



The Parrot

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

Issue #52

Spring 2011

“Jane, I’d Like to Be like You”

Parrot: Hi, Jane. My name is Natalya and I am doing my homework assignment for L 320. Can I ask you some questions: What made you go into teaching English as a Second Language?

Jane: That’s a great question! About twenty years ago I lived in the Bay area and I met some people who were just learning English, and watching them acquire the language I just found to be really fascinating, so I decided I wanted to go teach.

Parrot: When you just started teaching ESL classes, what did you like the most?

Jane: Well, I liked a lot of things: I liked working with so many people, I mean the other instructors, the students; I liked to be around people a lot and I found it was a really good job for that.

Parrot: If you did not choose to be an ESL teacher, what other options would there have been?

Jane: Before I was teaching, I worked in restaurants be-

cause I like to be on my feet. I like to work with a lot of people, unusual hours, which I can also get when I teach. I was also managing an apartment building that gave the same things. Maybe I would still

Continued on page 19



Natalya and ESL Professor Jane Ryther

Hormone Helps Short-Term Memories Stick Around

Scientists have identified a substance that can dramatically improve memory in rats, according to a study in the journal *Nature*. It’s a growth hormone called IGF2 that is produced naturally in both humans and rodents. And the discovery could lead to drugs that affect memories in people, researchers say.

The hormone appears to play an important role in turning short-term memories, which may last only a few seconds, into long-term memories that can last for days or an entire lifetime.

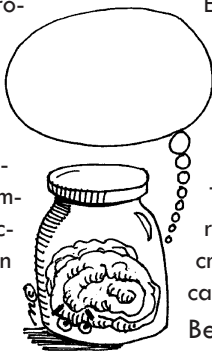
Its importance was discovered by a team at Mount Sinai School of Medicine in New York. The team was studying the brains of rats that get an electric shock when they step into a dark area of their cage.

“They learn that that’s unpleasant, and they’re going to avoid it,” says neuroscientist Cristina Alberini.

Eventually, though, the memory fades and the rats venture into the dark area again. The amount of time it takes them to forget provides a way to measure the persistence of a memory, Alberini says.

The scientists realized that soon after rats got a shock, levels of IGF2 increased sharply in a part of the brain called the hippocampus.

Before this, scientists had known what IGF2 did in other parts of the body. But they hadn’t studied it much in the brain.



Continued on page 13

Happy Earth Day to You!

see page 7

“The only educational aspect of television is that it puts the repair man’s kids through college.”

Joan Welsh



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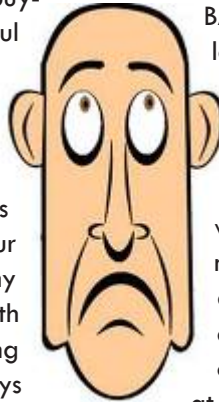
Student Chirpings

Get Your Freedom Back!

Could you imagine that one day you would wake up, look in the mirror and not find any reflections of your hair there? You would touch your head, but your hair is not there anymore. It is gone, and gone forever! What would you feel? What would you do? Would you start screaming, crying, and picturing everything in black? No, no, no, please, don't do it until you finish reading this essay. I believe you will be surprised by the enormous numbers of benefits that this delicate situation can bring into your life. Let's get started!

The first benefit of being bald is you can save time. You don't need to spend time reading magazines and watching advertisements about the best new hair products, looking for them in the department stores and thinking of buying them or not, if the advertisements were truthful or not, etc... Then you will spend less time taking a shower and getting ready after a shower because you have less to dry. You don't need to get your hair styled every day. You also don't waste time sitting in a chair while your hairdresser does his work – cutting, dyeing, highlighting, and styling your hair. Sometimes it can be a big problem! One of my coworkers had nice long hair. She was obsessed with it – she couldn't leave her apartment until everything was perfect with her hair. As a result, she was always late for work. One day our boss lost his temper and said, "Dear, you cut your hair or you lose your job!" The next day she surprised everybody, including the boss. Yes, she did just what he said – shaved her head! She decided to save her job and be on time at work. She looked happy. She told us how much extra time she had to do things she could never find time for. Can you calculate all the additional free time you will have in your life?

The second benefit of being bald is you can save money. You won't spend money anymore buying shampoo, conditioner, gel, mousse, hairspray, brushes, combs, hairdryers, and special products for hair treatment or dandruff problems. You can forget about a big part of hair dye products and all those bobby pins, hair clips, rubber bands, etc... In addition, you save the fee and tip of visiting a barber every month. One furious husband counted up the cost of all the hair products his wife had. One day she asked him if they would be able to take a vacation. Pointing to all her hair products, he answered, "You are looking at your vacation!" Have you decided what you could buy, having this extra money?



The third benefit of being bald is you can feel free and confident in any situation. You don't have to worry about dandruff problems. You can cook and be sure that nobody will find your hair in his plate. You can paint walls and ceilings and not be bothered about having paint in your hair. Just imagine - you will never have "a bad hair day"! Yes, no vanity (bustle, fuss) over what your hair looks like and no concerned thoughts about your looks while you are traveling. A big positive psychological effect you will get from compliments about your age. Why? Because nobody can tell exactly how old you are. Remember, grey hair is not your problem either. You can always use your sense of humor. For example, somebody may tell you, "You are BALD." You could answer, "I am not bald; I am hairless". In addition, some women/men find bald men/women very attractive and sexy. I remember how my friends invited me to the movie theater and didn't say anything of their real plan. They decided to introduce me to their friend. The movie was good, and the time we spent together after movie was excellent. The man was very interesting as a person and had a great sense of humor. Several days later, my friends sent me some photos of our evening. The funniest moment was when I looked at the pictures and asked myself, "IS HE BALD???!!!" I couldn't believe I spent the whole evening with this person and didn't even notice that he was bald! I think it happened because it was so organic to his personality. When I told my friends about it, they laughed very much. Finally, if you ask hairless people how they feel being bald, most of them will answer that they have a feeling of more freedom, rejoicing, lightness, relaxation, confidence, and even boldness. Can you imagine how much unnecessary pressure will disappear from your life?

Now, you can see that being bald is not bad at all. While you were thinking 'it IS a problem', this problem 'took' on a special significance. Having extra time, money, and a big psychological benefit will change your life once and forever. Being bald does not have anything to do with having hair on your head, but it does show your attitude when you lose it. Finally, you get your freedom back!

Anna Schorn

ESL W50

The Glory of Cooking

Cooking has been in my life since I can remember, but it wasn't until I immigrated to the U.S. in 2007 when my belief started to grow. Everything started in a culinary arts class at Florin High School. It was my first cooking class ever. I remember entering the classroom with a lot of new people as well as my new teacher, Mary Ann Adams. The room was beautiful, with six individual kitchens and tables. It was very interesting to see how for simple food like vegetables can become a wonderful dish.

However, I didn't cook a lot. I didn't have the opportunity to do it because there were too many students and they didn't like me. After a while of being the dishwasher, I finally started to cook and because I did a good job, the teacher let me cook until the end of the year. My first dish was lasagna; it was delicious! When I began to cook, I discovered an emotional connection with food. Food evoked my interior feelings. It was something unique that made me feel happy. Thanks to that, I found a way to communicate with other people through cooking and sharing wonderful food that made them and me happy. I discovered the art of cooking.

The next year, in my senior year, I entered a program called ROP for Culinary Arts, thanks to my teacher Mary Ann Adams. She gave me the opportunity to enter the program. The program is designed to teach cooking skills. It was the best thing that ever happened to me. I worked as a group

with my ROP classmates and they did not discriminate as the others had done to me. I worked very hard to improve my English. Because I wanted to communicate better with my classmates, I paid more attention to my English teachers and I did all my homework. But most important is that I learned the true meaning of cooking. I learned to love, share, and enjoy. From that moment, I found in cooking everything that I wanted to do.

After cooking and working hard, I learned to take care of other people by sharing food that later transformed into a "thank you" and happy smiles. I remember that we shared food with the homeless. We gave them a Christmas meal and they were happy. My belief got stronger and stronger and transformed my future plans.

Cooking is now a fundamental part of my life. I cook every time that it is possible for family parties or just for my family. Everything that I do and that I will do is connected with the art of cooking. I think about cooking and food all the time. It's magical and spiritual. As a result, I have realized that I want to be a chef. My dream is to study in France and then explore the world, looking for simple food with the amazing taste of life.

Jesus Ramirez

ESL L310



I Believe in Dancing

When I was a child about six years old, every time my grandpa came to my house, he asked me to dance for him. I didn't know how to dance yet, and I was shy, but my grandpa said, "If you dance, I will give you one baht." That baht made me try to dance for him. I started to move my hands up and down. Then, I moved my feet from right to left, and left to right just like I saw on a TV show. My simple dance made my grandpa smile. That smile made me feel really happy and made me want to dance more and more.

My first performance was at my school in Thailand. It was a going-away party for my teacher and I was nine years old. I felt a little nervous, but it wasn't

bad because I danced with my classmates. There were four boys and four girls, including me on a stage, and we wore costumes. After that, I always volunteered to dance at school. We performed three times a year for special occasions.



After I grew up, I worked at a factory called Samh Houg in Thailand. I volunteered to perform with co-workers at a New Year's party. We practiced after work for a week. This time I wasn't nervous because we had a lot of practice. I danced the man's part, dressing like the man. This was a new experience for me, but I still enjoyed it. Everyone liked our dance.

A week later, a couple asked our dance team to perform at their wedding. Everyone loved it and said it was beautiful. It really made me so happy feeling that dancing was a part of my life.

My life has changed since I moved to America in 1978, but one thing I have never changed is my dancing. Here I work at a retirement home. The residents were very nice and friendly with the employees. Every year at Christmas time, the residents put money together and gave it to the employees for a Christmas bonus. The employees appreciated what they did for us and wanted to thank the residents. For my department I told my boss that I would wear a Thai costume and perform Thai dancing at the Christmas party. However, I felt very nervous while I was dancing because



my audience wasn't Thai people. I was dancing alone, and I saw the people's faces very close to me. After the dance was over, the residents took pictures with me in my costume. They had a wonderful time at the party.

The next day at work, the residents gave me hugs, and thanked me for the dance. I felt happy and proud.

On special occasions, I still perform dances. Dancing is a beautiful thing to me and it reminds me of my "Thar" (that means "grandpa"). I'm in a wonderful world every time I dance, and I believe in dancing.

Rungsri Snow

ESLL 310

Soccer

I believe in soccer because I love soccer. I started playing soccer with my friends on the street of our neighborhood in Shiraz, Iran when I was six years old, trying to do tricks like the "black pearl", my idol Pele. However, I can't play soccer anymore because of my injured back.

When I was ten years old, we had a soccer team. The name of the team was "Perspolis" because there was a famous national team by that name and we were all fans. Our uniforms were red jerseys, white shorts, and red socks. My position was forward. We had a very good team with great players. I was the captain of the team and proud of that. In Iran, Fridays is our weekend. On Fridays we had tournaments. In one final our team had a lot of stress because we wanted to win. Our last game was very hard because the opposite team had great players too. After playing very hard, I scored two goals but in the last ten minutes of the game I was kicked by a player and I broke my shinbone. I was more upset by not playing than I was by my pain.

They took me to the hospital, and after surgery they put a cast on my leg. I had the cast for more than two months and after the doctor took the cast off, he said that he didn't have good news for me. He said, "You should not play soccer anymore because if you break your shinbone again you will have problems walking in the future." With the love and

passion that I had for soccer, I was forced to say good bye to it and I lost the chance of playing on the national team. I was depressed.

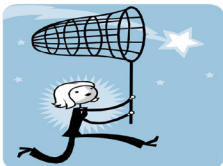
Although I never played for my national team, I still love soccer. The last soccer World Cup in summer 2009 I watched almost all the games and for more than a month I had a great time. I wanted Brazil to win but they didn't. I always have neck and back pain, but when I was watching the soccer games, I would forget about my pain and sometimes I would think I had no pain at all.



I know that God loves us and I know that God will help me to achieve my lost dream and make me forget about my pain by seeing my son succeed on a great soccer team. My son Shaheen is 18 years old and has been playing soccer for the San Juan high school team as a forward for four years. I tell him to listen to his coach and practice a lot because it will help to become a great player for the US national team. When I see him play, I feel that I am playing on the field and not him. From the side of the field I shout, "Run faster! Dribble! Shoot! Goal!"

Mehdi A. Navab

ESLL 310



Netscape - Articles from the Web

Memorization Techniques

The art of memorization is referred to as mnemonics. Mnemonics are methods for remembering information that is otherwise quite difficult to recall. A very simple example of a mnemonic is the '30 days hath September' rhyme.

The basic principle of mnemonics is to use as many of the best functions of the human brain as possible to code information.

Memorization made easy

There are many suggestions on how to make memorization easier but the best methods are those that the individual creates.

-Visual learners are most likely to benefit from mnemonics but an auditory learner can learn to adjust mnemonics to his learning style by substituting auditory cues.

-The kinesthetic learner can imagine performing actions or using tools as the basis of memory techniques.

Memorization linked to learning styles

The way a person learns affects the sort of mnemonics they should consider using. Remember, too, no one uses one style exclusively.

There is usually significant overlap in learning styles.

Since *visual learners* make up around 65% of the population, most mnemonic devices utilize visual images to aid memory.

Key points to remember:

Use positive, pleasant images.

Vivid, colorful images are easier to remember.

Jot down every diagram, map or symbol written on the board by the instructor.

Even with printed course notes in front of them, visual learners still benefit from written information of their own, symbols, diagrams, etc.



Auditory learners * relate most effectively to the spoken word. They will listen intently to a lecture, then rely on printed notes or their own notes.

-Often times, summaries of ideas developed in a book or a series of lectures will help the auditory learner understand the material.

-Readily understanding material is essential to learning and remembering.

-Auditory learners make up about 30% of the population. Another excellent manner for the auditory learner to remember is to teach the material to someone else.

-As passive learners, we remember only 10% of what we read, 20% of what we hear, and 30% of what we see.

-When you teach someone else, you retain 70 % of what you teach. When you tell and show someone you retain 90% of what you say and do!

A few techniques

Memorization begins with the simple act of taking notes on what you are hearing in class or reading in the text.

Next you must

- rewrite and organize notes,
- create index cards on key terms or definitions, and
- review and recite frequently.

On a more difficult level, how does one distinguish between Supreme Court cases and/or similar rulings? Try creating a simple “formula” in remembering that the Espionage Act was upheld by the U. S. Supreme Court by *Schenk v. U. S.* and that the Sedition Act was upheld by *Abrams v. U. S.* For example:

E	S
S	A

reminds this instructor that the two S’s should never be linked together. Just a simple reminder that Sedition and Schenk are not correctly linked, then allows the student to correctly associate the Espionage Act with Schenk and the Sedition Act with Abrams.

How do you remember the geographical location of the Great Lakes? The simple word **HOMES** can help you remember—**H**uron, **O**ntario, **M**ichigan, **E**rie, **S**uperior.

A common mnemonic acronym (words created by the

letters of a series of words) is **ROY G. BIV** which helps science students remember the colors of the visible spectrum—**R**ed, **O**range, **Y**ellow, **G**reen, **B**lue, **I**ndigo, **V**iolet.

IPMAT helps Biology students remember the stages of cell division—**I**nterphase, **P**rophase, **M**etaphase, **A**naphase, **T**elephase.

How do you remember that the speed of light is 186,000 miles per second? Imagine one hot dog bun (1) entering a gate (8) made of sticks (6). This weird visual image will help you remember the numbers one, eight, and six in order.



Key points to remember:

Create your own examples, relating difficult material to your own experiences, thus facilitating understanding and remembering.

Think about what you are learning and relate it to whatever is important to you — how does it relate to your past, present and future?

Concentrate on developing the bigger picture — the sequence of ideas — which also help to better understand material. Readily understanding material is essential to learning and remembering.

www.alamo.edu

Memory Principles

Making an Effort to Remember

- Interest--The brain prioritizes by meaning, value and relevance. To have meaning, you must understand what you are learning. In order to remember something thoroughly, you must be interested in it and think that it has value and relevance in your life.

- Intent to Remember-- Your attitude has much to do with whether you remember something or not. A key factor to remembering is having a positive attitude that you get it right the first time. Attention is not the same as learning, but little learning takes place without attention.

- Basic Background--Your understanding of new materi-

als depends on what you already know that you can connect it to. The more you increase your basic knowledge, the easier it is to build new knowledge on this background.

Controlling the Amount and Form

- Selectivity-You must determine what is most important and select those parts to begin the process of studying and learning.

- Meaningful Organization--You can learn and remember better if you can group ideas into some sort of meaningful categories or groups.

<http://frank.mtsu.edu>

Earth Day: April 22

A Day to Celebrate Earth

Earth Day is the largest, most widely celebrated international environmental event. Earth Day helps celebrate Earth's unique place in the universe. It is the only planet in our solar system teeming with incredible biodiversity. Learning about and protecting this biodiversity is what Earth Day is all about. People all over the world celebrate our efforts to protect plants and animals and to clean up the world we live in. Most people celebrate Earth Day on April 22nd each year. In some countries, it is celebrated a month earlier on the vernal equinox.

The First Earth Day

Senator Gaylord Nelson of the United States founded Earth Day. Earth Day was first celebrated on April 22, 1970 in the United States. Across the United States, 20 million people and thousands of local schools and communities participated in the first Earth Day. The huge turnout for the first Earth Day made it the largest organized celebration in the history of the United States. Earth Day's success helped influence the government of the United States to create stronger laws to protect the environment.

Earth Day Goes International

On March 21, 1971, United Nations (UN) Secretary-General U Thant made Earth Day an international celebration. He spoke about it at a Peace Bell Ceremony at the United Nations in New York City. The United Nations Earth Day ceremony continues each year on the day of the vernal equinox (March 20th or 21st), with the ringing of the UN Peace Bell at the very moment of the equinox.

A Turnout of 200 Million!

In 1990, the first official International Earth Day was celebrated. About 200 million people from 141 nations took part in a celebration of environmental conservation. In many countries, the global event reminded presidents and other national leaders how important protecting Earth is to people.

A Summit to Save the Planet

Many of these leaders later took part in the first United Nations Earth Summit in Rio de Janeiro, Brazil in 1992. At the summit, global problems such as climate change and the worldwide loss of indigenous cultures and wild species were discussed.

Why Celebrate Earth Day?

Earth Day reminds us we all share the same planet. Sharing Earth means taking responsibility for what we use and how we use it. It is a day to think of the environmental challenges we face and how to solve them. Protecting Earth is every person's and every country's responsibility.

Parties All Around the Globe

People traditionally celebrate Earth Day with the ringing of bells, often bells of peace. The tradition of bell ringing is practiced all over the world on Earth Day. Representatives from Palestine, Aus-

tria, and Russia have all rung a Peace Bell in a ceremony celebrating the protection of the environment and of Earth's many species.

A Rally in India

In India, one Earth Day was celebrated by approximately 1,200 kids. They held a rally during which they carried signs with slogans and messages about preserving all of nature. The children also performed skits about the environment. The India Habitat Center held painting and quiz competitions. At other events, kids presented a "Children's Clean Air Manifesto" to the president's wife. Then they held a Children's Bicycle Rally to promote nonpolluting forms of transportation.

More Trees for Kenya

In Kenya, distinguished guests and schoolchildren planted 1,000 trees in Nairobi's endangered Karura forest. The plantings were in honor of Earth Day and Kenya's National Tree Planting Day on April 21.

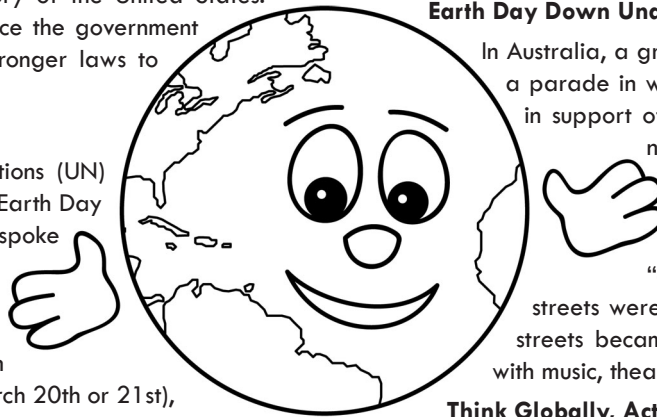
Earth Day Down Under

In Australia, a group dressed in animal costumes held a parade in which they carried flags and banners in support of protecting Yellabinna (yell-uh-BEE-nah), the world's largest stretch of mallee wilderness. Another Earth Day celebration drew attention to air pollution by organizing a large "car-less" day. Many central Sydney streets were blocked off to cars. These car-free streets became the site of an Earth Day festival with music, theater, and educational exhibits.

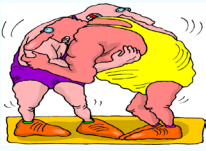
Think Globally, Act Locally

Earth Day isn't the only day when the world can and should celebrate the planet we all share. In fact, at GLOBIO we believe Earth Day Everyday should be the way to live. Here are a few ways you can help Earth every day.

- Walk or ride a bicycle to school, the park, or the store. Encourage your parents to walk or ride to work, too. This is a great way to help reduce the pollution created by cars, trucks, buses, trains, and airplanes.
- Plant trees. Trees help keep the air clean.
- Do not litter. Pick up litter on the sidewalk, street, beach, or riverbank. This will help keep the environment free of contaminants.
- Create a compost pile for food scraps and plant waste from the garden. This is a good way to cut down on the amount of trash that goes into a landfill. As a bonus, compost helps create rich soil for gardening.
- Recycle! Recycling is an important part of keeping Earth clean. It is very easy to do. By giving old things a new life we put less pressure on important resources all of us will need in the future to survive.



Parrot Warbling



Grappling with Grammar

Run-on Sentence or Comma Splice

A run-on sentence is a sentence that joins two independent clauses without punctuation or the appropriate conjunction. A comma splice is similar to a run-on sentence, but it uses a comma to join two clauses that have no appropriate conjunction.

Fixing a run-on sentence or a comma splice can be accomplished in one of five different ways:

1. Separate the clauses into two sentences.
2. Replace the comma with a semi-colon.
3. Replace the comma with a coordinating conjunction--and, but, for, yet, nor, so.
4. Replace the comma with a subordinating conjunction--after, although, before, unless, as, because, even though, if, since, until, when, while.
5. Replace the comma with a semi-colon and transitional word--however, moreover, on the other hand, nevertheless, instead, also, therefore, consequently, otherwise, as a result.

For example:

Incorrect: Rachel is very smart, she began reading when she was three years old.

Correct: Rachel is very smart. She began reading when she was three years old.

Correct: Rachel is very smart; she began reading when she was three years old.

Correct: Rachel is very smart, and she began reading when she was three years old.

Correct: Because Rachel is very smart, she began reading when she was three years old.

Correct: Rachel is very smart; as a result, she began reading when she was three years old.

Idiom-Attic



A Bird In The Hand Is Worth Two In The Bush: Having something that is certain is much better than taking a risk for more, because chances are you might lose everything.

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

Beak Speak

- Sound Changes with Consonants
- The sounds of some words change, depending on the combination of letters used to form the word. Two such sound changes are the flap and the glottal stop. This page examines the glottal stop.
- The Glottal Stop
- When a 't' is followed by a vowel + n syllable (eaten), the 't' sound is replaced with a glottal stop, which is a complete closing of the vocal cords for a short moment. A glottal stop sound can be heard in the pronunciation of the negative uh uh.
- Listen to these sound changes. The first word is with proper enunciation, the second word is with the sound changes. Then the word is used in a sentence.
- 'eaten' becomes ea'n
Have you eaten yet?
- 'satin' becomes sa'n
Satin sheets are nice to sleep on.
- 'sentence' becomes se'ence
This sentence makes no sense.
- 'mountain' becomes moun'n
I'm not much of a mountain climber.
- 'getting' becomes ge'n
I'm getting too old for this.
- 'button' becomes but'n
Sam lost a button on his shirt.



Some More Parrot Fun Stuff



Paris

Search for Louvre, Mona Lisa, Notre Dame, Seine Rive, and of course, the Eiffel Tower. Trivia: How many people have visited the Eiffel Tower since it opened in 1889?

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

ARC DE TRIOMPHE

EIFFEL TOWER

NOTRE DAME

BON JOUR

ESCARGOT

PARISIAN

CAFE

FRANCE

SEINE RIVER

CATHEDRALS

LEFT BANK

SUBWAY

CHUNNEL

LOUVRE

TOURISM

CITY OF LIGHT

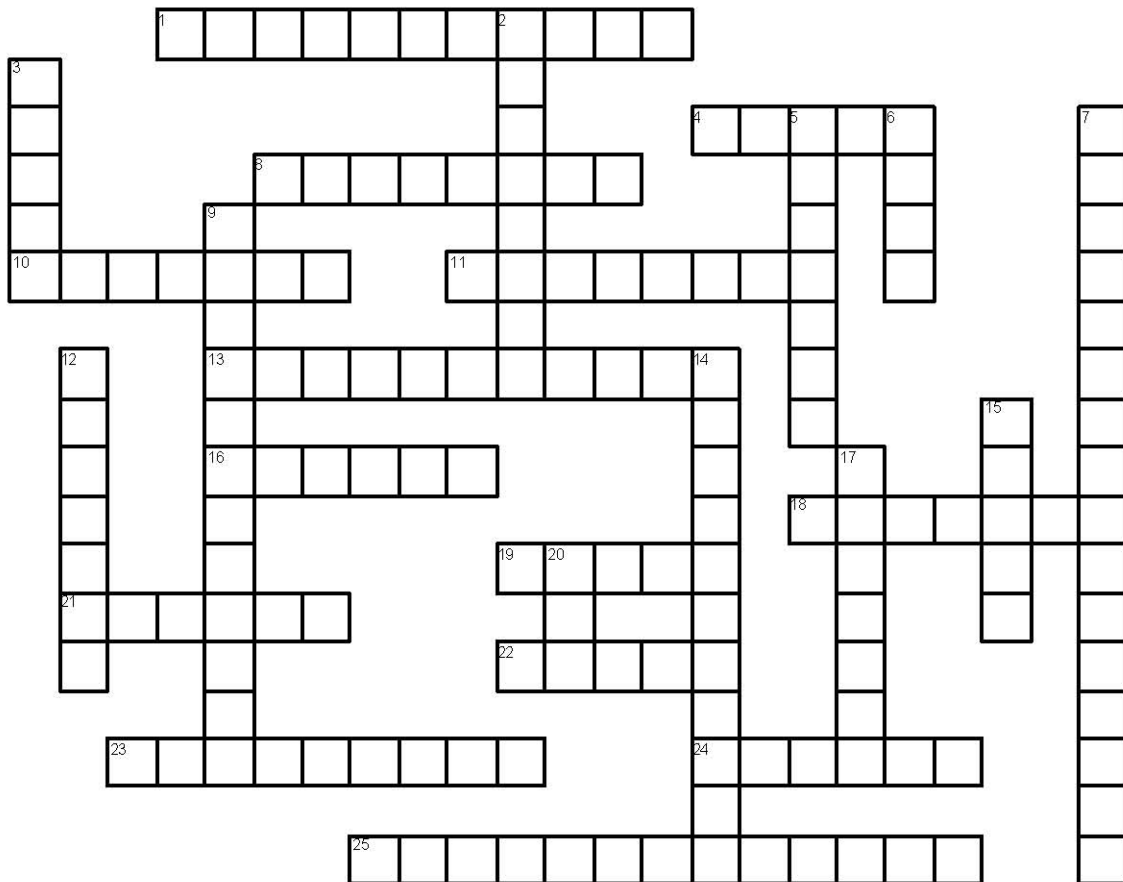
MONA LISA

TUILERIES GARDEN

DISNEYLAND

NAPOLEON

Earth Day



ACROSS

- 1 A place where garbage is hauled and burned.
 4 Many people plant these on Earth Day.
 8 April 22. (Two words.)
 10 Turns fruit and vegetable waste into rich soil for gardening.
 11 A place where garbage is hauled and buried.
 13 Using a resource in such a way that it is not depleted or damaged.
 16 To use less.
 18 To contaminate the environment with man-made waste.
 19 Chemicals, industrial waste, and sewage are often allowed streams, rivers, or oceans, polluting this.
 21 Please put your trash in the trash can. Don't _____.
 22 A popular color on Earth Day.
 23 Resources that can be replenished or replaced through careful management.
 24 Turning off lights helps conserve _____.
 25 The destruction of earth's trees.

DOWN

- 2 Polluted precipitation that can damage the environment. (Two words.)
 3 Poisonous; capable of causing serious harm or death.
 5 The study of the relationship between organisms and their environment.
 6 _____ pollution is a build-up in the earth's surface of toxins, chemicals, salt, and other substances that adversely affect plant life.
 7 Raw materials supplied by nature. (Two words.)
 9 Planned management of natural resources to prevent waste, exploitation, or destruction.
 12 To process waste in such a way as to reclaim raw material for future use.
 14 The physical conditions that surround and create a home for all living things.
 15 To use again.
 17 Gaylord Nelson, a U.S. Senator from Wisconsin, is considered the _____ of Earth Day.
 20 Polluted by smoke and exhaust fumes.

Spring

A sense of warmth is tapping at the door;
And hope, a feeling out from distant lore
- Or so it seems - clears the deep refrain!

Emerging youth: a dormant leaf awakes.
The raging colour, singing loud, partakes
In annual birth - spring is born again!

A zest anew for nascent life
Begins in floral train:
Carriage one: a snowdrop thrill;
Carriage two: the crocus;
Number three, a daffodil - dancing,
Drawing focus - as she would,
Attention seeker!

How I love our spring:
The bold and sleeker feel I get,
An inner glow, a ring!
I've paid the winter's chilly debt, so
Now upon the wing!

Mark R Slaughter
<http://succumbedtothinking.webs.com>

Rigoberto's Riddles

What is in seasons, seconds, centuries
and minutes but not in decades,
years or days?



The letter 'n'.

Silly Vasily's Chuckle Chamber



A magician was working on a cruise ship in the Caribbean. The audience would be different each week, so the magician allowed himself to do the same tricks over and over again. There was only one problem: The captain's parrot saw the shows each week and began to understand how the magician did every trick. Once he understood he started shouting in the middle of the show:

"Look, it's not the same hat."

"Look, he is hiding the flowers under the table."

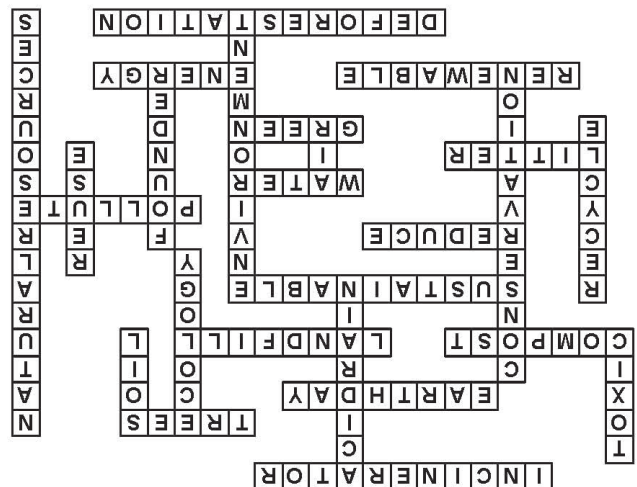
"Hey, why are all the cards the Ace of Spades?"

The magician was furious but couldn't do anything; it was, after all, the captain's parrot. One day the ship had an accident and sank. The magician found himself on a piece of wood in the middle of the ocean with the parrot, of course. They stared at each other with hatred, but did not utter a word. This went on for a day and then another and another. After a week the parrot said: "OK, I give up. Where's the boat?"

Solutions for Crossword on page 10

Solutions for wordsearch on page 9

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



Media Peeps! by Media Mike

NOVA: Learn Something New!



NOVA is a series of television shows, aired on PBS on Tuesdays at 8pm, that is based on science and history. Often, new theories and new historical discoveries are clearly explained – it's quite nice for non-science people! The illustrations and animations are vivid and interesting while the narrator explains the topic from beginning to end. Many scientists, historians, and other experts are interviewed and included in the explanation. Topics vary and range from mini-submarines used by the Japanese during WWII to uncovering new information about Stonehenge, along with the safety of elevators, how medieval engineers built European cathedrals or about a future mission to Mars. A great supplement to the show is the additional information offered online at www.PBS.org. You can find additional videos, interviews and photos. Great for anyone wanting to learn more or who want to continue practicing their English skills! In fact, many teachers use PBS.org materials in their classrooms – so why not you, too?

Why watch it? Why not?!? NOVA is a wonderful show for English learners as well as for people who want to be entertained while learning something new. For instance, many of us already know basic information about Stonehenge. Did you know HOW the stones were erected? Where did they come from? Or that human skeletons were found buried throughout

the area? NOVA explores the past and ties it to the present with new explorations by scientists from around the globe. The show is well-made for English learners since the narrator speaks clearly and at a reasonable pace (read: SLOWLY).

The closed captioning helps with new words or technical vocabulary while the illustrations help viewers to understand new concepts. You could also turn off the closed captioning and concentrate on the speakers.

Vocabulary tweets:

Vivid: (adj.) clear and bright; easy to see

Stonehenge: (n.) an ancient place in England that has large rocks placed in a circle

Animations: (n.) illustrations that move (similar to cartoons)

Supplement: (n.) extra, perhaps helpful, materials

Erect: (v.) to stand up or to build

Narrator: (n.) in media, the voice speaking

“read”: slang for ‘a similar meaning to a previous statement’

speckee@arc.losrisos.edu

The Frugal Flamingo

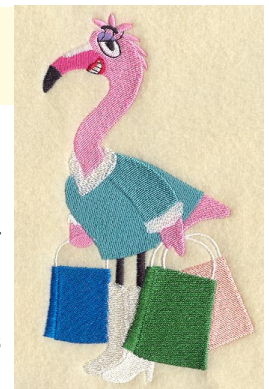
Got a pet? Did you know May is National Pet Month? National Pet Month is a celebration of the benefits that pets bring to people's lives - and vice versa. It is observed annually in the United States in May.

The purpose of National Pet Month is to:

- Promote the benefits of pet ownership
- Support pet adoption
- Make people aware of the benefits of pets for people and people for pets
- Increase public awareness of services available from professionals who work with animals
- Raise awareness of the role, value, and contribution to society of working companion animals

I know what you are thinking: What does this have to do with shopping?!? I will explain how in two ways. First, have you noticed how expensive it is to try and maintain you pet's health? I have always had pets and right now we have two cats and a dog. While I try to be a responsible pet owner

and get my animals vaccinated every year, it takes almost a year of saving up the money! My old vet charged \$49.00 per office visit for each pet and on top of that, she charged retail price for the vaccinations. Embarrassingly, I admit that I have not always kept up with vaccinations. Then I heard about a clinic that does NOT require an office visit for vaccinations AND their vaccination fees are discounted! I don't want to promote any one clinic, but after that, I called around to various veterinary clinics and sure enough, every one I called required an office visit fee when you take your pet in for vaccinations! That is when I went to Del Paso Veterinary Clinic (<http://www.delpasovetclinic.com>). There was no wait, appointments were not required and they were very professional. I walked out feeling good that my cats and dog were current on their vaccinations and I felt good about the fact that it didn't cost our life savings to vaccinate our pets for the year! I recently went there when my cat was sick, and they charged \$39.50 for an office visit,



instead of the \$50.00 or more that other vets charge.

If you have time to wait, another option is going to your local SPCA (6201 Florin Perkins Road, Sacramento) where the vaccinations are even cheaper. The SPCA holds vaccination clinics from 11 - 4 on Mondays only. But there is usually a 2-3 hour wait unless you are one of the first ones there.

Second, if you are looking to add a family member, please make sure you consider adopting from an animal shelter, the SPCA, or from a rescue organization. There are many benefits to adopting pets from those organizations including saving money (animal breeders can be very expensive) and saving lives (animals are often put to sleep at the shelters). Animal shelters/SPCAs have animals of all kinds and ages. I recently saw chickens, rats, and rabbits at an animal shelter along with the many dogs and cats. Many shelters offer monthly "pet specials" so that adopting a dog or cat is even cheaper or free. We adopted a 2-year-old cat from the SPCA in Roseville and since she was over 6-months old, she was free. Then we decided we wanted a dog (lab), so we got a one-year old yellow Labrador retriever through the local lab rescue. Although he wasn't free, he was current with his shots, was examined by a vet and we knew his history (where he came from, why he ended up at the rescue organization) before we adopted him. So if you are looking

for a certain animal breed, just look online for local animal rescues for the breed of the animal you want. Another way to get a pet is through petfinder.com and of course craigslist.com.

So if you are thinking about getting a pet, or if you already have a pet, I hope this helps you! Remember that a healthy pet is a happy pet! Happy National Pet Month!

Local animal shelters:

Sacramento City Animal Shelter: 2127 Front Street Sacramento, CA 95818-1106 - (916) 264-7387 saccityshelter.com

Sacramento County Animal Shelter: 3839 Bradshaw Road Sacramento, CA 95827 Phone: 916-875-5848.

Web site: www.SacCountyShelter.net

Placer County SPCA: 150 Corporation Yard Road, Roseville, CA 95678 (916) 782-SPCA (7722)

placerspca.org

Sacramento SPCA: 6201 Florin Perkins Road, Sacramento - (916) 383-7387

sspca.org

Lab rescue: www.cc-labrescue.org

Prof Julie Caspersen Schultz
casperi@arc.losrios.edu

continued from page 1

The IGF2 increase in the hippocampus led them to suspect that the hormone was somehow involved in turning short-term memories into long-term ones.

They confirmed this by reducing the amount of hormone in the brains of certain rats. These rats never learned to avoid the dangerous place.

But when the scientists injected extra hormone into the rats' hippocampus, "we saw that they avoided the place for much, much longer," Alberini says.

In some cases, the treated rats stayed away more than twice as long. But the extra hormone only made a difference if the rats got it within a few hours of a shock. This suggests there is a critical period in which IGF2 helps form long-term memories, Alberini says.

Applicable To People?

The hormone probably plays a similar role in memory formation in many other species, Alberini says. She says there are "a number of suggestions here that are very encouraging for thinking that it may work in humans.

The new study is "really, really exciting," says Li-Huei Tsai from the Picower Institute for Learning and Memory at MIT.

The new research could help scientists design a drug that enhances memory in people, perhaps even those with Al-

zheimer's disease, she says.

But she says IGF2 itself may not be a good choice for a drug because of things it does outside the brain.

"It actually can increase the growth of cancer cells," she says. "So, I just hope that people wouldn't think about, you know, injecting IGF2 into themselves."

Some researchers are more interested in what the study suggests about eliminating bad memories, like the ones associated with post-traumatic stress disorder, or PTSD.

Erasing Bad Memories?

The new study changes the scientific model of how a frightening experience becomes a long-term memory, says Thomas Insel, director of the National Institute of Mental Health, which helped fund the research.

"For understanding that, we're going to have a new player that we have to think about," Insel says. "This is a biochemical step that, frankly, no one had identified before."

People with PTSD might benefit from a treatment that reduces the amount of IGF2 in the brain, Insel says, which could help them get rid of a bad memory.

"What happens in PTSD is not that you want to remember," he says. "You want to learn to forget."

And manipulating levels of IGF2 might help people with the disorder do that, Insel says.

<http://www.npr.org>

Artie's Easel

Dear Artie,

What's it like having an artist in the family?

Yours Truly,

Inquisitive

Dear Inquisitive,

In order to answer your question, I have decided to tell you a little about my own family because I know the people in it the best.

I had a grandmother who was a famous landscape artist and lived in Colorado for most of her life. Her name was Jeannette Knowles Barnsley, originally from Indiana. She moved to Colorado as a young woman, met my grandfather, Daniel, and raised four children in Longmont, Colorado with my grandpa. She was always an artist and came from an artistic background.

Jeannette painted whenever she had a moment free--in the morning, the afternoon and at night. She was such a prolific painter that my grandfather built a studio for her in every house that they lived in. She was also a fine crafts artist. She could make beautiful rag dolls, sew all kinds of clothes without using a pattern, paint furniture, refinish furniture, upholster furniture, cook, play the piano by ear, and sing opera. In short, my grandmother, Jeannette, could do about anything she put her mind to do. She could also play a variety of card games that people today haven't even heard about. I lived in awe of my grandmother and her artistic abilities. She was my role model. By the way, I left out that she could also hook rugs and braid beautiful rugs! You can see that she was a very busy person.

Because she was so talented, she was also temperamental at times. When she was in her studio working, nobody was allowed to open the door and disturb her unless there was an emergency. My grandfather used to take us on a lot of walks while she was busy creating. Since they lived in a beautiful mountain log home for most of their lives, I learned a lot about the environment and how to protect and respect it when my grandfather would take us for these walks. When she was painting, Jeannette would only leave her studio to get a cup of coffee and a sugar cookie (homemade,

of course). Once grandmother came out of her studio, she would take us outdoors on walks to gather flowers. Often she and grandfather would put us in their car and drive all of us to see some of their artist friends or to the local taffy shop in Estes Park, Colorado. Not only did I meet a lot of other artists during these trips, but I also ate tons of delicious salt water taffy.

My grandmother, Jeannette, was also a compassionate person who helped many people with their problems. She and grandpa were always thinking about someone other than themselves. As a result of their compassion, I learned to appreciate the people around me. In other words, I learned how to share and be helpful to my neighbors. I also learned a lot about self-confidence from my grandmother because she always made me feel good about myself and whatever artistic endeavors I undertook. Although I understood that my grandmother was a well-known artist, I knew her mostly as my "grandmother" who played with me and taught me exciting activities. She laughed with me, taught me how to set a table correctly, how to drink tea, how to be polite around people I didn't know, how to gather wood for a fire, how to make toasted cheese sandwiches, how to sing, how to feed the wild mountain birds, and how to enjoy each day that I was given.

I think that my grandmother, Jeannette, was much more than an artist because she observed so much about the people around her that she became a sort of wise woman for everyone she came into contact with. As for us, she made us a much stronger and more cohesive family than you can imagine. I will leave readers of this column with this image of my grandmother: My mother once asked her why she didn't charge more for her fabulous paintings. She told my mother that she wanted everyone to be able to appreciate them and that money shouldn't have to stop people from buying her work. My grandmother's paintings were often auctioned off for over \$10,000 each, but when she sold them, they cost only \$200 each!

Until Next Time,

Artie

To contact Artie: whiteg@arc.losrios.edu



Prof White--Artie's Mentor

Granny Noetal

Dear Granny,

What's up with school? I hear tuition fees are up from \$26 to \$36 per unit next fall, and that it'll be really hard to get in classes because a lot of classes will be cut. What's up with that? What am I going to do?

Penniless in Carmichael

Dear Penniless in Carmichael,

"When the going gets tough, the tough get going." "Roll up your sleeves and get to work", "get down and dirty", "keep the faith", and "stay positive". These are all expressions we use in every day conversation that are appropriate when things aren't going well. At ARC, we now have to deal with the reality that life at our school is getting harder, not easier, in a financial way. Knowing ahead of time that the year will require more money will help us



plan. For students, it means, "hustle"!

Famous advice columnist Ann Landers once said, "Nobody ever drowned in his own sweat." Look hard for work – even if it's just babysitting or mowing someone's lawn. Save that extra money for the "rainy days" we'll be having. Consider cutting expenses at a personal level. Ask yourself, "Do I really need this expensive nail polish or the designer label gym shorts?" "Can I have a fun day with my friends picnicking instead of eating at a restaurant?" "Can I use my bike once-in-a-while instead of my car?" "Can I carpool with friends?"

As far as a shortage of classes, we'll have to wait and see. In re-reading my answer to you, I know I sound more and more like the granny I am but there is no one big solution. Little remedies add up. Give them a try.

To contact Granny: braccop@arc.losrios.edu

The Cyber Bum--Bogdan Komlyk

How Slow Can You Go?

Isn't it a strange question? Why should we go any slower if the world spins faster and faster every year? Faster computer, faster car, faster food (I wonder if there a way to go any faster with today's fast-food). "Faster" is the word of this age. Let's take a look at some computer-related examples. The speed of a CPU (Central Processing Unit) grew from 2 MHz (2 million commands or cycles per second) in 1981 up to 3 GHz (three billion cycles/second) in modern computers. Also remember that nowadays computers have 2, 4, and even 6 cores. This means that back in the days you would have to buy 2, 4 or 6 computers. I know all these numbers don't make a lot of sense, but just imagine yourself doing 2 million tasks per second. My guess is you'll be moving so fast that the ground will catch on fire. And these kinds of speed were around 30 years ago. Right now your cell phone might have a 1.2GHz dual-core processor.

Another big example is our communication. With the increasing speed of our lives, we automatically increased that speed. Back in the days, you had to walk for shopping, talk to people around you, write letters and do other time-consuming "stuff". But now we have technology to save our



time -- shopping online or by phone, e-mails and texting instead of letters. Even making new friends became so much easier – you just need to "Find" them and then "Add" to you Facebook. The most unpleasant part about this entire "speed race" thing is that if you like it or not, it will get even faster. And let me ask a question. When was the last time that you suddenly stopped on the street and looked at the sky? When did you write a "normal" letter on paper? I might sound too old or a bit geeky but don't you think it's time to slow down? To turn off the cell phone on the weekend, to not check your Facebook for a while, or maybe give a call to your old friend instead of texting him "H2CUS" or "How R U". And you know what? You might even like it.

Oh yeah, one more thing. If you want to be really extravagant, you should join the "Slow Media" movement. Guys are really taking "slowing down" to a whole new level. If you are interested, you should Google it. Be proactive and do your own little research on how to slow down and live, not survive.

As usual, if you have any questions, ideas or just comments – feel free to share using this e-mail geek.for.parrot@gmail.com or just... send me a letter

Parenting the Parrot Way!



Prof. Moon's kids

Editor's Note: Professor Moon is out ill at the moment, so we have liberally downloaded an article about one of my favorite subjects. As a child, I wet the bed to the extent that my parents thought I saw it as a hobby, not as a problem. But that's a story for my psychiatrist. To learn more about bedwetting (stopping, not starting), read below.

From http://kidshealth.org/kid/health_problems/bladder/enuresis.html#

Good News

The good news is that almost all kids who wet the bed eventually stop. So if you wet every night, don't be discouraged. And don't worry that you're not normal, either physically or emotionally. Sleep wetting is not usually caused by a problem with your body or your feelings.

It's likely that bedwetting will go away on its own. In fact, 15 out of 100 kids who wet the bed will stop every year without any treatment at all. But if you have this problem it's still a good idea for you and your parents to talk to your doctor about it.

Your doctor will ask you some questions, and it's important to answer them truthfully and not feel embarrassed. Remember, bedwetting is so common that your doctor probably treats a lot of kids who do it. The doctor will examine you and probably ask for a urine sample to test.

Some kids who have other problems, like constipation (when you aren't pooping regularly), daytime wetting, or urinary infections, may need some extra tests.

More Good News

If you wet the bed, there are some things you can do to stay dry. Try not to drink anything after dinner and remember to go to the bathroom before going to bed. If you do wet the bed, help with the cleanup by pulling off the sheets and putting them in the laundry.

A lot of doctors think that the best treatment for enuresis is a program that retrains your brain to do one of two things:

1. Wake you up so you can go to the bathroom
2. Stay asleep and hold it until morning

This program includes doing bladder exercises, such as waiting a little longer to pee during the day, reading about and imagining staying dry, or even using a tiny alarm. The alarm is connected to a pad placed in your underwear at night. If you start to urinate, the pad senses the moisture and sets off the alarm. Different alarms make a loud noise, vibrate, or do both, but they're all easy to use and can help wake even the deepest sleeper.

There are medicines for kids who wet the bed. They might help you temporarily, but they don't cure bedwetting. These medicines work best when combined with the alarm or other training programs.

It may take some practice to retrain your brain, and you'll need to be patient. But eventually, you will stop wetting the bed.

Reviewed by: Mary L. Gavin, MD

Date reviewed: September 2010



moone@arc.losrios.edu

Mim's Cafe



Prof. Montgomery with happy eater.

I had lobster twice in my life time and I regretted the experience both times. I found lobster meat to be dry and bland and overly expensive. However, I love crab and can eat it every day. One day while waiting for my daughter to complete her gymnastics class, I spotted the recipe below in an old issue of Cooking Light Magazine (June 2009). The picture that accompanied the recipe looked super enticing. Since my experiences with lobster were disappointing (and where would I buy lobster meat inexpensively?), I decided to adapt this recipe and use crab meat instead. I bought a sixteen ounce jar of crab meat from Costco (about \$15) and tested this recipe out for a birthday party. I find the flavor of crab meat and Greek-style yogurt refreshing on a warm, fall day.

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

Lobster Rolls or Crab Rolls

Ingredients:

- 5 tablespoons canola mayonnaise
- ¼ cup finely chopped celery
- 3 tablespoons minced onion
- 2 tablespoons whole milk Greek-style yogurt (such as Fage)
- 1 ½ teaspoons chopped fresh dill
- ½ teaspoon kosher salt
- 1 pound cooked lobster or crab meat
- 2 tablespoons butter, melted
- 8 (1 ½ - ounce) hot dog buns or rolls
- 8 bib lettuce leaves



Mixing Instructions:

1. Combine first 7 ingredients in a medium bowl, stirring well. Add lobster (or crab) to mayonnaise mixture.
2. Toss, cover, and chill 1 hour.
3. Brush butter evenly over cut sides of buns (or rolls).
4. Heat a large skillet over medium high heat and place buns, cut side down, in pan and cook 2 minutes.
5. Line each bun with 1 lettuce leaf and top with lobster mixture.

The Value of Seafood

Vitamin source

Fish is also a good source of “B” Vitamins “B-6”, “B-12”, biotin and niacin. Vitamin A” is found mainly in fish liver oils, but some high fat fish are good sources of Vitamin “A”.

Mineral source

Fish is a good source of several minerals, especially iron, phosphorus, potassium and zinc. Canned fish with edible bones, such as salmon or sardines, are also rich in calcium.

Species	Calories/100g	Protein %	Cholesterol MG/100g	Fat %	Sodium MG/100g
Crab	84	18.29	42	.60	836
Halibut	110	20.81	32	2.26	54
Scallop	88	16.78	33	.76	161
Shrimp	106	20.31	152	.91	148
Salmon	146	21.62	39	5.95	46

Boots on the Ground: Get Slick with Trail Mick

Clear Lake State Park Hike

Fed from the north by geothermal geysers and hot springs (via Cache Creek), Clear Lake is the largest natural lake entirely within California's borders. It's a great place to enjoy water sports such as boating and fishing. Sadly, most of the shoreline is privately developed with lots of housing and resorts right on the lakefront. Clear Lake State Park is one of the few publicly owned areas along the shore where it is possible to enjoy a good hike. This spot along Clear Lake's southern shore is, I think, the prettiest of any around the Lake. Set on a peninsula that juts out into the Lake, the Park has highlands, a creek, and an estuary filled with bird life. Before the influx of settlers from the east eventually displaced the natives, the area was the ancestral home of the Pomo Indians. The Pomos lived chiefly by fishing the waters of Clear Lake and trading to other tribes the obsidian stones found on nearby Mount Konotki (an active volcano).

It's a two-and-one-half hour drive to Clear Lake from the Sacramento area, so you might want to plan to stay overnight at one of that area's many campgrounds, motels, or resorts. To get to Clear Lake State Park, get on either U.S. Highway 50 or Interstate 80 going west until you reach the intersection with Interstate 5. Once there, take I-5 north for approximately 60 miles to SR 20, located just north of the town of Williams. Take Highway 20 west towards Clear Lake for 37 miles. At the junction with SR 53, turn left (south) on Highway 53 for 7.4 miles to SR 29. Turn right (north) on Highway 29 and go for another 14 miles to the town of Kelseyville. Turn right on Main Street through town for a half mile to State Street (County Road 522). Turn right and drive a few more blocks to Gaddy Lane (County Road 505). Turn right again and stay on 505 for 2 miles to Soda Bay Road (County Road 502), where you make another right turn. After a mile on Soda Bay Road, turn left at State Park Road. There, ahead you will see the entrance to Clear Lake State Park. Park your car in the small lot on the left just beyond the gate house. (You will be charged an \$8 day use fee to park there or drive into the park.)

When you pay your fee, be sure to pick up a brochure,

which contains a nice map of the Park. Then you can start walking along the main road into the Park. This road-way is actually your trail for the first half of the hike. On your left is Cole Creek, lined with Black Cottonwood and Walnut trees. On your right is a high bluff, the slope of which is covered with oaks. Within the first half mile you pass wooded Cole Creek Campground on your left. The road soon makes a gradual turn to the right as you pass by the Park Visitor Center which is situated on the other side of Cole Creek. From this point on you may enjoy occasional glimpses of Clear Lake, which lies beyond the trees to your left. Stay on the main park road as you pass to the right of Kelsey Slough, a prime bird viewing site. During my recent hike there I saw numerous wild ducks, geese, egrets, cranes, and some Blue Herons. After another half mile the road eventually turns to the right, away from the Slough. The Lake and the Park's swim beach come into view while Mount Konotki towers beyond. At about this point in my recent hike I was surprised to see an American Bald Eagle flying low overhead! Continue following the main road as it skirts past Lower Bayview Campground. Immediately beyond the campground, look for the dirt nature trail on your right. Walk onto this trail, which climbs into the higher, central part to the Park.

Here you will see rock outcrops and the dark reddish bark of large Manzanita shrubs. The vegetation in these uplands consists of smaller, chaparral-type plants and few of the taller Oak trees. After a short distance you will arrive at a fork in the trail, which is paved beyond this point. Take the right fork and follow the trail as it traverses upwards onto the highest parts of the bluff. As you are hiking, enjoy the great views all around, but keep an eye out for another dirt trail on your right. You will leave the paved trail and follow the unpaved path downward (in switchbacks) until it joins the main road in the vicinity of the Visitor Center. Once on the main road again, turn left and walk down the road back to the park entrance. The round



Continued on page 19

trip total for this hike is about four miles and takes about two hours to complete.

Only hikers are permitted on the trails in Clear Lake State Park. Bikes and horses are limited to the paved roadways. Dogs are okay if kept on a leash. The picnic areas and campgrounds all have plumbing, and some of the campgrounds even have hot showers. There's a boat launch, and visitors with a California Fishing License can fish for bass, crappie, bluegill, or catfish anywhere along the lakeshore or slough. During the winter months most of the campgrounds and other facilities are closed, though day use areas remain open.

Happy hiking!

To Contact Mick: braccop@arc.losrios.edu

**“Perhaps the truth depends on a walk
around the lake.”**

Wallace Stevens

continued from page 1

be doing the same: managing an apartment building and working at the restaurant.

Parrot: When you were managing an apartment building, did you find this job challenging or difficult?

Jane: Well, most of the time it was easy because of simple things: people needed help with something or had questions for me. The challenges were that you were working 24 hours a day, sometimes from your house. Somebody could knock on your door at 5 o'clock in the morning if they had an emergency, but I loved it, it gave me free rent. That was a great thing to have. I had a lot of support. I did not have to do all the work. If I needed to paint an apartment, I called somebody, or if I needed a plumber, I called somebody. I know sometimes it can be harder if you are doing all the work. I was just the person to connect to, and I'd find someone to fix the problem.

Parrot: Where do you see yourself in 10-15 years? Do you see yourself teaching ESL classes, or find something more fun?

Jane: No, I think there is nothing better, I will be here, if everything goes well, until I retire. When they hire you they say: "Welcome to your last job," and I really believe this is the last job I will have and I'll retire here. I hope I'll have an office as nice as Professor Bracco's. When I retire - I like having an officemate, - but if I had a bigger office....

Parrot: Who is your favorite colleague?

Jane: What a great question. It is a funny one. You know, I really enjoy everybody I work with, but Paul Bracco must be my favorite colleague. He is funny, he is smart, easy to work with, really enjoyable, and I really admire the listening homework assignments he gives and hope to be as good an instructor as he is.

Parrot: May I ask you a funny question: if you were a flower,

what kind of flower would you be?

Jane: I would be a nasturtium. Do you know this flower?

Parrot: No, I don't.

Jane: I was just reading about it last night because it is beautiful, and I saw a picture of it on the Internet. You can grow it up on the side of the fence. It's kind of cover, and you can also eat it; it's an edible. Very fancy restaurants put them in the salads. So, that's the flower I would be.

Parrot: What is your idea of a dream vacation?

Jane: I think at this point of my life the dream vacation is something really relaxing. I've taken vacations going through Europe and trying to see all historic things, all the cultural museums. I think, at this point of my life, the perfect vacation is, may be, going to Hawaii where it is warm and tropical kind of weather, maybe Costa Rica and just looking at nature, lying on the beach, going through a rainforest.

Parrot: Would you describe yourself as ambitious and energetic, or relaxed and carefree?

Jane: I guess I'd like to be some combination. I think being relaxed and carefree is a great way to live. Honestly, I am not ambitious. I am energetic. I'm always trying to do about 8 things at the same time. I am trying to accomplish things. I am seeing a limited time in my life and there is a lot I want to do for myself, for my kids, for the world, to make the world a better place. I feel like the energy I have is a good match to try to get all of those things done. I would definitely say energetic, ambitious maybe a little, and I'm trying hard just to be relaxed when I can, and be carefree as part of my goal.

Parrot: Thank you! Jane, I'd like to be like you!

Natalya Gorbatyuk

ESL L320

Out of the Cage

“Green” is the New Black: Practical Perspectives on Sustainability

Thursday, April 14, 2011

12:15 pm - 1:15 pm



Environmental issues have captured the attention of politicians, marketers, media, and individuals. Although much progress is being made toward increasing environmental awareness, the consumption patterns of the industrialized world are far from sustainable. As we look ahead to future development, we ask: what is the path to sustainability, to development that “meets the needs of the present without compromising the ability of future generations to meet their own needs?” Join us as we explore various perspectives on sustainability. This activity meets ARC focus area 5.5 and state PD guideline A.

Location: Raef Hall 160

Seven Score And Ten Years Ago: The Civil War And American Memory

Tuesday, April 12, 2011

12:15 pm - 1:15 pm

One hundred fifty years ago the firing on Fort Sumter began America’s deadliest war, a grueling ordeal that redefined the nation. Join a panel of ARC history professors for a sesquicentennial discussion of the American Civil War and its ongoing place in the culture and popular imagination of the country.

Location: Raef Hall 160



Classified Professional Development Series: Session 6 - Campus Tour of Flowers

Friday, April 29, 2011

1:00 pm-3:00pm



Do you have questions about the plants on campus? Do you wonder what the groundskeepers really do? Do you need questions answered about your own garden? Join us for a fun-filled two hour walking tour of the most beautiful areas on campus. Wear your walking shoes!

Location: Meet in front of the library

Othello

Friday, Saturday, Sunday, April 15, 16, 17, 2011

8:00 pm

By William Shakespeare, directed by Sam Williams



One of Shakespeare’s four great tragedies, this play explores the fine line between Othello’s passionate love and dangerous jealousy, while tangling with issues of race, gender, sex, marriage, hate, manipulation, and identity!

Please Note: No Performances During Spring Break

ARC Theatre

Ticket Information:

Prices: \$12 General, \$10 Students/Seniors.

ARC Theatre Box Office: (916)484-8234

Online Sales: <http://www.seatyourself.biz/arctheatre>

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), call (916) 484-8988, or e-mail braccop@arc.losrios.edu or Elizabeth Moon at moone@arc.losrios.edu Student Editors: Narineh Mousa, Ligia Goga parrot-arc@live.com

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