



The Parrot

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

Issue #49

Spring 2011

Buried in his Work: Prof. Jeffrey Stephenson

Parrot: First of all, I want to start by thanking you, Professor Stephenson, for participating in this interview. How did you first get interested in funeral services education?

Stephenson: My Dad was actually an ambulance driver back in the early 1970's and the funeral home and the ambulance services were owned by the same company, so the ambulance was located at the funeral home. During the week, during the weekends when my dad was on call, my mother would stay there with him, and my brother and I, of course. I actually kind of grew up around the funeral home.

Parrot: What age were you?

Stephenson: I was probably about five

or six when I was around the funeral home and then I actually became a licensed embalmer and funeral director at the age of twenty-two.



Parrot: Oh, wow! Can you tell us your educational background?

Stephenson: My educational background? I have a Masters degree in education with a concentration in adult learning. I have a Bachelor's Degree and also an Associate Degree in mortuary science and then I also have an Associate Degree in General Studies.

Parrot: How did you happen to choose American River College to teach?

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Thinking Valentine's day? Love at First Sight Might be Genetic!

Love at first sight could be real, at least when it comes to genetics, a new study suggests.

In research done with fruit flies (but which may have implications for humans) scientists found that females are biologically primed to sense which males are more genetically compatible with them, and to make more



eggs after mating with good matches than they do with less compatible matches. The findings suggest that females can somehow judge a potential mate upon first meet-

ing and biologically react to boost the chances of producing successful offspring.

The researchers mated female fruit flies with males from the same strain, and from a different strain, and noted differences in reproductive attributes and behavior soon after mating. When females mated with males that were not of the same strain, they seemed to be

able to tell that they were more genetically compatible, perhaps because their

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New
Frugal Flamingo!
see page 7

"I have never let my schooling interfere with my education."

Mark Twain



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Student Chirpings

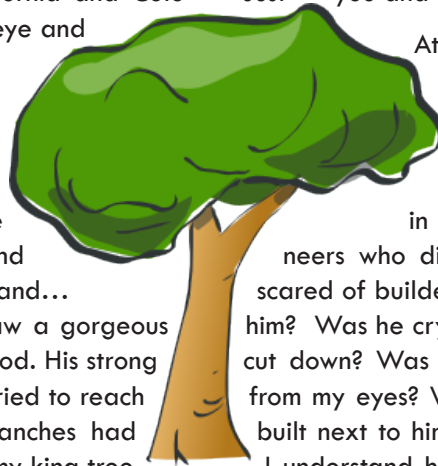
My "Silent" Friend

I have always been fascinated by nature, especially, by trees. Whenever I am out enjoying nature, I like to look at trees, hug them, talk to them, and think of them. I have always been amazed by them since childhood. When I moved to Sacramento, I was surprised to see a birch tree growing next to a palm tree. It was unusual for me. I have seen a lot of different types of trees around California and Colorado. Not long ago one tree caught my eye and it keeps me coming back.

I have been a member of the North Highlands-Antelope library for two years. I use the library a lot because I like reading so much. But one day I came before the library was opened. I looked around and found a bench, sat down to wait and... my heart leapt. Right in front of me I saw a gorgeous big tree. A tall powerful majestic king stood. His strong brown trunk stood straight proudly and tried to reach triumphantly to the sky. His bigger branches had many curly ways to grow. It looked like my king tree had a lot of curly arms. The bright green leaves were all around his smaller branches like his hair. That's why he looked fluffy. He could be climbed like a ladder to the top by all his branches. The huge root system was spread intensely, deeply and spaciouly. When I saw a moving shadow, it seemed to me like he had a long train of dress. I can feel him turn around through the whole day and his train moves together with him.

He is a giant, but I don't feel a cruel, merciless energy going from him. He doesn't try to make me scared. He is a kind and humane type of giant. Look at all those birds and nimble squirrels that are jumping all over him! His generous souls let them make the nests and houses in a safe place.

I hear a bird's song and how he tries to sing with it by his rustling leaves. I think everything tells me he is a friendly, reliable, and loving king tree. He is saying, "The sun! The life! The life to live!" It is very noisy around: two big streets, a lot of cars on the road, gas station, stores. Next to him – like another world – quietly, calm, nothing can bother you. Just you and the tree.



At the same time I feel his independent and mature power. But what can make him so strong and confident? And many questions just come up in my mind in one second. How old is he? What does he keep in his memories? Does he remember the pioneers who discovered the Sacramento area? Was he scared of builders who built all the neighborhoods around him? Was he crying about his brothers or sisters that were cut down? Was he lonely? How much pain does he hide from my eyes? Was he happy to see that the library was built next to him? Does he try to tell me something? Can I understand him? Do I have an open heart to hear his whisper? Then he was young, and now he is old and wise. What kind of amazing story, destiny, he is hiding I will never know. It will always be a secret for me. This secret belongs only to him.

Since my first meeting with the king tree, several months went by. This special meeting helped me to pay attention to people and life around me. Life is the whole universe, even if it is the life of a tree. Now, when I visit the library, I look at my silent friend and ask him, "How are you? What is up, friend?" and feel how he smiles back at me.

Ganna Schorn

ESL W50



Coming soon!
Parrot Facebook Account

Uniforms in High Schools



Most special workers in the world, for example, firefighters, paramedics and policemen, wear special uniforms. Do you like uniforms? Some people like to wear uniforms, while some people hate it. Wearing uniforms also depends on traditions of the different countries. Do you think it is good if uniforms would be mandatory in high schools? There are so many people and so many opinions. From my point of view, uniforms should be mandatory in high schools and for several reasons.

First, wearing uniforms organizes students very well. Uniforms organize people in general. When people wear uniforms, it usually means they do something special or work at some special workplace. If students wear uniforms it means it's time to study. Apparently, while they are in school, while they are studying, they are not supposed to play any outdoor games, go shopping, or walk around somewhere. When I attended school in my country, uniforms were mandatory. I really liked to go to school and to wear a uniform, especially because our uniforms had a really nice design. My mom also sewed something interesting on it. It could be a white beautiful collar, or frills, or lace apron, or something else. I wore my uniform even when I was attending my music school. It made me feel like a student. I even used to wear it when I was sick and had to stay home. And when it was school time I wore my uniform and walked from room to room. I imagined I was in school like other students. For me, uniforms are really organizing for students.

Second, it's good for creating a level playing field, a sense of equality. Not all the students have the same financial possibilities. Some students' parents can buy expensive and fashionable clothes for their children, but some parents can't afford it. When some students come into the class wearing expensive clothes, they make students that cannot afford these clothes, feel uncomfortable and depressed. They feel second-rate. Sometimes it hinders them from concentrating on school. Some kids become envious or embittered. When I attended school,

I remember very well that there were a few children from really well-provided, affluent families in our class. Mandatory uniforms didn't allow them to differ from others though. They had some nice shoes, or fashionable upper clothing, or some fancy pins for their hair. I can't even imagine how it would be and what those children who were wearing simple and cheap clothes would feel if the uniforms weren't mandatory in those days of total deficit. A daughter of one of my friends attended a high school in a prestigious area when we lived back in Russia. Many other children from rich families also attended this school. My friend told me how difficult it was for her daughter to see students wearing such expensive clothes. Every day she kept telling her parents how depressed she felt. I think wearing uniforms in school is good for creating a level playing field.

Third, mandatory uniforms don't allow students to miss their classes. If a student is wearing a uniform, it means he has to be in school. If you see a student without an adult, walking on the street or in the park, or shopping when it's school time, it means he is ditching school. It's a very simple way to recognize a truant. It's like a sign. When my family and I were visiting Australia in 1991, where uniforms were mandatory, we could see how beautiful it was to see Australian students when they went to school. In Australia each school had a special color and design for uniforms. Looking at the students and their uniforms they were wearing, we could always tell which school they belong to, either Catholic, or Baptist, or Adventist, or Apostolic, or other. Students looked nice and orderly. Our Australian friends also told us that wearing uniforms helped their students to avoid missing classes because students in the uniforms couldn't be truant from their classes. From my point of view, wearing uniforms keeps students from missing their school classes.

In sum, uniforms in high schools should be mandatory for several reasons. Uniforms organize students very well, wearing uniforms are also good for creating a level playing field, and they don't allow students to miss school. I can only hope that school administrations will realize that it is acceptable and a very useful part of school for our children.

Victoria Itskan
ESL W50

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Stephenson: I actually was an instructor at Carl Sandburg College in Galesburg, Illinois. I was teaching in a mortuary college there and a position for coordinator of the funeral services educational program here at American River College came open. My coordinator of the program in Illinois, my boss actually, gave me the job opening and said that this might be something that you might be interested in so I actually applied for the job and came out and interviewed for the position.

Parrot: What program does American River College offer to students interested in funeral services?

Stephenson: We are a two-year associate of science degree program here at American River College. We also have a student organization called Sigma Phi Sigma which is a funeral service group for students. The student group or social group is where they can have activities and raise money for charities.

Parrot: How many students do you have in your program?

Stephenson: We actually have 41 students in our program and we only accept students once a year, so every January we accept a new cohort of students. So there are 41 students divided between the two cohorts. I think there is 19 in one group and about 22 in the other group.

Parrot: Do you accept everyone who applies or are there some special requirements?

Stephenson: We have prerequisites for our program so a student must fill out an application and they must also complete three prerequisites. They have to complete a funeral services course, which is an introduction to funeral services and anyone can take that course. It gives you a general idea of what funeral services is about, a little bit about the history of funeral services and where our practices come from. Embalming started with the Egyptians. It gives students a little idea where funeral services was, where it is currently, and where it's going in the future. The second requirement is Bio 102, which is an introduction to human anatomy and physiology. We're a very science-based program. Of course, there's the human body so you have to have that foundation and then English Writing 300 because they have to communicate with the families and with the public so we want them to be able to communicate and to be able to write clearly for the public and their families.

Parrot: Is funeral service a growing industry?

Stephenson: We are starting to grow. We are seeing the number of deaths per year going up as the baby boom generation continues to age and we are going to see a spike in the number of death starting in probably the next 3 to 5 years for the next 20 to 25 years. We are going to see

the number of deaths going up so there should be a need for funeral directors and embalmers.

Parrot: That's good. Is funeral service work stressful?

Stephenson: Ah, yes, the work is very stressful; you are dealing with the family that's lost their loved one and is in a state of mourning and grief so it can be very stressful. Death doesn't take time off and it doesn't take a holiday. So, a person coming into our field must be prepared to work long hours, work weekends, work nights and evenings.

Parrot: Wow! What are the objectives or goals of your program?

Stephenson: Well, actually there are several goals or objectives of our program. We're actually preparing students to be successful in the field. One of the goals of our program is to see that students pass the national or state board exams. They have to complete their national board exam at the end of the program. Plus, they have to take two state licensing exams, one is to become an embalmer and one to become a funeral director so our goal is to pass those exams the first time because it is expensive for them. One of the exams is \$400 and the other two exams total about \$600 so we want to make sure that they're successful the first time.

Parrot: Do they need to have really good grades for that?

Stephenson: We actually, the minimum grade is a C or better to pass the class. And their overall GPA must be at least 2.0 but there's not a specific grade. We usually say a C or better.

Parrot: What kind of employment is available to students who graduate?

Stephenson: Available to students that graduate? The student can become a licensed embalmer so they can actually go in and prepare the body for viewing and the student can also be a funeral director. A funeral director typically meets with the family and plans the funeral or directs the funeral. There are some other jobs that they can go into, for example ; pre-need planning for people that are prepaying their funeral today to use at a future time so there's a lot of students who actually go into that.

Parrot: What is the difference between a funeral director and an embalmer?

Stephenson: A funeral director would be just that; he directs or she directs a funeral, they meet with the family to make all the arrangements on all the preparations with the family, going over the details of the obituary, for the death certificate, finding out where the person is going to be buried or if they're going to be cremated and if they're going to be cremated, if they're going to be scattered, or to be buried or interred. An embalmer prepares the body.

So they would embalm the body: they would preserve the body with chemicals.

Parrot: Is embalming expensive?

Stephenson: Embalming actually is not as expensive as the actual burial part and usually runs about \$800. The cost of an actual funeral is somewhere around \$6000 to \$7000.

Parrot: Do you use the word “cadaver” for a dead body?

Stephenson: No, we actually use the term dead body or remains instead of cadaver. A cadaver is actually a scientific specimen. It is used for scientific purposes, so cadaver would be used in medical school for them to do research on. We have dead bodies in the funeral home or cases, you might hear that term some time, a case that has died, but we usually try to use the term dead bodies.

Parrot: Can you please tell us what that word cadaver means in funeral services education?

Stephenson: Again, that word cadaver is just a scientific model or the term for the scientific specimen. They would use that word in medical school, for specimen that they would use to dissect. A dead body we would either bury or cremate.

Parrot: Do embalmers work on cadavers at American River College or another location?

Stephenson: Yes, our students do work on cadavers; they also work on dead human bodies. We do not have a lab on campus and our labs are conducted at the Sacramento County Coroner’s office. So that’s where students get their hands on training. Again they work with cadavers that have already been preserved by the UC medical school and then our students will also embalm cases that have recently died.

Parrot: Where do the cadavers you use come from?

Stephenson: Our cadavers come from the University of California Davis, their Donated Body Program. These are people that have chosen to donate their body to science. We get calls all the time from people who want to donate their bodies to science but we are not an entity that can accept dead human bodies so we refer them to UC Davis and UC Davis will actually receive the remains. Then they call us and we can go and embalm them.

Parrot: What qualities would you look for in a successful funeral services director?

Stephenson: We look for someone who is very empathetic, very caring and very compassionate. Because that’s what it is really is going to take because in this field you’re going to deal with families that are grieving, they’re crying, they’re emotional. And a funeral director really needs to be empathetic and they really need to be caring. Trying to understand how a family feels. We will never know how a fam-

ily exactly feels because they had the relationship with the decedent and we didn’t. But at least if we can show some compassion, and some caring, that’s really what our goal is. What I look for in a student, is one that’s very empathetic, compassionate, genuine, and that this is really something they really want to do and are compassionate about.

Parrot: What qualities would you look for in a successful embalmer?

Stephenson: In an embalmer? I think you would still have to really be compassionate but you also have to be somewhat of an artist, ability with art because embalming is a very artful profession. You’re dealing with cosmetics, you’re dealing with chemicals, and you’re trying to restore this person to an acceptable appearance. A lot of times, you know, a person has had some type of cancer or some type of illness where they’ve lost weight or their cheeks might be sunk in, their eyes might be sunken back into their head. Through the embalming process, we can bring back some of that fullness in their face and eyes. So it really takes an eye for watching for these minute details in a person’s face, in their body, and using cosmetics to restore the person back to a lifelike appearance.

Parrot: Is it like surgery?

Stephenson: It is a little, you can think of it as surgery, we’re using chemicals, we’re replacing the blood with preservative chemicals and then we’re using makeup for the face and hands that are seen.

Parrot: If the student is interested in joining the funeral services program, how do they start?

Stephenson: I would at least encourage them to go online and look up the information or come over and make an appointment with me and I’d step them through the process of the prerequisites. Of course, I always encourage them to go out to a funeral home, maybe volunteer at a funeral home to see if it’s something that they really would enjoy. Death is not something that we want to happen to anyone but you also have to like the profession you’re in so we would encourage them to go out and volunteer at a funeral home and then I also encourage them to take the Introduction to Funeral Service100 class because it would give them a kind of idea of what funeral services about. And we take a tour of a funeral home and it gives the students an opportunity to connect with the funeral home.

Parrot: Now, let’s change the subject. I’d like to ask some other general questions. What accomplishment in your life are you most proud of?

Stephenson: Oh my, there are so many! I would say moving to California and becoming a director of the funeral service program, bringing my family here and really enjoying life,

and using my education.

Parrot: What are the most important lessons you have learned in life?

Stephenson: Probably the most important lesson I have learned in my life is, oh my, to really get involved. I feel that we learn so much by getting involved, in whatever our passion is, to really get involved in that. I enjoy working with students, I enjoy the college environment, I enjoy funeral service, so it's really putting your heart in what you really want to do. I think that's what I find is that life is too short. Of course, working in funeral service you can see how quickly life is taken away or can be taken away, so live life to the fullest and enjoy it.

Parrot: Looking back at your high school and college days, did you make any changes in what you studied?

Stephenson: Oh yes, I started as an accounting major in college. My parents really were not as supportive of funeral service because they knew it was a very difficult field with lots of emotion and it was very hard in a sense of death

didn't take time off and it didn't take a holiday. And they always kept saying to me to get into a field that you can have a job and have the weekends off and you can have the night off. So I started in accounting first and then I switched back to funeral service.

Parrot: Is there anything that you would like to add to the interview before we end?

Stephenson: I really don't have anything to add. I really love the field of funeral service. I am very passionate about it. We want to be able to help families, help people in probably the lowest point of their life when they lose a loved one. That's what funeral service is about to me and I try and convey to my students that you have to have passion for people.

Parrot: Okay, then I'd like to thank you, Professor Stephenson again, for participating in the interview!

Nancy Madrigal Reyes

ESL L320.

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progeny would be less inbred, and produced more eggs and more offspring.

It appears the females can sense which males are closely related to them — a factor that can lead to genetic defects — and respond better to males that are expected to produce healthier offspring.

“You could call it love at first encounter. That might be the most accurate, because we don't really know what about this encounter is driving this response,” said study co-author Andrew Clark of Cornell University, explaining that it wasn't just sight, but perhaps smell or sound or some other sense that alerted a female her biological match was near.

The scientists discovered that the females seemed to be in a primed state even before meeting the males, with the chemicals and proteins needed for their response already in place, without the need for new genes to be activated, as the researchers expected.

“The idea of priming is that even when the female is in the absence of males, that's her way, her status is this configuration of proteins,” Clark told LiveScience. “She's wired for love. That's who she is. And then the response to different males might be different because of that primed state.”

The researchers say that the mating practices of fruit flies

and humans are different enough that it's tough to directly extend their findings to humans, though it's possible that human females can also sense which males are genetically best suited to them, and their bodies may respond in ways that boost the chances of mating success.

“In mammals, including humans, the answer seems to be ‘yes,’ there is some differential pregnancy success deepening on the female's sensing of the male, and as a result of the genetic quality of males,” Clark said.

He described a famous T-shirt experiment in humans, in which people tended to prefer the scent of T-shirts belonging to individuals that were a greater genetic mismatch for them, again perhaps the body's way of trying to prevent inbreeding.

“We also saw that males from one fly strain were more successful in garnering progeny with females [of both strains],” said study lead author Mariana Wolfner, professor of developmental biology at Cornell. “One could imagine that sort of thing happening in any species, if a particular male made more sperm, or sperm that were better at reaching or fertilizing eggs, or if he made versions of seminal proteins that better interacted with the physiology of his mate. But I don't know of any direct evidence of this in humans.”

<http://www.livescience.com>

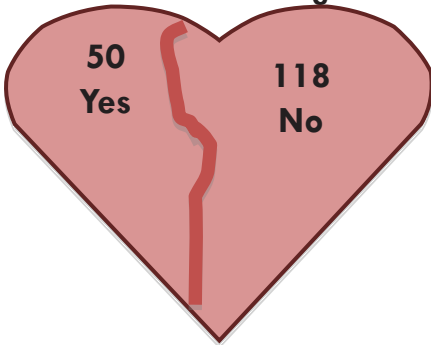
Love Survey

A national scientific study was done of 1500 couples by Dr. Earl Naumann and published in Highest 5 Men's Magazine, about love at first sight. Love at first sight is defined as "within one hour of meeting someone, feeling strange and powerful feelings of love for another person." According to the study, this only happens to the people who believe in it.

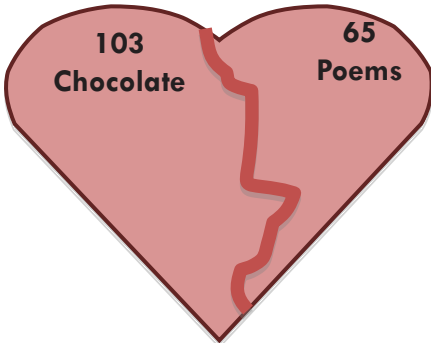
- In the US **66%** **believe** in love at first sight.
- 55%** of people who experience love at first sight **marry** the person.
- 75%** of those married as a result of love at first sight have **stayed married**

How do our ARC ESL students approach love?

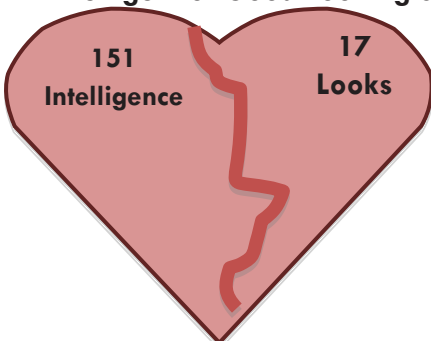
Belief in Love at First Sight



A Preference for Chocolate or Poems



An Intelligent or Good Looking Spouse



The Frugal Flamingo

LOVE TO SHOP AND SAVE MONEY?

Welcome! This column is for you!

Starting in February, I will bring you information about shopping and saving money. I will write about places in the area, websites and other ways to save money. If you would ever like to tell me where you have shopped and saved money, let me know!

Have you heard of WOOT! ? I have been checking out Woot! lately and I love it! Woot! is a website and they sell 1 item every day. The items are priced really well and there is no tax. The shipping is always \$5.00! A new item is listed every day at 9:59pm and it continues for 24 hours –or until the item sells out. You can not buy it after the time has run out on the item. Since there is such a limited amount if the item that is available, you can only buy 3 of each item. On the same website, you can access kidswoot, winewoot, sellout woot and shirt woot! They even have extra special deals every now and then that have very limited quantities and a limited time to buy the item. This is called A “Woot-off”. Remember that since they offer such good deals, they don’t take returns. You will have to resell or give the item as a gift if you do not like it. If an

item is damaged or broken when you receive it, you may return it, but you must pay for return shipping. For example, on kidswoot, I recently saw a Thomas the Train Wooden Roundhouse that sells at Toys R US for 79.99 and it was 39.99 on Kidswoot! Then I saw a 32” flat screen television for 239.99! It was a great price, but be sure to read the fine print because some of the items are refurbished. Refurbished isn’t always bad, but it is good to know about the product before you buy it! The website is: www.woot.com<<http://www.woot.com>>.

Prof Julie Caspersen Schultz
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Media Peeps! by Media Mike

Chuck – a goofy spy story: no James Bond here!

Imagine being a normal guy, working in a normal job, here in California (a mostly normal state). Suddenly, you are thrust into a world of secrets, deceit, and the mastery of skilled combat and guns... the world of the spy! Chuck, average twenty-something guy working as a computer repairman, suddenly finds himself a person-of-interest to the CIA and the NSA when he watches a video which contains all of the files on every known villain and evil organization. This makes Chuck a kind of human ‘super computer’, named the ‘intersect’. If Chuck sees an undercover spy, his brain “flashes”, or shows him all of the information known about that spy. This is very handy if you are a spy, on a deadly mission, and there’s no internet available. Therefore, the CIA and the NSA assign two spies to protect Chuck and to use the knowledge in his head. The beautiful and deadly Sarah, along with the gruff and buff Casey, do their best to teach Chuck the ways of the spy world while protecting him from the bad guys. Now in season 4, airing on Mondays at 8pm, Chuck has had a few mishaps with the intersect, but now has integrated it and can ‘flash’ on files about how to do jujitsu, karate, boxing, knife throwing, gun

wielding, etc. Chuck is now the ultimate spy. But, can he juggle the spy job with his regular job, while hiding it all from his sister and keeping his girlfriend (Sarah) happy without alienating his best friend Morgan? It’s too much for one spy to do!

Why watch it? Why not?!? This is a show that is not meant to be taken seriously. It’s fun and it’s funny. Chuck is a lovable character that has developed over the series. The people who work with him at the “Buy More” electronic store (a lot like “Best Buy”) are crazy but add to the story. In the 2nd year of the series he was looking for his dad (Scott Bakula, famed for his own science-fiction show in the 80s) while in the 3rd and 4th year Chuck was looking for his mom (Linda Hamilton, famed for the Terminator movies). It turns out they were both spies. Chuck lives a spy life. You should definitely turn on the closed captioning for this show: The strange co-workers where Chuck works often supply some very funny lines you don’t want to miss.

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However, if you want to work on your listening skills, try it without the words on the TV screen.

Vocabulary tweets:

Handy: (adj) useful

To be thrust into something: (v) to do something without

preparation

Deceit: (n) false or untrue

Twenty-something: (adj) person's age in between 21 and 29

CIA/NSA: (n) government intelligence organizations

Buff: (adj) very physically fit

The ways of something: how to do something

The Cyber Bum--Bogdan Kolmyk

No Speed Limit

I wish there were no speed limit. How often do you catch yourself thinking about it? Nowadays we all want to go faster and faster. Some of us wish there were at least 25 hours a day. And probably all of you wished your computer was a little bit faster. Or maybe twice as fast. So today I'll give you a few ways of fixing thing up – from the most extreme way to the easiest one.

As I previously mentioned, first will be the most aggressive and extreme way. And the most expensive one. In general it sums up into a one word – Upgrade. By upgrade I mean get a new computer about every year or so. This is the only way to be on the top of all performance charts and to get real speed increase. For example, SSD. SSD stands for Solid-State Drive and in general it's just a big USB flash drive inside your PC. It makes your computer boot almost twice as fast as it does with a regular hard drive. Nevertheless for the price of a 60 GB SSD you possibly can buy a 2 TB (2000 GB) hard drive. This means if you buy a hard drive, you can have about 33 times more space to save you information! As you can see from this example, real speed costs a few bucks.

Next track is upgrade. I know, I know, it sounds familiar. There is one big difference. You may upgrade your PC optionally and you don't have to spend thousands of dollars on the high-end components. Be smart and plan. For example, you want a new video card for playing games. You know that the manufacturer is about to come up with a new generation. You just need to wait 'till they release those new video cards, so you can have a good deal on the older generation video cards. They will

be just a little bit less productive than the newer ones but totally better than your old one. If you are not familiar with changing and upgrading computer components, just change your PC once every 2-3 years to stay on the "fast line". And of course don't forget to follow the rules and advice from the last part.

Yeah, this part right here. Rather than calling it "the last and the easiest way of speeding up computer" I just call it "advice for all pc users" since you can apply it to any computer you have. The good news is you don't have to upgrade. The bad news is you have to read another paragraph of tips. Anyway here is the first rule – have some free space on the disk with your operating system (OS) located. Usually it's a disk C. Uninstall unused programs. By using third-party software, like Glary Utilities, you can in one click remove unused files as well as do some other pretty neat stuff (Please make sure you know what you're clicking on!). Next advice: do



the defragmentation of the hard drive. It will decrease the time your PC spends trying to read file from the hard drive. Make sure you have antivirus and your system is secured since some viruses may take up your computer resources. The last tip for today - make sure you know what programs run automatically at startup.

That's it for today. If you have any questions, suggestions about next article's topic or want to share your own ways of speeding PC up – let me know at geek.for.parrot@gmail.com



Netscape - Articles from the Web

February – Black History Month

What Is the Theme for This Year's Black History Month?

Since its inception in 1926, Negro History Week and Black History Month have been given annual themes. The first annual theme was simply, "The Negro in History," but since then the themes have grown more specific. 2011 - African Americans and the Civil War.

The Fight for Equal Rights: Black Soldiers in the Civil War

"Once let the black man get upon his person the brass letter, U.S., let him get an eagle on his button, and a musket on his shoulder and bullets in his pocket, there is no power on earth that can deny that he has earned the right to citizenship."

Frederick Douglass

The issues of emancipation and military service were intertwined from the onset of the Civil War. News from Fort Sumter set off a rush by free black men to enlist in U.S. military units. They were turned away, however, because a Federal law dating from 1792 barred Negroes from bearing arms for the U.S. army (although they had served in the American Revolution and in the War of 1812). In Boston disappointed would-be volunteers met and passed a resolution requesting that the Government modify its laws to permit their enlistment.

The Lincoln administration wrestled with the idea of authorizing the recruitment of black troops, concerned that such a move would prompt the border states to secede. When Gen. John C. Frémont in Missouri and Gen. David Hunter in South Carolina issued proclamations that emancipated slaves in their military regions and permitted them to enlist, their superiors sternly revoked their orders. By mid-1862, however, the escalating number of former slaves (contrabands), the declining number of white volunteers, and the increasingly pressing personnel needs of the Union Army pushed the Government into reconsidering the ban.

As a result, on July 17, 1862, Congress passed the Second Confiscation and Militia Act, freeing slaves who had masters in the Confederate Army. Two days later, slavery was

abolished in the territories of the United States, and on July 22 President Lincoln presented the preliminary draft of the Emancipation Proclamation to his Cabinet. After the Union Army turned back Lee's first invasion of the North at Antietam, MD, and the Emancipation Proclamation was subsequently announced, black recruitment was pursued in earnest. Volunteers from South Carolina, Tennessee, and Massachusetts filled the first authorized black regiments. Recruitment was slow until black leaders such as Frederick Douglass encouraged black men to become soldiers to ensure eventual full citizenship. (Two of Douglass's own sons contributed to the war effort.) Volunteers began to

respond, and in May 1863 the Government established the Bureau of Colored Troops to manage the burgeoning numbers of black soldiers.

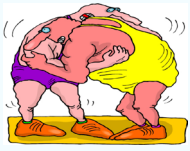
By the end of the Civil War, roughly 179,000 black men (10% of the Union Army) served as soldiers in the U.S. Army and another 19,000 served in the Navy. Nearly 40,000 black soldiers died over the course of the war—30,000 of infection or disease. Black soldiers served in artillery and infantry and performed all noncombat support functions that sustain an army, as well. Black carpenters, chaplains, cooks, guards, laborers, nurses, scouts, spies, steamboat pilots, surgeons, and teamsters also contributed to the war cause. There were nearly 80 black commissioned officers. Black women,

who could not formally join the Army, nonetheless served as nurses, spies, and scouts, the most famous being Harriet Tubman who scouted for the 2d South Carolina Volunteers.

Because of prejudice against them, black units were not used in combat as extensively as they might have been. Nevertheless, the soldiers served with distinction in a number of battles. Black infantrymen fought gallantly at Milliken's Bend, LA; Port Hudson, LA; Petersburg, VA; and Nashville, TN. The July 1863 assault on Fort Wagner, SC, in which the 54th Regiment of Massachusetts Volunteers lost two-thirds of their officers and half of their troops, was memorably dramatized in the film *Glory*. By war's end, 16 black soldiers had been awarded the Medal of Honor for their valor.



Parrot Warbling



Grappling with Grammar

Adjective Before Noun

We sometimes use more than one adjective before the noun:

- I like big black dogs.
- She was wearing a beautiful long red dress.

What is the correct order for two or more adjectives?

1. The general order is: opinion, fact:

- a nice French car (not a French nice car)

2. The normal order for fact adjectives is size, age, shape, color, material, origin:

- a big, old, square, black, wooden Chinese table

3. Determiners usually come first, even though they are fact adjectives:

- articles (a, the)
- possessives (my, your...)
- demonstratives (this, that...)
- quantifiers (some, any, few, many...)
- numbers (one, two, three)

Here is an example with opinion and fact adjectives:

Adjective					noun
Determiner	Opinion	Fact			
		age	shape	color	
two	nice	old	round	red	candles

When we want to use two color adjectives, we join them with "and":

- Many newspapers are black and white.
- She was wearing a long, blue and yellow dress.

Idiom-Attic



Burn the Midnight Oil

Mr. Wilcox works all day and attends school at night. When he goes home **he burns the midnight oil** by studying until dawn. If you are like Mr. Wilcox and **work or study long hours at night**, you too can say that you burn the midnight oil.

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

Beak Speak

- CHECKBOOK, nine letters long, is the longest word in the English language composed entirely of letters with horizontal symmetry in upper case. Eight letter words with this property include BEDECKED, BOOHOOED, CODEBOOK, COOKBOOK, DOBCHICK, EXCEEDED, HOO-DOOED, and KEBOBBED.
- HOMOTAXIA, nine letters long, is the longest word in the English language composed entirely of letters with vertical symmetry in upper case. Eight letter words with this property include AUTOMATA, AUTOTOMY, MOTIVITY, MAHIMAH, MATAMATA, MYXOMATA, and THATAWAY. Seven letter words with this property include AUTOMAT, MAMMOTH, MAXIMUM, TAXIWAY, WITHOUT, and the proper name TIMOTHY. Hyphenated terms with this property include HOITY-TOITY and MOUTH-TO-MOUTH.
- HAH, HOH, HUH, MA'AM, MOM, OHO, TAT, TIT, TOT, TOOT, TUT, and WOW are several words which, when written in upper case letters, have vertical symmetry.
- I, OHO, and IHI'IHI are the only words in the English language that, when written in upper case letters, have horizontal and vertical symmetry and consist entirely of letters that have both horizontal and vertical symmetry.
- ZOONOSIS, eight letters long, is the longest word in the English language composed of letters with 180 degree rotational symmetry. Six letter words with this property include NINONS, ONIONS, and SOZINS.



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

Some More Parrot Fun Stuff



Computer Jargon Wordsearch

Find and circle all of the computer words that are hidden in the grid. The remaining letters spell an additional word.

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

APPLICATION
 BACKUP
 BINARY
 BLUETOOTH
 BOOT
 BYTE
 CHAT
 CLICK
 COOKIE
 CURSOR
 DATA
 DEFAGMENT
 DIRECTORY
 DISK DRIVE

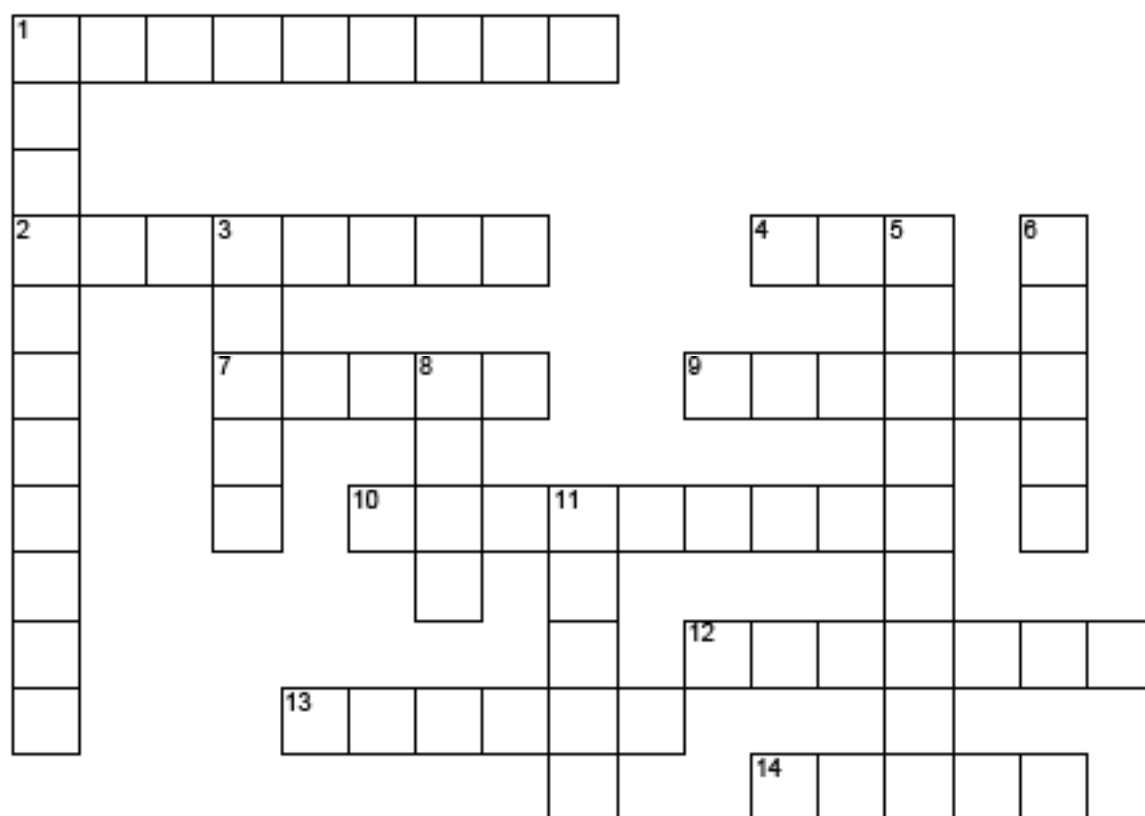
DOS
 DRAG
 EMAIL
 ENCRYPTION
 FILE
 FIREWALL
 FOLDER
 GIF
 GOOGLE
 HTML
 ICON
 INTERNET
 JAVASCRIPT
 KERNAL

LCD
 LOGIN
 MEMORY
 MONITOR
 MOUSE
 NANOSECOND
 NETWORK
 PARTITION
 PASTE
 PDF
 PIXEL
 POWER SUPPLY
 PROGRAMMER
 ROUTER

SAVE AS
 SCANNER
 SECURITY
 SHAREWARE
 SOFTWARE
 SPAM
 TASKBAR
 THUMBNAIL
 UNIX
 WALLPAPER
 WIRELESS

Daily Routines

ESL Crossword Puzzle



See crossword at www.ahh.com

ACROSS

- 1 yellow vehicle that takes children to school (2 words)
- 2 physical movement to keep fit
- 4 work
- 7 second meal of the day
- 9 awoken (2 words)
- 10 clean the house
- 12 take this pill each day for good health
- 13 evening meal
- 14 get out of bed (2 words)

DOWN

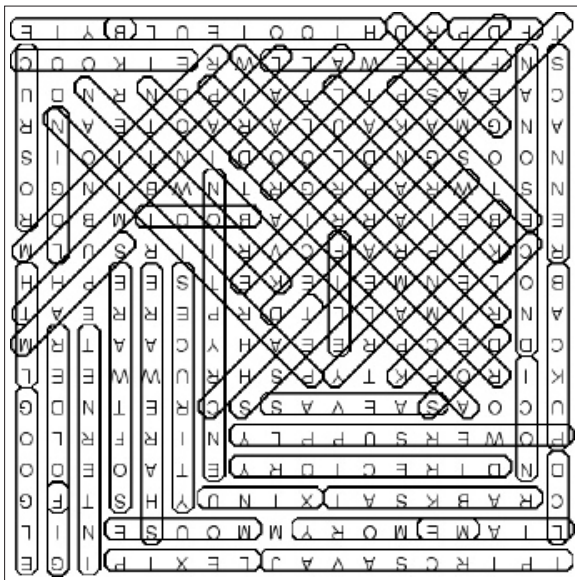
- 1 grocery store
- 3 take it easy, rest
- 5 first meal of the day
- 6 short word for "newspaper"
- 8 prepare a hot meal
- 11 people need 6 to 8 hours of this

Silly Valentine

It's Valentine's day,
 And it's really quite silly;
 My feelings are switching around
 Willy-nilly.
 I'm happy, SO happy!
 Then I'm feeling SO sad;
 I'm gloomy, I'm joyful
 Oh man, this is bad!
 My body is clammy,
 Then I'm in a deep sweat;
 Sometimes I'm giddy,
 Sometimes I fret.
 I'm looking for comfort food
 Deep in the frig;
 Often I think
 I could jump off a bridge.
 What is the reason
 For all the above?
 It's Valentine's Day,
 And I'm SO in love!

By Joanna Fuchs
<http://www.poemsource.com>

Solutions for wordsearch on page 12



Rigoberto's Riddles

What's the difference between
 chopped beef and pea soup?

Everyone can chop beef, but not everyone
 can pea soup!



Silly Vasily's Chuckle Chamber

A project manager, software engineer, and hardware engineer are in Miami Beach for a two-week period helping out on a project. On their lunch hours, they often chose to walk up and down the beach. During one of these walks, they stumble upon a lamp.



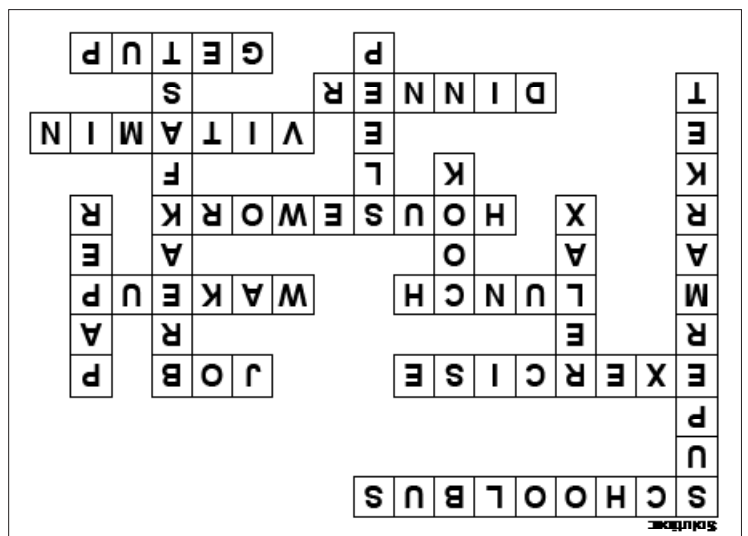
The hardware engineer picks up the lamp and rubs it. A genie appears and says "Normally I would grant 3 wishes, but since there are 3 of you, I will grant you each one wish."

Since he was holding the lamp, the hardware engineer went first. "I would like to spend the rest of my life living in a huge house in St. Thomas, with no money worries and surrounded by beautiful women who worship me." The genie granted him his wish and sent him on off to St. Thomas.

The software engineer went next. "I would like to spend the rest of my life living on a huge yacht cruising the Mediterranean, with no money worries and surrounded by beautiful women who worship me." The genie granted him his wish and sent him off to the Mediterranean.

Last, but not least, it was the project manager's turn. "And what would your wish be?" asked the genie. "I want them both back after lunch," replied the project manager.

Solutions for crossword on page 13



Solution

Granny Noetal

Dear Granny,

I've heard that you have another name, that Granny is not the real deal. What's your real name? Why do you use the name Granny?

Tom Zweifel

Dear Tom,

You may find this hard to believe, but I had an older brother named Danny, an



older brother named Manny, and an older brother named "Stan" (they called him "Stanny") and then came me. So I was a "granny" at a very early age. Naturally, I endured a lot of kidding at school. How can I explain my parents? They just had this thing for assonance. I'm just thankful I didn't get my younger sister's name. They called her "fanny". She was, pardon the pun, the butt of many jokes, more so than me. In the end, however, we have been happy to be No-etals.

Granny

continued from page 10

In addition to the perils of war faced by all Civil War soldiers, black soldiers faced additional problems stemming from racial prejudice. Racial discrimination was prevalent even in the North, and discriminatory practices permeated the U.S. military. Segregated units were formed with black enlisted men and typically commanded by white officers and black noncommissioned officers. The 54th Massachusetts was commanded by Robert Shaw and the 1st South Carolina by Thomas Wentworth Higginson—both white. Black soldiers were initially paid \$10 per month from which \$3 was automatically deducted for clothing, resulting in a net pay of \$7. In contrast, white soldiers received \$13 per month from which no clothing allowance was drawn. In June 1864 Congress granted equal pay to the U.S. Colored Troops and made the action retroactive. Black soldiers received the same rations and supplies. In addition, they received comparable medical care.

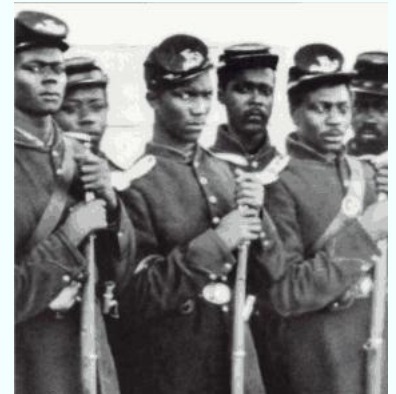
The black troops, however, faced greater peril than white troops when captured by the Confederate Army. In 1863 the Confederate Congress threatened to punish severely officers of black troops and to enslave black soldiers. As a result, President Lincoln issued General Order 233, threatening reprisal on Confederate prisoners of war (POWs) for any mistreatment of black troops. Although the threat generally restrained the Confederates, black captives were typically treated more harshly than white captives. In perhaps the most heinous known example of abuse, Confederate soldiers shot to death black Union soldiers captured at the Fort Pillow, TN, engagement of 1864. Confederate General Nathan B. Forrest witnessed the massacre and did nothing to stop it.

<http://www.archives.gov/education>

Little Known Fact

Although African Americans constituted less than one percent of the northern population, by the war's end they made up ten percent of the Union Army. A total of 180,000 black men, more than 85% of those eligible, enlisted. By the time of the Confederate surrender in 1865, there were more African Americans in the Union army than there were soldiers in the Confederate army!

<http://www.legendsofamerica.com/ah-civilwarfacts.html>



Parenting the Parrot Way!



Prof. Moon's kids

Parenting & Romance

It is that time of year again in America to celebrate love, Valentine's Day. I, personally, only enjoy celebrating this holiday with my children. My husband and I do not celebrate this day. However, we have in the last few months made a commitment to spend more romantic times together. For 2010 we became so busy with our children, work, church, and community commitments that we forgot about ourselves as a couple. Most couples with children seem to have gone through this at some point in their marriage. It is a turning point. If you recognize that you are becoming more like roommates than a couple, you need to choose and act to find time to become a couple again. We have traded babysitting with our neighbors to go see a movie. We have committed to each other to go to a yoga class one evening a week, and the kids can sit right outside the room playing their video games. It is a treat for all of us. We also now make time to talk everyday and have set up a routine in the evening to make this happen. All this reconnecting and romance takes work, but it is worth it for ourselves and our children to live in a more respectful and loving home. This article below from www.momscap.com is some more ideas about how to have romance with kids around. Romance is not just for dating, it helps maintain the strong bond between the amazing person you married and the reason for having children in the first place.

Romantic Ideas: True romance for couples with kids

In my marriage, some of the most memorable evenings have also been the least expensive. Sure, I have enjoyed the bouquets and the boxes of chocolate, but it is the folk music in the ski lodge, the sips of Chardonnay on our summer porch swing, and the nights spent reading in bed, side by side, that really stand out. Anyone can splurge on a formal dinner or a pricey bottle of perfume, but it takes creativity, forethought, and time to be truly romantic.

The key lies in personalizing your celebration. Here are ten ideas to fuel your own creativity... Empty a box of choco-

late (either into your mouth or onto a plate...) Then cut out 50 to 100 hearts from lace doilies, construction paper, or fabric. On each cutout, record something about him that you love. Be specific, "The way you smell when you come to bed at night," "The way you take care of me when I'm sick," or simply "your recipe for pancakes."

Another variation: write down 100 cherished memories of your life together. Fold the cutouts, place them in the chocolate box, and top with a red satin bow. The time you spend coming up with these ideas will contribute to your own romantic mood, and what he thinks is a plain box of chocolates will be a gift he'll keep close to his heart forever. And you can add to the box each year.

Build a romantic fire. Before the kids go to bed, have fun roasting marshmallows. After their lights are out, host your own indoor picnic, complete with a bottle of wine and chocolate-covered strawberries.

Recreate your first date together. What were you wearing? Where did you go? Do you remember what you talked about? Spend the evening reminiscing and reflecting on how far you've come as a couple.

Choose a book in which you are both interested, fiction or nonfiction. Read a new chapter each night before bed. This cozy tradition will allow you to spend some quality time together and often makes for thought-provoking breakfast conversations.

Turn off the TV [and the computer or any other electronic devisces].

Kidnap your husband. Arrange for a babysitter for a few hours...or a few days. A friend of mine had a lot of success with this one. She knew her husband had always wanted to get married in Vegas, but he had agreed to a large, formal ceremony hosted by her family. So, after they had been married 10 years, she surprised him at work with a packed suitcase. They caught an evening flight and renewed their vows before an Elvis impersonator in a Vegas chapel. Years later, they're still talking about it.

This one requires a babysitter, too. Next time you're visiting your parents or in-laws, leave the kids with their grandparents and travel to another town, where no one will recognize you. Check into a hotel or B&B. Dress like another woman. Act like another woman. It's fun to slip into another persona from time to time.

Have a scavenger hunt. Write a few poems, wrap candy kisses inside, and hide them around the house. Each poem should be a clue to finding the next one. Make sure the final clue lands your man someplace you want to end up for the entire evening.

Create a memory this Valentine's Day, not with your pocket-book, but with your imagination.

Artie's Easel

Dear Artie,

I recently purchased a very nice painting, and I want to frame it. Where can I find a really good framing establishment, one that does quality framing?

**Sincerely,
Needing Some Assistance**

Dear Needing Some Assistance,

I recommend "Archival Framing" located at 3223 Folsom Boulevard in Sacramento. My friend, D. Oldham Neath is both the designer and owner of this framing business, and I recognize her as one of the best framers in the business. Archival Framing was established about 27 years ago in downtown Sacramento, eventually closed up downtown in order to run Tower Framing next to the Solomon Dubnek Gallery when it was located off Howe Avenue. After the gallery moved, D. Neath moved to a new location on Del Paso Boulevard. After closing the Del Paso shop, D. found a lovely shop on Folsom Boulevard and can now be found in these new quarters.

When I spoke to D. Neath, I asked her what the purpose of framing is. She replied that framing keeps a piece of art safe and shows respect for the piece by ultimately giving value to it. After a piece is framed, it becomes a piece of artwork that only the artist and framer have handled. Before D. frames a piece of art, she has to take into account several considerations. First, she must consider the artist's wishes for his or her piece, and second, she needs to find a framing color that will enhance the piece of art so that it will attract a buyer if that is the goal of the



Prof White--Artie's Mentor

artist. When she has to frame many pieces created by the same artist for a show, she tends to find a neutral color that enhances the subject matter or the pieces or a color that showcases each work of art.

When I asked D. what a person should look for when considering a framer for a piece of art, she told me that you should first interview your framer in order to know him or her better. If your art is going to be framed on site, you should be able to look into the workroom through the doorway and see lots of framing equipment in the room. This means that the framer is going to frame in the same location and that your art piece is going to receive individual attention. You should also see white gloves around. This means that great care is going to be taken with each piece. The majority of shops today are owned by individuals versus franchise frame shops like big store chains. Chain stores usually send art off site to be framed. As a result, the artist or art owner will not be able to ask about any details during the framing process.

While I was writing this column, I had to decide whether or not I considered framing as an art form. I decided that I do. Beautiful framing relies on design, art enhancement and great detail work. A great frame turns a piece of art into an even more beautiful piece, one that draws the attention of art viewers to it and often makes it famous for all time. If you want to own a truly magnificent piece of art, go to Archival Framing on Folsom Boulevard and see D. Neath. She'll be able to turn your piece of art into a work of true beauty.

**Always,
Artie**

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

ESL CLUB
 JOIN US
AT ARC

For more information, please contact Narineh Mousa, narinemousa@yahoo.com

Mim's Cafe

I downloaded the recipe below from: <http://allrecipes.com>. I am usually not a fan of barbecue ribs (slab-of-meat-type dishes) because they are fatty. However, this slow-cooked technique makes the meat extra moist and leaves it less greasy. The delectable barbecue sauce will surely awaken your taste buds. The cider vinegar and ketchup give the ribs a tangy flavor, and the hot pepper sauce gives the not-so-sweet sauce a little kick. I usually double the barbecue sauce recipe for use with other future meat dishes



Prof. Montgomery with happy eater.

Southern Grilled Barbecued Ribs

Ingredients

- 4 pounds baby back pork ribs
- 2/3 cup water
- 1/3 cup red wine vinegar
- 1 cup ketchup
- 1 cup water
- 1/2 cup cider vinegar
- 1/3 cup Worcestershire sauce
- 1/4 cup prepared mustard
- 4 tablespoons butter
- 1/2 cup packed brown sugar
- 1 teaspoon hot pepper sauce
- 1/8 teaspoon salt

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Place ribs in two 10x15 inch roasting pans.



Pour water and red wine vinegar into a bowl, and stir. Pour diluted vinegar over ribs and cover with foil. Bake in the preheated oven for 45 minutes. Baste the ribs with their juices halfway through cooking.

2. In a medium saucepan, mix together ketchup, water, vinegar, Worcestershire sauce, mustard, butter, brown sugar, hot pepper sauce, and salt; bring to a boil. Reduce heat to low, cover, and simmer barbecue sauce for 1 hour.

3. Preheat grill for medium heat.

4. Lightly oil preheated grill. Transfer ribs from the oven to the grill, discarding cooking liquid. Grill over medium heat for 15 minutes, turning ribs once. Baste ribs generously with barbecue sauce, and grill 8 minutes. Turn ribs, baste again with barbecue sauce, and grill 8 minutes.

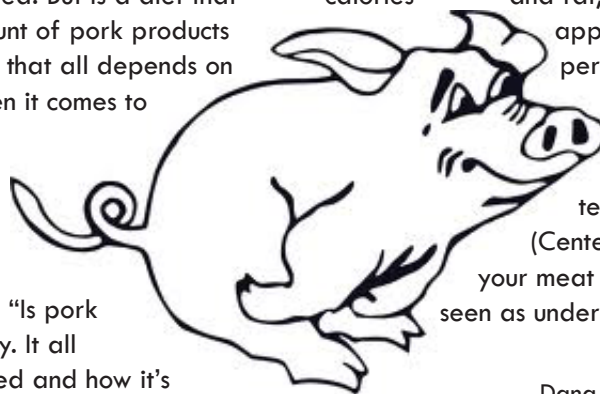
The Value of Pork

Pork is called the "other white meat"--a statement that essentially positions the food in almost the same camp as chicken, as far as nutrition is involved. But is a diet that includes a small to moderate amount of pork products actually good for the body? Well, that all depends on who you're talking to, at least when it comes to an answer.

Significance

A better question would really be, "Is pork bad for the body?" Not necessarily. It all depends on the cut, how it's handled and how it's prepared. Pork is actually rich in many essential vitamins and minerals, such as B6, B12, niacin, thiamine, riboflavin, iron, magnesium, potassium and zinc. If you've got a

lean cut of meat, made leaner by trimming off any additional adipose tissue, you're looking at a meal low in both calories and fat, especially when you stick to an appropriate serving size--about 3 oz. per portion. When preparing the pork, no matter the cut, you'll need to bring the internal temperature of the meat up to 170 degrees, a temperature set in place by the CDC (Centers for Disease Control). If you cook your meat to a lower temperature, it can be seen as undercooked.



Dana George, eHow Contributor

<http://www.ehow.com/>

Boots on the Ground: Get Slick with Trail Mick

THE EL DORADO TRAIL, Missouri Flat/Forni Road to El Dorado (Town)

This is the second segment of the El Dorado Trail featured in a Parrot hike. The El Dorado Trail was the idea of an El Dorado County based group "Trails Now.", which sought help from the national "Rails-To-Trails" organization to create a multiuse trail in portions of the defunct Folsom to Camino railroad spur line.

This trail segment begins at the Walmart Store at the intersection of Missouri Flat and Forni Roads, following the abandoned railroad line in a southwesterly direction to the historic town of El Dorado (founded in 1850). The hike covers fairly easy terrain - 2.5 miles each way out-and-back.

On the day of my hike it was the middle of January. Sacramento had been socked in with persistent fog for days on end. As I was anxious to see bright sunshine and warmer temperatures, I hopped in my car and headed east on U.S. Highway 50. I finally emerged from darkness to sunlight and blue skies around Shingle Springs. I continued on for several more miles before taking the Missouri Flat exit (just before the town of Placerville). At the stop, I turned right and drove on Missouri Flat Road for less than a mile to the Walmart store on my right. I turned into the large lot, parking my car near the far right (west) side of the lot nearest the trailhead. Walking outside the west side of the Walmart building from front to back, I spotted a trail cut in the short slope just behind Walmart. At the top of this berm I reached the trail. Unlike the section of trail in Placerville, where the rails had been removed and replaced with a paved bicycle path, this segment of Eldorado Trail was less developed. The rails remained, and the trail consisted of a series of dirt paths stretching, first on one side of the tracks, then on the other, following the most favorable terrain. The first bit of trail was to the left of the tracks, below the berm. Within a 100 yards I came to a v-junction in the tracks. Though the little railroad side spur ended after only about 25 yards, it was necessary to cross over these tracks, where the trail resumed on the other side. For the first half mile, the Enterprise Industrial Park was on my left. A tiny creek containing willows, cottonwoods, and frogs formed a partial barrier to the steel warehouse buildings beyond. The native trees in this woody setting consisted mostly of Grey Pines and Live Oaks along with a few Black Oaks.



As the trail crossed Forni Road, the scenery changed for the better. Views of warehouses were replaced by a pastoral setting consisting of rural- residential homes built on large parcels. As I walked on I saw numbers of barns and corrals, pastures, horses, cows, and goats. Occasionally the trail split and I had to choose which one to take. Actually it was impossible to make a wrong choice, as all trail portions were within view of the tracks. (One can't get lost as long as the tracks remain in sight.) After another half mile I crossed another rural street - Blanchard Road. I found the last three-quarters mile from Blanchard Road to the town of El Dorado to be the most interesting

part of the hike. On the left was a large pony ranch. Dozens of ponies grazed in large expanses of pasture and woods. Still far ahead, as I approached I could see the steeple of a church along with other buildings in the town of El Dorado. I arrived to the end of Oriental Street, which consisted of a gravel Road that paralleled the tracks. The road was next to a pleasant creek lined with willows. As I followed Oriental Street, I was

greeted by a chorus of frogs sounding from the creek. The Street made a left turn over an old stone bridge, and after a hundred yards more I found myself at Pleasant Valley Road, the main street through El Dorado. Turning left on the main street I noted a post office, fire house, church, an old watering hole (Poor Red's Bar and Barbeque), a couple of small market-delis, and a couple of restaurants. Though El Dorado would have been a great place to break for lunch, instead I turned and headed back the same way I had come.

This trail is suitable for hiking and mountain biking, but I think it's too rough for touring bikes or horses. As posted signs show, trail courtesy calls for bikers give way to hikers and horses, and for hikers to yield to horses. A few rural roads cross the trail, so watch out for cars in those places. Dogs are okay if kept on leashes. Hikers should allow an hour and a half to two hours for the hike.

You can learn more about trails created on abandoned railroad beds by going to the following websites: trailsnow.org (local organization); and railstotrails.org (national organization).

Happy hiking and biking!

To contact Mick: braccop@arc.losrios.edu

Out of the Cage

FAFSA Workshop

Wednesday, February 9, 2011

8:30 am - 11:00 am

This workshop will assist students in completing their 2010-2011/2011-2012 FAFSA applications on-line. Students should bring their Social Security Card (SSN), Parent's Social Security Card if dependent, 2009/2010 Federal Tax returns or estimated taxes for 2009/2010, personal income information, asset information, and any investments and/or other financial information available. The workshop will be located in the Assessment Lab in the Student Services building on a first-come-first-serve basis with limited space. Students must arrive before 10:30 p.m. Due to limited seating, if there is not room for the student at 10:30 a.m., the student will need to return to a different workshop. Students who are not able to complete the FAFSA by the end of the workshop will need to save their work and either complete it on their own or return to another workshop .

Location: Financial Aid Office

What are You Doing Next Summer? How about 5 Weeks in Italy?

Thursday, February 10, 2011

12:15 pm - 1:15 pm



Bill Wrightson, Professor of History, will discuss opportunities to study abroad, focusing on the 5 week summer program in Florence, Italy. The presentation will highlight the nature and cost of the program, including images of apartments, museums, the language & history classes offered, day trips, as well as the 3 day trip to Rome. This opportunity is open to anyone 18 or older. This activity meets ARC focus area 3.1 and state PD guideline C.

Location: Raef Hall 160

"Fabulous Fifteen" Fridays!

Friday, February 18, 2011

12:15 pm - 1:15 pm

Ever wanted to know a whole lot about a topic in only 15 minutes? Join our panel of ARC faculty to hear their favorite lecture in only 15 minutes each. It is a great way to decide if you want a new major, to hear a fascinating talk and to learn about the variety of programming at ARC. This activity meets ARC focus area 5.2 and state PD guideline A.

Location: Davies Hall 200

Do You Fear Aging?

Thursday, February 17, 2011

12:15 pm - 1:15 pm

Are you afraid to grow old? In a society that tells us that we must be hip, slick and cool, how do you face growing older? What are the options? "Live fast, die young, and leave a beautiful corpse?" Come and meet older people who have aged optimally. See what it means to live a successful life at 70, 80 and even 90. This activity meets ARC focus area 3.1 and state PD guideline C.

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: Narineh Mousa, [Ligia Goga](mailto:Ligia.Goga@parrot-arc@live.com) parrot-arc@live.com

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