



The Parrot

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

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Prof. Iben "Dances" with The Parrot!

Parrot: Hello! How are you!

Prof. Iben: I'm fine, how are you?

Parrot: I'm OK, thank you. You are a dance teacher, right? So, how long have you been dancing or, first of all, how did you become a teacher?

Prof. Iben: Well, I've been dancing for about 27 years. I started dancing 'cause I thought it would be fun, and I loved it, and I danced a lot, just every chance I got. And I learned West-Coast Swing first and ballroom dancing. Then international standard ballroom dancing and I competed, and I loved dancing so much that I decided I wanted to do it for a living, to teach dancing for a living. And I've been doing that for, oh gosh, ah... like 8-9 years in the



Sacramento area. So, and then, at American River College, I've been teaching here about 6 years, I think.

Parrot: OK, six years, right? And before you started as a teacher, you were a professional dancer?

Prof. Iben: No, I did it as an amateur. I competed. I would go to competitions with an amateur partner. So, we weren't professional, but we worked very hard. We took a lot of dance lessons, private coaching sessions, and we went to different competitions in the Bay Area, in California.

Parrot: OK, so, you became a teacher, because it's your favorite thing.

Prof. Iben: That's what I love to do.

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Parrots Tend to be "Left-Handed," Study Finds

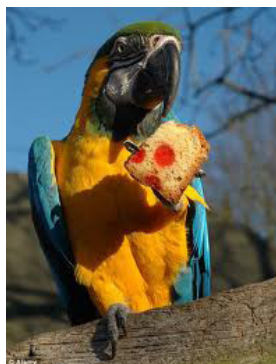
SYDNEY (Reuters) – Parrots, like humans, choose to use one side of their body more than the other, with more of them left handed -- or, more precisely, left footed than anything else.

Some species even try out both before deciding on one side.

Australian researchers found that virtually all the parrots they studied prefer to use either their left eye and left foot, or right eye and right foot.

"Basically, you get this very close rela-

tionship with the eye that they use to view the object and then the hand that they use to grasp it, and it's very consistent



across all the species except a couple," said Calum Brown, a senior lecturer at Macquarie University in Sydney, who led the study.

"In some species, they're so strongly right or left handed at the species level that there's effectively no variation."

In the study, published in "Biological Letters," Brown and his

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40 Years to
Find Love!
see page 4

"Education is wonderful - it helps you worry about things all over the world."

Joey Adams



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Student Chirpings

The Effects of Having Family Members Live with You

Whoever has read Russian author Michael Bulgakov's novel "The Master and Margarita", knows his famous thesis, "...they are ordinary people, in fact they remind me very much of their predecessors, except that the housing shortage has soured them (only the housing problem has corrupted them)." Some people think that living with your parents or siblings is not a good idea, especially, when you have your own family. It is much better and easier to live on your own. Other people think that living together has more positive sides than negative. A big army of psychologists has been working on this problem for years trying to understand what is better for family members – to live together or not. It is a central topic of life for many people from different countries. I know about it because I am from a country where 80% of people live with their parents and/or other relatives. I lived with my parents and an elder brother in a two-room apartment. I shared one smaller room with my brother, who was eight years older. After he got married and moved, I continued to live with my parents, except for a couple of years when I lived in Kharkov. Now that I live separately and see the difference, I can say, "Having family members live with you has several important effects on your life."

The first important effect of having family members live with you is learning how to help each other. All of us are normal people who have our own happiness time, and time when you have needs and problems. Ask yourself upon having good news or problems who you will think of first. I know most people will think of their relatives, especially if they live together. For example, when I had a bad day at work or at university, I could always talk about the situation and my feelings to my parents and my brother. As a result, I received emotional help. Because my parents have a small pension, they weren't able to pay for expenses. I paid all the bills for the apartment and bought food for them. When my parents needed some medical help, they knew I would pay for it. I can't say it was easy for me (I had an average salary), but I helped to reduce economic pressure on my parents. The next area where we can help each other is our sick time. You are not alone at home for the whole day. Your sibling or parents can help you to get



to the hospital, to buy medicine, or simply, to make hot tea for you. They don't need to spend hours to get to your house. In the same way you can take care of them. I think this is the moment when we can show how we love each other, by actions, not only by words.

The second important effect of having family members live with you is the exchanging of experience. Usually, two generation live together in our country – parents and children. At the same time, you won't be surprised to meet three generation living in one apartment – grandparents, children, and grandchildren. Living in this situation opens to us big inherent possibilities for personal development. One of them is you can see a new view of the same situation and you can talk or discuss it. Another one is you learn to analyze: words, decisions, relations, attitude, etc... I looked at my parents' relationship and found out what I liked in it and what I didn't. I remember the time when my brother fell in love for the first time. He saw a girl a couple of times but already made an emotional decision - to give up studying in the college. My parents talked to him many times, so he changed his mind. Later, he was happy not to have made such a big mistake. A further consequence is you

learn how to take care of your every day needs, take care of your room, and how to cook by looking to your grandparents, or parents, or elder brother and sister. I know I became a good housekeeper because of the excellent example of my mama. I believe this point helps us to become an individual person.

The third important effect of having family members live with you is succeeding in recognizing differences between generations. When did it start? Once upon a time... It happened historically, culturally, and nationally. A traditional way is to think the older generation is wiser, has more life experience, and unknown confidence in always being right. This belief has spread a lot of roots in our life. Where can we find the result of its influence on our relationships? The first example is the argument 'when I was young'. How many times have we heard these words? Many. "Dear mama, papa, brother, grandmother, I didn't live in your time. I live now!" was our first reaction. I looked at myself and my step-daughter. She was going to get a

tattoo. I tried to explain to her all the possible reasons not to get one, including “when I was young, I thought about...” but it didn’t work. Her answer was, “It is a different time. I have wanted to do it since I was 13.” The second example is parents think you don’t respect them if you do not agree with them. You can try to explain the difference between being obedient and having your own opinion, but I don’t think you will be able to convince them of the truth of your words. For some reason, it is very hard to admit for them. The third example is trying to excuse your relatives. It is hard for children to understand that parents don’t have ‘a special plan’ to ruin their life and feelings. I felt anger at mama when she told me her opinion about my dress, or how I should spend money, or what I should or shouldn’t say to my friends. Later, I thought, “Why am I mad at her? She teaches me from her own life, her own experience, her per-

ception. She tries to help me the way she understand it.” To find an excuse for her is the hardest part for me and very helpful for our relationship. Most misunderstanding between family members is based on this conflict between generations.

In conclusion, having been in both situations – living with relatives and without - I can agree they have big positive effects on our lives: learning how to help each other, exchanging of experience, and trying to understand the conflict between generations. I am sure people will try to find an answer which way is better, but everybody should decide by himself what is better for him and for his family.

Ganna Schorn

ESL W50

I Believe in Knitting

When I was a teenager, I asked my grandmother to teach me how to knit. It was very hard because she knitted very fast, and I couldn’t understand very well.

Once I found pictures in a magazine of how to knit step-by-step. I learned little-by-little. My relatives didn’t agree with me because I was a busy student. In high school I worked a lot. I played the kanon (an Armenian stringed instrument that is plucked with finger picks). I was on the basketball team, and took extra math, physics, and language classes. I liked to learn new things. Knitting was new for me, too. Besides that, people love hand-made things and at that time in Armenia people couldn’t find many things in the stores. I used the same yarn many times. I untwisted old things and knitted the new ones.

Unfortunately, one very cold winter, I got a strange flu, and was very sick. My nerves were infected and my eyes hurt a lot. My relatives forbade me to knit. I was very unhappy. Knitting was my “secret world”. For me it was a creative work. I could make interesting and unique things. I didn’t like to knit the same thing twice. Knitting was my “best friend”. It relaxed me after a hard student life. So, secretly I started to knit by touch. I covered my eyes and started slowly.

After many months I could knit very well without looking. Subsequently, this helped me to overcome some difficulties. Almost twenty years ago Armenia had a very hard time. We called it “the dark period”. The neighbor countries blockaded my country. It was a very cold winter. Maybe in one hundred years there had not been frost like that.

There was no electricity or gas. Water froze in the homes. Life was frozen, too. People couldn’t connect or visit each other. Only nearby neighbors could do that. Normally, Armenians really like that. Every day they would get together for coffee. If somebody cooked or baked some new, interesting thing they would share it. They were also my first appraisers and clients.

My two daughters needed warm clothing. I was a housewife. I had to knit for my family. I could work only in the day time because there was no electricity. I didn’t have a job. I had to knit for money. Soon my favorite knitting changed into hard work. It was harder to do because money was devalued every day. Knitting was a long process. Sometimes when I finished, I got just a few cents. But my knitting helped my family to survive.

Fortunately, little by little, life settled down in my country. In 2000 our family moved to Russia. There were many kinds of yarn in Russia, and I could knit for fun again.

In 2008 my family moved to America. After I adapted to this new place, I started looking for yarn stores. I had never seen so much yarn. Last year I bought black wool yarn for a cozy skirt, but I am a very busy student again, and I haven’t finished the skirt.

I miss knitting. Sometimes I go to the big yarn stores. I feel like I am in a museum and I just walk, look, smile, and dream about knitting.

Hasmik Hambardzumyan

ESL L310



Reunited Soulmates

In the village of L'viv, a little girl came to visit her grandmother. A little boy who lived nearby met her and fell in love. They would play and all the adults who saw them thought they looked so cute together. One time, when the boy was 7, he picked up the girl and carried her across a thorny meadow so that her legs would not get scratched. He loved her and wanted to protect her from harm.

As luck would have it, Roman's family moved to Nadia's village (also in Ukraine), and he was placed in her first grade class. The two of them would study together, much to the amusement of the grown-ups. Roman's mother would jokingly boast about her studious "future daughter-in-law". However, as puppy love rarely progresses, their parents didn't think a marriage would really happen. Circumstances seemed to concur. Although they studied together until they graduated from high school, Roman was drafted into the Russian army at age 18.

Nadia and Roman stayed in touch by writing letters to each other. Roman Gavryshkiv probably only regrets one letter, the one which could've cemented their romance at an early age. A year after he was drafted, Nadia Yaremko wrote to him for some advice. She had a prospective suitor, a well-educated young man. While Roman may have kicked himself later for not proposing to her himself in his reply, he wrote back that she should decide for herself. Ever the gentleman, he wanted her to be happy. After all, a bird in the hand is worth two in the bush; the man at home was a university graduate, while Roman still had two more years to serve in the army. She married the bird in the hand, and he didn't see her again until their 20th school reunion.

By that time, they both were married and had raised children. They saw each other again at their 25th reunion, and, occasionally, they'd bump into each other in town. However, at their 30th reunion, Roman was surprised to see that Nadia was not there. None of her friends knew why she wasn't there. At their 35th reunion, Nadia again was not there. At their 40th reunion, she still wasn't there, but this time, her friends knew where she was. She had moved to the United States...alone! As Roman had also become divorced, this time, he grabbed the bull by the horns. He

video-recorded a message for her which very clearly stated his intentions, "Nadia, if you are still single, please come back to Ukraine. I promise to marry you if you do!"

As soon as she received the cassette that her friends sent her, she called Roman at his workplace. She asked him, "Do you know who this is?" Being a hairstylist who had many female clients, he wasn't sure. She said, "This is Nadia!" He said, "Wow!" She wanted him to prove his sincerity by publically repeating his proposal while he was there at work. She reciprocated by publically accepting his proposal over the phone.



Two months later, Nadia became a United States citizen, and was free to travel to Ukraine. Roman picked her up at the airport and they got married the next day, a small ceremony witnessed by immediate family only...and several reporters! Their love story was reported in two magazines, including the Ukrainian magazine "BOHA" ("She"), the source of the early years of this story, and in a few newspapers, as well.

However, as this is a true story, not a fairytale, they could only stay together for two months. Nadia had to return to Chicago because she had clients herself (She is a masseuse.). It took a year and a half before they

could be reunited. In the meantime, Roman had one request: he wanted to move to a warm part of America. Remembering that this was the little boy who had carried her across a field of thorns, she moved heaven and earth to comply. She gave up her business, sold her house and her car, and moved to the Golden State. When Roman came to America, he came to California...and here is where they will live happily ever after!

P.S. With 40 years of hair-styling experience and 17 diplomas, Roman would like to mentor future hair stylists. He would like to show ARC students how to cut hair, using other ARC students, or even instructors, as models! If you would like to have your hair styled by a Ukrainian professional who pioneered the technique of cutting hair with fire, or learn how to style hair, please leave a message for Roman in Professor Kor's box in the Humanities, office.

Professor Samra Kor

ESL

Prof. Hoerner's Proverb Ponderings

“Anyone who looks for a perfect friend will remain without friends.”

This is a Turkish proverb and I chose it because it is really true and I have a very good example for this. When I studied in high-school, in Ukraine, there was a girl in my class who was always alone. She went to the library, the cafeteria, and the class by herself. She looked for a perfect friend, and if any of our girls tried to speak with her, she said that she liked to communicate with clever, intelligent, and perfect people. After that, nobody wanted to be her friend. She saw only the weaknesses of people around her, but her own she didn't want to see. She still is not married because no one is perfect for her.

In my opinion, people who look for an ideal friend love just themselves. It is hard for them to forgive mistakes that are made by close friends. There aren't perfect people in the world. If a person is very nice in one part, the other part is not ideal as somebody needs it. I strongly believe that when people look for a perfect friend, they will just remain without friends because everyone has disadvantages and weaknesses. I think, it is better to have imperfect friends, than look for a perfect friend and remain without friends. Maybe, I'm wrong?

By Nataliya Martynyuk
R 320

“A human life is like a letter of the alphabet. It can be meaningless, or it can be part of a great meaning.”

I strongly believe in the quote from an anonymous person who once said, “A human life is like a letter of the alphabet.” It can be meaningless, or it can be part of a great meaning.” That is because what we do in our lives on a daily basis shapes our lives. Every thought and action that we take at any given minute can determine our future. Each person should make every second of his/her life matter. For example, life can be meaningless like a letter for a person who has no feeling or empathy toward others. On the other hand, once one cares about others such as family, friends, co-workers, or society in general, and helps them in times of need in any way he/she can, that can make life purposeful and meaningful. By adding priorities like purpose, goals, freedom, responsibilities, family,



and society to our minds, we can put great meaning to our lives.

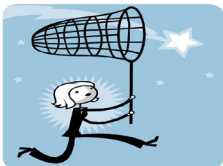
All in all, a person's life has meaning when he or she is happy and satisfied. Helping others is extremely rewarding and when you help others you help yourself by making your life meaningful. Then that person will have a life that is like a letter of the alphabet that is part of a great meaning.

Mandana Parsinejad
ESL R 320

“A human life is like a letter of the alphabet. It can be meaningless. Or it can be part of a great meaning.”

Our language is built from words and is led by grammar rules; so is our life, built with our deeds and important events. Life can be started from the beginning, from a new letter. It is easy in writing - just erase the letters and start over again, but it's always hard, or even sometimes impossible to correct people's mistakes. Words from the alphabet can be formed into eloquence, and so can our life be lived positively, by helping other people. I am amazed how the author of this phrase clearly and concisely was able to express his or her thoughts. The letters of this phrase are gathered into a short sentence, but they have such a long and enormous meaning. Similarly our feats have a short time span, but may have a lasting impact on our lives and even society as a whole. A feat like an aphorism is being kept in the minds of people for an extended period of time. All famous literary masterpieces that impress everyone around the world are also written with small letters. In life we have scientists, rulers, and politicians who create their masterpieces. The life of a regular person reminds is similar to other works of literature that did not become famous, but contain love, passion, hatred, defeats, and successes. When we are writing a word using letters, we are afraid of making a spelling error. So in our life we should be careful in our decisions. Words made of letters can be rude and offensive, as can our deeds be brutal, dangerous, and irremediable. Luckily we have so few bad words in our language, as people with bad ideas, intentions, and wrongful deeds.

Maria Demchuk
ESLR 320



Netscape - Articles from the Web

This Day in History - March 26th

Deadly Earthquake Hits California - March 26, 1872:

An earthquake felt from Mexico to Oregon rocks the Owens Valley in California on this day in 1872, killing 30 people.

California, with the large San Andreas Fault running through the entire state, is a prime area for earthquakes. At 2:30 a.m. on March 26, a large quake hit Inyo County in the Owens Valley of central California. Worst-hit was Lone Pine, where 52 of the town's 59 homes were destroyed, killing 27 people as they slept. The ground moved a full seven feet horizontally in some places near Lone Pine. Major buildings in every town in Inyo were also seriously damaged.

Given the reach of this quake—people hundreds of miles away in Tijuana, Mexico, felt the shaking—it is estimated that it had a magnitude of 7.8. One of most famous accounts of this earthquake came from explorer and scientist John Muir, the man who was instrumental in the establishment of Yosemite National Park. He was working as a caretaker at Black's Hotel in the area at the time and witnessed the destruction of the famed natural landmark Eagle Rock. He reported the following: The shocks were so violent and varied, and succeeded one another so closely, one had to balance in walking as



if on the deck of a ship among the waves, and it seemed impossible the high cliffs should escape being shattered. In particular, I feared that the sheer-fronted Sentinel Rock, which rises to a height of three thousand feet, would be shaken down, and I took shelter back of a big Pine, hoping I might be protected from outbound boulders, should any come so far. Then, suddenly, out of the strange silence and strange motion there came a tremendous roar. The Eagle Rock, a short distance up the valley, had given way, and I saw it falling in thousands of the great boulders I had been studying so long, pouring to the valley floor in a free curve luminous from friction, making a terribly sublime and beautiful spectacle—an arc of fire fifteen hundred feet span, as true in form and as steady as a rainbow, in the midst of the stupendous roaring rock-storm. For the next two months, there were literally a thousand aftershocks, though none were deadly.

<http://www.history.com/this-day-in-history/deadly-earthquake-hits-california>

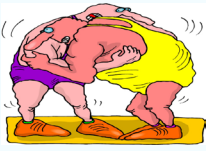
Some Quick Earthquake Facts

- A typical earthquake lasts under 60 seconds.
- An earthquake can trigger a tsunami or a volcano to erupt.
- Alaska has the most earthquakes of any states in the US.
- The deadliest earthquake happened in Central China, killing over 800,000 in 1556. People during that time and region lived in caves and died from the caves collapsing
- About the only places that have never recorded a major earthquake in the US are southern parts of Florida, Alabama and Texas.
- 4 out of 5 of the world's earthquakes take place along the rim of the Pacific Ocean, a zone called the Pacific Ring

- of Fire.
- Sometimes there are many small earthquakes before the big one. These small ones are called **foreshocks**. After the big earthquake, the mainshock, again there may be many small quakes. These are called **aftershocks**.
- Aftershocks can follow an earthquake on and off for days or weeks.
- An earthquake can last for just a few short seconds or go on for several long minutes.
- Most earthquakes last a minute or less.

<http://earthquakefacts.net/>

Parrot Warbling



Grappling with Grammar

The true modal verbs of English

English has one set of verbs that act differently from most verbs in several ways. These verbs are called “modal” because they involve doubt, possibility, and uncertainty rather than how things are; this changes what linguists call the “mood.” The true modals are

Can **Could**
May **Might**
Must
Shall **Should**
Will **Would**

Some grammar books include other verbs as modals, but I do not because the verbs listed above share several common features:

- 1.They never take –s with he/she/it subjects; we can't say “she cans do it.”
- 2.They don't have all the time forms other verbs have; we can't say “I have could” they also can't be infinitives; “I want to can” is not possible. Another way to say this is to call the verb “defective.”
- 3.What looks like a past tense most often means “less probable” rather than “earlier:”

I could go if I had the money. = I don't have the money, so I can't go.

4.Since they're auxiliary (helping) verbs, they can move for questions or take “not” after them:

Must they do that? =Do they have to do that? You must not touch that!

5.Generally, they are used when nothing is happening:
 I may do that (but I haven't decided yet).

Since true modals are defective, and since some forms include guilt if they are used for people, each true modal has alternative forms that can take any verb tense; these include, among others,

Can/Could:	be able to / be possible
May/Might	be permitted to / be possible
Must	have to/ be very probable
Shall	asking if someone wants something done
Should	be supposed/expected to
Will/Would	be willing to /expect to

Idiom-Attic



stand someone or something off

to repel the attack of someone or something; to defend against someone or something; to stave someone or something off.

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

Beak Speak

Linking



- One of the reasons non-native speakers have problems understanding and pronouncing English is because of linking. Linking occurs when a word ends in a consonant and the following word starts with a vowel. The consonant sound is linked with the vowel when it is pronounced. For example in the phrase ‘that’s enough’- the ‘s’ in that’s is linked to the ‘e’ in enough. and sounds like thats senough. Look and listen to the examples below. The linked letters are in bold and underlined. The first sentence will be with proper enunciation, and the second with linked enunciation.
- That’s enough. (That’s senough)
- Sit on an orange crate. (Sit ton nan norange crate.)
- Bring an apple and a book. (Bring gan napple and da book.)
- Now is a time for all of us to pack it in. (Now wis sa time for rall lof vus to pack kit tin)
- Lemons and oranges are not available in Autumn. (Lemons sand doranges are not tavailable in nau-tumn)
- A car is only as good as its’engine. (A car ris sonly yas good das sits’ sengine)

<http://www.pronunciationtips.com/linking.htm>

Some More Parrot Fun Stuff



London for Tea

The most famous landmarks from London, England are in here. After you find the words in the list, try to hunt for the names of two famous London writers

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

ARCHITECTURE

BIG BEN

BRITISH MUSEUM

CANARY WHARF

CAPITAL

CLUBS

DOCKLANDS

DOUBLE-DECKER BUS

ENGLAND

GREENWICH

HEATHROW AIRPORT

HYDE PARK

KEW GARDENS

MILLENNIUM WHEEL

PALACE

PARLIAMENT

PICCADILLY CIRCUS

RESTAURANTS

RIVER THAMES

SHOPPING

ST. MARGARET'S CHURCH

THEATRE

TOURIST

TOWER OF LONDON

TWICKENHAM STADIUM

UNITED KINGDOM

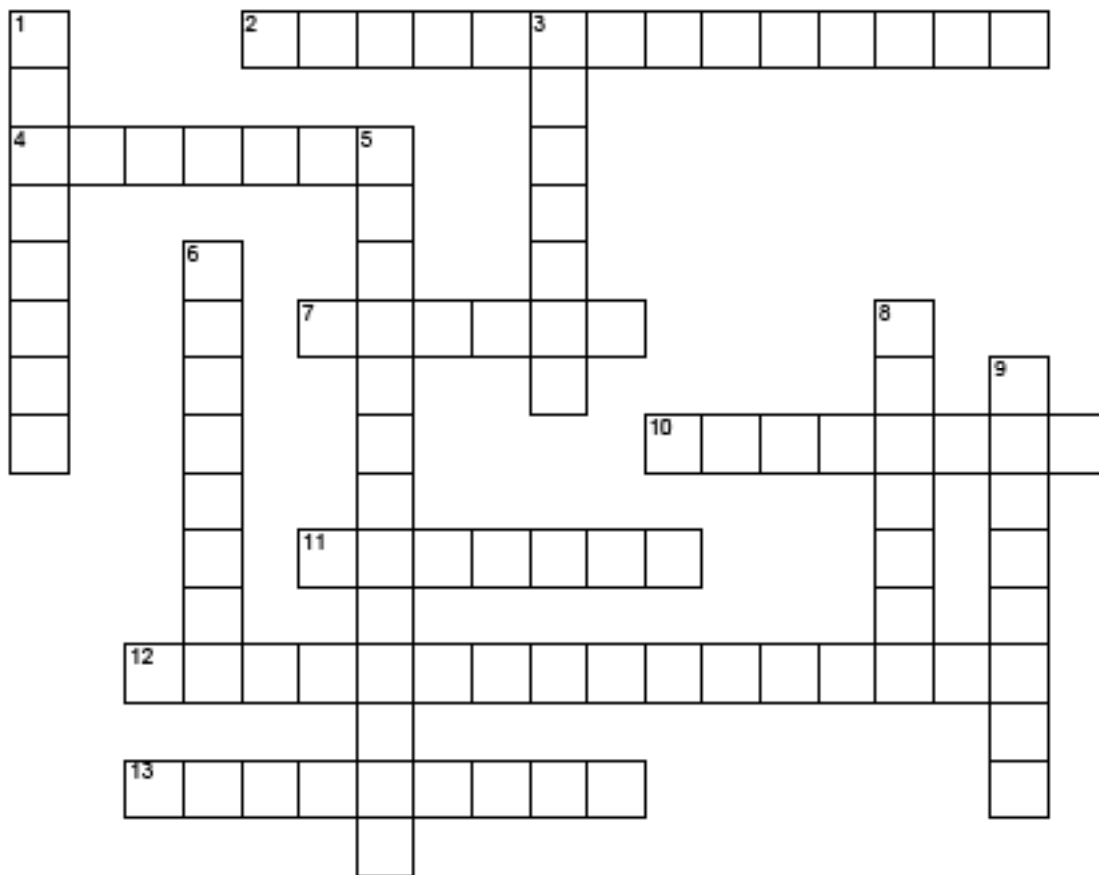
WEMBLEY STADIUM

WEST END

WESTMINSTER ABBEY

Thirteen Colonies

First 13 States of the U.S.A.



www.elcriterio.com

ACROSS

- 2 colonists were against "taxation without _____"
- 4 people who lived in America before the Europeans arrived
- 7 the first 13 colonies became our first 13 _____
- 10 the pilgrims landed on _____ Rock in 1620
- 11 people from Great Britain
- 12 first governing document of the new colonies (2 words)
- 13 people who lived in the colonies

DOWN

- 1 13
- 3 the U.S. flag has thirteen _____ to represent the original colonies
- 5 state that shares North Carolina's southern border (2 words)
- 6 first of the 13 colonies
- 8 colony that was located the farthest south
- 9 the ocean next to the 13 original colonies

Media Peeps! by Media Mike



'V' – the old and the new!

'V' is an old TV series and a new TV series. Back in 1983, and continuing on in 1984-1985, there was a mini-series on television called 'V'. A "mini-series" was a story told in several TV episodes that usually ran every night for a week or two. Instead of once a week, the mini-series shows could be seen consecutively. And 'V' was quite a mini-series. In the story, aliens (from another planet) arrived at Earth and said they wanted peace and offered gifts. Humans thought that this was cool. Eventually, though, the aliens manipulated their way into power, controlling the governments and the media (remember that in 1983 there was no cable or internet). These rat-eating lizards-in-disguise really wanted to use human beings for food and steal our water! Fortunately, a group of rebels formed a resistance group who wanted to take back control of the human race from the aliens. The leader of the resistance, a reporter and father named Donovan, fought against the visitors along with a very pretty and smart scientist, Julie. At times the story alluded to WWII and the power of one government to maliciously control large populations, including sending people to concentration camps if they resisted (the aliens took the people who resisted aboard their ship, never to be seen again). In the end, the power of the people, who were willing to sacrifice for the greater good, overcame the evil forces: a true American tale, only without John Wayne.

Switch to the present time and 'V' is once again on television (running in season 2, Tuesdays on ABC at 9pm). The same lizards-in-disguise are still the bad guys, and the good guys are still there. In the newer version, the main leader of the resistance is a beautiful and determined FBI agent and mother, Elizabeth. Her son, Tyler, has been singled out by the aliens and has an alien girlfriend... but the audience doesn't know why yet. The evil 'V' leader, Anna, controls the human population through lies by the media and offering false gifts (sound familiar?). The newer version of 'V' also brings in modern day concerns such as terrorism, religion, and genetics as it poses questions about the uniqueness of

humanity: What is the human soul and why are emotions so important? Stay tuned to find out how we win the ultimate war as the updated 2010 version takes a twist on the older 1983 series.

Why watch it?? Why not!??

V is really a series about humanity sticking together and fighting together. It's also about the possibilities of too much power in the hands of selfish governments. Always in the background of the story (both the old and the new version) is the focus on the media: how people's beliefs can be manipulated via the media. The series calls for the audience to think about current political and media situations, not only in the United States but also around the world.

You should turn on the closed captioning for this show: there are some interesting vocabulary words that you might find if you read as you listen. You could also leave them off – and practice your listening skills.

Vocabulary Tweets:

Manipulate: to manage or influence for one's own benefit

To Allude to smthg: to refer to something indirectly

Concentration camps: places where people are detained for long periods of time

'John Wayne': An American actor who often played cowboys or heroes

Disguise: to change the appearance of something

Maliciously: doing something wrong or evil

To pose a question: to ask a question

To take a twist on smthg: to do something slightly differently

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The Frugal Flamingo

Tired of your kids outgrowing their clothes so fast? Tired of always have to buy new clothes for your kids? Not sure what to do with your children's old clothes? Me too! So when I heard about JBF (Just Between Friends), I became very interested! In 1997, JBF started out with a few mothers getting together at one person's house to sell their children's clothes to each other. Now it has grown into a national phenomenon! There are JBF sales held all over the United States twice a year. JBF has even been on the following TV/news programs: ABC News, Inside Edition, and Good Morning America! At a typical Just Between Friends event, you can buy lightly used clothing, toys, baby equipment, strollers, high chairs, cribs, joggers, nursery gear, maternity wear, baby carriers, play yards, play sets, coats, shoes...well, you can see the list of items just goes on and on! And so do the savings! The prices are usually 50-90% off retail prices. Don't worry--merchandise is inspected to insure only high quality items will be sold.

On the other hand, if you want to make some money, you can consign, or sell, your children's items that they are no longer using. JBF is unique because they give the consignors 60% of the price of the item (70% if you volunteer for the event)—and the consignor gets to set the price. Other consignment shops only give you 40% of what the item sells for — and the shops decide how much to charge for your items! You can sign up online to be a consignor with your local JBF sale (www.JBFsale.com). A free, easy-to-use online tagging site is available, so you can price your items for sale and print tags in a matter of minutes—from your home! They even have a pricing guide you can use if you are not sure how much to ask for your items. After you have priced your items, you tag them and drop them off at the location before the sale (The exact directions for consignors are on the website). The best part is when you get your consignor

check for your item sales—usually just two weeks after the event! If you choose to consign your items, you get to shop at the presale to get first pick of the items that are going to be sold!

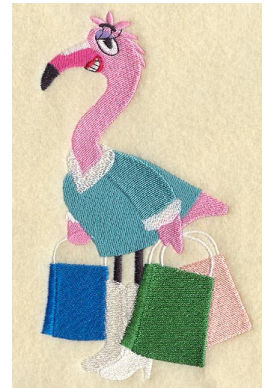
I've been to JBF sales a few times and I've never left empty handed. But get there early! The lines to get in can get long! In Sacramento, they are usually held at the Convention Center. It is in a huge room full of children's things. Some of the items that I saw were new, and all of the used items were in great condition. There is a small entrance fee, but JBF donates some of its proceeds to charity. They have a sale twice a year; one is in the fall and one is in the spring. The merchandise sold coincides with the season. So, in the fall, you can find snowsuits, Halloween costumes, sweaters, and coats etc., and in the spring you can find summer wear.

You just have to see it to believe it! Still unsure what this is all about? Then try it! Find the sales event closest to you and see for yourself! Once you discover Just Between Friends, you'll be as excited as everyone else about the savings!

Here are the upcoming JBF sales in the Sacramento area:

- Sacramento --Sacramento Convention Center March 12-13
- Folsom --Folsom Community Center April 2-3
- Roseville-- Placer County Fairgrounds April 16-17
- Elk Grove-- Portuguese SES Hall May 14-15

Prof Julie Casperesen Scultz
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continued from page 1

colleagues studied roughly 320 parrots from 16 different Australian species to see which eye they used to view potential foods.

Ultimately, they found that roughly 47 percent were left handed, 33 percent right handed, and the remainder ambidextrous.

In addition, in some cases young birds appeared to experiment with both sides before finally settling on one.

"With Sulphur-crested cockatoos -- every single individual we've seen is left-handed. But when you see the juveniles which have just fledged, they're experimenting with both hands, all the time," Brown said. "They eventually settle on using their left hands." The idea of handedness in humans is

tied to the use of one hemisphere of the brain over another, known as "lateralization." In the case of the parrots, this appeared to be an advantage regardless of whether the left or the right side dominated.

"It's quite obvious that in terms of direct foraging, as well as more complicated problem-solving situations, that if you're very strongly lateralized, irrespective of whether you're right or left handed, you tend to be better at this sort of task," Brown said.

He added that lateralization allowed much more efficiency, the way a computer with two processors can do two things simultaneously and effectively multi-task.

"We think that's possibly what's going on with parrots," he said.

www.reuters.com/article

Artie's Easel

Dear Artie,

I really liked your most recent column about art and inspiration. I learned a lot from it. Your students must be a very thoughtful group of writers, in order to come up with such creative responses to such a tough question. Tell them that I am impressed.

Artie, can you bring me up to date on local and regional art shows, as the weather is warmer, and I want to take my girlfriend to some place interesting?

Sincerely,

Looking for a Good Show

Dear Looking for a Good Show,

I'm happy that you are looking for good art shows at this time because there are several terrific ones coming up.

First, Gary Dinnen is showing at the Sacramento Temporary Contemporary Gallery until March 10, 2011. His show includes his magnificent ceramic dogs and cats as well as some new pieces like plates and bowls. You might get to examine some of his wild and colorful paintings, too. The gallery is located on 1616 Del Paso Boulevard in Sacramento, and you can phone this gallery at 916-921-1224 for further information. I have been to a show at this particular location and was very impressed with its art pieces and the arrangement of physical space. Gary's shows always bring a smile to me because there is so much humor in his ceramic pieces. Gary is also my ceramics teacher. Have fun!

Eric Dahlin, a contemporary of Gary Dinnen's, will be showing his ceramic figures and birds at the Sacramento Temporary Contemporary Gallery from March 10 through April 2, 2011. Eric is a well-known ceramist who has worked in the art field for over 30 years. His ceramic figures are carried in galleries and stores throughout California. He uses a very special technique to produce his figures and happens to come to my clay class on Wednesday evenings in order to help the beginners along in their work. The gallery contact and address is 916-921-1224 at 1616 Del Paso Boulevard in Sacramento. By the way, the opening reception is Thursday, March 10 from 6:00 PM to 8:00 PM at the gallery. Plan to come!

The California Museum at 1020 O Street in Sacramento is hosting an exhibit titled "California Indians: Making a Difference"

beginning March 31, 2011. The 3,000 square foot exhibition highlights the unique contributions of the state's native peoples through art, photographs, artifacts, documents, and multimedia presentations. Utilizing the voice and experiences of a diverse California Native Advisory Council, California Indians' stories of cultural adaptation and triumph are told by those who know it best--themselves. This sounds like a terrific exhibit, and I plan to be there on opening night. This is a show that the entire family will enjoy.

The de Young Museum located in San Francisco is hosting a major exhibit titled "Olmec: Colossal Masterpieces of Ancient Mexico" in April of this year which features over 100 objects drawn from Mexican national collections with loans from an additional 25 other museums. The exhibit will include colossal heads, a large-scale throne, monumental stelae, precious

small-scale vessels, figures, adornments and masks. The Olmec show will bring together for the first time new archaeological discoveries and monuments that have never been seen by American audiences. It will also reveal new information on Olmec culture and artifacts. This show is a must for those of you interested in Mexico and its traditional cultures.

Finally, a show titled "Pulp Fashion: The Art of Isabelle de Borchgrave" will show at the Legion of Honor in San Francisco in the spring of this year. Isabelle de Borchgrave is a painter by training, but also creates textiles and costumes.

Working in collaboration with leading costume historians and young fashion designers, she has crafted a world of splendid fashion designs from the simplest rag paper. From painting and manipulation of paper, she creates masterpieces of elaborate dresses inspired by rich drawings found in early European painting or seen in iconic costumes displayed in museum collections from around the world. The Legion of Honor is the first museum to dedicate an entire exhibition to de Borchgrave's incredible work. If you are a fashion-lover, I recommend that you go to this fantastic art show!

Well, I hope that all of you students will make it to at least one of the above art shows in your free time. Remember, we're all artists at heart. We only need to open our hearts to the art muse to receive our inspiration.

Until Next Time,

Artie

To contact Artie: whiteg@arc.losrios.edu



Prof White--Artie's Mentor

Granny Noetal

Dear Granny Noetal,

I've noticed that there is no longer a *Three Sisters: Counselors on Courting* column. What happened?

Lothario Lendl

Dear Lothario (is that really your name?),

The Three Sisters starting taking a lot of their own advice and have been doing a lot of dating, along with their studying. In fact, they swear now that "study dates" are 'totally cool' and inexpensive to boot.



You know, meeting for coffee somewhere, bringing the old laptop and a homework assignment and looking at each other's Facebook page (or, as we did in the old days, looking into each other's eyes). In any case, they are happily matriculating and rumor has it that one of them is soon to wed! In the meantime, if you need some advice or tips about dating, Granny is taking up the slack. I've still got a few ideas up my 85-year-old sleeves for a young (I imagine) fellow like you.

Granny

To contact Granny: braccop@arc.losrios.edu

The Cyber Bum--Bogdan Komlyk

What if I say that your computer is stolen? With no chance of getting it back. Will you just shrug your shoulders and say "OK" or maybe you already got the creeps? No matter what your reaction was I have unpleasant news for all of you. If you have a computer, it might be gone one day. Yeah, with all of your favorite songs, pictures, important documents, second doctoral thesis, and that little text document in which you keep all of your passwords. I'm super serious - ALL will be gone. Unless you take some steps to prevent or at least to reduce the damage.

The first step to take will be prevention of the loss. Yeah, good ol' rule - Prevention is better than cure. So, there are dozens of ways how to keep your stuff safe. The cheapest and the fastest way is to actually your own computer. If you're using a computer with Windows it very likely has Windows Backup on it. This feature needs to be set up, but once it's done, you have the first circle of protection. The next level is hardware protection. It means your information or so-called data will be backed up without any computer programs. There is a huge variety of devices out there for those purposes. Actually even your computer might support RAID (not all of them though). RAID is an acronym for 'Redundant Array of Independent Disks'. There are different levels of this feature and probably not all of them are supported by your computer. Nevertheless there is a good chance that the PC you own might support RAID 1. This is a mode when your computer writes identical data to multiple hard disks. Mention that you have to have



multiple disks in your computer for RAID to work and also your computer eventually needs to support this feature. As the quick fix you also can buy a portable hard drive and keep copies of all of your information there although I don't think this is a good way to protect your stuff.

But if you already aren't of able to get into your PC and back everything up? Well first of all do not panic. Everything might not be as bad as you're thinking. If your computer isn't turning on, the problem may be somewhere else. So take your computer to a computer shop. Let the professionals decide what happened and how serious it is. Just make sure to let them know a few times that you have really important data there. Computer geeks aren't really user-friendly; nevertheless, they know how important information can be. So, if it's possible they will try to protect your data if it's just a failure of a power supply or another problem with your Windows. In worst case you will have to do the data recovery and its going to cost a pretty penny. To get the data from a mid-size damaged hard drive (250-500GB) will cost you about \$800 - \$1000.

As you can tell, it's just cheaper and safer to be prepared and back up your data before anything happens. After all, any investments you make in your data protections will pay off in the long run. Take care of your information.

If you have any questions, comments, or any ideas for new topics, just send me an e-mail

geek.for.parrot@gmail.com

Parenting the Parrot Way!



Prof. Moon's kids

Lately, in the news I have been following the "Tiger Mom" and her ways of parenting. I haven't read her book yet, but from what I read and hear on radio interviews, it struck me that this woman was living only for her children and did not have a life of her own. I then began to reflect upon my own parenting and life and wondered "do I have a life?" Is everything I do wrapped into my child's own interest? Do I spend any time fostering my own life?

Luckily, just this week I received this e-newsletter from Growing Parent and it has helped me to begin examining my own life as a parent and a person.

Growing Parent Newsletter

"Get a Life"

By Carol Gestwicki

Are you aware that in only fifteen years (plus or minus a few) your child will be leaving for college? It's not a moment too soon to start getting ready?

Yes, I'm being somewhat facetious (sarcastic) to make a point, and I don't really expect you to mail the applications or begin the packing lists.

But I do want to remind parents that their most important child-rearing tasks will not always consume the time and energy that they now do, and so it is important to get a life.

Having been a parent of young children, I am well aware of how preoccupied parents can become with the minutia (all the details) of caring for young children.

The mere logistics of keeping them clean, fed, safe and healthy can eat up a lot of time, to say nothing about the finer aspects of teaching all the skills and knowledge needed to happily exist in the world.

Moreover, we care so much about our children and doing the best

job we possibly can. And parenting is incredibly important.

As Jacqueline Kennedy once said, "If you bungle your children, I don't think whatever else you do well matters very much."

So it is easy to stay so focused on our children's lives that we make those lives an extension of our own, instead of parallel and distinct entities, however interconnected.

Even so, a single direction focus doesn't allow for much else. It consumes all the energy of the adult, so that the adult's conversation, thinking, enthusiasm, and time are all devoted to how to keep the little one busy, happy, and above all, close to the parent.

It can get to the point where it is sometimes difficult to distinguish whose life it is, in fact.

Recently I listened to a mother discussing her daughter's riding lessons, and there were so many "we's" in the narrative that I wondered if mother was also taking the lessons, but this was not the case.

There are dangers to this obsessive kind of parenting. One is that neither parent nor child gets the space to actually "get a life" - to live, grow, and learn as an independent entity. Surely this symbiosis gets in the way of healthy later relationships.

Another danger is that children are not given the opportunity to discover that they can indeed function well on their own.

They may come to believe they need their parents along for every step of the journey, "carrying their equipment, checking their oxygen supply, hoisting them up to the peak and telling them they did it all themselves, just as generations of Sherpas did for generations of Englishmen."*

Many parents are so busy being good Sherpas that their children never will be able to climb their own mountains, and after all, isn't that what should happen?

Besides, what happens later to the parent who has made their child's life their own when that child (hopefully) finally goes off to find her or his mountain?

So that's why my comment about preparing now for that toddler leaving for college has some truth.

Consider how your life is separate from your beloved children, and their lives separate from yours, along with the joyful connections that will always bind you.

Then, if you haven't already, get a life.

*The quote about the Sherpa style of parenting is from *Through the Children's Gate: A Home in New York*, by Adam Gopnik, Alfred Knopf, 2006.

Carol Gestwicki has worked with children and families in schools in the U.S. and Canada and taught in an early childhood program in Charlotte, N.C. for over 25 years. A wife, mother and grandmother, she currently works as an early childhood consultant and writes for parents and teachers.

Mim's Cafe

When my family lived in a refugee camp in Thailand, my daily job was to care for my three-year-old baby sister while my older sister helped my mom with chores. I learned early that the older siblings have to care and sacrifice for the younger ones. I was nine years old at the time. I bathed, fed, and played with my baby sister. Now that "baby" sister lives about two miles from me and she and her husband are expecting. Although she doesn't like fish very much, she's made a conscious effort to eat two servings of it a week. As a sister's job is never done in my culture, I've been trying to find good fish recipes to make for her. I downloaded the fish recipe below from a website: Cooks.com. I quite like the cumin, orange rind, and mustard seed combined.

To contact Prof. Montgomery: montgot@arc.losrios.edu



Prof. Montgomery with happy eater.

Grilled Salmon Steak with Mustard

Ingredients

4 salmon steaks, 1 1/2 lbs. and about 1 inch thick
Salt and freshly ground pepper, to taste
3 tbsp. olive oil
2 tbsp. Dijon-style mustard
1 tbsp. mustard seed
1 tsp. ground cumin seed
1/4 tsp. red pepper flakes
1 tbsp. lemon juice
1 tbsp. grated orange rind
3 tbsp. melted butter
3 tbsp. chopped parsley



Cooking Instructions

1. Preheat a charcoal grill or oven broiler to high.
2. Sprinkle salmon with salt and pepper on both sides.
3. Put oil in a flat dish, add mustard, mustard seeds, cumin, pepper flakes, lemon juice and orange rind. Blend well with a wire whisk. Place the salmon in the marinade and coat well on both sides. Cover with plastic wrap and let it stand in a cool place, but not the refrigerator, for 15 minutes.
4. Remove salmon from the marinade; set aside. Add melted butter to marinade and keep warm.
5. If salmon is to be cooked on a grill, rub the rack lightly with oil. Place fish on a hot grill.
6. If an oven broiler is used, place fish on a rack about 2 to 3 inches from source of heat.
7. Cook 3 minutes and turn. Cook 2 more minutes for rare. For medium rare, cook 1 minute longer on each side and add another minute for well done.
8. Transfer the salmon to the marinade. Turn and coat it on both sides. Cut it diagonally into thin slices. Sprinkle with parsley and serve.

The Value of Salmon

•While salmon contains many beneficial nutrients, the most important may be its high content of Omega-3 fatty acids. Omega-3 fatty acids have been linked to a wide variety of health benefits, including reducing the risk of heart disease, reducing blood pressure and preventing the hardening of the arteries. There are three kinds of Omega-3s in salmon--docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) and alpha-linoleic acid (ALA).

•While salmon nutrition has slight variances between species, it is essentially a high protein,



high fat food which contains large quantities of essential nutrients. Like most fish, there are no carbohydrates in salmon. A 3 oz. serving of Atlantic wild salmon contains 17 grams of protein, 45 percent of the recommended daily value of Vitamin B12, 35 percent of Vitamin B6, 33 percent of niacin, 19 percent of phosphorous, 13 percent of potassium and 11 percent copper.

Read more: Nutritional Value of Salmon Fish | eHow.com
<http://www.ehow.com/>

Can That Cup of Joe Actually Be Good For You?

For all of us who love our daily cup, okay cups, of coffee, there has been some good news. Researchers have discovered more positives than negatives about it. In fact, it is starting to look like a health drink!

The immediate effects of coffee only last a few hours, but the benefits may persist much longer. Coffee is more than a source of caffeine. It also contains potent antioxidants, which help to protect your cells from the damage that may lead to some of our most feared ailments. By the sheer quantity that Americans drink, it has been claimed to be our main source of these beneficial phytochemicals. (We really do need to eat more fruits and vegetables!) Recent studies have shown that those extra cups of coffee may lower your risk for Type 2 diabetes (regular or decaf.), colon and liver cancer (regular, decaf. was not tested), heart disease (regular), Parkinson's disease (regular), age-related cognitive decline (women only), gallstones (regular), and gout (regular and decaf.).

Coffee doesn't just provide a caffeine jolt with an antioxidant chaser, it also provides other nutrients. Though not a major source, it contains some niacin, chromium, magnesium, boron, and one third the potassium of a small banana. Another surprising coffee component is soluble fiber. That's the type that can help lower your cholesterol. It was reported in the *Journal of Agricultural and Food Chemistry* that one cup provides 1 gram. This may seem small, but most Americans do not get enough fiber in their diets, so every little bit helps. (Still eat your whole grains, beans, fruits, and vegetables!)

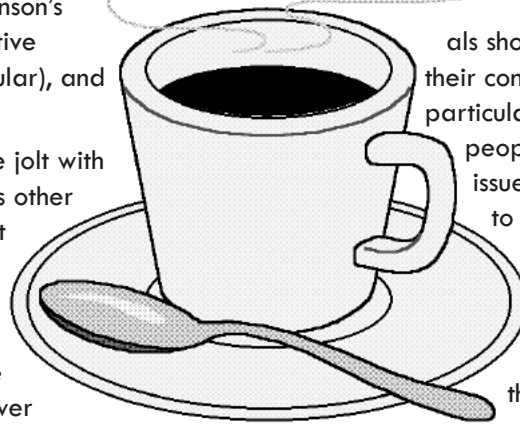
There have been concerns about the loss of bone calcium due to coffee consumption. Recent research has not shown that to be the case, but noted that having one cup of milk a day could easily offset what might be lost. (So if you are getting the recommended 1000-1500 mg a day of calcium, sufficient vitamin D, exercise, and not smoking, coffee is not a worry.)

Caffeine is considered an ergogenic aid for sports. Besides stimulating the nervous system, it enhances the usage of fat for fuel during exercise. But at levels of 6-8 cups, coffee can cause urine concentrations that are illegal in the NCAA, besides possible gastrointestinal distress.

Now that we coffee-addicts have some justification for our "vice", let's get real.

Coffee often keeps bad company. 65% of Americans do

not drink their coffee black. Cream, half and half, and sugar are often added to our favorite beverage, loading this healthy elixir with saturated fat and extra calories. A Starbucks venti (20 oz.) Caffe` Mocha has 490 calories and 16 grams of saturated fat, comparable to a Quarter Pounder with cheese! You can make better choices when you tell the barista what you want. Most establishments do offer fat-free or low fat milk, sugar-free flavored syrups, and artificial sweeteners. Spices like cinnamon can also lend sweetness to the taste without the calories. Oh yes, besides whipped cream (~ 120 calories and 7 grams of saturated fat), skip artificial creamers. They are also often high in saturated fats.



All this talk about the benefits of coffee does not mean that everyone should race to the nearest coffee shop. Certain individuals should abstain or be very cautious about their consumption. There are those who are particularly sensitive to its effects. For these people it may cause headaches, digestive issues, and irritability. If taken too close to bedtime, it may prevent a good night's rest. Pregnant and lactating women are no longer being told to totally eliminate caffeinated drinks, but to limit them due to their effects on the fetus or infant. If you take certain medications, they may interact with

caffeine: histamine-blockers, quinolones, anti-anxiety drugs, bronchodilators, and antiarrhythmics to name some. Therefore, talk to your pharmacist and doctor. Coffee temporarily raises your blood pressure, but pounding down too many cups in succession could keep blood pressure elevated long enough to risk heart problems. In fact, many schools these days are seeing behavioral problems and even medical emergencies due to students drinking not just espresso-based beverages, but "energy" drinks in excess. Some "energy" beverages have 2-3 times the caffeine of a regular soda. They may also contain added ingredients, like guarana, that have caffeine in them naturally.

So, the bottom line is, if you like drinking coffee, take heart. It is not going to stunt your growth like your mother may have told you. As with just about everything, moderation is the key. Two to three cups a day will not hurt and may even benefit you in the long run.

Stupid coffee!

Prof. Irene Rolsch
Nutrition

Boots on the Ground: Get Slick with Trail Mick

SKI-IN OR SNOWSHOE-IN TO YOSEMITE'S MARIPOSA GROVE OF GIANT SEQUOIAS

Here's another great winter hike on snowshoes or cross country skis

The first Parrot of the Spring semester featured a snow-hike. Now on this hike you can snowshoe or ski into an ancient grove of Giant Sequoia trees. As the road to the Mariposa Grove is closed in winter, this is the only way in. No snowmobiles are permitted inside Yosemite National Park.

To get to Yosemite's Mariposa Grove from American River College, find your way to U.S. Highway 50 west. At the junction with Highway 99, take S.R. 99 south for 112 miles to the town of Merced. Once there, take S.R. 140 east - "the Yosemite Parkway". Stay on Highway 140 for 35 miles until you arrive at the old gold rush town of Mariposa, where you leave 140 for Highway 49. Turn right (south) on 49 for 26 more miles to Oakhurst. In Oakhurst, turn left on Highway 41 toward Yosemite National Park. After 16 miles you will arrive at the southern entrance station of Yosemite. (A kiosk pay station there is manned 24 hours a day.) There is a parking area just outside the Park where you can park free and walk in, or you can pay \$20 (good for 7 days entry) and drive into the park. If you choose the latter, your parking lot is immediately to the right after you pass through the kiosk. The trailhead is obvious, located at the far end of the lot. The one lane paved road is not plowed in winter, making a clear, easy to follow snowshoe or ski trail. Total driving time is about 4.5 hours each way, so you might plan to stay in a motel or other resort for a night or two. There are a number of lodgings in Mariposa, Oakhurst, and nearby Bass Lake. The hike is located at an elevation of 5000 feet. Even in winter, snow conditions are variable at this altitude, and at times might not be suitable for snowshoes or skis. Therefore, before you go you should call the Yosemite Visitor Information line at (209) 372-0200 to check on the latest snow and road conditions.

My oldest daughter and I arrived at the Yosemite gate in early January just after a big, cold snowstorm had cleared out of the area. There were three or four feet of new

powder on the ground, and all the trees were draped in white. A few cross country skiers had already packed the snow down before us. This made for easier travel on our snowshoes. The hike is two miles to the first Giant Sequoia trees. We thought we would just go that far and turn back. However the snow-hike was so perfect - so quiet and the scenery so beautiful - that we decided to continue deep into the grove for another mile. I figured our out-and-back total was about 6 miles. The trail trends gently up hill all the way into the grove where the grade eases. This made for an easier downhill walk back to the car. Though most



of the hike involves tall forest, there are some spots toward the middle of the hike where the road makes a turn along a granite slope, opening up good vistas to the south and west. Once in the Grove, we enjoyed relative solitude as we snowshoed next to some of the (over 1000 years) old giant trees. As we noted there are far fewer visitors to Yosemite in the winter than in any other season. However, within the park many of the facilities that are open during

the warm months are not available in winter.

If you go, keep in mind it's cold up there at that time of year. On sunny days the snow can be blinding, so bring sunglasses and sunscreen! Snow avalanches occur on steep, open slopes, so stay clear of those! Also, if you intend to drive within Yosemite National Park in winter you must carry chains in your vehicle.

The Mariposa Grove of Giant Sequoias is only an hour's drive short of the incomparable valley called Yosemite. If you have the time, just continue northward on Highway 41 until you enter the Valley.

See you on the trail!

Happy hiking and biking!

To contact Mick: braccop@arc.losrios.edu

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Parrot: Yeah!

Prof. Iben: And I didn't want to do anything but dance.

Parrot: OK. So, is that your main profession? You don't have any additional?

Prof. Iben: Correct, it is what I do for a living.

Parrot: OK. So, you decided to be a dancer when you were a child?

Prof. Iben: No, when I was a child, I took piano lessons. I never took dance lessons. So, I didn't start dancing until I was, I think, I was twenty-five.

Parrot: Twenty five years old? Do you think like.... Maybe.... Ok..how to say it in English? Did you have like, some kind of thoughts that it was very late to start something at twenty-five.

Prof. Iben: It is. The best professional dancers probably start as very young children.

Parrot: Yeah, that's what I wanted to say. Dancers start like when they are ten.

Prof. Iben: Or five...

Parrot: Yeah-yeah! Even earlier...

Prof. Iben: I wish, I wish my mother would have let me dance when I was a little child, but she just kind of ignored that I wanted to dance. So, you know, she signed me up for piano lessons.

Parrot: So, you parents were like negative for dancing.

Prof. Iben: It's funny. They didn't dislike dancing but...

Parrot: Ah...

Prof. Iben: I just think they didn't think of it seriously. When I was saying, "Oh, mama, I want to do dance classes", she was just like "Oh, I don't know." It's just didn't happen. But I always had to take music lessons.

Parrot: Ah...

Prof. Iben: Instead, because that's probably just because that's what she was familiar with, what she grew up with playing the piano.

Parrot: She was a musician, yeah?

Prof. Iben: Yeah, so..

Parrot: Ah

Prof. Iben: That would be something that she wanted her children to do. But she never...In fact, she danced later in life too, if she would go to ballroom classes and just do a little bit of dancing there. So, she is not... You've heard some people who are against dancing?

Parrot: Yeah!

Prof. Iben: She was never against it, just didn't take it seriously when I said that I wanted to.

Parrot: Oh, yeah...

Prof. Iben: I know. So, I think it would have been wonderful if I could have started as a child, but... I...you know... I just made up for lost time.

Parrot:OK. So, it was hard to start at twenty five?

Prof. Iben: Well, I think when you're a child you learn faster.

Parrot: Yeah...

Prof. Iben: cause little kids...They just...their brains are not full as an adult's brain, you know...

Parrot: Yes!

Prof. Iben: So, when they learn something, they do it faster, you know, their brains just pick it up and they do it. I think adults learn slower, especially physical things like dancing. So, you have to do more repetitions, practice harder and longer as an adult than you do as a child.

Parrot: OK. But, anyway, you have, I think, perfect results, yeah?

Prof. Iben: Oh, it's great. I mean...You know...I'm a little old, I wish I had learned it younger, but, wherever, it's you know... it's time.

Parrot: But, you think you're enjoying your life?

Prof. Iben: Ah...

Parrot: So, you like it?

Prof. Iben: Yeah, I like it, I miss competing, because once I started teaching, I stopped competing. I miss that a little bit.

Parrot: You miss that, right? You want to start it again or return to competitions?

Prof. Iben: If I found, you see, it's also kind of hard to find partners, because I'm tall. If I find someone tall, who dances at the same level as I do. If he would have the same commitment too...It takes a lot to compete. Takes a lot of commitment, practicing and lessons...It's a huge commitment, so, it's hard to find anybody who's going to be the right match. So, I miss that a little bit.

Parrot: OK. But, anyway, I think you have success in your life, as a teacher, I mean?

Prof. Iben: Yeah, I think so. Yeah, and it's still...I'm still growing in my professional life, so who knows what will become of it?

Parrot: Yes! OK, thank you so much!

Prof. Iben: You are welcome. Well, if you have other questions, let me know or you can email me... what do you think, that's enough?

Parrot: Yeah, I think, yeah, that's enough.

Prof. Iben: OK!

Anastasiya Shynkevich

ESL L320

Out of the Cage

Life Cycles: Issues with Your Aging Parent

Monday, March 28, 2011

12:00 pm - 1:00 pm

Join this on-going discussion series by Barbara Gilligly. These discussions focus on how to balance your own life and remain supportive of your parents' aging process. Additionally, Life Cycles provides guidance towards understanding your role as a caregiver, insight into the stages your parents might experience, how to evaluate proper care for these stages, and how not to lose yourself in the process. Life Cycles discussions are held on the last Monday of the month for this semester. This activity meets ARC focus area 4.3 and state PD guideline B. Repeated on Monday, April 25. Attendance is limited to employees of the Los Rios Community College District and invited participants.



Location: CTL Conference Room

Witness to the Holocaust: An Auschwitz Survivor Shares Her Story

Tuesday, March 29, 2011

5:30 pm - 7:00 pm

Renee Tully was just a teenager when she and her mother were rounded up and put in the Auschwitz concentration camp. Both survived, and Renee has been sharing her story, all the more compelling now, as survivors are passing away of old age and the Holocaust deniers are still active. Come discover the truth and become a "witness to a witness" as Nobel Peace prize winner and fellow Auschwitz survivor Elie Wiesel proclaims.



Location: Raef Hall 160

Resume Development Workshop

Tuesday, March 29, 2011

1:00 pm - 2:00 pm



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

Location: Career Center

BLURP...Burp!: Word Soup

Thursday, April 7, 2011

12:15 pm - 1:15 pm



Join us for an earful of Word Soup on April 7, 2011. This annual event during National Poetry month features the reading of original fiction, poetry, and non-fiction of American River Professors. This event will feature professors Michael Angelone and John Bell. This activity meets ARC focus area 3.1 and state PD guideline B.

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_parrot-arc@live.com

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