



The Parrot

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

Issue #48

Spring 2011

Always in Fashion: Prof. Bonnie Spencer

Parrot: Can you tell me a little bit about yourself?

Bonnie: What are you looking for, the things that I do professionally or what I did last year?

Parrot: Everything that you want to tell me about yourself.

Bonnie: I can't tell you everything about myself but my name is Bonnie Spencer. I am a department career professional for ARC. I'll let you decide what you would like to know about me.

Parrot: Can you describe a little bit about yourself, about your background? Like where were you born?

Bonnie: I was born here in California and I've been teaching for 30 years here at ARC. I teach design and fashion.

Parrot: So, I understood that you have



grown up in California, right?

Bonnie: Yes.

Parrot: Have you ever moved somewhere out of California?

Bonnie: Nope. I've always lived in California. I grew up in Santa Rosa and I lived in Amador County, which is a tiny tiny gold rush town with a population of 2,000 people.

Parrot: Wow, what do you think, is it better to live in Sacramento or Santa Rosa?

Bonnie: Santa Rosa is a town just north of San Francisco. Where I live now is a little south of here in Foothill Amador County. The town

where I live right now is called Sutter Creek.

Parrot: Another question is do you like pets?

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A History of The Martin Luther King Jr. Holiday

Fifteen years after Dr. King's death, President Ronald Reagan signed a bill into law

and making the third Monday of January a national holiday celebrating the birth and life of Dr. Martin Luther King, Jr. But it was a tough time getting the bill passed.

First a bill had to be introduced by a member of the

House of Representatives. The Speaker of the House assigned the bill to a commit-

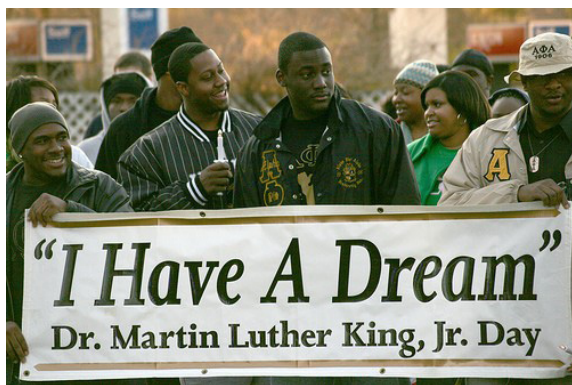
tee where the bill was discussed in detail.

Meetings were held where supporters and

opponents could discuss their positions. The committee, then agreed that the bill should be sent to a vote. The Rules Committee scheduled a debate on the issue. The House of Representatives then voted on the bill. It passed the

House with a vote of 338 to 90. Then it

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New
Media Mike
Column!

see page 18

“Learning
is not compulsory ... neither
is survival.”

Henry Ward Beecher



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Bonnie: Yes, I love pets.

Parrot: What kind of pets do you like?

Bonnie: We have a brand new puppy. We have a new golden retriever puppy that is now four months old and she is now our baby, and chewing everything in the house.

Parrot: Do you like her?

Bonnie: Yes, of course this is my husband's idea.

Parrot: Oh, really, I like pets too but in our apartment we are only allowed to have birds and fish and I am so sorry. My kids want to have some other pets like kittens and puppies but we are not allowed to have them or else we would have to move out.

Bonnie: My daughter now lives in an apartment and she is dying for a dog. She now visits us often and she likes our puppy but she cannot have one either because she lives in an apartment.

Parrot: Is she married?

Bonnie: No, she's a senior down at Cal Poly San Luis Obispo, which is where I went to school. Oh, she is a student in that school.

Parrot: You were a student there?

Bonnie: Yes, in the same school.

Parrot: Hum, interesting. What is your idea of a dream vacation?

Bonnie: My dream vacation? I actually took a vacation this summer and we went to Italy. We stayed in a little medieval village called Soriano and it's right in Umbria and we took Italian cooking lessons and we ate and we always went to always out of the way places, little Italian villages all over Umbria. It was really fun and I was with my mother, who is 84 years old.

Parrot: Oh, how did she feel about it?

Bonnie: She loved it; it was just the best vacation ever.

Parrot: Wow, if you had 10 million dollars, what would you do with it?

Bonnie: Hum, 10 million dollars. I have no idea what I would do. I don't know what I would do. I like my life the way it is. I would pay off my house, but that is not going to take 10 million dollars. I would probably keep my job. I would travel first class, and I like traveling. I think I would give some of it away. I would make sure my kids have enough to put a down payment on a house. I would not buy them a house because I think it is important that they earn their own money for it but I would help them make a down payment. I think I would give some funds to some charitable organizations like breast cancer.

Parrot: Do you have any good tips for students interested in going into your field?

Bonnie: They should really work hard. I think a lot of students think that fashion is an easy field, that it's going to be fun, but they need to really establish a work ethic, be willing to put in a long day and not complain about it. They need to start at the bottom and prove that they belong at the top all the

way up. I think a lot of students have a lot of things handed to them and they just think they are going to have a life style their parents had. They need to work for it.

Parrot: Looking back at your high school, would you make some changes in your studies?

Bonnie: Umm. I don't know. I'm pretty happy with my job now, like what I do and I like teaching; I love fashion. I started out in interior design and then I just moved over into fashion and I really love both fields so I don't think so; but maybe I would really enjoy art but I don't know if I would like a career based on that. I think I did fine in my decisions.

Parrot: OK, thank you. Now some more fun questions! Which of the following could you not live without for a year: internet, TV, cell phone?

Bonnie: I could totally live without the TV. I like my I-phone though.

Parrot: Thank you. Would you prefer to have dinner with Barak Obama or Sarah Palin? Would you prefer to eat pizza or a fantastic meal?

Bonnie: I think I would like to have a fantastic meal with Barak Obama.

Parrot: Oh, nice, I think everybody would like to. Would you prefer a luxurious two week vacation in Hawaii or in the Himalayas?

Bonnie: In the Himalayas? I think I would do the Himalayas.

Parrot: Why?

Bonnie: It's a good adventure. Like last summer we did a three-week trip and rafting down the Great Canyon, so we always try to do something that is interesting and really fun but not just sightseeing, when you just go on the bus and look around.

Parrot: What is the biggest challenge you have ever had to face in your life?

Bonnie: Challenge? Let's come back to that one. I can't think of it off the top of my head.

Parrot: OK, I asked you about pets. Have you ever had any pets like cows or pigs, or maybe you lived on a farm?

Bonnie: Not a farm. But when I grew up we had a cow, and what we really wanted was a horse. But no, we had a cow; we learned how to ride a cow.

Parrot: How to ride a cow!? Did you learn how to milk it?

Bonnie: No, it was a big cow and we tied a rope around her neck. One of us would lead her around and the other one would hang on and we would ride a cow. Hahahahahaha!

Parrot: Oh, really, the same story was with my kids. We were visiting our grandparents back in our country and they did the same thing. Hahahahahaha!

Bonnie: Cows are not very cooperative and not as smart as horses. But we got to ride on an animal.

Parrot: OK, sweet. Thank you very much for your time, and very nice explanation.

Student Chirpings

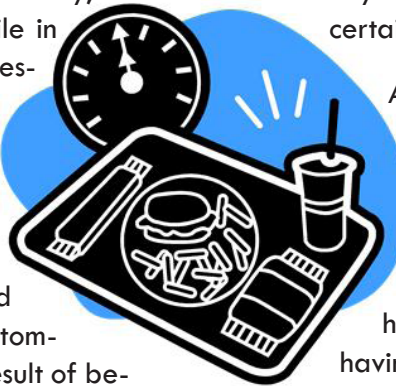
Cafeteria: to Be or not to Be

Youth... It is a nice time in our life. You are young, full of dreams, having a lot of energy and faith to meet your future. You and your parents are thinking of the best career and for the best college to attend. It is a very exciting time for young people! It is time to grow up and be responsible for yourself. How about the parents? Are they excited the same way as young people are? Your parents are still parents. At this time, they have too many things to be worried about. While you are dreaming about your future adult life, your mom and dad have a huge hurricane of thoughts in their heads: is it a good college or not; will you have a room in the dormitory or not; who will your roommate be; what do we need to buy for our adult-baby; and, finally, what will our child eat while in college for the whole day???

The last question is not to laugh about. Your parents, I am sure, want to see a cafeteria where you can have breakfast or lunch. Regularly eating a balanced meal is important for students. But what should we do if ARC's cafeteria is going to be closed for two years? Walk starving, ruin your stomach system, and have headaches as a result of being hungry? No, no, no. There are several realizable solutions to decide how to have a good meal while in college every day.

One solution to the problem of the cafeteria closing is student enterprise. This solution would take a lot of effort and coordination from the college. There is no secret that the college teaches all the subjects which are used in the cafeteria business: accounting, culinary arts management, food service management, food product and control, and nutrition and foods. Students could work on this present problem in their classes. Their teachers could help them to calculate everything that a temporary eating place needs to be functional, the way the cafeteria did. Some students could work in the cafeteria and make money to pay for books, food, or clothes. I think this is a good solution because students would plan their menu, work as one team, feel responsible about their project, and be proud of doing something really important for all students.

Another solution to the problem of the cafeteria closing is having a contract with a catering company. There is a big list of catering companies which would like to make meals for students. It is an easier solution than the first because the college would need only to find a new available room, or auditorium, or hall to have eating tables there. There could be a schedule when the catering company would deliver fresh hot meals. Because college classes go from early morning to late evening, the catering could have three major times: morning – breakfast – from 9 until 11 a.m.; day time – lunch – from 12 until 2 p.m.; early dinner – from 4 until 6 p.m. It is a good solution, enabling students to have a variety of meals, always fresh and available at certain times.



Another possible solution to the problem of the cafeteria closing is packing your own lunch. If the cafeteria has to be closed, it has to be. If the economic situation in the state is not good, if your college doesn't have more income or help from the state, we can go back to having bagged lunches. In this case, the college administration has to find a place where students can go and have time to eat. A positive side for this solution also is students can have more practice in cooking. Some parents are concerned that their teenagers can't cook and would rather buy unhealthy prepared food than spending time cooking. The easiest solution is for everyone to bring their own lunch.

There is no doubt that the problem of having the college cafeteria closed needs to be solved right away. Which solution: a student enterprise, or a contract with a catering company, or packing your own lunch – would be the best, for this situation must be decided. But it is 100% clear that there are no excuses for the college to leave 35,000 students without the possibility of having a good, fresh meal in the college. Solving this problem will help students maintain their health, stay in good shape, and enjoy studying.

Anna Schorn
ESL W50

ARC Cafeteria Staff Taking a Bite

What you are going to do when the cafeteria is closed?

Linda Casteline Burrow



I have been working with the ARC community college district for 30 years. I'll still have my job. I'll be out at Portables and I'll be working at a kiosk, a trailer, so that is as much as I know right now.

Sergey Arushanov



I have been working here for 4 years and I am going to work at the Portable vilage.

Jose Alfaro



I have been working here for 18 years. I am going to work outside at Portables by the library. There are going to be a couple of portables in each area. But there is going to be a lot of staff laid off. I think three in the department are going to be laid off.

A History of Cafeterias

Perhaps the first self-service restaurant (not necessarily cafeteria) in the United States was the Exchange Buffet in New York City, opened September 4, 1885, which catered to an exclusively male clientele. Food was purchased at a counter, and patrons ate standing up. This represents the predecessor of two formats: the cafeteria, described below, and the automat.

During the 1893 World's Columbian Exposition in Chicago, an entrepreneur named John Kruger built an American version of the smörgåsbords he had seen while traveling in Sweden. Emphasizing the simplicity and light fare, he called it the "Cafeteria" - Spanish for "coffee shop". The exposition attracted over 27 million visitors (half the US population at the time) in six months, and it was initially through Kruger's operation that America first heard the term and experienced the self-service dining format. Meanwhile, in everyday, hometown America, the chain of Childs Restaurants was quickly growing from about 10 locations in New York City (in 1890), to hundreds across the United States and Canada (by 1920). Childs is credited with the critical innovation of adding trays and a "tray line" to the self-service format, which they introduced in 1898 at their 130 Broadway location. Childs did not change its format of sit-down dining, however. This was

soon the standard design for most Childs Restaurants - and many imitators - from coast-to-coast, and ultimately the dominant design for cafeterias.

It has also been said that the "cafeteria craze started in May 1905, when a woman named Helen Mosher opened a humble downtown L.A. restaurant where people chose their food at a long counter and carried their own trays to their tables." California does have a long and rich history in the cafeteria format - most notably the many Boos Brothers Cafeterias, and also Clifton's and Schaber's. However, the facts do not warrant the "wellspring" characterization that some have ascribed to the region. The earliest cafeterias in California were opened at least 12 years after Kruger's Cafeteria, and Childs already had several dozen locations scattered around the country. Finally, Horn & Hardart, an automat format chain (only slightly different from the cafeteria), was also well established in the mid-Atlantic region before 1900.

Between 1960 and 1980, the popularity of cafeteria format restaurants was gradually overcome by the emergence of the fast food restaurant and fast casual restaurant formats.

Outdoor Activities in my Hometown

Many people around the world enjoy going outside to do different activities. Sometimes those activities are obligations, like going to work or school. Other activities are for relaxation or socializing. In the Continental US people like to go camping. In Hawaii people enjoy surfing. People from the mountains like hunting and skiing. My favorite outdoor activity when I was a teenager in my hometown was to take long walks with my friends in the morning and on the weekends. I lived in Los Olivos County, Lima, Peru. This county is called the heart of the North because we have a large population from different parts of the country. I can categorize the most popular outdoor activities into three groups: athletic activities, social activities, and business activities.

The first group includes athletic activities because people organize small teams and then go to play at the field. These sports are soccer, volleyball, and basketball. People also organize many kinds of games like one called "carretilla". This is when one person is walking on two hands and another person is holding his or her legs and they are running together at the same time with other couples. Another game is when people are trying to walk or hop with their legs in a big material bag or sack. These are games people usually play at the park. My father used to play soccer every Sunday when he was young and healthy. Now he enjoys seeing other people play. When it is summer, people practice more athletic activities. People in each block contribute money and buy a net to play volleyball. Last summer when I was in Peru friends from Argentina were visiting my neighborhood. My sister told me that they were playing volleyball every afternoon. All the sports parks in my city have soccer fields and basketball courts.

The second group is social activities because people in the neighborhood enjoy outdoor parties. One of them is called Yunza. We celebrate it during our summer, in February and March. A tree is decorated with different objects like balloons, colored paper, and plastic containers, etc. People dance around the tree and when the Huayno (music from the mountains) ends, a woman and a man go to the tree and cut it down with an axe. The couple serving the last blow before the tree falls will be responsible for organizing the Yunza the next year. We also have some events organized by the Catholic Church. Every neighborhood has its

parish. During the religious year we have processions. The most famous is called The Procession for the Miracle Lord or Pachacamilla Christ (Procesión del Sr. De Los Milagros o Cristo de Pachacamilla). People walk around the community holding a statue or picture with the image of Jesus Christ. In Holy Week people love to participate, reciting the Holy Rosary and hold a Virgin Mary Statue, singing Christian songs. During the year, groups of people also organize a Mass and procession for their special saint. Another type of social activity is when children and teenagers play games in the street. Usually those games are with a ball; one is called "Kill People." In that game two people are among



a group of people and then they throw the ball and whoever is hit by the ball, we say, is dead. When the ball is thrown, people laugh, run to a small space, jump, etc. because the winner is the last survivor. Young and adult people watch and talk on the porches of the houses while drinking and eating, sometimes into the nighttime.

The third group is business activities because people know how to get money selling different items like jewelry, groceries, and food in the streets; sometimes on the sidewalk in front of their houses. When I was a child, my grandmother sold food on the sidewalk of her house. We visited her many times and my mother and aunts would help her sell and my father and uncles bought the food and we ate at small tables and benches in the garden. Now, the government has rules about doing that, but people often begin small businesses without following the regulations because many people cannot find jobs. People who sell in the street are called "ambulantes", or street vendors. Flea markets are also common in my city, and people like to do that because they can work with the family, all at the same time. People work, eat, watch their children, and save money.

As you can see, the most popular outdoor activities are athletic, social, and business. Sports activities permit people to stay healthy, social activities permit them to be friendly and unite, and business activities are part of the solution that people have for the economic situation in the country.

Yulisa Orihuela
ESL W50

Who We Are: Name Poems of R340

Really hard this reading class
Using Russian is "No!" for us
Sorry, teacher
Look at this
As we speak
No border exists!

Ruslan Yeramiskyn

Cannot recognize the word while reading a story
Iffy words sometime make me crazy
Need to read different types of books
Double reading can prove better
Yes, don't give up; continue to move on

Cindy Ly

Honesy is what I own
A word is my temperate zone.
Love I hand out to my daughter
Yellow is her favorite color
Native language? Mine is Russian,
And with me you can get in any discussion.

Halyana Dolha

Happy woman
Awesome
Loving
Youthful
Never gives up
Amazing person

Halyna Samilenko

I am an amazing mother who likes to read
Nice and caring, I try to be
Not selfish and mean, but always helpful and giving
Although I am not perfect, life is still worth it.

Inna Smolnytska

Life is a period of time
Adventures and surprises,
Realization of some things,
I'm interested regarding it.
Starting to create a better life is
Acceptable right know.

Larisa Rudko

Long time ago I was a child
And liked to watch the plants

Recognizing how beautiful nature is
Yellow and red and brown everywhere
Sun is shining very light
And how much more beautiful the Creator is.

Larysa Tsurska

Lucky woman this is me
Under pressure, not for me
But I really want to feel
And always be in love.

Luba Dolinnik

Speaking proper English is important to me
Always trying my best to pronounce words
No matter what happens I want to do better.
Definitely, practice, practice, and practice is the only way to
change my life.
Reading, writing and speaking in English is one of my fu-
tures goals.
And I won't stop until I get my goal.

Sandra Lowney

Not everybody knows everything
About her
To be successful in her life
As many people are
Long time she tried to do something
Long time she tried to find something
Imagine her new life
A very happy life!

Natallia Beker

Only one you need to know
Life is wonderful for you
Even if you have some problems
Never shatter your hope
And luck will come again to you

Olena Sazhnera

Victorious, is what I want to be
I know that I will win
To be the best with what I have
And never back down
Losing is not for me
I am victorious
Yes, I will win

Vitaliy Kuflik



Laughing and loving,
 Young-like person
 Understands everyone.
 Darling for her husband
 Awesome mom for her children!
 Leaving to college
 Yearning to learn
 Understanding some in college
 Doing her work
 And trying hard.

Lyuda Shokur

May 14th a day to remember: 4 people were born
 A boy, three girls, born on the same day
 Regardless of the year it seems the same
 Love for the little ones that are cousins.
 Enjoying them growing the fullest
 Never will be alone for a birthday because they come to
 gether

Marlen Alvarado

N is for never giving up
H is for honest, need to remind myself every day
A is for always reaching high
N is for nice with everyone

T is for thoughtful, warm, and fun
R is for realistic, positive
A is for amazing which I am
N is for no end to studying.

Nhan Tran

Our hearts are full
Love is in it
Greed goes away
And so does hate

Olga Kalmam

Planning to transfer to CSU,
 Also continue to participate in college too
 Very much like to study in college,
 Every class for me is a challenge
 Let you guess now what my goal is: to be a successful man-
 ager

Pavel Kovalev

All day and night I've read Mockingbird
 Nonstop, non-sleep, non-eat
 Day and night I've read it word by word
 Refusing drink and meat
 Indeed I've reached a literature sword
 Yet I'm alive indeed, indeed.

Andriy Bezruchuk

Various words bouncing in my brain
 Luckily a good poem's getting built as a surprise
 Another portion of words coming in like rain
 Dozens of words, all my efforts in vain
 My goodness! My brain resumes brainstorming again
 I'm about to start jumping up in the sky
 Right, I'm discovering a talent of mine
 Going to be the best writer in the USA
 Oh no, I'd better be thinking of making an essay
 River of thoughts almost swept myself
 Biting my lips and scratching my nose so I look like an elf
 After all the fighting going on in my soul
 Taking it easy, I'm not the best writer at all
 Year after year doing this. What fun!
 Unrealistic as target or purpose or goal
 Knotty problem knocks me down. That's what going on.

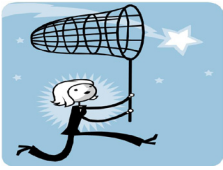
Vladimir Gorbatyuk

Very interesting creation
 I have great imagination
 Can bake cake and give a piece
 To my little princess niece
 On my mind I have a wish
 Really want to catch "Golden Fish"
 I want to live my life for good
 And help to those who don't have food!

Victoria Krivosheyenko

Smart I try to be
 Angry I do not get
 Runner I was
 Actress I am not
 Bold if I have to be
 Jealous I never get
 Innocent I may look
 Tough I always am.

Sarabjit Verbnugge



Netscape - Articles from the Web

Continued from page 1

was sent to the Senate. Again the issue of the King holiday had to pass through committees and public hearings before a final vote was taken.

There were many who opposed the idea of holiday for Dr. King. America had only honored two individuals with national holidays - George Washington and Christopher Columbus. Many felt that there were other Americans that deserved a national holiday, such as Abraham Lincoln and John F. Kennedy. One barrier to the confirmation was the Senator from Georgia who had denounced Dr. King as a communist. Others feared the King holiday was meant as a way to make up to African-Americans for slavery. Other feared the cost of the holiday, with the extra overtime paid to federal workers who had to work on the holiday as well as millions to those federal employees who were paid for

the day.

Senator Bob Dole pointed out to those critics "I suggest they hurry back to their pocket calculators and estimate the cost of 300 years of slavery, followed by a century or more of economic, political and social exclusion and discrimination." It took many years for Congress to decide to celebrate the holiday. In the years leading up to the official decree, many African-Americans celebrated the birthday themselves with a few states declaring King's birthday a state holiday. The bill was finally passed by both the House of Representatives and the Senate and was signed into law on November 2, 1983. The first national celebration of the Dr. Martin Luther King, Jr. holiday took place January 20, 1986.

<http://www.mlkonline.net/holiday.html>

A Biography of Martin Luther King Jr.

Martin Luther King, Jr., (January 15, 1929--April 4, 1968) was born Michael Luther King, Jr., but later had his name changed to Martin. His grandfather began the family's long tenure as pastors of the Ebenezer Baptist Church in Atlanta, serving from 1914 to 1931; his father has served from then until the present, and from 1960 until his death Martin Luther acted as co-pastor. Martin Luther attended segregated public schools in Georgia, graduating from high school at the age of fifteen; he received his B. A. degree in 1948 from Morehouse College, a distinguished Negro institution of Atlanta from which both his father and grandfather had graduated. After three years of theological study at Crozer Theological Seminary in Pennsylvania, where he was elected president of a predominantly white senior class, he was awarded a B.D. in 1951. With a fellowship won at Crozer, he enrolled in graduate studies at Boston University, completing his residence for his doctorate in 1953 and receiving the degree in 1955. In Boston he met and married Coretta Scott, a young woman of uncommon intellectual and artistic attainments. Two sons and two daughters were born into the family.



In 1954, Martin Luther King became pastor of the Dexter Avenue Baptist Church in Montgomery, Alabama. Always a strong worker for civil rights for members of his race, King was, by this time, a member of the executive committee of the National Association for the Advancement of Colored People, the leading organization of its kind in the nation. He was ready, then, early in December, 1955, to accept the leadership of the first great Negro nonviolent demonstration of contemporary times in the United States, the bus boycott described by Gunnar Jahn in his presentation speech in honor of the laureate. The boycott lasted 382 days. On December 21, 1956, after the Supreme Court of the United States had declared unconstitutional the laws requiring segregation on buses, Negroes and whites rode the buses as equals. During these days of boycott, King was arrested, his home was bombed, he was subjected to personal abuse, but at the same time he emerged as a Negro leader of the first rank. In 1957 he was elected president of the Southern Christian Leadership Conference, an organization formed to provide new leadership for the now burgeoning civil rights move-

ment. The ideals for this organization he took from Christianity; its operational techniques from Gandhi. In the eleven-year period between 1957 and 1968, King traveled over six million miles and spoke over twenty-five hundred times, appearing wherever there was injustice, protest, and action; and meanwhile he wrote five books as well as numerous articles. In these years, he led a massive protest in Birmingham, Alabama, that caught the attention of the entire world, providing what he called a coalition of conscience. and inspiring his "Letter from a Birmingham Jail", a manifesto of the Negro revolution; he planned the drives in Alabama for the registration of Negroes as voters; he directed the peaceful march on Washington, D.C., of 250,000 people to whom he delivered his address, "I Have a Dream", he conferred with President John F. Kennedy and campaigned for President Lyndon B. Johnson; he was arrested upwards of twenty

times and assaulted at least four times; he was awarded five honorary degrees; was named Man of the Year by Time magazine in 1963; and became not only the symbolic leader of American blacks but also a world figure. At the age of thirty-five, Martin Luther King, Jr., was the youngest man to have received the Nobel Peace Prize. When notified of his selection, he announced that he would turn over the prize money of \$54,123 to the furtherance of the civil rights movement. On the evening of April 4, 1968, while standing on the balcony of his motel room in Memphis, Tennessee, where he was to lead a protest march in sympathy with striking garbage workers of that city, he was assassinated.

http://nobelprize.org/nobel_prizes

ESL CLUB JOIN US AT ARC

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



Coming soon! Parrot Facebook Account

Boots on the Ground: Get Slick with Trail Mick

Try a Different Kind of Hike on Snowshoes or Cross Country Skis

This is the first snow-hike to appear in The Parrot. On this hike, you travel on a one lane road that is unplowed in winter. That makes it perfect for snowshoeing or cross-country skiing!

To get to Echo Summit Sno-Park from the Sacramento area, drive east on Highway 50 for about 90 minutes to a turnoff located just one mile before Echo Summit. At the Johnson's Pass Road sign turn left and go 0.6 miles until you come to a snow-plowed parking lot with a restroom on your right marked "Sno-Park". This is your trailhead. To use this special lot during winter months, you must buy a \$5 Sno-Park permit. These permits can be purchased at a number of forestry offices and private businesses along the way. See the list at the end of this article. Some of the private vendors also sell and rent snowshoes and cross-country skis.

When my youngest daughter and I were there just a few days before Christmas, we arrived the day after a big, cold storm had cleared out. The snow was over 7 feet deep.

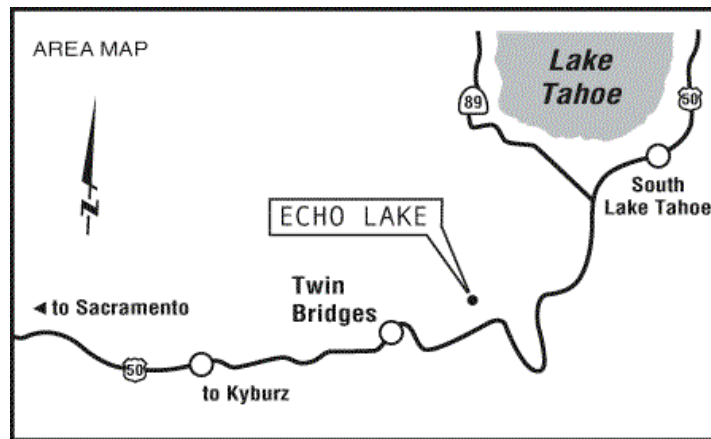
Covered with the new snow, all the tree branches sparkled reflections of the sun's rays. Snowshoeing is really just walking with big shoes that have a wide base to keep you buoyant. Without the special shoes, people will sometimes sink up to their thighs when they try to walk. Cross-country (or back-country or nordic) skiing works on a similar principle, though (unlike snowshoeing) some skill is needed. Ski poles are used with both kinds of equipment. With snowshoes I use regular hiking boots. Special ski-boots are required with cross-country skis.

From the parking lot we had to carry our snowshoes across the narrow access road to the other side, where the Echo Lake Road begins. We climbed up onto the deep snow above the road, noting the tracks of a few skiers and snowshoers that had gone before. Strapping on our shoes, we started off, following the others' tracks. As we hiked down the trail, we noticed how quiet it was. Two factors, I think, contribute to the lack of noise. The deep snow tends to absorb much of the sound, and snowmobiles are (thankfully) not allowed on this trail. The trail tremded gently uphill, passing a number of summer vacation cabins, now buried in

snow. At several points we enjoyed great views of Lake Tahoe Basin to the east, including sweeping vistas of the lake itself. After about a mile we emerged over a hill and followed the trail as it wound down into the Echo Lakes Basin. What a great view of the basin and the Desolation Wilderness beyond! Though the Lower Echo Lake (before us) was frozen over and covered with deep snow, the outlet stream was flowing clear and fast. We walked down to the outlet, near the (now closed) Echo Chalet store and boat ramp. To the left we could see ski tracks extending way out across Lower Echo Lake. Following those tracks far out on the Lake were a couple of cross-country skiers. We didn't feel

comfortable going out onto the lake so we didn't. Instead we explored around near the base of the lake and enjoyed a snack before returning the same way we had come.

If you go, keep in mind the air is thinner at 7,400 feet. Be sure to bundle up against the winter cold. On sunny days the snow can be blinding, so bring sunglasses and sunscreen! Snow avalanches occur on steep, open slopes, so stay clear of those!



See you on the trail!

LIST OF SNO-PARK PERMIT VENDORS LOCATED NEAR HIGHWAY 50:

REI #86: Folsom, 2425 Iron Point Rd, Folsom Sacramento, CA 95630 (916) 817-8950

Williams Equipment Center, 4120 Sunset Ln., Shingle Springs El Dorado, CA 95682 (530) 677-9732

El Dorado National Forest Interpretive Assoc., 100 Forni Rd., Placerville El Dorado, CA 95667 (530) 642-5100

Placerville Ranger District (ENFIA), 4260 Eight Mile Rd, Camino El Dorado, CA 95762 (530) 644-2324

Continued on Page 11

Artie's Easel

Editor's Note: Professor White and Artie are out looking for a suitable Picasso for the Humanities Office (within the constraints of the budget). In the meantime, we're publishing information about local artist Gong Yuebin, a former ARC ESL student born in China, who now has a studio in Sacramento. Below is an excerpt written about his work, "Life's Crossroad."

"Breathtaking is the first impression of viewing Life's Crossroad, a forty six-piece sculpture series made not of marble, brass nor fiberglass, but of the blackened trunks of cedar trees, left lifeless by a scorching fire. Silent and motionless, these dead trees come once again to life as moving artworks with a powerful message. They are the work of Gong Yuebin, who would bring their message to the rest of us.

There is a Chinese saying, "To understand the present, we must know the past." Let's learn more about the artist and his story to understand his artwork better.

The inspiration for Life's Crossroad rose from Gong Yuebin's childhood dream for life with dignity and respect. During the 1960s and 1970s, Gong and his family were forced to leave city life and live in exile in a rural village in Northern China. They endured hunger, physical hardship, emotional pain and political persecution. Life devoid of love and compassion drove Gong to bond with nature. Behind his house, a small dirt hill eroding from rain became his friend. And sixteen peach trees, his playmates, consoled his loneliness. When the political movement was over, Gong grew into adulthood and returned to city life. In the early 1980s, after graduating from an art college, he moved

to Southern China, where rapid economic growth brought more freedom and personal choice in life. Gong transformed himself from an academic into an accomplished commercial art designer and a successful businessman. In 2002, after recovering from a serious illness, he resolved to retire and to move to America to rediscover himself and his art..."

Long Ying Chun



Gong Yuebin

(to read more from the above article, or read Gong Yuebin's own account of his journey go to [website: gongyuebin.com](http://www.gongyuebin.com) click on "interview" and "message")

His address: Gong Studio 915 20th Street, Sacramento CA, 95811
Phone: 916-281-6295 916-802-7761 [website: gongyuebin.com](http://www.gongyuebin.com)

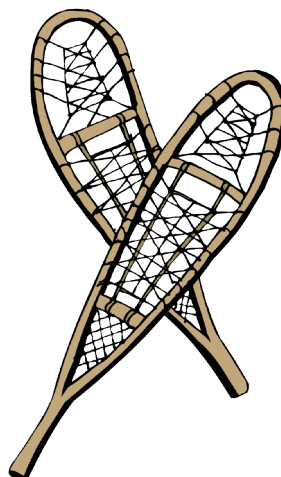
Continued from page 10

Pacific Ranger District (ENFIA), 7887 Highway 50, Pollock

Pines El Dorado, CA 95726 (530) 644-2349

Silver Fork Store, 13200 Highway 50, Kyburz El Dorado, CA 95720 (530) 293-3172

Kyburz Towing & Mini Mart, 13686 Highway 50, Kyburz El Dorado, CA 95720



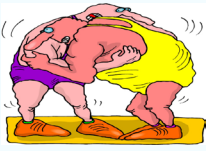
(530) 293-3232

Lake Tahoe Basin Management Unit (THF), 35 College Dr., South Lake Tahoe El Dorado, CA 96150
(530) 543-2694

Sunrise Ski and Snowboard Rental, 3202 Highway 50, South Lake Tahoe El Dorado, CA 96150 (530) 577-3176

To contact Mick: braccop@arc.losrios.edu

Parrot Warbling



Grappling with Grammar

For & Since with Present Perfect Tense

We often use “for” and since with the present perfect tense.

- We use for to talk about a period of time - 5 minutes, 2 weeks, 6 years.
- We use “since” to talk about a point in past time - 9 o'clock, 1st January, Monday.

For	Since
-----	X-----
A period of time	A point in past time
20 minutes	6.15 p.m.
Three days	Monday
6 months	January
4 months	1994
Two centuries	1800
A long time	I left school
Ever	The beginning of time
etc	etc

Here are some examples:

I have been here for 20 minutes.

I have been here since 9 o'clock.

John hasn't called for 6 months.

John hasn't called since February.

He has worked in New York for a long time.

He has worked in New York since he left school.

<http://www.englishclub.com>

Idiom-Attic

Come Clean



“We have ways to make you talk,” Officer Mutt grinned. “If you don't tell us the truth, I will find a way to make you **come clean**.” Officer Mutt's dog ground his teeth together and agreed. To come clean is **to confess or reveal all the facts about something** - especially after telling lies or hiding the truth. “I'll come clean if you keep your dog away from me,” the criminal cried out.

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

Beak Speak

- **Straughted** and the archaic word **strengthened**, each ten letters long, are the longest English words that are only one syllable long. Nine letter monosyllabic words are **scratched**, **screeched**, **scrounged**, **squelched**, **straights**, and **strengths**.
- **Rugged** is a two-syllable word that can be made one syllable by adding letters to it to make **shrugged**. The two syllable word **ague** can be made one syllable by adding letters to make it **vague** or **plague**.
- **Are** is a one syllable word that can be made into a three syllable word by adding just one letter to make **area**. Similarly, **came** can become **cameo**, **gape** can become **agape**, and **lien** can become **alien**. Adding a letter to the middle of **smile** becomes the three-syllable word **simile**. Similarly, **white** can become **wahine**.
- **Lo** may be the shortest two syllable word in the English language. Other candidates are **aa**, **ai**, and **eo**, but there is some dispute over the pronunciation and legitimacy of these words.
- **Iouea**, five letters long, is the shortest four syllable English word. **Oceania**, **oogonia**, and **oxyopia**, each seven letters long, are the shortest five syllable English words.
- **Chasm**, **dirndl**, **massacring**, **rhythm**, **sarcasm**, and **vrbaite** have more syllables than pronounced vowels. Contractions and words that end in **ism** and **ithm** also have this property. Proper names with this property include **Edinburgh** and **Hamtramck**.



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

Some More Parrot Fun Stuff



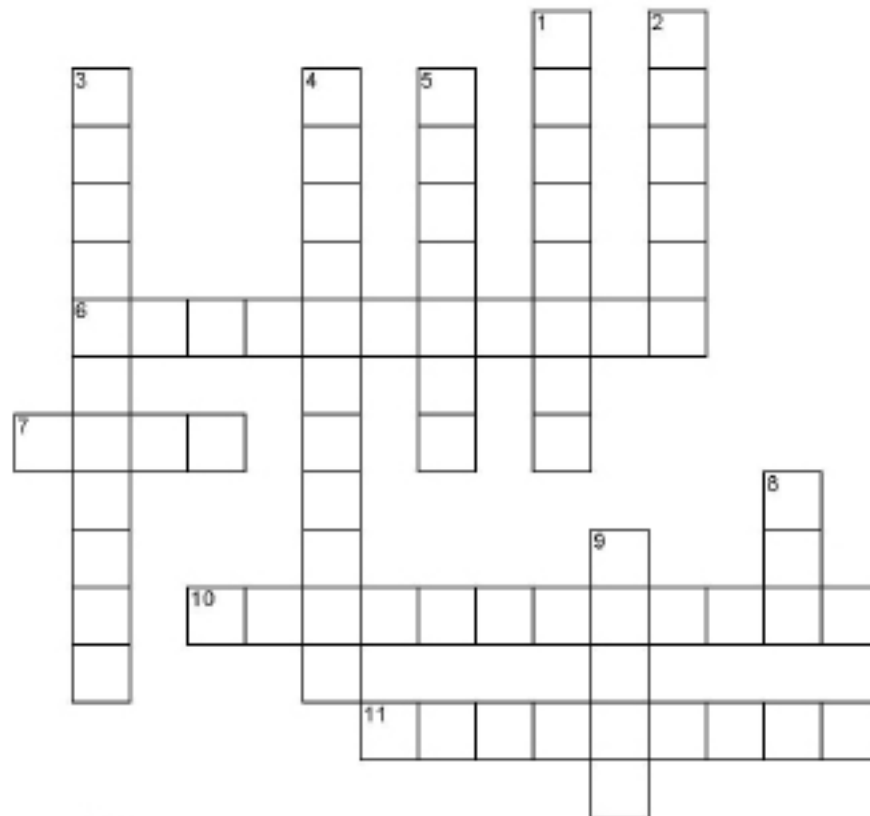
Library Wordsearch

Find and circle all of the words that are hidden in the grid. The remaining letters spell a secret message - a Henry Ward Beecher quotation.

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

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|-----------------|--------------|-------------|-----------------|
| APPLIED SCIENCE | ENCYCLOPEDIA | MAGAZINES | QUIET |
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| BIOGRAPHY | FINES | MOVIES | RECREATION |
| BOOKS | GEOGRAPHY | MUSIC | RELIGION |
| BORROW | HARDCOVER | NEWSPAPERS | RENEW |
| BRANCH | HISTORY | NOVELS | RESEARCH |
| CATALOG | INFORMATION | OVERDUE | RESERVE |
| CHAIRS | INTERNET | PAPERBACK | SHELVES |
| CHECKOUT | LANGUAGES | PERIODICALS | SOCIAL SCIENCES |
| COMPUTERS | LIBRARIAN | PHILOSOPHY | TABLES |
| DICTIONARY | LIBRARY CARD | PHOTOCOPIER | TECHNOLOGY |
| DUE DATE | LITERATURE | PSYCHOLOGY | |

National U.S. Holidays



www.elcivics.com

ACROSS

- 6** a day to remember and honor U.S. men and women who have died in military service (2 days)
- 7** Independence Day is on the fourth day of this month
- 10** commemorates a famous feast between the Indians and Pilgrims
- 11** Christian holiday that celebrates the birth of Jesus

DOWN

- 1** holiday to honor U.S. workers, labor unions, and the struggle for employment rights (2 words)
- 2** day of the week Presidents' Day is on (2 words)
- 3** holiday that honors Christopher Columbus' first voyage to the Americas in 1492 (2 words)
- 4** holiday on November 11th that honors military veterans (2 words)
- 5** month when we celebrate Martin Luther King, Jr. Day
- 8** total number of U.S. national holidays
- 9** day of the month New Year's Day is on

On the Other Side of the Door

On the Other Side of the Door
I can be a different me,
As smart and as brave and as funny or
strong

As a person could want to be.
There's nothing too hard for me to do,
There's no place I can't explore
Because everything can happen
On the other side of the door.

On the other side of the door
I don't have to go alone.
If you come, too, we can sail tall ships
And fly where the wind has flown.
And wherever we go, it is almost sure
We'll find what we're looking for
Because everything can happen
On the other side of the door.

Jeff Moss

Rigoberto's Riddles

How many 1 foot by 1 foot bricks would it take to complete a building that's 20 feet long on all four sides and 20 feet high?



Only one; the last brick you put in will complete it.

Silly Vasily's Chuckle Chamber



I was shopping at the local supermarket where I selected:

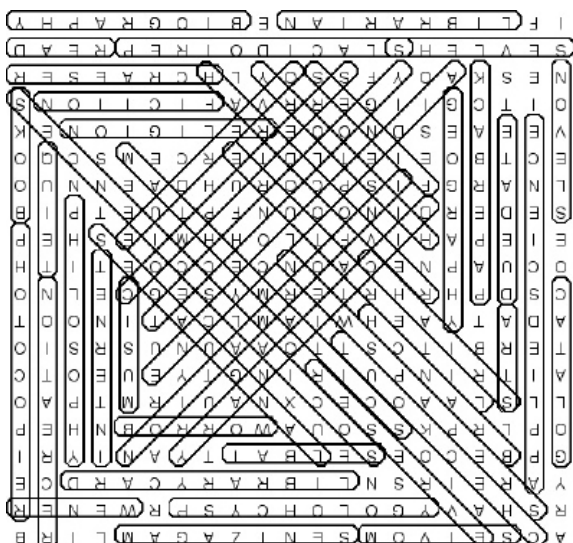
- A half-gallon of 2% milk
- A carton of eggs
- A quart of orange juice
- A head of lettuce
- A 2 lb. can of coffee
- A 1 lb. package of bacon

As I was unloading my items on the conveyor belt to check out, a drunk standing behind me watched as I placed the items in front of the cashier. While the cashier was ringing up the purchases, the drunk calmly stated, 'You must be single.'

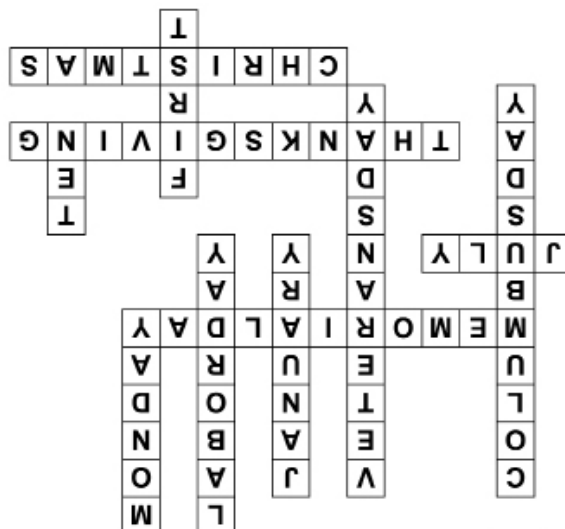
I was a bit startled by this proclamation, but I was intrigued by the derelict's intuition, since I indeed had never found Mr. Right. I looked at the six items on the belt and saw nothing particularly unusual about my selections that could have tipped off the drunk to my marital status..

Curiosity getting the better of me, I said , 'Yes you are correct . But how on earth did you know that?' The drunk replied, 'Cause you're ugly.

Solutions for wordsearch on page



Solutions for crossword on page



Parenting the Parrot Way!



Prof. Moon's kids

Every New Year I begin by making resolutions to make myself and my family live a healthier lifestyle. Yet, by the end of the first week the battles over what to eat begin with my children, especially the youngest. Our family dinners have come down to always serving a mixed rice grain and or whole wheat pasta, with a side of carrots or tofu to complement a soup or vegetable stir fry for my husband and me. So, this year I have begun an effort to research how best to work with my children in developing healthy eating habits. I found this article on the website www.momscape.com, a great website for parenting tips and ideas.

Let me know if this helps you or if you have any ideas or recipes to share with our Parrot community in helping our children eat healthy.

Prof. Moon

Healthy Eating is not a Discipline Issue

by Beverly Pressey, MS, RD and Mom

Children are born with an intact instinct to survive, which includes eating foods that will healthfully sustain their bodies. Unfortunately in our attempts to nourish our children, we become disciplinarians. This will simply not work. In fact it could permanently damage your child's innate ability to regulate her own appetite, leading to lifelong eating and weight problems. Studies show that punishing a child for not eating or using rewards or bribes can easily lead to a child who over or under eats as a teen or adult. Therefore, creating a healthy eater is about helping a child to maintain an emotionally healthy attitude about food for a lifetime.

A child who is a healthy eater:

- Recognizes when his body needs food due to hunger, not due to emotions, outside circumstances or the need to

control himself or others.

- Recognizes satiety (fullness) and stops eating.
- May sometimes choose to eat more than necessary because the food tastes so good, or the experience is very enjoyable, but realizes what she is doing and doesn't do this on regular basis.
- Eats a variety of foods.
- Eats both healthy and fun foods.
- Does not eat or refuse food to control his environment, his body size or others.
- Knows that her parents or caregivers trust and respect her sense of hunger and satiety.

So how do you create a healthy eater?

1. Offer a variety of healthy foods on a regular basis.
2. Offer foods at least every 3 hours and for some children every 1 ½ hours. This provides food security for children. They know they will be fed at regular intervals.
3. Let a child eat until she has decided that she has had enough, no matter how much or little they eat. Children's eating likes, dislikes, and amounts consumed are erratic day-to-day, month-to-month and year-to-year. If they don't eat much on one day or one meal, they will make up for it later.
4. Respect a child's decision to eat or not, but feel free to remind him that if he chooses not to eat when food is served, no food will be available until the next snack or meal time.
5. Do not allow anything but water between snack and meal times. This gives the parent a break from being a 24-hour waiter and teaches the child to eat when food is offered.
6. When a fun food is being served (in a limited portion) always offer an unlimited amount of a healthy food with it, so a child can eat until he decides that he has had enough.
7. Help children focus on how their body feels during a meal by not distracting the eating process with television, reading or intrusive music or radio programs.
8. Do not impose rewards, bribes, or punishments for eating or not eating. The natural consequences of hunger or satiety will teach our children.

Many parents have told me that they have had success with discipline techniques such as rewards, bribes or punishments, and I don't doubt that. But these techniques produce children who eat for the wrong reasons. These children are eating to either avoid or gain something else. Forcing a child to eat with bribes, punishments or rewards only results in the parents feeling better; they got their child to eat some "healthy" food. But how much nutrition is really in one pea or one bite of stew? And what does a child learn from eating to please a parent? Healthy eating is not about who has the power at

the table. It's about nutrition. Furthermore, discipline techniques, although implemented for the right reason (getting a child to eat nutritious foods), produce the opposite results in the long run and make meal times unpleasant for everyone. It is almost impossible to keep meals enjoyable, social, and pleasant if there is always a battle over who needs to eat what and in what quantity. Who wants to keep track of who is eating how much of what, or not?

Why make mealtimes so stressful? Resorting to discipline to make children eat often results in either the adults and/or the children feeling angry, powerless, disrespected, untrustworthy or manipulated. This can all be avoided by serving food at regular intervals and letting everyone eat it or not. Creating a healthy eater is about having a child develop healthy

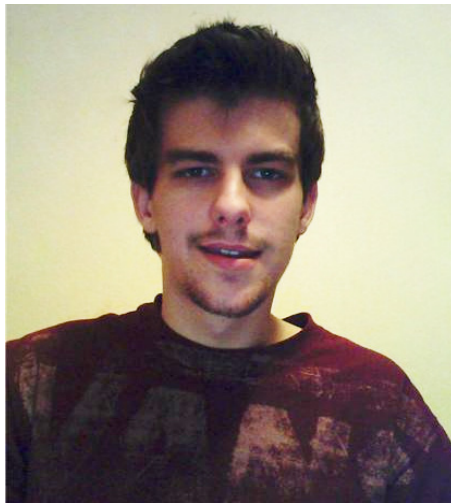
lifelong eating habits. Studies have consistently shown that a child who is forced by parents or care givers to eat or not eat per the parents demands are more likely to over eat when left on their own. A child who is eating for a reward or bribe or to avoid punishment will certainly not choose to eat those foods once on his own. And children are on their own earlier than you might expect. Some schools have kindergarteners going through the cafeteria line. A child who has the opportunity to try new foods when they are ready will gradually widen their food choices. These children, once they decide they like tomatoes, will always like tomatoes. A child forced to eat a tomato will likely avoid them, not because of the taste, but because of the memories associated with eating tomatoes. That's not an emotionally healthy reason to eat.

The Cyber Bum--Bogdan Kolmyk

3-D

Have you been to one of those new 3D movies yet? No, I am not talking about those movies where you have to wear goofy glasses with the red and cyan lenses. I am talking about the new ones, where you also have to wear goofy glasses, but this time with kind of similar to each other lenses. Well, I have to say they are really impressive. This is really a whole new level of entertainment. Seriously, try it at least once – you will never forget it. And what if I say that you can watch those movies at home? Of course you will need some equipment. So today we will talk about 3D television - what is 3D, how it works, and why you need it, or why you don't.

First of all, 3D in the phrase "3D TV" stands for three dimensions. Just like that. Doesn't look too informative, does it? The truth is that 3D screens and the whole technology should be called stereoscopic, but it doesn't sound as cool as 3D does. Nevertheless stereoscopy is what stands behind most of the products on the market right now. According to Wikipedia, stereoscopy is any technique capable of recording three-dimensional visual information or creating the illusion of depth in an image. Basically you have two pictures shown to you – one for your right eye and one for your left. Usually they are created with a special camera with two lenses. That's why you need glasses to watch a 3D movie. Depending on the technology, glasses either alternately darken over one



eye, and then another or just polarize- they pass light of different orientation for each eye. I know, all this sounds like rocket science, but after a little research you'll be surprised how simple it is.

So, do you need it? Well if you are at all into gaming (in 3D it's really fun, trust me), you are a huge fan of movies

and you want to experience a whole new level of entertainment, or you just love new and cool tech stuff, you definitely should go and buy one of those 3D TV's right now! For the rest of you, my advice is ... just wait. First of all, 3D TV's and monitors are still too expensive compared to regular ones. Second, you will need those silly glasses to get your movie in 3D. Right now many companies are doing research on "glassless" screens and they even have working ones. For example an upcoming portable game console Nintendo 3DS has such a screen. I haven't seen it yet, but I'm sure it looks different.

Certainly, 3D technology is a great invention and I'm pretty sure that the era of 3D has just began and in a few years we will be surprised how primitive today's screens are. Why am I saying so? Since Moore's law is still working, do you want to know more about this law? Google it. This will be your little search project. If you really dislike or like this article, have any questions or just want to share your opinion about this topic – feel free to write me here - geek.for.parrot@gmail.com

Granny Noetal

Dear Granny,

I'm a new dad. I've learned how to feed my baby quite well. But now he is 13 months and doesn't always want to eat what I give him, so he has started throwing food off of his high chair! What a mess! I can figure out how to clean carrots off of the light fixture, but I have a bigger question. How do you teach a baby not to throw his food off of his high chair serving table?

Mr. Duck N. Run in Antelope, CA

Dear Duck,

Having raised my own five boys, I guess I've



Granny

seen it all. First of all, outdoor dining is very handy; we've got the climate for it in California. So, while maybe you can't cure him of his penchant for throwing, you can make cleanup less of a problem. If you can't see yourself doing outdoor feedings consistently, I would consider getting a puppy. I know, I know, you're thinking Granny has lost her marbles. No, I'm thinking how a puppy with a good appetite and a long tongue makes cleanup easier. Of course, make sure the puppy is housebroken or you'll be writing me with another problem. Finally, keep an eye on his arm. If it's good and strong, go with it. A pro baseball career is pretty lucrative these days and maybe worth the carrots on the fixtures.

Media Peeps!

Dear Readers,

Media Peeps is a short column that is meant to widen horizons: perhaps you'll find a new show, book or webpage to check out. If not, at least you might learn a few new vocabulary words while you're reading. (Vocabulary Tweet: "to widen horizons" means 'to learn new things').

*Stay tuned,
Media Mike*

"Castle" is currently running in its third season on ABC on Monday nights (10pm). There are two main characters: Richard Castle, who is a rich and famous mystery writer, and Kate Beckett, who is a NYC police detective. Castle, with his charming personality, hangs out in the police department with Beckett in order to observe real life crimes that he can use in his writing. Beckett, with her sharp-witted personality, must try to solve murders in the city and occasionally gets help and new clues from Castle. Their "partnership" is fun to watch as they bicker and support one another. The soundtrack is a light hearted accompaniment to the action of the show.

Why watch it? Why not?!? The audience gathers the clues with the detectives, learning more and more about the suspects and motives. Castle, who has an annoying but endearing mother as well as a teenage daughter living in his swanky NYC apartment, is funny with his grand concoctions about the unknown murderer or victim. Beckett, with her cool and calculated wit, usually shoots him down, but at

times must admit that Castle's creative solutions have merit. In the end, it's a light-hearted show that entertains for an hour and makes you chuckle the rest of the night.

Remember to turn on the closed captioning (CC)! Many new vocabulary words are waiting for you to see and hear them! Also, using closed captioning helps improve your reading! However, if you want to practice and improve your listening... then keep the CC's off. You have many options when you use media to help you improve your English skills!

Vocabulary Tweets:

endearing: (adj) making someone like or love you

swanky: (n.) very fashionable or expensive

concoctions: (n.) invention that is false; mixture of different things

to be 'shot down': (v.) to defeat an argument or an offer

bicker: (v) to argue

to have merit: (v) to be worthy



Mim's Cafe

Happy New Year, everyone! Welcome back to Mim's Café. I hope your winter break recharged your body and energized your soul (and hopefully, good eating has revived your appetite for school). I'm especially excited this semester because my goal is to test out new recipes from the Internet. My first recipe is ideal for beef lovers. I downloaded it from this website: <http://www.chow.com/recipes/10775-hoisin-marinated-tri-tip-roast>. Enjoy! If you possess an awesome recipe, please share it with us. Email me at montgot@arc.losrios.edu. Have an enlightened semester.



Prof. Montgomery with happy eater.

Hoisin-Marinated Tri-Tip Roast Recipe

INGREDIENTS

- 1/4 cup hoisin sauce
- 2 teaspoons minced ginger
- 3 cloves garlic, minced
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- Heaping 1/4 teaspoon freshly ground black pepper
- 1 (2-pound) tri-tip roast
- 1 tablespoon olive oil

INSTRUCTIONS

1. Stir together hoisin, ginger, garlic, vinegar, soy sauce, and pepper until well-blended. Rub marinade all over roast, coating it well. Place in a glass baking dish, cover, and allow to marinate in the refrigerator at least 8 hours, but preferably overnight.
2. Remove tri-tip from the refrigerator and let it sit at room temperature for 30 minutes. Heat the oven to 375°F. Blot roast dry with paper towels to remove some of the excess marinade.
3. Heat olive oil in a large frying pan over medium-high heat. Sear roast for about 2 minutes per side or until nicely browned. Transfer roast to a small roasting pan or baking dish and place in the oven. Cook until it reaches an internal temperature of 125°F for medium rare, about 20 to 22 minutes.
4. Remove roast from the oven and cover loosely with foil. Let rest for 15 minutes before carving. Slice across the grain and serve.



**“ I tried this
recipe and
found it
superb!”**

Out of the Cage

Internships: A way to your Career Workshop

Thursday, January 20, 2011

12:00 pm - 1:00 pm



Did you know that nearly 58% of students who had an internship with a company were offered full-time jobs by that same company? And did you know that employers would prefer to hire a student with experience through

internships than a student with a degree alone? This workshop explains why internships are such an important step towards your career. The workshop will also explain how to get an internship through the Co-op Work Experience & Internship Program. Open to all majors, don't miss it!

* Facilitated by the Cooperative Work Experience & Internship Office

Resume Development Workshop

Wednesday, January 26, 2011

2:30 pm - 3:30 pm

Your resume reflects your uniqueness. This workshop focuses on the physical appearance of a resume, including different types of formats and the kinds of information that should be included. Tips on writing an effective cover letter to send with your resume and formatting scanner friendly resumes will also be discussed. Please call the Career Center and register for this workshop. 916-484-8492

Location: Career Center

Making Stem Cells Work

Thursday, February 3, 2011

12:15 pm - 1:15 pm

What is the future of stem cell research for treating human disease and injury? Recently, Sacramento became home to the UC Davis Institute for Regenerative Cures, a world-class facility working to transform stem cell discoveries into



new therapies and cures to patients. Join us in learning about the state-of-the-art UC Davis Institute and its cutting-edge work to develop stem cell cures for patients. This activity meets ARC focus area 4.1 and state PD guideline B.

Location: Raef Hall 160

The Novella Project

Thursday, January 27, 2011

12:15 pm - 1:15 pm

What did you do over your summer vacation? Four members of the English faculty spent the time working on writing novellas, short novels of 20,000-60,000 words. Come hear passages from these novellas-in-progress and join in the discussion of the creative process. This activity meets ARC focus area 3.1 and state PD guideline A.

Location: Raef Hall 160

Questions/Comments?



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

To see the Parrot in color go to http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot/The_Parrot_Newsletter.htm