



The Parrot

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

Issue #50

Spring 2011

Jonson on the Job

Parrot: Hi. My name is Mariya and I am a student from ARC and I know you as a teacher at the LRC center. However, can you introduce yourself and what do you prefer to be called?

Jonson: Hi Mariya, yes, you have been a student at our lab. So, my name is Jonson. ESL 97 is quite informal, well, so we call each other by our first names. You can call me Jonson. That's my first name.

Parrot: Jonson, I am so curious about when and why you chose to be a teacher.

Jonson: That's a very good question. I'm like many of your schoolmates here. When I finished high school I was just kind of drifting around. I didn't really know what I wanted to do. So, I worked for a long time and then I realized I wanted



something more than what I was doing, and I believed, I liked history, particularly World War II, and I felt that perhaps I could do something with that interest. One day when I was at a book store, I saw a young boy, maybe 8 or 9 years old.

He was looking at a book that I was familiar with. So, I went to him and I said, "Hi, what do you like about this book, and I asked him what he knew about this book and about the history, and out of the corner of my eye I saw his parents walk up and they looked scared. But they realized I was talking to their son as a friendly person. And he was very interested. We had a very nice little conversation, and I thought: "Okay, time to go to night

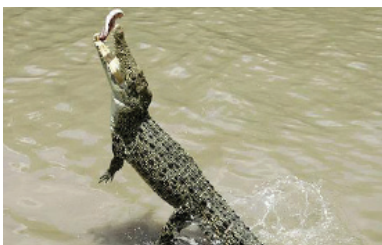
continued on page 7

Crocodile in Ukraine "Answers" Ringing Cell Phone

A crocodile in Ukraine possessed such an appetite that it ate a woman's cell phone, which subsequently kept ringing in the amphibious reptile's stomach, according to media reports on Friday.

Gena, a 14-year-old crocodile in an aquarium in Dnipropetrovsk, apparently is in distress since eating the phone. He has refused to eat and has not had a bowel movement for four weeks, The Associated Press reports. The croc gulped down the phone when it was dropped into the water by accident.

"The phone started ringing and the sound was coming from inside our Gena's stomach, and we understood s[he] wasn't lying," aquarium employee Alexandra told the AP.



Gena ate the cell phone three weeks ago. "His behavior has changed," Alexandra told the news agency. "He moves very little and swims much less than he used to."

The aquarium had to take more serious measures to deal with the Gena's health issues.

"We have ordered special transport to bring Gena to the vet," zoo administrators told the Russian news agency RT. "We pray only that he survived the operation. We are so worried about him."

The woman who lost the cell phone said that she wants to get her phone back, as it had a number of memorable photographs on it but maintained that she will not pay for the operation to get it back, RT reported.

Women's Words of Wisdom

Page 5 & 6

Sign on a High School bulletin board in Dallas: "Free every Monday through Friday-- knowledge. Bring your own containers."

E. C. McKenzie



American River College
4700 College Oak Drive
Sacramento, CA 95841
(916) 484-8011

Inside this Issue

Unwanted	2
Proverbs	4
Frugal Flamingo	13
Artie's Easel	15
Cyber Bum	16
Healthy Chocolate	18
Tax Help	21

Student Chirpings

My Favorite Place

Everyone has some place where he likes to be. Sometimes, we like to be there with our family, with our friends, or just alone. Most people like famous places, such as Red Square in Moscow, the Coliseum in Rome or the Statue of Liberty in New York. Other people like “of little importance” places. I like a place that is very important for me. Do you think it is a famous place? No, It’s a little place in my native city but I always remember it. It’s my church.



When I was a child, my parents took me to this church on the weekend. It was not a big building. However, it looked like an enormous building to me. The walls of this church were painted white on the outside. On the roof was erected a big, brown cross. Everyone could see it from afar. The front yard was always cleaned up and tidy. There was a big flower-garden. There grew peonies, roses, and carnations. Around the flower garden grew jasmine bushes. I still remember the pleasant, amazing smell of flowers.

The church was very cozy inside, with long, comfortable, wooden, brown benches. When my parents and I were coming to the church, many people were already inside in church and met us. They were always very friendly and polite. But

I looked for my friends because it was very important for us. We sat together and were happy to have a good time. Everyone who came to the church could hear beautiful classical music. The choir often sang beautiful hymns. I liked to listen to this music because I love music very much.

When I decided to get married, our wedding was in this church. I remember this day and this place very well. The church was decorated wonderfully. There were many beautiful flowers. Big white candles were shining in front on the candlesticks. The aromatic smells of flowers mixed with pleasant candle smell created an amazing mood. Guests who were invited to the wedding were dressed in nice clothes. They smiled and were happy. But the bride was the best among those present. Her eyes sparkled of happiness. She made this church the most important place in my life.

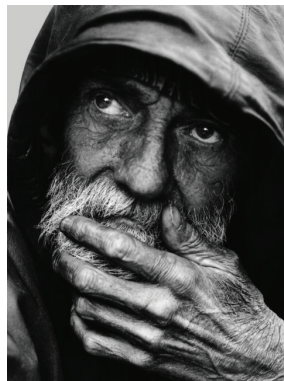
Many years have passed since then. I have visited many different churches in different countries and cities but this church is the best. I remember and appreciate this place very well. Every event and everything that was there I remember. I’ll never forget this church. It’s one of the best places in the world.

Steve Itskan
ESL W50

No Teacher Wants Him In Class

I cannot say that I’ll never forget the man whom I going to describe because in my life I’ve forgotten many things. I want to describe the man whom I met on the ARC campus. He is a student who no teacher wants in class.

It was a usual busy day in the beginning of the semester. I did the hardest part of my job, answering student’s questions. It’s the hardest because I don’t know English well to answer students’ questions. The temperature outside was approximately 105°F and everybody was wearing shorts and t-shirts. He came at 2 o’clock, the hottest time of day. He put his hands on the front desk and the first thing I saw was his nails. Long partly black nails were like plows after plowing a field in the middle they were clean but around, full of soil. His jacket was very unusual for that season. It was a light-brown fabric jacket but its sleeves and collar looked like leather.



He was also wearing a black knitted hat. Under that hat he had put a folded plastic bag. In addition, he was wearing a hood. Beads of sweat were running down his face. I thought he was an old man but his eyes were fast and full of life. His beard was probably never trimmed and looked like a bunch of bushes in a big field. Black curly hair could be seen under the hat. The hair was long enough even for a woman.

His jeans a couple of years earlier were blue but now they had lost their color and were just gray. They looked like two bags sewn together. The image was completed by a pair of brand new sneakers, which were very strange in this picture.

This man had only one question. Why don’t instructors want him in the classes? Really, WHY???

Vitaliy Sobko
ESLW50

“Have You Ever Seen?”

Being a teacher is a very interesting job. It gives you an incredible feeling to see the result of your work – you plant some seeds in your students and later notice how they are growing. I could see my pupils growing up, how they started to understand humor, how they told a funny story from their lives. It was especially interesting to read their essays when they were 8-9 years old. Sometimes I laughed so hard tears rolled down my face. I think, dear readers, you have understood that I was a teacher. But one day something embarrassing happened to me as a teacher.

One morning I woke up after having a terrible nightmare. It caused me to toss and turn all night! I was happy to wake up. Then I got dressed, had breakfast, and came to work. On my way to work, I noticed that several people in the trolleybus looked at me from time to time and their faces became confused, as if they had a question in their minds. “Why do they look at me this way? Maybe I forgot to put lipstick on and my lips have only contour pencil(outliner)? No, I checked myself before leaving the apartment. Everything is Ok with me; it is just people. Don’t worry, be happy, you are going to work,” I thought then.

When I came into the classroom and greeted everybody, I got answers with an unusual intonation, “Go-o-od mo-orn-ing, An-na Vla-di-mi-i-ro-ovna!” (“Hm, this is not like my children?!”) For this reason I looked at myself to check if I had dressed normally. It seemed fine to me. My children were so quiet and slow during the first lesson. I could not stop thinking, “What is going on? They are usually active and ‘alive’, but I feel like they are thinking of something else.”

After the first lesson, all the children in elementary school went to the cafeteria to drink a glass of milk. On our way to the cafeteria, as I walked past the high school students, they

turned their heads to look one more time. After that, they were talking and laughing, and pointing me out to other students. Plus I heard their voices, “Have you seen that elementary school teacher...” I felt awful and confused. While the kids were standing in line to get their milk, one of the teachers asked me, “How was your night? Did you see your boyfriend? Did you have a ‘passionate’ meeting? Or did you drink a lot?” “No, I spent the whole evening preparing the school lesson. Why did you ask me all these questions? What is wrong with me today that everyone looks at me strange?” “When was the last time you saw yourself in the mirror?” “In the morning, before going to work, of course!!!”

“Hm-hm-hm...” After that she took a small mirror out of her pocket and gave it to me. I looked and understood why all the people around me were looking at me so strange. That’s because I had a big black eye!!!

Can you imagine? Have you ever seen a teacher who comes to school or college having a black eye? How do you think he or she would feel? I personally felt deeply awful, ashamed, embarrassed and wanted to be hidden underground like an ostrich – hiding his head in the sand. I can’t imagine what kind of IDEAS and THOUGHTS about my black eye all those people in the trolleybus, teachers, high school students, and my children had! After we came to our classroom, I told my children that nothing had happened to me. Maybe (I hope, I am not sure), it was just a result of my violent nightmare in which I had a fight with enemies, and swinging my arms accidentally hit myself. Finally, we had a good laugh while thinking of this story.

Anna Schorn
ESL W50



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, narinemousa@yahoo.com

My Sanctuary in the Forest

I grew up in the outskirts of Zhitomir, a city in Ukraine. It is called "Forest Township". It was built in the middle of the forest during WWII as a township for workers at a secret oil base. Eventually, the road to the township overgrew with different buildings and "Forest Township" became a part of the city. I was born there and grew up surrounded by forest.

When I was a little girl around 5 years old, my mother took me for a walk in the forest. I was fascinated by everything. Everything begged me to explore.

My mom showed me caterpillars, bugs, squirrels and rabbits. She told me stories about them. Mom showed me a green plant with three leaves. It was beautiful to me because it was simple and teeny-tiny like me. Mom said that it was the favorite food for rabbits. She taught me to see the beauty of nature. She introduced me to the big forest through little things. A babbling brook, birds singing, a little forest breeze all together made my forest experience unforgettable.

My imagination drew pictures from my mom's words. I was happy to be in a fabulous place with an affectionate person. That walk was very intimate for me.

I have many stories about my forest. There was a lake, swamp, railroad and bridge over the river. So every place has its special story. Once when I was about twelve, Alla, Tanya and I decided to explore a new part of forest. We

walked around and there was nothing especially impressive there, just usual forest. But suddenly we realized we were lost. I remember my perplexity and fear. We started searching for the right way but first found a beautiful glade. There were green trees, big anthills, and a lot of needles everywhere. It was gorgeous. I thought it would be a nice place for some fabulous movie. The beauty of that glade took away our fear and gave us some enthusiasm. So we successfully found the right direction, because we found a railway right after that glade, and it led us home.



My grandparents and I picked mushrooms and berries together, so the forest gave me not only beauty but also treats. But above all these, being in the forest was like being with a special friend. I often went there or even ran there to hide from everybody and everything to think about life and to dream. I don't remember a reason, but once I went there in a bad mood. I was depressed with

all my problems, but I remember how it became warmer in my soul, as I looked at the brook on a sunny day. The forest spoke to me with its calmness and comfort. It brought me confidence and peace. The forest became my inner sanctum. Later I understood that it was all about God. He gave me comfort through the forest and He was always with me in difficulties. He consoled me through His creations in his forest.

Maryna Iaroshenko
ESL L310

Prof. Hoerner's Proverb Ponderings

"Patience is Power"

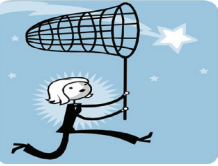
I chose "Patience is Power" because this Chinese proverb has a lot of meaning for how I live my life. Generally, I believe a person who has patience becomes better at everything, like studying, sports, music, communication, etc. For example, three years ago I started playing golf. I strongly believe golf is all about patience. We play 18 holes, which takes about 4 to 5 hours. In that long time some holes are good, but some holes are bad. If I forget to have patience, I'll lose my concentration and lose the game. In my opinion, golf is a very psychological sport, so patience is power to me.

Akemi Abeel
ESL R320

"Anyone Who Looks for a Perfect Friend Will Remain Without Friends"

I do not think there's such a thing as a perfect friend. Everyone has something that another person doesn't like or agree with. I think the beauty of friendship is to be able to share our happy and sad moments with other people. I have had "friends" that tell me I'm the perfect friend, or that they are the best friend I could ever have. None of them are in my life right now. My best friends are people that have very different ideas and ways of seeing life. We get to share our ideas and I can get the best advice from people that see my situation or comments from a neutral point of view. They do have defects as well as I have defects, but I appreciate their friendship to a very high extreme. To me, friends are family. My dad used to say that God gives us no choice in choosing our family, but leaves it up to us to choose our friends.

Gabriela Gomez-Baranda
ESL R320



Netscape - Articles from the Web

March is Women's History Month

International Women's Day

Before March became Women's History Month, it was a single day, March 8th. In 1975, The United Nations began sponsoring International Women's Day to honor women around the world, particularly working women.

The tradition goes back to the early years of the 20th century. In March 1909, women devoted to both the cause of labor and the cause of women led an uprising of thousands of garment industry workers in New York City. This alliance of militant working women and women's rights advocates inspired a German Socialist named Clara Zetkin and a Russian feminist representing textile workers named Alexandra Kollontai to declare an International Women's Day in 1911. In 1917, another uprising led by women, this one in the Russian city of St. Petersburg forced the Czar to abdicate. So March 8th became a holiday to honor not only women's labor, but women's role in the Revolution.

Over the years and around the world, March 8th took on different meanings. In some years, it was an occasion for organizing against militarism and war. In the late 1950s,

it was often the date of female-led anti-nuclear protests. At the same time, March 8th was a rallying point for the demands of workers. By the late 1960s, as women's liberation was spreading in the United States, many women, including activists and historians, discovered, re-discovered

or decided to honor the revolutionary women who had originated the holiday. They clamored for an American revival of celebrating International Women's Day.

By the 1970s, March 8th was on the national calendar, although often the working class, socialist, grass-roots underpinnings of the holiday fell away and the focus in the United States largely became the achievements of individual women. International Women's Day became broader in scope and official in nature. In 1981, the new National Women's History Project in Northern California, among

other groups, successfully lobbied Congress to declare a national Women's History Week in the days around March 8th. By 1987, by presidential decree, the week became a month.

internationalwomensday.com



Quotes from Famous Women

If particular care and attention is not paid to the ladies, we are determined to form a rebellion and will not hold ourselves bound by any laws in which we have no voice or representation.

-Abigail Adams, U.S. First Lady, 1776

If women could go into your Congress, I think justice would soon be done to the Indians.

-Sara Winnemucca, Piute tribe activist, 1883

I am prepared to sacrifice every so-called privilege I possess in order to have a few rights.

-Inez Milholland, Suffragist 1909

Women more than men can strip war of its glamour and its out-of-date heroisms and patriotisms, and see it as a demon of destruction and hideous wrong.

-Lillian Wald, reformer and peace activist, 1914

I was just born to swing, that's all.

-Lil Hardin Armstrong, bandleader, 1930's

Modern dance isn't anything except one thing in my mind: the freedom of women in America.

-Martha Graham, choreographer, 1946

Maybe we weren't at the Last Supper, but we're certainly going to be at the next one.

-Bella Abzug, Congresswoman, 1977

I do not know the word 'quit.' Either I never did, or I have abolished it.

-Susan Butcher, Iditarod winner, 1988

No matter how successful I become as a playwright, my mother would be thrilled to hear me tell her that I'd just lost twenty pounds, gotten married and become a lawyer.

-Wendy Wasserstein, playwright

Never limit yourself because of others' limited imagination; never limit others because of your own limited imagination.

-Mae Jemison, astronaut

continued on page 6

Women who seek to be equal with men lack ambition.

-Timothy Leary

The thing women have yet to learn is nobody gives you power. You just take it.

-Roseanne Barr

There are no good girls gone wrong - just bad girls found out.

-Mae West

I know God will not give me anything I can't handle. I just wish that He didn't trust me so much.

-Mother Theresa, social activist

How important it is for us to recognize and celebrate our heroes and she-roes!

-Maya Angelou, African American poet

In politics if you want anything said, ask a man. If you want anything done, ask a woman.

-Margaret Thatcher, British politician

[at Wellesley College Commencement] Somewhere out in this audience may even be someone who will one day follow in my footsteps, and preside over the White House as the President's spouse. I wish him well!

-Barbara Bush, First Lady

[speech at Yale University] Some of us are becoming the men we wanted to marry.

-Gloria Steinem, feminist

Don't compromise yourself. You are all you've got.

-Janis Joplin, American singer

We are coming down from our pedestal and up from the laundry room.

-Bella Abzug, lawyer

<http://www.quotegarden.com/feminism.html>

"Parrotphrasing" Women's History: Professor Delgado-Cambell*

Why do we have a women's history month?

We have women history month because there are many women who have done import things that we don't know about.

Why is it necessary?

It is necessary because I think for women it is important to know from where we come from..... Why do women need education if they are going to marry and have children? My mother wanted me to go to college and have a better life, an education, maybe a job, career.... It's hard because a lot of times there are barriers, and

sometimes we are afraid, and we tend to be afraid of the challenges and many things. Other women have struggled, but managed to get where they are now. I teach about women because I think that we women need to not only learn about ourselves, but we need society to know that women are in the society. We should all be proud of the contributions women have made to society over the course of history.

Ligia Goga

*More from Prof. Delgado-Cambell in future issues.

School for Girls

In Afghanistan, many girls can't go to school. A girl in Canada is helping to change that.

Alaina Podmorrow, 13, says that she once took her education for granted. She often grumbled about getting up at 6 a.m. Now she feels "quite lucky" to go to school.

What changed for Alaina? When she was 9 years old, she heard a speech by a reporter named Sally Armstrong. Armstrong talked about how many girls in Afghanistan don't have the opportunity to go to school.

Life is difficult for women in Afghanistan. Many families do not believe their daughters should be seen by men who are not relatives. This is hard to avoid in a school. There are few female teachers, and classes are often held outside.

Making a Difference

Alaina decided to take action. She created Little Women

for Little Women in Afghanistan. The group supports education for girls in the country.

Little Women began with 20 members.

Today, there are many groups in schools around Canada, where Alaina lives. There is one group in the U.S. The girls hold bake sales and car washes. The money they raise pays for books and teachers training and salaries.

Little Women's symbol is a flower in the colors of the Afghan flag: red, green and black. Alaina designed it. "The flower looks like a bird being set free," she told TFK (Times for Kids). "It symbolizes the girls in Afghanistan and their ability to grow.



By Ariella Pultman. *Time For Kids*

continued from page 1

school." I came to ARC and took same night classes to get the general education done. And then one day my counselor called me into her office and she said: "It is time to make a decision. You can't stay at ARC, You know, you can't stay here forever. It's time to quit your job and go to a four- year school to get a degree," Then, I transferred to Sacramento State and then I earned a history degree, and then I went to the teaching credential school, and then I received a certificate to teach high school social sciences, which is history and things like that. And then I thought that I wanted to work with adults, and then I applied here. I also had had an ESL teaching job and then I have American River. So, that's the long story.

Parrot: But, it is so interesting.

Jonson: Oh, well, thank you. As you remember, when you were in this class, I talk a lot, sometimes too much. Other times a long time ago with my stepmother, she is from Hong Kong, when she came here she couldn't read or speak English and I was still a high school student at that time. This is further back and the only time we had a good relationship was when I was teaching her how to speak and read. So, unfortunately, the relationship is not good now, but at that time it was. Now she speaks quite well but we don't interact at all.

Parrot: Is this your first job as a teacher, at American River College?

Jonson: Actually, I taught high school for one year and then I had this. It's probably technically my third teacher-type job.

Parrot: I know you as a person with a sense of humor. Does your sense of humor benefit or harm your students?

Jonson: It is a very interesting question. I think people know me as always making jokes and doing crazy things and laughing. I think people, also many students, think I am always smiling. I don't think I do but I think when people smile, I think students and teachers or just students to students or your colleagues, I think it feels better.

Parrot: It is true.

Jonson: Right, I think, when you make some jokes at the right time students feel less tension, I believe. So, but everybody has his own teaching style and I am afraid sometimes, I am worried, my students don't think I am serious. I am always joking but I think laughing is a good way to learn also.

Parrot: I agree.

Jonson: All right. That's good.

Parrot: Looking back to your high school years, did you have favorite teachers, and do you have favorite students?

What qualities did they display that you liked in them?

Jonson: Mariya, that is very a interesting question. I think high school was a long time ago but I remember because I had a very good time. I don't know if it was because of my teachers but I loved school because I could see my friends and there were a couple teachers that I liked because they smiled and they knew when to make a little joke and they knew when not to joke. They knew when to push and when to play with the students. I think it created a very positive learning atmosphere. So, there were a few teachers like that that I remember and then the rest of them. It's been almost thirty years. So, the other faces have faded. When I go back to my yearbook I remember, "Oh, I remember her." That's a good point.

Parrot: Do you like to work with ESL students?

Jonson: Actually, I taught one year of high school here. That was a very stressful situation. I started working with adults and ESL students. And I think ESL students are the best.

Parrot: Why?

Jonson: I think the ESL students are more serious and they want to learn. And I am afraid that when I was teaching social sciences at the high school, level I felt that the people were playing around all the time. And I thought I was babysitting. With ESL students, I think ESL students have great courage; you enter a new country, culture, language. Everything is so new and you guys go here and try to learn language, try to get to the point where you are able to be successful. I think the motivating factor is different. So, I feel I am not babysitting. Actually, I am helping students without babysitting.

Parrot: That is true. Okay, thank you. And, do you have any good tips for students interested in going into your field?

Jonson: Oh. Oh. I think good tips are: take your motivation to learn, and turn that into motivation to teach, and remember what you like in some of your professors and remember some things that you don't like. And if you were in that position, it's probably going to be successful for you. You know a lot of students, people are different but I think if you treat people fairly, you know, they will learn and respect you also. But that comes with a lot of experience and things like that.

Mariya: Aha. What is the biggest challenge you're ever had to face?

Jonson: Is this any challenge?

Parrot: Yeah, Yeah.

Jonson: Possibly, I think my family. I come from a very large Chinese American family. Most of my cousins and sisters were born here in the United States but most of the elders

were born in China. And I think, the challenge is being successful in our elder's eyes, and not to be failures. And there is great pressure to succeed. And I have cousins that went to George Washington University, UCLA, Stanford, and Berkeley, all these great schools. They are very educated, they have become very successful people and I always felt great pressure not to fail, and I took a lot of time before I came to school and I think I wasted a lot of time. So, the biggest challenge was to have, I think, to have my elders be proud of me. So, I am sure you have experienced it and you did that to your children, right, because you want them to succeed. I think I was too lazy for too long.

Parrot: Mm, yeah, yeah, and my last question is what is your idea of a dream vacation?

Jonson: Wow! A dream vacation, huh, let's see. If I could, if some day perhaps the United States and Russia built a bridge across the Bering Sea, I could drive around the world.

Parrot: By car or bicycle?

Jonson: Not bicycle, I like bicycles but I don't think I could

ride for that long. Or you know, my wife and I would get a camper or something and have unlimited time just to drive slowly and stop at every place we want to stop. Just drive from North America over to Siberia and to Russia, to China, into, Europe and across the Middle East to Africa and come back and go to South America. But we need that bridge. So, that's a lot of miles but that would be my dream vacation. I think it would be a lot of fun to drive everywhere.

Parrot: I think you like driving?

Jonson: I love driving!

Parrot: Really?

Jonson: I love driving. My car has no air conditioner but I have had my car for 26 years. I love my car. I love to drive and listen to music.

Parrot: Thank you, thank you so much for your time and for the interview.

Mariya Varishyska
ESL L320

More Proverb Ponderings

"Anyone Who Looks for a Perfect Friend Will Remain Without Friends"

I believe that everyone all around the world has friends. Having friends is very important for everybody. But people are different. Consequently, friends are different too. It seems to me that every girl or boy wants to have a perfect friend. In some ways, when people are young, they look for somebody whom they will like very much. For example, a girl wants to have a friend so that they both can spend time together and talk for a long time. Also, they want to have a good relationship. A boy or a girl would like to have a friend that can keep a secret and will not tell it to anybody. A girl can invite her friend to her house and wants to be sure that her friend will not steal her own things from her. Nowadays it is difficult to find a perfect somebody that you will trust completely. I think it happens because people do not want to trust and love each other. I think it is important to find a friend that you can call your best friend. It is good point that if I look for a perfect friend I will remain without friends. I would give you a piece of advice to make a friendship with somebody who is near you. Then you will be lucky and not be without a friend. Also, it is very important when you smile and look very pleasant with your friend. Then this person will like you and will build with you a lasting friendship. Sometimes your close friend can do very bad things to you and you will be very disappointed. But it is not nice to not have

friends at all.

Liliya Kulibyk
ESL R320

"Patience is Power"

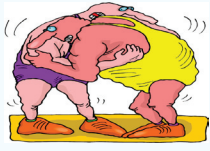
I really like this Chinese proverb, "Patience is Power," because it makes you stop and think. Although it's very short, it has a very deep meaning. I find this proverb truthful. Nowadays, people use shortcuts and want everything done "now" or "right away." However, when a person going to excel and instance, gifted are not because have the patience to sit down and study something carefully. On the other hand, people who are not as talented or "nature-smart", but who are patient, will do better in life because they sit down and study patiently. Also, in our relationships, we can lose a best friend or ruin our relationship with a family member or spouse if we don't have patience. Moreover, in business, if a person is patient enough, he can wait for a better deal and succeed. I think if you are patient enough, you will be powerful to control any situation in your life.



is patient, he is succeed and prosper. For there are people who successful they don't

Paul Muzichko
ESL R320

Parrot Warbling



Grappling with Grammar

Gerund Information

Look at sentence a

- a) Football is fun.
Football is the subject.

Look at sentence b

- b) Washing dishes is not fun.
Washing dishes is the subject.
Washing is a gerund.

A gerund is a present participle verb that we use like a noun. Washing dishes is a gerund phrase. In sentence (b), washing dishes is the subject. A good test for this is substituting the word "IT":

Washing dishes is not fun.
It is not fun

Look at sentence c

- c) Swimming is good exercise.
Swimming is the subject.

A gerund can also be an object:

- d) Billy enjoys swimming.

A gerund can also be an object of a preposition:

- e) Billy is afraid of swimming with sharks.

<http://www.chompchomp.com/terms/gerund.htm>

To Squawk Out-Loud



All around the mulberry bush
The monkey chased the weasel.
The monkey thought 'twas all in fun.

Pop! goes the weasel.

A penny for a spool of thread,
A penny for a needle.

That's the way the money goes.

Pop! goes the weasel.

Idiom-Attic

A War of Words

If you're in a **war of words** with someone, you're having a long argument or dispute with them.



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

Beak Speak

Pronunciation Tips

- Choose a paragraph and read aloud.
- Choose a paragraph and mark each sentence with a sound script (helpful pronunciation markup). This will help you read more naturally, and thus pronounce correctly.
- Choose a few sentences from your reading material and highlight content words. Read these sentences focusing on accenting these content words, while quickly speaking over the structure words. For more information on this technique read this article on English as a time-stressed language.
- Once you become comfortable reading a single paragraph aloud, read an entire page by reading a paragraph aloud and then reading one silently.
- Choose some nursery rhymes to practice. They will help you with pronunciation through rhythm.
- Read a short story or a few paragraphs to a friend who is also studying English. Compare the differences and discuss what might be the reasons for the differences.
- Choose a paragraph, short article or newspaper story with new vocabulary. Use the Babylon dictionary or other online pronunciation resource to help you learn the correct pronunciation of these words.
- Read a play with some friends. Each friend takes a different part. Start with short scenes. Once you are comfortable, read longer pieces together

• <http://esl.about.com/>

Some More Parrot Fun Stuff



Wordsearch

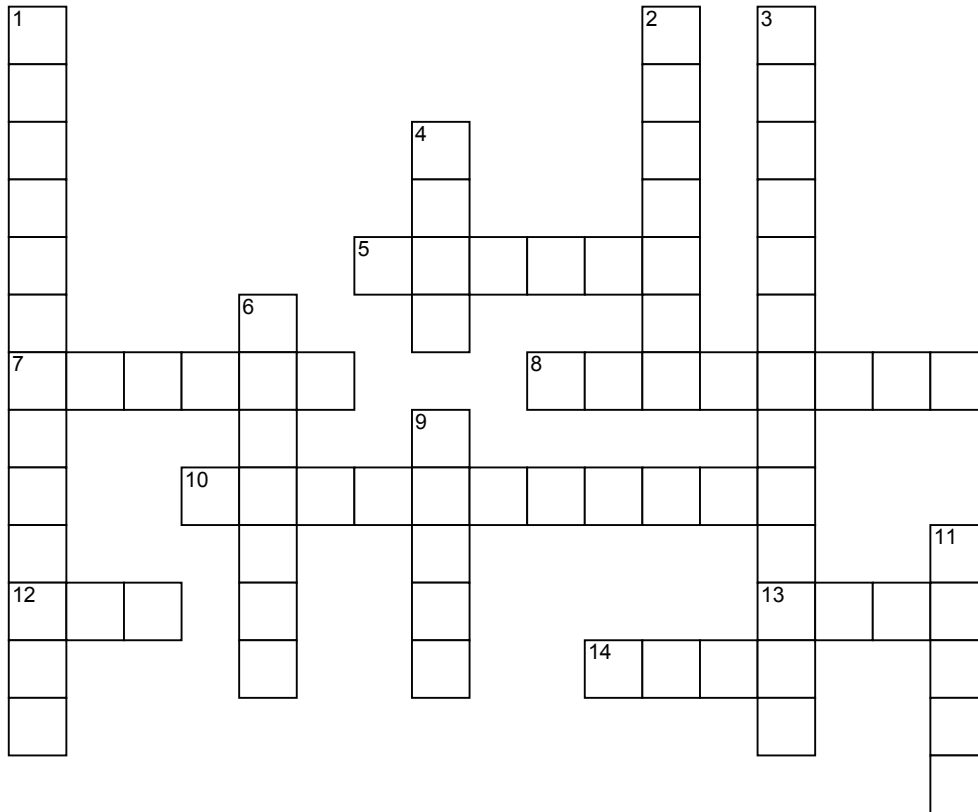
Find and circle all of the flowers that are hidden in the grid. The remaining letters spell a secret message - a quotation from Romeo and Juliet.

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

ALSTROEMERIA	CORNFLOWER	GOLDEN ROD	PANSY
AMARYLLIS	DAFFODIL	HEATHER	PEONY
ANTHURIUM	DAISY	HOLLYHOCKS	PETUNIA
ASTER	DELPHINIUM	HYACINTH	ROSE
BABY'S BREATH	FORGET-ME-NOT	HYDRANGEA	SNAPDRAGON
BELL FLOWER	FOXGLOVE	IRIS	STATICE
BIRD OF PARADISE	FREESIA	LAVENDER	STOCK
BOUVARDIA	FUCHSIA	LILAC	SUNFLOWER
CALLA	GERANIUM	LILY	TULIP
CARNATION	GERBERA	LISIANTHUS	VIOLET
CHRYSANTHEMUM	GINGER	MARIGOLD	YARROW
CLEMATIS	GLADIOLUS	ORCHID	

Banking

Lifeskills Vocabulary



www.elcivics.com

ACROSS

- 5** special place in a bank where large amounts of cash is kept
7 bank employee who helps customers deposit or withdraw money
8 take money out of a bank account
10 a bank employee who helps customers borrow money (2 words)
12 automated teller machine
13 can be coins or paper money
14 a safe place to deposit your money

DOWN

- 1** employee who guards a bank (2 words)
2 put money in a bank account
3 special trucks with armored guards that pick up and deliver cash to banks (2 words)
4 borrowed money
6 safe _____ boxes
9 another word for cash
11 "Cash, _____, or charge?"

Why Oh Why

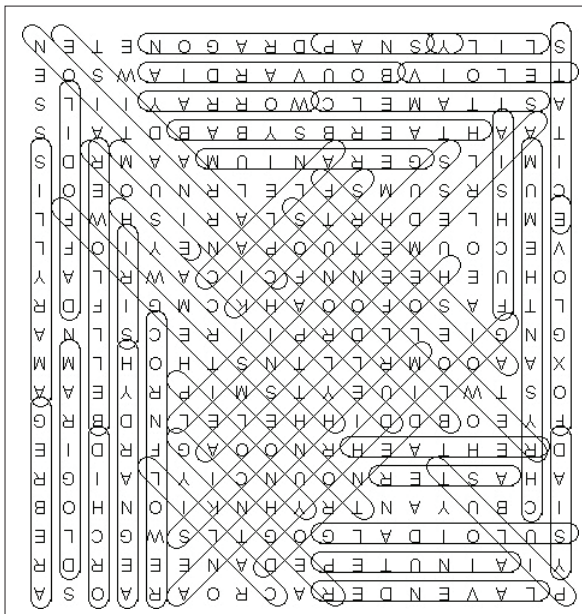
I love Women in the springtime
 I love Women night and day
 Why oh why, do i love Women
 In the summer or the winter
 I love Women in any City
 I love Women all around the
 World

Why oh why, do i love Women
 When they are dressed in their
 white Satin

Because Women are everywhere
 Why oh why, do i love Women
 Why oh why

allan james saywell

Solutions for wordsearch on page



Rigoberto's Riddles

What is it that everybody
 does at the same time?



Answer: grow older

Silly Vasily's Chuckle Chamber



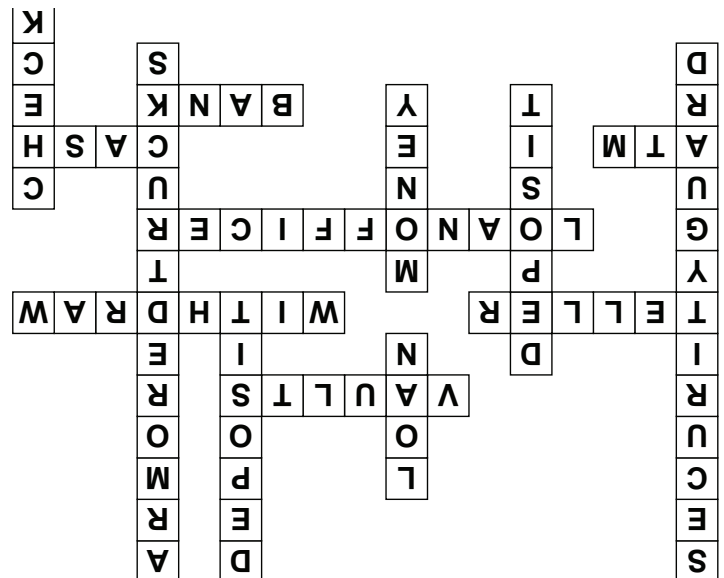
A man went into a bar and said to the bartender, "If you give me free drinks all night, I will entertain your customers so much they will stay all night and drink lots and lots." "Oh yes," says the bartender. "How are you going to do that?" The man gets a hamster out of his pocket and puts it on the piano. The hamster runs up and down the keyboard playing the greatest piano music anyone

had ever heard. "That's incredible!" says the bartender. "Have you got anything else?" The man gets a parrot out of his other pocket and puts it on the bar.

The hamster begins to play the piano again and the parrot sings along - sounding just like Pavarotti. Everyone in the bar is amazed and stayed all night drinking and listening to the hamster and parrot. The bartender is delighted. "I must have these animals. Will you sell them to me?" he asks. The man shook his head no. "Will you sell just one then?" asks the bartender. "OK, I'll sell you the parrot for \$100" the man says. The bartender is delighted and hands over the money. Another man standing next to the man who owned the hamster said, "You're a bit stupid selling that clever parrot for only \$100".

"No I'm not," the man replied. "The hamster is a ventriloquist"!!!

Solutions for crossword on page



The Frugal Flamingo

LOVE TO SHOP AND SAVE MONEY?

Are you overwhelmed by emails coming in from retailers about sales and new products? Don't you hate it when you buy something online from a retailer and they bombard you with emails afterwards? I get tired of all the "junk mail" too. But there is a very fast growing phenomenon called a deal-of-the-day website. You will NOT want to delete emails from deal-a-day websites because you may miss a great bargain! Although there are several other deal-of-the-day websites popping up such as living-social.com, Groupon.com is the largest deal-of-a-day website.

Groupon features a daily deal on the best stuff to eat, see, do, and buy in participating cities. It has 35 million subscribers worldwide! It is just under two years old and recently became available for use in Sacramento. Here is how it works: Go to Groupon.com and select your city and then provide your email address. The company offers one "groupon" via email each day in the markets it serves. Only one groupon per day per person can be purchased. If a certain number of people sign up for the offer, then the deal becomes available to everyone. If not enough people sign up for the offer, then no one gets the deal that day and your credit card will not be charged. You can always go to groupon.com to see if the deal is "on" or how many people have signed up for the deal.

I have recently purchased several groupons. I purchased a \$50.00 gift certificate for Nordstrom Rack for just \$25.00. I have already used it and it was very easy. You can print the certificate from home and then take it with you. I also purchased a \$30.00 certificate at Windmill Nursery for



\$15.00 and gave it to my mom for a present! She did not know how much I paid for it! I have also tried several restaurants using a groupon. I got a \$30.00 certificate and paid \$15.00 for a new Japanese Shabu Shabu restaurant. It was great! It is fun to wake up each day and check to see what the groupon of the day is!

Don't worry about getting "bad" groupons. Groupon is very selective in what companies they will do business with. According to the Wall Street Journal, seven out of every eight possible deals offered by companies were turned down by Groupon! Wonder how Groupon makes its money? It charges the companies 50% of every deal. Apparently Groupon is doing very well, as I recently read this on Wikipedia: "According to a report conducted by Groupon's marketing association and reported in Forbes Magazine, which was reported by the Wall

Street Journal, Groupon is "projecting that the company is on pace to make \$1 billion in sales faster than any other business, ever". In just two years, the company was valued at \$1.35 billion! It has sold over 6 million groupons worldwide. Google recently tried to buy Groupon for \$6 billion, but it was turned down. Look for "Google Offers," a competitor, to come soon. Also coming soon, the company may trade publicly. And to think that this was all started by one man in Pennsylvania with one investor giving him \$1 million in seed money. Why didn't I think of that?

To contact the Frugal Flamingo: casperj@arc.losrios.edu

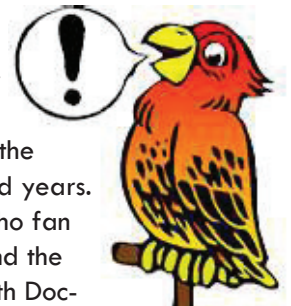


Media Peeps! by Media Mike

Dr. Who – regenerate!

If you don't know who Dr. Who is – then it's time to find out. Dr. Who is a science-fiction icon – meaning that this famous show has been running for generations on TV (from 1963 – 1989 and 2005 to the present in England). How can a TV show run for generations? That's the genius of the Dr. Who series. The main character, the "Doctor", is an 800 year old time traveler who is able to bounce all over the universe and throughout time. The catch is that he can regenerate, or "live again" – he doesn't die. When it's time for his body to die, his old body changes into a new body.

He keeps his old memories, but gets a new body. Get it? Therefore, when an actor who plays the Doctor leaves the show, it's not a problem for a new actor to replace him and the television show can run for years and years. More than one generation of Dr. Who fan has grown up watching the series and the different Doctors. Currently, the 11th Doctor is being played by Matt Smith, who took over from the popular 10th Doctor David Tennant. You can find



it on BBC (most characters have British accents!) or on BBC America. YouTube.com also has episodes.

Why watch it? Why not?!? The episodes of Dr Who often involve moral predicaments and allusions to problems we all face in real life. Even if there are aliens involved (and there often are!), or famous events in history, the audience can often find themselves understanding the challenges that the Doctor must face and the decisions that he makes. While the Doctor has been through war and seen innocent people killed, he still maintains a quirky, upbeat attitude about life. His hope and faith that people will do the right thing is seen in nearly every show. One of the more entertaining aspects of the show is that the Doctor always has a human 'companion', or a person from Earth who travels with him on his adventures throughout time and the universe. The companion, or friend, is always a woman who complements and counteracts the Doctor – often giving him his faith in humanity. All in all, it's a show with a bit of adventure, a bit of mystery and detective work, a bit of moral analysis and a bunch of humor and laughs... something that's worth finding out about, if you haven't already. You're definitely going to want to turn on the closed

captioning for this show: not only is it in British English, but sometimes the Doctor can speak quite quickly! Regardless, you will remember and learn some great vocabulary and increase your reading rate. So keep the CC on! (Of course, if you're well-versed in British English, or want a bit of a challenge, use your Listening skills and keep those CC off for a while!)

Vocabulary tweets:

- Predicament:** (n.) a difficult situation with difficult choices
- Quirky:** (adj.) slightly strange or unusual (in a positive way)
- Upbeat:** (adj.) cheerful, full of energy
- Counteract:** (v.) to reduce or prevent the bad effect of something by doing to opposite
- Moral:** (adj./n.) principles of what is right in a culture
- "the catch is":** (idiom) something that tricks somebody, the part that holds one back
- Complement:** (v./n.) to combine well with something or someone

Friending Parrot on Facebook



A new way to keep up with all the Parrot doings during the month is our new Facebook page. Here you will be able to keep up with old and new issues of the Parrot, as well as leave comments

and answer surveys.

On our Facebook page you may even be lucky enough to come across some bird sightings of Parroters (those that make this publication possible month after month.) So, create a Facebook account for yourself and then friend us by pressing the LIKE button on top of the Facebook page.



Artie's Easel

Dear Artie,

I'd like to know what kinds of feelings art inspires in people? Can you tell me?

Sincerely,

Looking for inspiration

Dear Looking for Inspiration,

What a tough question! Because I have no easy answer for you, I asked my ESLW 50 students to help me out. Here are some of their responses.

Question: What feelings does art inspire in you?

Matvey K: I feel free and peaceful when I see artwork. I also enjoy every moment of this time.

Denys T: I feel wonderful. I can easily calm down after a long day. Artwork helps me when I feel stressed.

Tamara S: Art makes me think about my life and try to do my best, especially for my children and relatives. It helps me relax and know who I am.

Igor Y: I'm really close to art because I am a musician. The art of music makes me feel like my soul goes up, and I feel strong, good and emotional.

Anatoliy P: I don't really have any feelings about art. It's just art.

Olena K: When I see beautiful art, I feel wonder. I can't believe my eyes. I enjoy all that beauty.

Alex H: Art inspires feelings of comfort in me. It makes my thoughts fly over my head, and it is great!

Marina A: I like art. When I see a work of art, I feel freedom, power and energy.

Lidiya B: How art inspires me depends on my mood.

Lyubov K: When I see a beautiful picture, my heart fills with emotions, and my eyes drop tears.

Slava D: Art makes me feel better. I can do more, think of new ideas and art from them.

Mariya Y: I feel good and relax when I look at artwork.

Lilya S: Many artists draw pictures of nature, and these

can force us to have different feeling like laughing or crying. Sometimes I am inspired to do big things.

Denis D: Art always inspires feelings of pleasure and warmth in me. It helps me to relax and to forget anything bad. It opens the door to all that is good and bright in me, too.

Rungsri S: Every time I see a piece of art, I feel like I am in a wonderful world. I forget all of the problems I have, and I feel like my body is very light.

Karla H: Art makes me want to see more and more and to draw art the way the famous masters did.

Hasmik H: When I see a beautiful picture, I imagine that I am in it. I hear the sounds of birds and feel the fresh, ocean air.

Anatoliy T: Art fills me with something unusual; I want to fly and cry. It also inspires a feeling of power in me.

Hong D: When I see a beautiful piece of art, I feel excited and happy because it brings something beautiful and amazing to my life.

Vitalie R: It's not necessary to see a picture or sculpture because when spring comes, I feel joy. It makes my life brighter. A blue sky



Prof White--Artie's Mentor

is the color of peace.

Galyna S: When I see a picture of red roses, I feel very happy. When I see a picture of a beautiful forest, mountains and lake, it makes me relax. I want to become an artist.

Olga K: When I see beautiful or amazing art, I feel inspired, I feel inspired to fly! Sometimes I feel relaxed and crying because art is so amazing.

Novys L: Art inspires peace and happiness in me.

Galina L: Art makes me feel incredible!

Here are some thoughtful and fantastic answers to our question about art and how it inspires us.

My answer to this profound question is that art inspires me to feel the unfelt, see the never before seen, dream the impossible, soar higher than I have ever gone before and to create the never created idea. What do our readers think? What inspires you?

**Always,
Artie**

Granny Noetal

Dear Granny,

My friends and I have noticed that while studying in the library, a lot of people just ignore the rules about eating and talking. We're afraid to say something to those kinds of students but shouldn't somebody do something to enforce the rules?

Shira Beluna

Dear Shira,

I don't know what to say. On the one hand, your question brings up the general question of why people can't act civilly in public places with respect for other people and respect for rules. Nowadays you can see people using cell phones in cinemas and public libraries or drivers ignoring stop signs on residential streets, much to the annoyance of others. More specifically, on campus, we see some people ignoring requests not to skateboard, other people disregarding signs for not sitting on hallway floors, and still others ignoring requests to not use cell phones at the LRC or not bring food and drink into the classrooms. Why that is



is a good question. We've all heard the old saying, "Rules are made to be broken." Are our rules on campus bad rules? Is that why they are broken? Is it because people see such rules as trampling on their individual rights? Should we simply learn tolerance for those misguided rule-breakers or do our rules need to be vigorously enforced?

You know, Shira, I bet one of our psychology professors or philosophy instructors would have some great explanations for the "why" of it all. As for a solution, I would very politely say to noisemakers in a designated quiet area, "Excuse me, I was wondering if you could please lower your voice(s)", explaining that you're studying. I'd be willing to bet that most people would comply, that most people are unaware how their behavior affects others. They know the rules and are not consciously trying to challenge them; they may be just a bit too self-absorbed. If that fails, go to the reference desk and register your concerns. I'm sure they'll "throw the book at 'em".

Granny

To contact Granny: braccop@arc.losrios.edu

The Cyber Bum--Bogdan Komlyk

Today instead of talking about one topic I will fill you up with some news that is related to the world of computers.

First, some huge news is that in Egypt there is no Internet access. By no access I mean no Facebook, Twitter, no e-mails and no Google as well. The Egyptian government explained this action was taken to prevent the organization of demonstrations all over the country. Being a president for 30 years is enough time to make someone tired but I'm not going into politics here. My point is it's quite scary if one person has this magic "kill switch" to turn off the whole country's Internet access.

Another big piece of news is Wikileaks. What is Wikileaks? This is a non-profit organization that has a web-site where it publishes secret, classified, and private information submitted by whistleblowers from around the world. {Whistleblower is the word of the month and your homework assignment. So, just Google it.} Wikileaks was founded by Julian Assange - Australian publisher, journalist, software developer and Internet



activist. During his youth, this guy was a hacker. Wikileaks was publishing a lot of controversial and somewhat untalkable information since this organization pushes the idea of an "open government" - a government that has nothing to hide from you. On this wave in November, 2010 WikiLeaks began publishing U.S. diplomatic documentation. This action obviously added more problems to Wikileaks in general and to Julian personally. This is a quite long yet interesting story. You should definitely look it up. Also check out Anonymous - a group that was behind hacker attacks on major banks in order to avenge what was done to Wikileaks.

That's it for this month's section of "Cyber bum" news. Hope you enjoy it or at least find out something that you missed. Have questions or suggestions? Send me an e-mail at geek.for.parrot@gmail.com

P.S. I know many of you were really feeling sick just looking at my picture so I changed it. (Big thanks to Danylo Samiylenko danyk@bigmir.net for this great picture).

Parenting the Parrot Way!



Prof. Moon's kids

Often in this column I discuss the emotional well-being of our children and our relationships within the family. Yet, this is just one small piece of a family. A necessary foundation for a healthy family is of course health. Our physical well-being is most important. Sometimes, we need the care of a medical professional, but we are without insurance and without the resources to provide that for ourselves and our family.

Our family has had the wonderful fortune to have good health insurance for the past 10 years.

However, in the early part of our marriage, neither of us had health insurance and many times we chose to go without a doctor's care because it was too expensive. At that time, a friend of mine introduced me to community health clinics. There I discovered the amazing services of doctors and nurses that provide treatment for all people in their community.

Below is a short article from the Davis Enterprise providing a website and information about how to access free and low-cost health care for when you and your family are in need.

Online Directory Lists Free and Low-cost Health Services in California

By Crystal Lee of the Davis Enterprise

It has been said there is no greater gift than good health.

Now, with the help of a free online directory, even those who are uninsured can stay healthy.

Californians for Patient Care, a nonprofit group, has created a website that compiles (puts together) a list of no-or low-cost health care services statewide. Individuals can find the services in their area by visiting the website, <http://www.calpatientcare.org>, and searching by city name.

Residents of each area would find a list of health care providers in categories such as "family planning and women's health," "vision and dental" and "seniors and veterans."

Services include programs offered by the state, such as cancer screening and treatment; county Alcohol, Drug and Mental Health Services; hospitals, such as Kaiser Permanente's child dental care; and nonprofits, such as CommuniCare Health Centers.

CommuniCare CEO Robiin Affrime said she is not familiar with the website, but believes people should be able to easily access health care information.

"I always think it's a good idea to have resources where people can find health care providers," Affrime said.

Californians for Patient Care started the website a few years ago, but recently became comprehensive enough that it is recognized by the Department of Managed Health Care Corinne Chee, spokeswoman for the nonprofit, stated.

President Carmella Gutierrez founded the group and the website to provide a service that is especially important now given the state of the economy and jobless rate, Chee added.

Additionally, a new study just released by the Centers for Disease Control found that half of the uninsured in the U.S. are above the poverty level, Chee further added.

Also, according to Chee, the website is not just for the underserved, but also for those recently uninsured individuals who have fallen on hard times and never before had to access community clinics or health centers.



How to Make Molé Chicken

Mole is a Mexican sauce and in this recipe for Chicken Mole. It refers to a dark sauce with a hint of chocolate behind the spices. It's a very rich deep flavor that hugs the chicken and kisses your taste buds. This chicken dish will be a hit with your family when you serve it with Spanish rice, refried beans, and some fresh hot cornbread.

Ingredients

- 6 Skinless boneless chicken breasts
- 4 Tablespoons chicken broth
- 1 8 Ounce can of tomato sauce
- 1/2 Cup salsa
- 1/4 Cup of red wine
- 1 1/2 Teaspoon of Worcester shire sauce
- 2 cloves mince garlic
- 5 Teaspoons unsweetened cocoa powder
- 1 Teaspoon ground cumin
- 1/2 Teaspoon paprika
- 1/8 Teaspoon allspice



Directions

1. With meat mallet, pound the chicken to 1/2 inch thickness. Use non-stick cooking spray on the bottom of a large frying pan.
2. Place the chicken in the pan and brown on both sides. If it seems to be getting too brown add a little bit of broth to pan.
3. Mix together red wine, salsa, tomato sauce, garlic, Worcester-shire sauce, cumin, paprika, all-spice, and cocoa powder in a bowl and mix well.
4. Pour the mole sauce over the chicken and bring to a boil. Turn heat to simmer and cook for about 10 minutes or till the chicken is cooked. Serve immediately. Makes 6 servings.



Prof. Montgomery with happy eater.

Read more:

How to Make Mole Chicken | eHow.com <http://www.ehow.com>

Heart Healthy Chocolate

It was February, which meant love was in the air... Many of us may have bought the customary Valentine's Day gifts: cards, flowers and of course, chocolates! Here are some points to remember as you and your loved one continue to enjoy some sweet treats.

- Studies suggest that in small portions, chocolate may prevent heart disease by maintaining the health of your blood vessels and by providing antioxidants
- The darker the chocolate, the more phytochemicals it contains. These are the compounds that make chocolate heart-healthy.
- Chocolate is high in calories and has added sugars and fat, so try to enjoy it in small portion sizes. There is nothing more sinful and satisfying than indulging in a Godiva dark chocolate truffle. Eating a Snickers bar just doesn't have the same effect!
- Surprise your loved one with a dark chocolate fondue. Melt some dark chocolate bars and serve it with fruit. Fruit is high in vitamin C, which is also an antioxidant.
 - Strawberries and chocolate are a classic combination, but you can pair your dark chocolate fondue with other fruits: raspberries, apples, bananas, pineapples or whatever your heart desires! You'll have a sweet, decadent dessert that is high in antioxidants as well!



Prof. Susan Chou
Nutrition Dept.

Boots on the Ground: Get Slick with Trail Mick

HOWARD RANCH TRAIL, Rancho Seco Lake SMUD Park

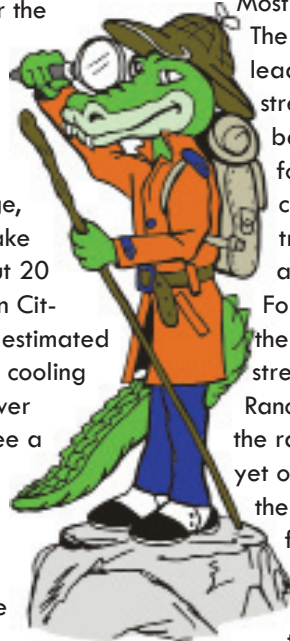
At seven miles, this hike is one of the longer ones featured in The Parrot.

The development of this trail required cooperation among a number of groups. Howard Ranch is a 12,000 acre cattle ranch located next to SMUD's Rancho Seco Lake Park. Several years ago the Nature Conservancy purchased the ranch from the Howard family. The Conservancy then sold the land back to another local cattleman, but not before placing permanent use restrictions on the property. The Natural Resources Conservation Service (of the U.S. Dept. of Agriculture) purchased a conservation easement over much of the ranch to help protect threatened and endangered species. After the easement was secured, the Conservancy hired the California Conservation Corps to construct the trail, and SMUD provided road access to the trail and public parking at the trailhead.

To reach the trailhead from American River College, make your way to U.S. Highway 50 going west. Take the U.S. Highway 99 exit south and drive for about 20 miles to the Twin Cities Road exit. Turn left on Twin Cities Road (SR Highway 104) and drive east for an estimated 12 miles until you pass SMUD's Rancho Seco's twin cooling towers (of the decommissioned former nuclear power plant) on your right. Soon on your right you will see a large sign for Rancho Seco Lake Recreation Area. Turn right here and go a short distance until you arrive at a fork in the road. Take the left fork until you come to a gatehouse, which is manned during hours of operation (7am-6 pm daily). There is a fee of \$10 per car, with a \$2 discount for seniors and disabled persons. (On closing, they lock the gate so be sure you're out of the park by 6pm.) You will see the lake ahead and a gravel road on your left. Turn left onto a gravel road. Travel a couple hundred yards to a gravel parking lot, where you will see a large glass enclosed poster board marking the trailhead. In the glass case, you'll find information about the trail including a large map. Study the trail, map and memorize it if you can. Hikers are advised not to stray off the trail, which is well marked and maintained. The first mile or two follows the shoreline of Rancho Seco Lake. Here you might see a variety of birds, including waterfowl, egrets, cranes, and herons. As the trail strays away from the lake, you pass through a farm gate into a vast expanse of relatively flat, fenced pasture. I noticed that the cows grazing these grassy fields seem shy of people. After another mile the trail passes through another gate, and turns sharply to the right. After a couple hundred yards more you will come to a tiny stream. Just beyond the stream is a trail junction which

begins the "loop" portion of the trail. At this point you are nearly two miles from the trailhead.

Choose the left fork. The loop, which is about 3 1/2 miles in length, is the best part of the trail and should not be missed! On this portion you will see a number of "vernal pools", which consist of a series of shallow depressions in the ground that do not drain off. These natural pools usually fill with water during winter before drying out in spring. As the water evaporates the depressions fill with a profusion of wildflowers - hence the name "vernal pools".



Most of Howard Ranch is situated on a treeless mesa. The Ranch's east side is bordered by a gentle slope leading down to a large grassy basin holding a small stream that ends at a large stock pond. Beyond the basin are the first oak-studded hills of the Sierra foothills. Beyond the foothills you can see the snow-capped crest of the Sierra range. Much of the loop trail follows the rim of the Howard Ranch mesa, affording breathtaking views for nearly two miles. Forming a border with the adjacent cattle ranch at the base of the mesa is a barbed wire fence that stretches for miles along the eastern edge of Howard Ranch. As I followed the trail along the eastern rim of the ranch, I observed two cows standing close together, yet on opposite sides of this fence. As I approached, the big bovines noticed me and bolted off along the fence. A mile down the fence line, they stopped and turned to face me (the interloper). Apparently inseparable, the two cows were still practically touching, though on opposite sides of the fence!

Eventually the path makes a big circle to the right, skirting several vernal pools before winding back to the trail junction. Once at the junction you merely retrace your steps back to the trailhead.

As this is a working cattle ranch, only hikers are permitted on this trail - no horses, bikes, dogs, hunting, or smoking. Though Rancho Seco lake offers fishing, boating, camping, and picnicking, there are no facilities beyond the trailhead. Be sure to bring your own water and snacks. No shade is available anywhere on the trail, so sunscreen and a hat are a good idea.

Happy hiking and biking!
To contact Mick: braccop@arc.losrios.edu

Out of the Cage

Going For Baroque!

Tuesday, March 15, 2011

7:30 pm

The ARC Music Department's first choral concert of the spring celebrates the music of the Baroque era. The Davis Senior High School Baroque Ensemble is one of the few high school ensembles of its type in the nation, and we're glad to have them as our featured guest.

The ARC Concert Choir and Chamber Singers will join forces with the Davis High School Concert Choir to present Vivaldi's Credo accompanied by the Baroque Ensemble. We'll also sing a wide variety of other styles and genres.

Admission is \$9-General; \$6-Students/Seniors.

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

UC Davis Rep Visits

Monday, March 14, 2011

11:00 a.m. - 12:00 p.m. Drop-In;

3:00 p.m. - 4:30 p.m. appointments Transfer Center

UC Davis Rep Visits 11:00 a.m. - 12:00 p.m. Drop-In; 3:00 p.m. - 4:30 p.m. appointments. Call the Transfer Center for an appointment 916.484.8685. 9:00 a.m. - 11:00 a.m. at "The Spot" room 613. Located at the Village Portables. 1:00 p.m. - 3:00 p.m. MESA. Located in Liberal Arts room 131

Location: Transfer Center

Social Media and the Job Search

Tuesday, March 15, 2011

12:00 pm - 1:30 pm

Eighty percent of today's companies use online network sites like LinkedIn to recruit. Learn which social media strategies will help conquer your next job search in this hands-on workshop.

Please call the Work Experience & Internship office and register for this event. 916-484-8182

Location: LRC Room 104

Interview Success Workshop

Wednesday, March 16, 2011

2:30 pm - 3:30 pm

This workshop includes information on researching the organization, reviewing anticipated questions, specific strategies, assessing your skills, making a professional presentation, and body language and presentation



Location: Career Center

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_parrot-arc@live.com](mailto:Ligia_Goga_parrot-arc@live.com)

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



You're invited!

Free Tax Return Preparation Assistance.

Date: Feb. 5, 19, 26; Mar. 5 & 12

Time: **By appointment only.** Call 568-3100 Box 12334.

Place: Howard Hall a.m.
LA 122/123 p.m.

ARC's Volunteer Income Tax Assistance program will help you file federal and California tax returns for free! Go to:
http://www.arc.losrios.edu/Faculty_Web_Pages/Dieter_Kiefer.htm
for more information or call for appointment.