successful on the ASB. For a long time before I came to school, I came to school at 29 years old. I'd never gone to college before that. I graduated in 1996 and I came back to school around 2007. The second half of 2007, and I kind of just was bored, I'd always liked to read and I'd always liked to learn but mostly at that time for a long time I just kind of hung out, loafed off the parents, hung out with friends and



Student Chirpings

Driving the Delta

The Sacramento River Delta is like a beautiful pear, set in the Central Valley of California. It is one of my favorite places, especially when I drive there along the riverside or walk on the levees. I can see many wonderful types of scenery that are different from scenery in my country. Driving feels better than walking because I always take a little boring walk everyday in the park near my house, but driving along the Sacramento River can let me melt into nature or put the boredom away. I believe this.

Every year I usually drive to the delta with my family at least once or twice in spring. I always enjoy the sunshine and warm breeze. I drive along the delta and I feel better. I imagine I feel the same as a salmon feels who migrates freely between the Pacific Ocean and the upper reaches of the Sacramento River or American River. The salmon can get a lot of food and spawn through the delta. In the same way, I get food for my spirit/heart when I go to the river delta. Also, there are many kinds of interesting things in the delta, revealing American culture. For example, American people really like riding boats on the river for playing and fishing. Some farms along the delta plant a variety of fruit and vegetables. I am so impressed by the advanced agricul-



ture all around the waterways. They are what we cannot see in the urban areas. Everything I see there, such as fresh water, farms, and people fishing helps me connect to nature.

Sometimes I drive my car with the open windows along the levee to enjoy the environment and the special smell of the delta, such as the smell of wild flowers and the smell of earth. This fills my body and especially my heart. I have had a dream for many years; I hope to be a farmer in the future and escape from the city's air pollution. Sometimes I lie on the levee; I feel my body is as tiny as an ant. The ant is always working every day and does not have any spare time to enjoy life. So I really treasure and appreciate the ant.

Driving along the delta feels like I am taking a vacation on ansssother planet and I am moving around the earth over and over. The river delta feels like the center of all activities of my life and human-kind. I believe that this feeling lets me sink into nature and it can unify my body, and my mind with nature.

Juzhuang Chen
ESLL310

The Power of Smell

I believe the power of smell can make a miraculous change in people's lives.

I remember a day when I received bad news about my health from a doctor. I couldn't sleep well the that night, but early in the morning I felt a pleasant, penetrating smell coming into my bedroom. I tried to open my eyes. I was surprised to see Viorica, who had just turned 24, and who is my oldest daughter, with a big bouquet of roses next to my bed. I had forgotten about my and my husband's 25th anniversary. I had not seen my daughter for three months because she and her family lived in Ausrtria, and I lived in Romania. But that morning her perfume and the flowers' fragrance said a friendly "good morning". Even though I couldn't sleep that night, I felt amazed and happy enjoying the scent of roses and the good smell of coffee that my husband prepared for all of us.

That morning I understood for the first time that the magic power of a good smell can "open your eyes" early in the morning. It penetrated my whole body and said to my mind, "Jen, go ahead. Your life must continue". I also understood what an important thing my daughter did for me, and I considered her God's messenger. Surrounded by my family, I wished that moment never to end. My daughter had given me many bouquets of

flowers before that, but the sweet fragrance of flowers never had the same effect on me. Several hours after that, I received many bouquets of flowers from my other children, my sisters, parents, and husband, and I believed that my living room was a true botanical garden.



The sweet fragrance of roses changed my mind and inspired my courage to fight off the bad things in life and also gave me positive power to continue to go ahead. Enjoying the good smell of that day, I forgot the bad news that I received from the doctor. Since then I have tried to retain the smell of the flowers in my house because it changed not only one bad day but many days. When I smell something the same as that day, a sudden rush of memories comes to me. The power of smell reminds me where I was, and how happy I was that day when I first smelled it.

Since that day, my husband has bought hundreds of bouquets of flowers. In my family and in my children's families, smelling flowers is still a tradition of comfort and happiness. I believe those events on my 25th anniversary changed the lives of my whole extended family because of the power of smell.

Eugenia Muntean
ESLL 310



Cyberspace Dating is Stupid

It's well known that millions of singles (and not singles too) around the world prefer to find a partner by using cyberspace dating. Clearly, their purposes are absolutely varied. I have some doubts as to this method. Really, it depends on people's purposes in this case. Some people seek out a match for just intimacy, without any responsibility, some people – for the intimate talks by e-mail or phone, advertising obviously exaggerated features and qualities. To find a perfect match online for privacy meeting is easy. Besides, very often people want to meet a true love, a reliable and devoted partner for marriage, by using computer dating. It is very complicated. It's really a leap in the dark! So cyberspace dating should be considered a stupid thing.

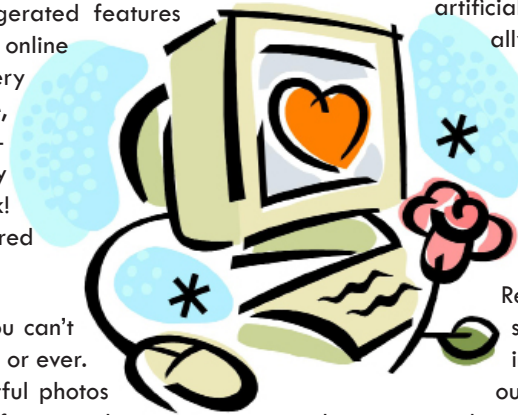
First of all, using cyberspace dating you can't see a real person within a specified time or ever. You are able to see just her/ his doubtful photos at different ages. It's a pity, but very often people show a lot of pictures which don't correspond to a real person and his/her real age. For example, recently my friend, Tanya, from Ukraine, told me one funny story. Once she kept up an interesting correspondence by internet with a 45-year-old Italian lawyer from Rome. A strong and athletic man, looked at her from her "recent" photos. However, she was really disappointed after three months of correspondence when once she had a chance to see him in real time. His appearance in the photos revealed that

person was about 20 years younger than now! In fact, that man looked like a retirement person – a 70-year-old grandpa. He really exceeded all her expectations for cyberspace dating!

Furthermore, the system of cyberspace dating doesn't let us communicate openly and honestly with other partners because of its artificiality. That's why this is a question of faith. Usually, people can just tell different "true" stories about themselves. It seems like artificial talk. So, my friend, Alena, was very honest and with an open soul for 3 months of correspondence with her foreign partner by Internet. She wrote letters with true information about herself. Unfortunately, her partner was not open and honest with her. Really, as we see, it's so difficult, almost impossible, to meet a partner who shares the same interests, and to choose some according to our wishes. I'm convinced that it's impossible to have serious discussion with people using cyberspace dating.

In short, all ends and means are not good, especially if it concerns a private life, dating and correspondence. We should not follow implicit faith and blind love. Sometimes people often see and hear what they desire to see and hear. And that's really stupid.

Iryna Nedvid
ESLW 50



Uncomfortable Clothes

Have you ever felt uncomfortable because of your clothes? Everybody is looking for clothes to wear. Some people wear very good clothes so the other people treat them well and respect them. Some people just wear and choose the clothes to look neat. Other groups of people wear clothes they must wear because they don't have another choice. Once I was forced to wear uncomfortable clothes.

When we just came to the United States, my family and I needed time to adapt to the United States. Therefore we didn't have time and money to buy newer clothes. When my sister and I just came to class in high school, I felt a little uncomfortable because of my uncomfortable clothes.

The clothes that I wore for my first day of school were a short sweater and short jeans. Because of the short clothes, I had to stretch my sleeves on my sweater so they didn't look short. In addition, by pulling my jeans to the bottom I wanted them not to look short. It was uncomfortable because I had to do this many times. However, I pulled them a little, not a lot, because I didn't and still don't like the habit of many students in high school when they pull their jeans almost all the way down to the knees. In my

situation, I just had to do so because I didn't want anybody to laugh at me and my short clothes I wore. However, nothing bad happened to me. I'm still alive today, even though I felt very shy and embarrassed.

Today I feel normal about that situation and it makes me surprised, "Why was I so embarrassed and felt so shy?" I see that it was normal clothes but just a little short because I grew when we moved to the United States. Today in that way it makes me feel embarrassed for those who wear clothes like they see in the movies and TV. I feel embarrassed because it is very disrespectful when I walk with my parents around such people that wear baggy jeans and pull them down.

In conclusion, I once had a time when I was embarrassed and felt uncomfortable for the clothes I had to wear that I didn't like because I didn't have another choice. I didn't like the clothes because they were short.



Daniel Kulyukin
ESLW50



Saint Nicolas

It was a nice winter day in Ukraine. Everything was covered with a bright, white snow. I stood in the market place next to the gravestones, which I had made, trying to sell them. Many people in fur coats crowded in front of me, inhaling freezing air and trying to find something useful for themselves in market outlets. I believed that there was nobody else who was selling such products there, so I thought that I had no competitors in that market. A couple of hours after I arrived at the marketplace, a stranger came to me. He had a wide, pale face. He smiled cheerfully. He looked like a saint, how they draw them on the walls of Orthodox churches. "Good morning", he said softly, "Will we reduce our prices on our production, or so...?" It meant that I was "persona non grata" at this market place. "Well", I said, "I did not know that you are selling gravestones here. I will find another place." I soon after took my business to another village. From that time on we started to meet more often, because of the similarities of our job, and gradually he became my distributor and in a way my boss. I made gravestones from concrete, and he sold them. He sold them in enormous amounts; he was the best dealer I had ever met. His name was Nikolay, but we ironically called him "Saint Nicolas" among ourselves. Day by day, I discovered that he was no saint at all, as most of us are. Despite that, this man had a strong influence on my life. In his almost every day presence, I learned how to be hardworking, patient, and to place my hope in God.

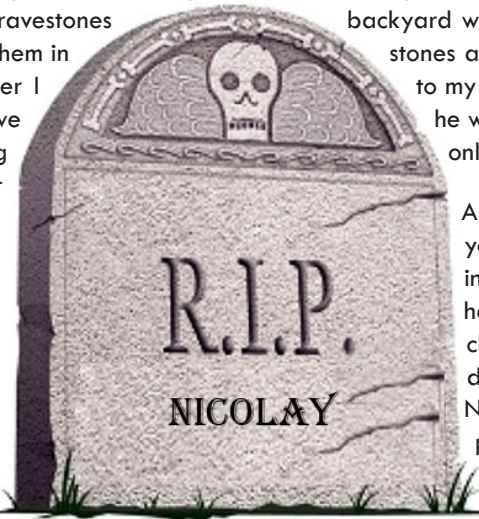
Nikolay was a very hardworking man, so as he gave me orders on the production, and he demanded from me to be as hardworking as he was. I worked for myself, and my family helped me to do the job.

Nikolay loaded my products on trucks and carried them to different towns, where he sold them. He bought gravestones from other businessmen, not only from me, because I produced only a small number of gravestones. Since I wanted him to buy only from me, I had to work harder and harder, to produce more and more. I was not able to produce more alone, so I had to hire a man. Nevertheless, Nikolay started to sell even more gravestones, so I had to hire another man to increase production. Nikolay often said to me, "Prices on our products have to be low, but the quality has to be high". Consequently, I cut prices lower than my competitors had, and worked harder to get better quality. Nikolay did not want to spend extra money, so he started to buy gravestones only from me. To tie him close to me, I even lent him my products on credit for a couple of months. Therefore, to hold him as my dealer, I had to be really hardworking.

Nikolay was a very tough man, and as I had no other choice but to work for him, I had to endure all his whims; so I had to be patient. I did not have a warehouse or the ability to sell as great

a number of headstones as he could. He was my boss because he was paying me money. He controlled all my money, too. He said, "He who has money is the chief." It was true. His sales were increasing, and his arrogance was increasing as well. He was a big boss. I was a small worker. He took 30 monuments from me and carried them by truck to a town that was situated one hundred miles from mine, and said, "There were two tombstones broken on the way there." I said, "OK, reduce the amount of money by the price of two." After a couple of weeks he said, "Three were broken. You can check them." I could not because I had a lot of work to do, and if I went a hundred miles to see if it were true, I could lose more money than the cost of those three gravestones. Almost every couple of weeks, the number of broken gravestones increased, but I was not able to check that. My wife said, "It seems as if he lies." I said, "Maybe, but what can I do? He is the boss, and I have to believe him." Once, when

I had to buy some materials in a store, Nikolay came to my backyard where we made my gravestones. He kicked stones and wire that were on the ground and said to my wife, "How dirty your yard is!" Sometimes he was very rude, but I had to be tolerant, and only smiled at him.



As we were working together more than eight years and he made money from my work, his influence on my freedom increased a lot. I had no choice, but to hope that God would change this situation. One evening after the delivery of my gravestones to another town, Nikolay said, "You know, I hired a truck, paid money to people to load and unload the tombstones, and you know, there were six of them broken! I think you owe me not only for the tombstones, but also for the

delivery!" It was unfair. All my feelings turned upside down in me, but I said, "OK". I thought all the evening what I should do because all the time he was doing worse. Finally, God gave me the wisdom for what I had to do. The next day I called him and said, "How much do I owe you for the broken monuments?" He named me an unreal sum. "OK, I said, "for that price of delivery I can deliver them by myself." "It is your choice," he said, and hung up the receiver. So, the next delivery I did by myself. Not surprisingly, the losses on broken monuments diminished to only several for every ten deliveries. Since that moment, after nine years of our cooperation, Nikolay's influence on my business started to lessen every day, until his business almost became my own. So, his behavior helped me to believe in God's words, "He who works hard will be in charge," and these words come true in my life.

Thus, thirteen years of our cooperation were left behind, and Nikolay passed away from liver cancer. I went to say farewell to him before his very last journey. He was lying in a coffin decorated with white flowers, and on his pale lips was clearly



seen a smile. He looked like Saint Nicolas as they painted him on the Old Russian icons. We had worked together so many years. Under the pressure of the Nicolay's personality, my attitude toward life changed dramatically. He was not a perfect man at all. That man was tough, and he was very successful in business. I did not have that toughness, but I understood that with that man in charge I could survive in business. Because of his strict rules, I had to adapt constantly to new situations to remain in business. To satisfy his strict demands meant to satisfy the customers' claims, and to leave far behind my competitors. I did not like his manner of declaring those claims, but they were very clear for me. They were helpful. He was like a cruel grind-

ing machine that makes soft flour. He ground from me qualities I hadn't had -- perseverance and diligence. He was a tool to make me more tolerant, and not react rashly to people's bad attitudes. He was mean, but he was useful too. In addition, I learned from him how I had to be as hardworking as he was. I liked his influence on my understanding of business. I hated him sometimes, like soldiers hate their sergeant, but soldiers do not leave the army, and occasionally they proudly proclaim their belonging to such a powerful force. So it is with me. I graduated from his hard business school successfully, and I am proud.

Yevgeniy Komlyk
ESL W320

CPR for ESL Students!

On November 4th, the ESL-L320 class students, instead of having a regular class on campus, tried to find the reason Professor Bracco's homework is sometimes based on Capital Public Radio programs. They went on a field trip to Capital Public Radio's studio, where local and worldwide news and great classical and jazz music have been featured for more than 30 years. The studio was at 7700 Folsom Boulevard, Sacramento.

The students arrived at Capital Public Radio at 10:00 a.m. After ice breaking, which basically was sharing some personal information between the group and the tour guide, the trip began. Following the tour guide, Julia Robinson, they first visited

studios where most of the radio programs are recorded. Then, they visited the jazz and classical music-collection-CD room. According to Julia Robinson, in the close future all of the CDs will be stored digitally on computer. Next, the students went to another room where Capital Public Radio's computers had been downloading other radio programs. At the end, students asked a few questions about volunteering at Capital Public Radio and who the donors to and supporters of Capital Radio are. The trip concluded with each student receiving a CPR tote bag.

Narineh Mousa
ESLL320





Ho ho ho! Hee hee hee! Ha ha ha!

In our lives, we sometimes have funny situations that we can't forget our whole life. Once I had the funniest Christmas for my family and me. It happened a few years ago, when we lived in Russia. My family and I were sitting in the kitchen, having dinner. Then suddenly somebody knocked at the door. We weren't waiting for anybody and were really surprised. When we opened the door, to our great surprise, we saw Santa Claus. He said that he brought some gifts for my children. We didn't order any gifts and I told him that. But he strongly insisted on having his own way. I started feeling the smell of alcohol from Santa and understood what was going on. I also noticed that his beard and moustache began to tear. When he bent over to get the gifts, he couldn't even stand on his feet, and then he fell down on his knees. His beard and moustache completely tore away and we could see his red nose. Our Santa was totally drunk. He mistook the address and brought these gifts to the wrong address. We laughed for a long time after that. It was really funny, especially for our children. We'll never forget this Christmas time.

Victoria Itskan
ESL W50

Chocolate is candy for everyone. It's sweet and delicious. After we opened the chocolate box my wife tried one, she said it was good, and she kept taking more and more, about eight or nine. She walked toward a chair. Somehow she could not sit on the chair. She put the chair on the side, and tried to sit. Somehow she missed it, and fell down on the floor. Later on, we read the label on the side of the box. It said "Alcohol Inside." My wife never drinks.

Khone Sourivong
ESL W50

My son was five years old when we went shopping on Christmas. He was excited with the street vendors, toys, lights, many people and cars. Suddenly, he said to me, "Ma, look, look! Is he Santa? And I answered peacefully, "Oh, yes, he is." One block later, we saw another Santa, and my son asked again, "Ma, is he Santa? And I answered, " Well, yes, yes, he is Santa. "Why is he here, if he was behind us, Ma? I answered, "Well, you know, Santa is very fast. He used his sled. At that exact moment, two Santas were close to us shaking hands. So, I didn't know how to explain it. I decided to ask the Santa people there. One of them told my son, "Santa is very busy working in the North Pole. We are his helpers." That year my son began to have serious doubts about Santa being a real person. Next year my son told me when we were leaving during the Christmas season to go shopping, "Mom, don't tell me lies. I know

that you go to buy the gift. You work for Santa, too."

Yulisa Orihuela
ESL W50

I want to tell you about the funniest situation that happened to me on a Christmas day. Christmas is a fun season in general. However people enjoy Christmas in different ways. I always love the story about the First Christmas. In Ukraine we have a special greeting on Christmas: "Christ was born." The answer for this greeting is: "Let's give Him glory." In the evening on one Christmas Day, I was walking through my neighborhood when I met my neighbor. He was an elderly man who was respected by all people because he always spoke the truth. I greeted him: "Christ was born". He stopped, stared at me, and then asked, "Why aren't you drunk if He was born?"

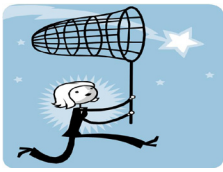
Vitaliy Sobko
ESL W50



Life could bring an interesting moment when you plan to celebrate New Year. I will never forget what happened when we decided to spend New Year night with our friends. One of our friends rented an apartment and he invited all of us to his place. We planned our activities for the whole night and put on a list which food or drinks each should bring. Here it is - 31 December! People started to come since 9 p.m. to finish decorating the apartment and to finish making delicious goodies. I need to say we were expecting to have 20-25 people that night. The

host of the party came back home about 11 p.m. after buying extra bottles of soda. When he went to unlock the front door, the key broke in the lock!!! It was a surprise which nobody expected! Half of the people were inside the apartment and the other half stayed together with the host behind the front door. What to do? was one the most important question for all of us. He couldn't break the door because it was metal. Somebody started to look for tools, but couldn't find them. Suddenly, one girl screamed, "I have an idea! I have an idea! We are on the first floor. We can open the balcony window, give them a chair and help to pull them up!" It sounded good. Our boys gave them three chairs to build a little pyramid and then pulled them up. Twenty minutes later everybody was inside the apartment and ready to celebrate. When it was time to go home in the morning, we just jumped from the balcony into the snow. It was really fun! Having an extraordinary situation always brings brightness in your life.

Anna Schorn
ESL W50



Netscape - Articles from the Web

Wright Brothers Day: December 17

Wright Brothers Day is celebrated in the United States on December 17 each year. The date commemorates the Wright brothers' first successful flight in a heavier-than-air, mechanically propelled craft, accomplished on December 17, 1903, near Kitty Hawk, North Carolina. Wright Brothers Day falls on the same day as Pan American Aviation Day. It must not be confused with National Aviation Day.

The First Airplane Flight

1903 would become a year for the history books. That year the Wright brothers, Orville and Wilbur Wright, would fly the first powered, controlled, heavier-than-air airplane at Kitty Hawk, North Carolina on December 17, 1903.

Most people don't know that it was not in 1903, but in the 1800s, that the Wright brothers, working with kites, had worked out the key issue for flight: control.

While other aviators searched in vain for "inherent stability," Orville and Wilbur created a method for the pilot to control the airplane. The real breakthrough was their ingenious invention of "wing-warping." If the pilot wanted to bank a turn to the left, the wings could be warped to provide more lift on the wings on the right side of the biplane. The brothers worked out a system for 3-axis control that is still used today on fixed-wing aircraft: left and right like a car or boat (a rudder), up and down (the 1903 Wright "Flyer" had its elevator in the front), and banking a turn as birds do (or like leaning to one side while riding a bicycle). Working with kites in 1899, the brothers figured out and tested their systems for 3-axis control, and in the next two years did experiments with gliders at Kitty Hawk, and then with their wind tunnel, to find the proper lift. They found that the formula for lift - namely the "Smeaton coefficient" that everybody had been using for over 100 years - was wrong. By the time they built their 1902 glider, they had worked out all the problems and they knew it would fly. The 1902 glider was actually the first fully controlled heavier-than-air craft, and some historians believe it was the main invention - essentially the invention of the airplane - and more important than the 1903 biplane. So it was on March 23, 1903 - nine months before the famous first airplane flight of December 1903 - that Orville and Wilbur Wright filed a patent application for a "Flying Machine." The patent was awarded May 22, 1906. That's when the aviation world started to copy the Wright's designs, and from that point remarkable progress was made in the

development of powered flight.

The next step from the 1902 glider was powered flight. Like everything else the Wright brothers did up to this point, they applied a scientific method: break bigger problems down into smaller ones, study as much as possible what people have discovered before, understand the principles and the theory behind the particular problem you're trying to solve, and do some experiments to work out the particulars. For powered flight the main problem was understanding how propellers work. This was harder than it seems, as no one really understood that a propeller was nothing more than a wing that rotates on its axis, and lifts the plane forward. So, the Wrights turned to the ship-building literature and discovered that empirical principles were used, but there was no theory of propulsion. They then reasoned out the basic mental

model of the propeller as a moveable wing. This allowed them to test propeller shapes in their wind tunnel, discovering an efficient shape. For their 1903 plane, they needed all the efficiency they could get.

To drive a propeller, you need a powerplant. The Wrights wanted a lightweight gasoline engine that would provide the necessary oomph. They tried to buy an engine, but no one was willing to build one to their specs. So, with the able assistance of Charles Tay-

lor, they built their own. It was a state-of-the-art four-cylinder model. Taylor hand-tooled the crankshaft on the Wright shop lathe. Its power-to-weight ratio was better than anything around. Even still, in the words of Charles Taylor, "It weren't much of an engine." There was no carburetor. The raw gas was just dumped into the cylinders. It was air-cooled, without even the benefit of fins. To control the engine speed, the spark could be advanced or retarded. It had the horsepower - barely - to drag the 1903 machine into the dense December ocean air. As the engine broke in the next year, it began to produce more horsepower, and better flights.

On Monday, December 14, 1903, when both the Wright flyer and the wind were ready, the brothers decided that Wilbur would take the first turn as pilot for the historic flight. Some readers might suppose that this was because Wilbur was older, or because he had taken the early lead in the project (though later there was an equalization), or perhaps because of some difference in piloting skills. It was none of these. It was decided by flipping a coin. They and the ground crew (5 lifeguards from the beach) had lugged the plane weighing six hundred pounds 1/4





mile to the big hill, laid out the 60-foot monorail, and were ready to go. After an initial problem getting it unhooked because of the slope (and the force from the propellers), the plane accelerated down the track so fast that Orville, running alongside to steady the wing by holding on to an upright, couldn't keep up. Wilbur turned the sensitive rudder up too sharply, the flying machine nosed up, slowed, came down in that position, and the left wing hit the sandy hillside and swung the plane around, breaking several parts. Although they didn't consider this a real flight, they now knew it would work.

Two days later, repairs had been completed, but the wind wasn't right. The following day, Thursday, December 17, 1903, would be the historic day. They realized it would be better to lay the track on flat ground. That and the strong (22-27 m.p.h.) winds meant that Orville (whose turn it was to pilot) was riding the plane along the track, at a speed that allowed Wilbur to keep up eas-

ily, steadying the right wing as Orville had done 3 days earlier. Just after the Wright flyer lifted off the monorail, the famous picture was taken, possibly the most reproduced photograph ever, which Orville had set up (having asked one of the men simply to squeeze the shutter bulb after takeoff). The flight wasn't much - 12 seconds, 120 feet. But it was the first controlled, sustained flight in a heavier-than-air craft, one of the great moments of the century.

The brothers flew 3 more times that day, covering more distance as they got used to the way the large front "rudder" (the elevator) responded in flight. Orville's second flight was 200 feet, and Wilbur's before it nearly as long. But the final flight of the day carried Wilbur 852 feet in 59 seconds.

<http://www.wright-house.com>

<http://www.timeanddate.com>

continued from page 1

judgment which triggered the attraction, according to University of Rochester psychologist Andrew Elliot, the lead author of the study, which included co-authors from Europe and China.

"I definitely think that there's a learned component such that one learns red is the royal color or a powerful color or a color tie that you pull out if you want to make an impression," he said in an interview with CBSNews.com. "But that also begs the question where that came from and the cross-cultural aspects, where it's found across cultures which otherwise have very little in common."

Indeed, a so-called "red effect" between men and women has been observed in different cultures in both East and West. That may hint at a connection to historical and biological factors. In many societies, for example, the ruling classes equated red clothing with high status. Elliot also said that spilled over in the use of red carpets to celebrate someone's special achievement or the use of red to make a sartorial impression in a business setting.

"Part of this is the learned piece," says Elliot, who noted that when women see red, it evokes deeper reactions that may be biologically ingrained. "The other is the biological piece which might explain why that learning takes place."

Humans share 99% of their genes with primates and in primate societies the color red is usually found in alpha males. But this goes beyond primates. The study notes that "male red appears to carry an amorous meaning for females" in several animal species where males display intense red coloration. This female attraction to male red has been found in crustaceans, fish, birds and nonhuman primates."

As societies around the world incorporated red into their cultures, reinforcing the biologically-based use of the culture, it helped foster a situation where red did need to be natural or observed on the body to exert influence. The study found that "artificial red displayed in close proximity to the body may be sufficient to produce ornament and status effects."



The biggest surprise for Elliot was the realization that it was status and not raw power which helped drive this "red effect."

"In the wild, red is an indicator of physical strength and dominance," he said. "Here it wasn't strength and dominance; it was something more involved, though the underlying meaning was the same - that this is a male who will take care of me and has good genetic material and can provide."

The experiments relied on responses from male and female undergraduates from the United States, England, Germany, and China.

The findings built on research Elliot and Daniela Niesta did a couple of years earlier, when they concluded that the color red enhanced men's attraction to women. But he said that the reason men were attracted to women in red was due to red's association as "the color of sexual receptivity" in the animal kingdom.

<http://www.cbsnews.com>



Human Rights Day -- December 10

On this day in 1948, the United Nations General Assembly adopted the Universal Declaration of Human Rights, which has become a universal standard for defending and promoting human rights. Every year on 10 December, Human Rights Day marks the adoption of the Universal Declaration. It is celebrated around the globe that "All human beings are born with equal and inalienable rights and fundamental freedoms".



As part of the commemoration of the 60th anniversary of the Universal Declaration of Human Rights, the Office of the United Nations High Commissioner for Human Rights calls on all partners to pay special attention to the civil, cultural, economic, political and social rights of persons deprived of their liberty in prisons and other places of detention. Individuals are detained by the State for a variety of reasons. Some are awaiting trial, or have been convicted of a crime and received a custodial sentence. Others are detained following administrative or executive orders unrelated to the criminal justice system, for instance in health institutions, immigration detention facilities or refugee and asylum processing centres. Some persons are put in custody for "educational supervision". Yet others are detained illegally, kidnapped, or made victims of forced disappearances.

There are perhaps millions in the world today who find themselves in detention but should not be, either because their detention is arbitrary or otherwise illegal.

Simplified Version of the Universal Declaration of Human Rights

Summary of Preamble

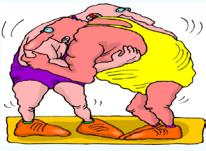
The General Assembly recognizes that the inherent dignity and the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world, human rights should be protected by the rule of law, friendly relations between nations must be fostered, the peoples of the UN have affirmed their faith in human rights, the dignity and the worth of the human person, the equal rights of men and women and are determined to promote social progress, better standards of life and larger freedom and have promised to promote human rights and a common understanding of these rights.

A summary of the Universal Declaration of Human Rights

1. Everyone is free and we should all be treated in the same way.
2. Everyone is equal despite differences in skin colour, sex, religion, language for example.
3. Everyone has the right to life and to live in freedom and safety.
4. No one has the right to treat you as a slave nor should you make anyone your slave.
5. No one has the right to hurt you or to torture you.
6. Everyone has the right to be treated equally by the law.
7. The law is the same for everyone, it should be applied in the same way to all.
8. Everyone has the right to ask for legal help when their rights are not respected.
9. No one has the right to imprison you unjustly or expel you from your own country.
10. Everyone has the right to a fair and public trial.
11. Everyone should be considered innocent until guilt is proved.
12. Every one has the right to ask for help if someone tries to harm you, but no-one can enter your home, open your letters or bother you or your family without a good reason.
13. Everyone has the right to travel as they wish.
14. Everyone has the right to go to another country and ask for protection if they are being persecuted or are in danger of being persecuted.
15. Everyone has the right to belong to a country. No one has the right to prevent you from belonging to another country if you wish to.
16. Everyone has the right to marry and have a family.
17. Everyone has the right to own property and possessions.
18. Everyone has the right to practise and observe all aspects of their own religion and change their religion if they want to.
19. Everyone has the right to say what they think and to give and receive information.
20. Everyone has the right to take part in meetings and to join associations in a peaceful way.
21. Everyone has the right to help choose and take part in the government of their country.
22. Everyone has the right to social security and to opportunities to develop their skills.
23. Everyone has the right to work for a fair wage in a safe environment and to join a trade union.
24. Everyone has the right to rest and leisure.
25. Everyone has the right to an adequate standard of living and medical help if they are ill.
26. Everyone has the right to go to school.
27. Everyone has the right to share in their community's cultural life.
28. Everyone must respect the 'social order' that is necessary for all these rights to be available.
29. Everyone must respect the rights of others, the community and public property.
30. No one has the right to take away any of the rights in this declaration.



Parrot Warbling



Grappling with Grammar

Pronoun Case

Pronouns (and nouns) in English display “case” according to their function in the sentence. Their function can be:

- subjective (they act as the subject)
- objective (they act as the object)
- possessive (they show possession of something else)

The following table shows the different forms for pronouns depending on case.

			subjective case	objective case	possessive case
personal pronouns	singular	1st	I	me	mine
		2nd	you	you	yours
		3rd	he she it	him her it	his hers its
	plural	1st	we	us	ours
		2nd	you	you	yours
		3rd	they	them	theirs
relative/ inter- rogative pronouns			who	whom	whose
			whoever	whomever	
			which/ that/what	which/ that/what	
indefinite pronouns			everybody	everybody	everybody's

A problem of case: Mary and I or Mary and me?

1. Mary and I are delighted to be here today. (NOT Mary and me)
2. The letter was addressed to Mary and me. (NOT Mary and I)

In 1, Mary and I are subjects, which is why the pronoun takes the subjective case (“I”). In 2, Mary and I are objects, which is why the pronoun takes the objective case (“me”). An easy way to check the correct case is to try the sentence without Mary. Would you say “I am delighted to be here” or “Me am delighted to be here”? Would you say “The letter was addressed to me” or “The letter was addressed to I”?

Idiom-Attic



Out of the Woods

Although Eric was well on his way to recovering from his bout with pneumonia, he was still not **out of the woods**. The doctors told him that he would have to take it easy and avoid exposure to cold, since he was not out of **danger and difficulty yet..**

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

Beak Speak

- The first word spoken on the moon was “okay.”
- The word “time” is the most common noun in the English language.
- **Hexakosioihexekontahexaphobiacs** is the term for people who fear the number 666.
- The word “lethologica” describes the state of not being able to remember the word you want.
- In English, “four” is the only digit that has the same number of letters as its value.
- Q is the only letter in the alphabet that does not appear in the name of any of the United States.
- The word “trivia” comes from the Latin “trivium” which is the place where three roads meet, a public square. People would gather and talk about all sorts of matters, most of which were trivial.
- “Speak of the Devil” is short for “Speak of the Devil and he shall come”. It was believed that if you spoke about the Devil it would attract his attention. That’s why when you’re talking about someone and they show up, people say “Speak of the Devil.”
- The word “Checkmate” in chess comes from the Persian phrase “Shah Mat,” which means, “the King is dead.”





Some More Parrot Fun Stuff



Happy New Year Wordsearch

Find and circle all of the words that are hidden in the grid. The remaining letters spell the name of a popular location for celebrating New Years Eve.

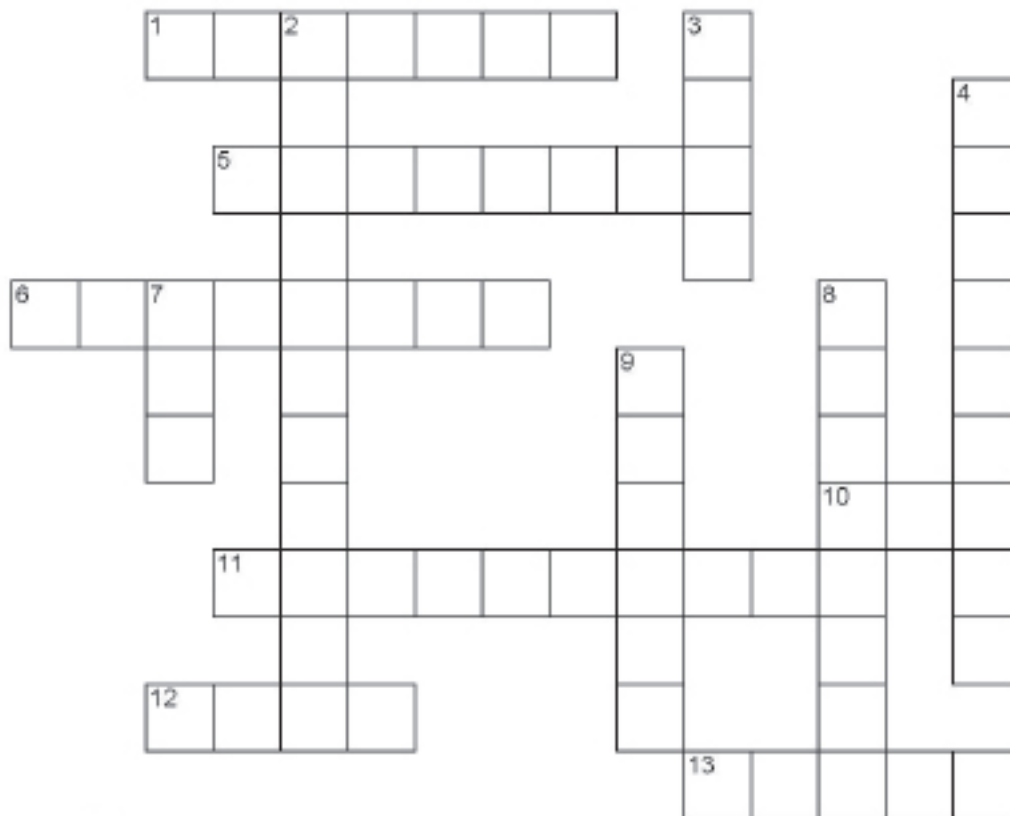
S	E	I	B	A	B	N	E	W	Y	E	A	R	S	E	V	E	Y
G	C	H	A	M	P	A	G	N	E	T	Y	I	M	N	S	T	T
E	N	S	S	U	E	T	H	C	D	A	N	C	E	D	R	H	R
S	Q	I	N	F	E	T	O	O	D	M	U	A	Y	O	E	I	A
E	F	C	G	F	I	N	A	S	L	S	U	E	R	F	K	R	P
D	H	E	F	N	F	R	R	R	R	I	A	S	E	D	A	T	S
A	I	U	S	E	I	A	S	E	B	R	D	N	I	E	M	Y	K
R	B	B	T	T	E	S	M	T	I	E	S	A	F	C	E	F	R
A	M	T	A	Y	I	A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

- | | | | |
|------------|------------------|---------------|----------------|
| APPETIZERS | DECORATIONS | HATS | PARADES |
| BABIES | END OF DECEMBER | HOLIDAY | PARTY |
| BALLOONS | EVENTS | HORNS | PUNCH |
| BANNERS | FAMILY | KISS | RESOLUTIONS |
| BUFFET | FATHER TIME | MIDNIGHT | SINGING |
| CELEBRATE | FEAST | MUSIC | STREAMERS |
| CHAMPAGNE | FESTIVITIES | NEW YEARS DAY | THIRTY FIRST |
| CONFETTI | FIREWORKS | NEW YEARS EVE | TIARAS |
| DANCE | FIRST OF JANUARY | NOISEMAKERS | WINE |
| DAY ONE | FRIENDS | OCCASION | YEAR IN REVIEW |



New Year's Day

January 1st



www.elcivics.com

ACROSS

- 1 month New Year's is in
- 5 12:00 A.M.
- 6 small pieces of colored paper dropped on people at New Year's parties
- 10 the night before January 1st is called New Year's _____
- 11 a promise you make to yourself
- 12 couples do this at exactly midnight
- 13 day of the month New Year's is on

DOWN

- 2 blow these special whistles to make noise on New Year's
- 3 children bang these to make noise at midnight on New Year's
- 4 light these sticks to celebrate the new year
- 7 3-letter abbreviation for the city that has a famous New Year's celebration in Times Square
- 8 item that often hangs on a wall and is used to tell the date
- 9 there are twelve of these in a year



“Christmas Dog”

Tonight’s my first night as a watchdog,
And here it is Christmas Eve.
The children are sleeping all cozy upstairs,
While I’m guardin’ the stockin’s and tree.

What’s that now---footsteps on the rooftop?
Could it be a cat or a mouse?
Who’s this down the chimney?
A thief with a beard---
And a big sack for robbin’ the house?

I’m barkin’, I’m growlin’, I’m bitin’ his butt.
He howls and jumps back in his sleigh.
I scare his strange horses, they leap in the air.
I’ve frightened the whole bunch away.

Now the house is all peaceful and quiet again.
The stockin’s are safe as can be.
Won’t the kiddies be glad when they wake up
tomorrow
And see how I’ve guarded the tree.

Shel Silverstein

Rigoberto’s Riddles

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

⋮

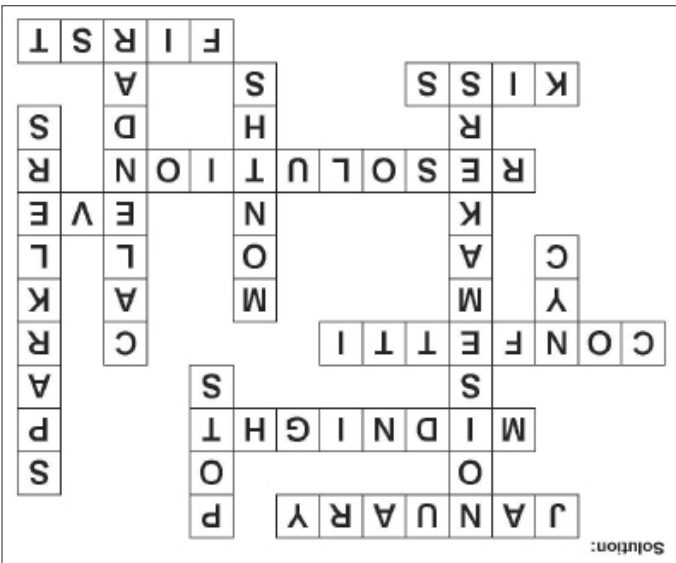


Silly Vasily’s Chuckle Chamber

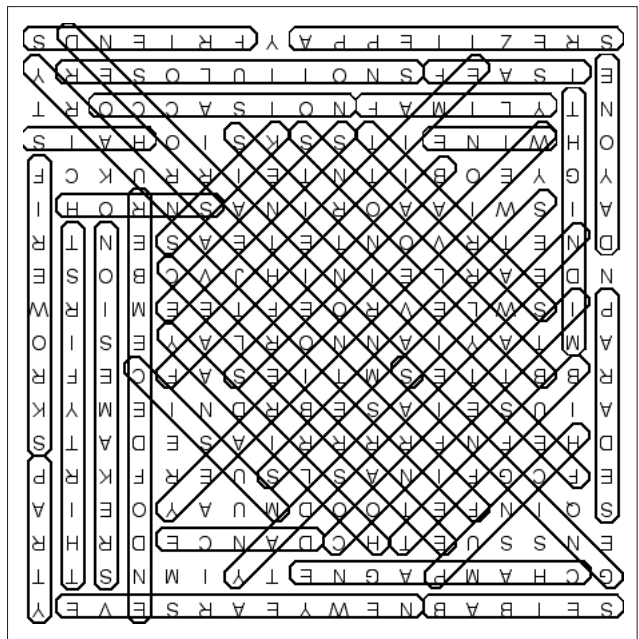


A lady brings a duck into the veterinary clinic and says, “I think my duck is dead”. So the veterinarian takes a look at the duck, examines its heart, checks from head to tail and remarks, “Lady, your duck is dead”. The lady says, “No, I am not so sure; can you check into it a little bit further ?” So he whistles and in comes his golden labrador dog. His dog puts his paws up on the table and sniffs the duck from front to back, shakes his head and leaves the room. The Vet says, “Lady, your duck is dead”. The lady says, “No, No, No, I am not so sure that my duck is dead.” The lady asks, “Can you triple check?” So he whistles again and in comes his cat. The cat jumps up on the table, sniffs the duck from head to tail, shakes his head and leaves the room. “I’m sorry lady, but your duck is dead!” The lady says, “Okay, I’ll accept that the duck is dead. Now how much do I owe you?” “Well,” the Vet says, “That will be \$285.” The lady says “\$285 for what?” “Well,” the Vet says, “The diagnostic was free, but the lab costs were \$135 and the cat scan was \$150.”

Solutions for crossword puzzle on page 14



Solutions for wordsearch puzzle on page 13





Artie's Easel

Dear Artie,

What can I do to make my Christmas more artistic?

Perplexed

Dear Perplexed,

Here are a few suggestions that will not only make your holidays more artistic but also more personal.

Make your own presents. (People will remember the time and love you spend on them.)

Print your own wrapping paper. (This is really a fun thing to do, and you can be the designer instead of an unknown person.)

Refurbish old toys that your children or brothers and sisters once used. (Renewing something old gives us personal satisfaction, and someone else can use them again.)

Craft your own Christmas Tree ornaments. (I still remember the tree ornaments that I made with my grandmother who was a famous

landscape artist and craftswoman. I also continue to use these baubles on my trees today.)

Sew your own holiday wardrobe. (Designing and making your own clothes lets you use your creative abilities, and you get exactly what you want, especially in terms of color, style and size.)

Visit the Crocker Art Museum and The California History Museum in Sacramento.

Visit and purchase gifts from local arts and crafts shows. (Support your local artists.)

Give arts and crafts as presents. (What better way to feel artistic than to gift artist-made items to your family and friends.)



Prof White -- Artie's Mentor

I hope that some of these suggestions will help you to feel artistic over the Christmas holidays. Let me know about your experiences and art activities when we all return in January 2011.

Have a glorious, love-filled, artistic holiday! See you next year.

Artie

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

Dear Three Sisters,

I'm a student and don't have a lot of money but I want to get something nice for my girlfriend. I can afford about \$50 tops. Do you have any ideas?

Fulano

Dear Fulano,

I would buy her a LOT OF FLOWERS, it is always effective! But don't go to the store. You should go out of city and find some farm where people grow flowers. The most important part is to be a good and nice friend before Christmas and all the time. In this way, you will be the best present for her! I wish you a good time.

Ella

Dear Fulano,

Well I think if you don't have very much money, get a box of her favorite chocolates. Go and buy a card and a small piece of jewelry, a bracelet or a necklace, maybe an inexpensive watch, or a

couple of tickets to a zoo, for example. Sacramento Zoo tickets only cost \$11 each. Take all of the chocolates out, and put the card and the tickets inside and give it to her. Ask her to open it in front of you. As for the candy, get a small gift box, and put the chocolates inside there. After she opens the box with the tickets, then give her the other box with the chocolates. Or you can just keep the chocolate and eat it yourself if she doesn't like what she finds in the first box.

Rada

Dear Fulano,

I think maybe you shouldn't celebrate Christmas this year. If you can't miss celebrating it, then I got an idea for you. Here it is:

Take her to McDonalds, go for a walk in a park, and buy her some \$3 carnations at Safeway. If she doesn't like it, maybe she is not the one for you. A good girlfriend should always be understanding. Enjoy your holidays.

Inga



Ella, Rada, Inga



Granny Noetal

Dear Granny Noetal,

Santa must be getting pretty old. How does he still fit down the chimney?

Virginia

Dear Virginia,

What a delightful question! I often try from the questions I receive, to deduce the background of the writer. Perhaps you are a Paramedic student, perhaps a Gerontology student, perhaps



a Design Technology student or a Physics student, or maybe just a Philosophy student. In any case, the question of Santa's ability to stuff himself down a chimney (considering his girth) has long puzzled Santaphiles and chimney-freaks. While Granny does know it all, Granny feels the magic of Christmas simply accounts for it all. Questions, even unanswered ones, are the mark of a developing intellect and, in truth, infinitely better than having all the answers. Are you with me, Virginia?

Granny

The Cyber Bum--Bogdan Komlyk

Dear Bogdan,

Is it safe to download movies or software via P2P Torrent? Some people say it is illegal, others say it ruins your computer, what's up with that?

Christian

Dear Christian

First of all for those out there who don't know much about torrents or never heard about them. BitTorrent is peer-to-peer (also referred as P2P) file sharing protocol. A torrent itself is just a small descriptor file that describes the file or files that need to be shared. After the torrent is downloaded by the user the source file or files divide into small pieces and are distributed through the Internet to those who are downloading it. The fun part is that the source files of a torrent are divided into small pieces. So when few people are sharing the same file or files, users may get one piece from Australia and another one from Canada.

In general most P2P torrents ARE illegal. Unless you are downloading open source or freeware software, or any other stuff that is in a public domain. Basically anything that is protected by the copyright law is illegal to download from file sharing networks, since movies, music, software, pictures, literature are intellectual property. This assumes that each piece of property has an owner, who would like to get paid for his or her work. Also we all understand that this gives rights to the owner to protect their property even by taking

legal action.

Talking about damage, I personally never heard about any troubles with P2P software. The only risks you take are chance that a torrent may contain viruses, and sharing your IP address. Viruses might be included into a torrent's source files. Sometimes criminals might also embed a virus or Trojan into software itself. So downloading a copy of Linux from a super-cool-site-for-true-hackers isn't always a great idea. Anyway when you are done with downloading the torrent, it is the best practice to check it with your favorite anti-virus. That's probably the only damage you can get from downloading.



You are probably wondering why I mentioned sharing an IP address as a risk. Well the IP address is your computer's address in the Internet. So, let me give you a quick hint. If I know your address and you owe me something how am I going to look for you? Outstanding! By your address. Same analogy applies for IP address. Of course there are a few sites that provide secure torrent downloading but they charge you money. Plus I'm not really sure if they are really safe.

Bogdan

P.S. For really security paranoid people like I am, check this link: http://www.ip-address.com/what_is_my_ip/

You will be shocked HOW MUCH information your computer gives to ANY website. Pay attention to the IP Location section. It is approximate but trust me your Internet provider knows more.



Parenting the Parrot Way!

The Holidays Are Coming: Do You Know Where Your Soul Is?



Prof. Moon's kids

With the holidays just around the corner, or already creeping upon us, I wanted to share this article I found it at the website momscape.com. It reminds me that I need to take time everyday to love and cherish my self and the relationships around me with the precious gift of time. Let us all slow down at this end of 2010 and find our souls.

"Loving earth, work, one another, psyche - all these require unhurried time. Frenzied questing after the icons of modern life (speed, power, instant, more, bigger, unboundedness) devours time and injures the capacity to love. The shy soul is driven inevitably into hiding where she yearns for a time when men {and women} had time to love. The failure to find time for soul is the essential tragedy of our time." -Russell Lockhart, from *When Men Had Time to Love*

It's almost holiday time. Do you know where your soul is? Have you asked soul what she wants to do and feel during the upcoming months? Can you give her lots of time to respond? (A thirty-second check while in line at the bank doesn't work so well with soul). And after asking, would you be willing to honor what she has to say? This is such a tender, heart-open-wide time of year. Simple things like the blood orange and lime yellow leaves wiggling outside my window and the sound of our heater coming on bring tears to my eyes. A deep yearning to nest, to deeply connect with those I love, to know soul comfort as well as I know the curve of my daughter's smile, simmer in me. A spiritual longing breaks through the surface

of my life and catches my heart. It is a radiant song that I can't quite hear the lyrics to. I want to stop and listen but instead I find myself emptying the dishwasher, sweeping the floor, making lists, sorting Aunt Edna's silver. Perhaps the barrier between this longing and our daily lives grows thinner during the holidays. All that is required to cross the border is courage and stillness, and perhaps a friend for support. We are entitled to "to feel ourselves beloved on this earth" as the writer Raymond Carver wrote shortly before his death. Yes, dear ones, we are.

Once I asked my young daughter what she wanted the holidays to look like and she said, "Games like hide-and-seek and sleeping giant and everybody just being together, and you know, I would like just a few presents." How strong and sincere it feels to live soulfully during the days of darkness and glitter, yearning and connecting.

What does that mean specifically? To live soulfully, I: Stop and pause OFTEN to ask, "What do I really want to do?" Question every "I have to" especially the ones that seem so IMPORTANT. Look at my real reaction to each invitation and each inclination to get this or that. Watch for bodily sensations of feeling hurried, panicked, or pressed upon, and using these sensations to wake me up to what I'm thinking and doing, and is there another choice I would rather make? Basically, I'm learning there is no real reason to be freaking out over when or where to buy the Yuletide tree.

Remind myself the only thing that really can't be replaced is time with those I love: my seriously ill Dad, my daughter, my sister, my mom, my husband and you know, they just want peace, laughter, and a little sleeping giant game once in awhile. I'm letting the rest go, gently, gracefully, and with a good guffaw at all my shoulds.

What does your soul want for the holidays? They'll be here before you know it and now is the perfect time to check in with your precious self.

*Jennifer Loudon is a best-selling author of five books, including the classic *The Woman's Comfort Book and Comfort Secrets for Busy Women*. She has appeared on numerous TV and radio programs, including Oprah. She's also a certified coach, creator of learning events and unique life balance products. Visit ComfortQueen.com Retreats.*

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



Mim's Cafe

My father-in-law loves cookies of every kind, but his most favorite is chocolate chip cookies. At his only granddaughter's request, Papa (as my daughter calls him) dressed up as Cookie Monster and went trick or treating around our neighborhood with her. Because Papa loves cookies so much, I've made it a quest to find the perfect chocolate chip cookie recipe. I still have yet to find the perfect one, but I did find one that Papa raves about. The recipe below comes from a Pillsbury cookbook. My advice for this recipe is to make sure that the margarine/butter is super soft. I usually leave my butter out for a day or two before the baking day. This recipe makes about six dozen cookies.



Prof. Montgomery with happy eater.

Soft and Chewy Chocolate Chips Cookies

Ingredients

- 1 ¼ cups sugar
- 1 ¼ cups brown sugar
- 1 ½ cups margarine or butter
- 2 tsp vanilla
- 3 eggs
- 4 ¼ cups flour
- 2 tsp baking soda
- ½ tsp salt
- 1 to 2 (12 oz) package(s) of semi-sweet chocolate chips
- (I always add 1 ½ cups of Macadamia nuts to this recipe)



Cooking Directions

1. Preheat oven to 375 degrees F.
2. In a large bowl, beat eggs and butter until soft and fluffy.
3. Add sugar and brown sugar and beat.
4. Beat in vanilla.
5. In another bowl combine flour, salt, and baking soda. Sift evenly.
6. Slowly add flour mixture to butter mixture. Mix slowly and add chips and nuts if desired.
7. Roll into 1 ½ inch balls and bake for 8-10 minutes. If you want them soft, take them out at exactly eight minutes.

Extra! Cherpumple !

This is wild, but it is so easy to make. Take 3 frozen pies (you can make your own from scratch if you want, but this is just easier) and fully bake them. Then mix up 3 cakes (vanilla, yellow or spice are best), but don't bake them yet.

Then pour a little of the batter into a greased cake pan, just enough really to cover the bottom and make a nice cushion. Then de-pan a pie and put in the cake pan. Then pour the rest of the batter over the top. Be careful though; in the oven they will puff and rise and cause spillage, so use deep pans if possible. Then bake the cake. I was able to put all three layers in at once at 350 degrees for about 30 min. One of the cakes took longer so it was probably 40 min. CHECK FREQUENTLY.

Allow the pie-cakes to cool and set. Then de-pan CAREFULLY, stack, frost, and serve. Delicious for days to come, until you fall into a diabetic coma, or your arteries slap shut, whichever comes first!



Cherpumple



Boots on the Ground: Get Slick with Trail Mick

Ancil Hoffman Park Nature Hike

Beautiful Ancil Hoffman Park was conceived in 1965 when some land was set aside as parkland by the Sacramento County Board of Supervisors. That happened only after the continued efforts of a school teacher named Effie Yeaw, who started SARA, or Save the American River Association. She and her friends get much of the credit for establishing not only Ancil Hoffman Park, but the entire American River Parkway, a preserved gem most of us now take for granted.

Located on the north side of the American River in Carmichael, the Ancil Hoffman Park hike is the closest hike to American River College yet featured in the Parrot. To get there from the campus, drive east on Winding Way to Fair Oaks Boulevard, where you will turn right (south). Follow Fair Oaks to Palm Drive and turn right (east) on California Avenue. (Enjoy the stately old Date Palms that line both sides of this namesake street.) Turn right again and drive for a few more blocks, taking a left onto Tarshes, which quickly enters Ancil Hoffman Park. Shortly after entering the park you will come to a gatehouse. If you're in your car and there's someone manning the kiosk, you will have to pay an entry fee of \$5. (Bikes, horses, and walk-ins are free.) If not, keep going and turn into the parking lot on your left. This lot and the adjacent restroom facility serve the surrounding sports fields and the horse corral. Why the corral? As you read on, the answer will become evident.

After you park your car, walk northward, directly toward the bluff ahead of you. At the foot of the bluff you will notice a well worn trail. Hop on this path to the right and start hiking. Soon you will cross a small creek and then a road (San Lorenzo Way). Follow this road for a short distance until you see the Effie Yeaw Nature Center parking lot on your left. As you cross the parking lot you'll see the interpretive nature museum building in front of you. Enter if you like and browse around. (There's no charge to view some interesting nature exhibits.) Take the main trail past the museum into the woods, past the sign that says: NO BIKES, HORSES, DOGS, SMOKING. THANK YOU. (Bikes and horses are restricted to paved areas of the park) There is an interpretive trail loop

for those who want to learn about the various oaks, cottonwoods, and some of the other plants along the trail. After a few hundred yards the main trail breaks out of the woods and into the American River flood area. Continue on to the stream and watch the river flow for awhile. In October or November you might see salmon spawning in the riffles. Then you'll need to backtrack your steps to the line of trees along the flood area. A trail situated there stays just inside the line of trees. Follow this trail to the left and continue for another half mile or so. Soon you will notice picnic sites and a large parking lot ahead with some buildings. Serving the golf course as they do, these buildings include a club house and a restaurant. Head toward the parking area, but keep



to the left and walk through the picnic area instead. It's a pleasure to walk through the grassy flats shaded by hundreds of years old Valley Oak trees.

At some point take a sharp right turn and head toward the buildings. The little restaurant, "The Main Event" is worth checking out. There's several fresh beers on tap, along with wine and other refreshments. Hamburgers and a number of deli sandwiches are also available. When you're

ready, walk eastward out of the parking complex and onto the roadway, following Tarshes Drive. The golf course will be on your left and the nature area on your right. After awhile you will see the first parking lot (on your right), marking the point of beginning where you parked your car.

Unless you are compelled to walk out onto one of the many interesting side trails, the hike takes less than an hour to complete. Ancil Hoffman Park is open dawn to dusk. Dogs are okay if they are kept on a leash and limited to the sports and picnic areas and to paved areas. There are piped restrooms and drinking fountains near the parking areas and the nature museum. The picnic area features some inviting table and barbeque grill sites.

Happy hiking!

To contact Mick: braccop@arc.losrios.edu



Continued from page 3

I got to a certain point where I realized I can do more than this, you know this isn't going to get me anywhere. I wanted to make something of myself and I came, I decided to come to school and it was a difficult decision just because I had been out of school for 11 years.

Parrot: Wow, that's a long time.

Jeremy: Yeah, and I'd never been to college and I came in to school and right off the bat I'm in classes, you know, with all these young kids right out of school, all this basic knowledge fresh in their heads, you know whether it's grammar or history or math, and I didn't have any of that; you know I really had to relearn and refresh myself on a lot of that. I took to school and I did all right in school but it was with getting involved with the ASB, and at that time I got involved with ASB, ASB had kind of been in shambles. They weren't really doing much for students. The council previously had a very narrow vision, and they were angering a lot of students, and, regardless of the issues, I came to school and all I saw at ARC were people arguing, people fighting, people arguing over personal issues, issues unrelated to school, and it started to really frustrate me. I wanted to come to school to learn and to be in what ARC calls a premier learning community, and I kind of decided I could do a better job. Me and some of my friends decided we can do a better job. We can actually start bringing programs to ARC that actually help students rather than quibbling over subjective issues, personal issues, and I got involved and I ran for a representative position and I lost. Me and nine of my friends lost.

Parrot: For the first time?

Jeremy: The first time we ran, we lost and it was sad; it crushed us. We put our heart and soul into it, and we lost, and we said you know we're not going to accept that and we're going to come up next time and we're going to try even harder. And we came up, the next time and we went to class rooms, we came up, put literature in people's hands, we really engaged the student body, we did a lot of research how we can better the school and we had a hard-fought campaign. The campaign that was running against us was rough. It was mean-spirited, it was fallacious, you know, it was false and it was hard to accept that people would say things not just about me but my friends. When we won, this time we were stoked, we were enthusiastic, we were ecstatic. But then came the challenge of now. We actually have to do what we said, and that's where my challenges come in. I was doing all right in school but the school had lot of work and you know whether or not, you are ESL or not, school is hard.

Parrot: Yeah. I know!

Jeremy: Lots of studying, lots of reading. We all don't like test and exams, so, but then I realized here where we are and we're the student government and we ran on these promises. I've got to keep my word. Well with campus life and ASB kind of being in shambles and having all new advisors, the administration went out, hired all the people so we got a new dean, Dean Perez, we got a new advisor, our faculty advisor Gerald and so we got a whole new campus life area and when it came down to it, really it had to be the students who kind of rebuilt it. What the students were willing to do, they were capable of doing and so in this time that's almost about a year and half now, almost every day I had an issue that I have to deal with, almost every day either there is a council member with disagreeing opinions that we have to find some kind of middle ground, that we can advocate for. There are disagreements with administration where we have to say no and we and the students want this, you know, there are all kinds of stuff going on and you can never make everyone happy. That's what I learned about student government; you're never going to make everyone happy.

Parrot: Too true!

Jeremy: You can try, you can try to alleviate some of the disagreements people have, but somebody is always not going to like whatever comes out of it. So managing that for a year and a half and still finding ways to be successful with say our textbook rental program, or digital signs which will be coming soon, probably about a month and half from now and for anybody who wants to know, digital signs are 7X42 inch LCD monitors that we are going to put in the breezeways between Davies and the Science building and it's going to put all kinds of information on it. You're going to be able to find club times, drop dates, football games; you will be able to find out all that stuff while walking to class. It's going to be great.

Parrot: Wow, great.

Jeremy: Yes, um, so that's another one, another one is vocal, this year we passed vocal and right now we're writing out surveys that we're gonna ask students to fill out on a voluntary basis and we're going to accumulate all the data that we get, and we are going to actually focus on the issues that are affecting the most students and we're going to do this in departments too. So we'll create surveys for the athletic department, we'll create surveys for the arts department, we'll create surveys for the ESL department, and we will focus all their issues and we will try to advocate to help alleviate what they do not like in their departments. So we are doing that right now. So yeah, when it comes to what's most challenging, I can say I was kind of lost in my life, you know I was not the most well-behaved of children, you know I had my issues



when I was younger, but really when it comes to challenging, it's this position right here, because not only do I help to organize seventeen individuals, but we do so in order to benefit the over 40,000 students at ARC, while working with administration, students and faculty within the limits of what we are able to do and it's allowed me to grow tremendously. I am not who I was when I first came here. I really got a lot of leadership skills out of it, as have the rest of the council. Being on council does give you leadership skills and it helps you to not only be organized but to help organize others, how to work as a team, and all that. Yeah, so this whole process right here has been the most challenging of my life. I'm sure it won't be the most challenging moving forward, but up to this point, yes.

Parrot: Jeremy, do you have anything else you want to share with the Parrot?

Jeremy: I would really just stress to the whole ESL community, there is a disconnect between us, there is, umm, you guys' unfamiliarity with the language as yet, and how hard it is for us to communicate. A lot gets lost between us. You have to remember that goes the same for us. It's hard to communicate with you. We don't know the language you're speaking, so it's the same with us. We feel somewhat like you guys need more time. We have to slow down and we know you are intelligent, driven people. You're just people, just like everyone else, with the same wants wishes, and desires, and hopes and aspirations. There is just a communication barrier which, again as a cultural anthropologist and, having taken linguistics, I am fascinated by. I wish we can do something

about it I am getting into French now. I hope that's not the only language which I learn, but please come with us. This is your government. We are your elected leaders. If you have issues that you need help with, you come to us. We will advocate not only on the student level, but on the faculty and administrative level. We sit on committees with the president of the school and the vice president of the school, chancellors of the district, vice chancellors of the district. If we say something, it means something because we have 40,000 students behind us and we're the only elected representatives in the district. So our voice actually matters more when it comes to getting stuff done or seeing things happen on campus than any other of the departments or the groups in the districts. So please come to us. Feel free to come to us. I already work heavily with international students, but yes, ESL, please come to us and we are going to be coming to you this year. We already have a few things that I mentioned earlier that we have thinking about. We are definitely coming to you and hopefully we can develop some kind of connection where we can really share ideas.

Parrot: Yes, hopefully. Ok, thank you for accepting my invitation.

Jeremy: Yeah, any time. Nice talking to you.

Parrot: Nice talking to you.

Narineh Mousa
ESL L320



Come Join Us For:

- Active campus life
- Fun activities
- Effective communication with others in college
- New experience in interacting and sharing cultural values with students from different cultures

For more information, please contact Narineh Mousa, parrot-arc@live.com



Out of the Cage

Holiday Choral Concert

Tuesday, December 7
7:30 pm



The ARC Chamber Singers and Concert Choir present holiday selections and John Rutter's "Magnificat." Guest soloists on our program include Stacey Leathersich, soprano; Aileen Kelley, harp; and Heidi Van Regenmorter, piano and organ.

John Rutter is probably the most-performed choral composer of his generation, which would include all living composers. His "Magnificat" is a joyous setting sure to please all who attend. We hope to see you there.

Admission to the concert will be \$10.

For more information, please contact Dr. Ralph Hughes at 484 -8357.

Orchestra in the Park

Wednesday, December 8
7:00 p.m.

The American River College Orchestra presents, The Messiah Lite (all the best parts) and more - with vocalists from the studio of Robin Fisher, and other holiday hits for full symphonic orchestra.

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.



Applied Music Student Recital

Thursday, December 9
7:00 pm



The ARC Music Department is proud to present our Applied Music Students in recital, beginning at 7:00pm in room 547 of the music department.

Admission is free to this event.

Capital Jazz Project: Who's Afraid of the Big Bad Monk?

Sunday, December 12
7:00 pm

Capital Jazz Project and the Sacramento Jazz Orchestra team up for an evening of big band arrangements of classic compositions by Thelonious Monk.

Admission for this concert is \$15 General/\$10 Student & Seniors.

The concert will be held in the ARC Theater.



An Evening of One-Acts

Friday, December 10 at 8:00 p.m.
Saturday, December 11 at 8:00 p.m

An eclectic offering of student-directed One Act plays.
Stage 2 (Room 550)

CSUS Rep Visits ARC

CSUS Rep Visits 9:00 a.m. - 4:00 p.m. Drop-Ins 12:00 p.m. - 1:00 p.m. Call the Transfer Center for an appointment 916-484-8685.

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 Elizabeth Moon at moone@arc.losrios.edu Student Editors: Christian Valenzuela, Narineh Mousa, and Ligia Goga parrot-arc@live.com