



The Parrot

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

Issue #53

Spring 2011

Parrot Sits a Spell With Kim Herrel, Counselor

Parrot: Why did you decide to become a counselor?

Herrel: I don't know if I always knew that I wanted to be a counselor, but I knew that I wanted to use certain skills with my ideal job; so a long time ago, probably ten or twelve years ago, I read a book called "What Color is Your Parachute", and there were some exercises in the back of the book and you had to figure out what your ideal job looked like, the characteristics of your ideal job, if you wanted to work outdoors, indoors, if you wanted to work with people, young people, older people, if you wanted to work with animals or with information; so anyway I used

that book to narrow down the characteristics of my ideal job and that ideal job included working with people of different cultures, ethnicities, and ages.

I wanted to work in an educational setting. I also wanted to teach classes, so I figured out the characteristics of my ideal job, and then I started to search for jobs that had those characteristics, and I found a job at UC Davis as a recruiter, a college recruiter. As a college recruiter, it brought me here to ARC to recruit ARC students for UC Davis, and I was here for so long that I really got to know the community college system. I decided this is where I want to work next because



Kim Counseling Elmo

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A Parrot's Eye View of Sacramento Summer Jobs

Looking for a summer job and a chance to practice your English in the workplace? The websites below are a good place to start your job search. Remember not to squawk at your interview!

-<http://www.groovejob.com/browse/jobs/in/CA/California/Sacramento>

-<http://www.cityofsacramento.org/parksandrecreation/employ.htm>

-http://www.snagajob.com/jobs/California/Sacramento_jobs.html

-<http://jobstar.org/sacto/adjobs/summer.php>

-<http://jobs.gov-auctions.org/well-paid-summer-jobs-in-sacramento-ca/>

-<http://sacramento.craigslist.org/np/>

For strictly volunteer work, go to

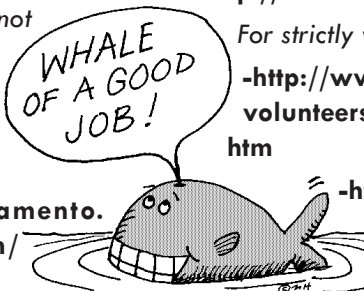
-http://www.cityofsacramento.org/volunteers/on-going_opportunities.htm

-<http://www.handsonsacto.org/>

-<http://www.volunteer-sac.org/>

-<http://www.sactree.com/>

-<http://www.shfh.org/>



Memory Strategies for Kids!

see page 19

"Training is everything. The peach was once a bitter almond; cauliflower is nothing but cabbage with a college education."

Mark Twain



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Inside this Issue

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Student Chirpings

Being Uniform

Public schools in the USA do not have students wear uniforms. They can dress how they want. Surely that has positive features. However, in my opinion, using uniforms is part of the education. Many institutions use uniforms. The police department has uniforms, soldiers have uniforms, and firemen use uniforms, too. They have special clothes for different emergencies. When men have an important arts event, they use their suits. That is like a uniform for them. My dad and my brother have one suit each, one that they use for each special event or occasion in the family. When my sisters and I were married or celebrated an anniversary, the men used that same suit to be elegant. But my mother, my sisters and all the women have serious problems finding a beautiful dress to impress at a party. My brother and my dad used the same clothes and look very nice. In my opinion, there are many reasons why uniforms should be mandatory in schools. The three most important reasons are parents and students save time, parents save money, and students can identify more with their student role.

The first reason is parents and students save time. In the morning I am in a hurry making breakfast, taking a shower, and getting my kids ready to go to school. The day before I think about what clothing they are going to wear for school because they can use any kind. Many times they are in competition with their classmates. For example, my niece Martha is eight years old and she wants to dress in pink with the Disney Princess logo on her clothes. When she arrives at school and her other classmates are wearing the same, she cries and wants new clothes to compete with her friends. Students in my country, Peru, wear uniforms in preschool, kindergarden, primary, and secondary school. I only needed five minutes to be ready for school, because my clothes were ready the day before and my parents never had to spend time thinking about what kind of clothes I needed or wanted; neither did I. Another reason is that American teenage students are busy and they worry more about how to dress than how to study.

The second reason for uniforms is parents save money. Fashions are always changing. Children of all ages want fashionable clothing. If they use uniforms, they only spend money once a year for school clothes. My family in Peru had a habit of buying clothes in July and December. That was be-

cause we were not very interested in clothing during the year except during vacation time. We were three sisters with one year of age difference. I was the second daughter. I used to use the uniforms from my older sister, and my younger sister sometimes used mine, but most of the time, they had new uniforms. (I don't like remembering that). I am sure I would save money and have my children presentable all the time if they used uniforms for school.

The third reason for uniforms is students could be identified more with their student role. I think the uniform for primary and secondary school should be mandatory because children obtain experience organizing their uniforms to be ready for the next day in class. In Peru the uniform is a pair of dark gray pants and white shirt for boys and a dark gray skirt with suspenders and a white blouse for girls. The logo of the school is stamped on the pocket of the left side on their white shirt. Standard black shoes and dark gray socks were for the girls or white, black or dark gray were for the boys. When we practiced athletic activities, we wore a sweatshirt. This sweatsuit was usually the same color that represented the school. I went by these rules at my school for eleven years. Girls could use small earrings, had to tie their hair up, and had to have their skirts knee-length, and boys had to have short hair (military style). Both had to have short fingernails and the girls could not wear makeup. The use of uniforms and these rules can help children to not be distracted by their appearance.

Students can be more identified as a part of their school and its goals. They are in school to learn and they need to know and practice discipline. Without rules, how are we going to help our children to be disciplined in their lives? It is very important.

In conclusion, I agree with the idea of using uniforms in American public schools. Wearing uniforms is an aid to education, considering the many benefits that our children can get, like learning to be organized, clean, and neat. Not only that, parents will save money and time.



Yulisa Orihuela

ESL W50

Getting About in Kiev

We know how important it is to have a car or a good transportation system in our lives. When I moved to Sacramento, I didn't have a driver's license. I was stuck around the house for six months. I used a bus to get to Spinally Elementary School, where I had my English classes. It was uncomfortable because the bus schedule was one bus per hour. That means you come to class much earlier and then on your way back home you will be waiting for the bus for 50 minutes. The situation in Kiev is different. Kiev is the capital city of Ukraine, where officially 3 million people live. It is the biggest city in Ukraine with very good public transportation: buses, trolleybuses, trams, and subways. In addition to that, it has a good bus connection between the city and villages, and other cities of Ukraine. If you want to use the train, you have all possible combinations to get to any point on the map of Ukraine. My father had a car, but I did not have a driver's license because there wasn't any reason for that. I always used the public transport around the city because it was cheap, comfortable, and fast. Since the 1990's, this situation has changed for the worse. There are several problems with the public transportation system in Kiev now.

The first problem with the public transport in Kiev is the quality and condition of roads. All the roads were planned and built fifty to sixty years ago, when industrial products, food, clothes, furniture, etc. were transported by the train system. That is why road engineers used a lighter asphalt formula to build city roads. Time has passed and a lot of things are now transported by big trucks. More people are able to buy cars and use them every day, and there are many new private taxi and bus companies too. The roads have gotten very busy. Unfortunately, the old roads weren't prepared for such high daily use. As a result, a lot of streets, central and side, have what we call "cricket" asphalt. If you drive your own car or use a bus or trolleybus, you will bounce all the way! When I went to Kiev last winter, I was also surprised to see roads full of snow. Drivers could use only two lanes instead of four! The situation got better only at central avenues; at the same time, all the side roads and roads between apartment houses had snow and ice drifts. Because of the unplowed snow, I had to cancel my mother's doctor appointment three times! The taxi drivers didn't want to work in such bad road conditions, even losing the good payment for the long distance between the west and east side of Kiev!

The second problem with the public transport in Kiev is the



traffic jams. It is very good to have had a better quality of life for the last 20 years. That allowed people to buy cars. However, having more cars is making all the roads full. Despite having more public transport in the morning, day time, and evening time, it is still hard to get anywhere! Taxi drivers refuse to come and pick up customers during this time. They don't want to stay in traffic jams for two hours. One more example is how people get to their work. They drive their cars to the closest subway station nearest their work. Then they leave their cars somewhere next to the subway station, and take one or two stops to where they work. It's the same way back home: one to two stops by subway and then back to their cars. Why are they doing this? Because there is a big intersection ahead and they would always be caught there. They can more easily reach the work place subway. Plus, they might not have enough space to park in front of their work place. Another factor in traffic jams is parking. Usually an average Kiev road has two lanes per each direction. Only big central roads have three lanes. Additionally, our city had never planned to build parking lots twenty to forty years ago. This brings us to another problem – where to park the cars? People park cars almost everywhere! On the sidewalk, around famous sights, and even on the road!!! That's means that cars have fewer lanes to drive in. Having a lot of cars parked right on a road makes public transport work much harder.

The third problem with the public transport in Kiev is it is running at full capacity. One reason is not having enough buses, trolleybuses, and trams. As the old ones break down and are written off, the economic situation doesn't allow replacing them with new ones. As a result of that, more people now are staying and waiting for the buses, trams or trolleybuses to come. The government has decided to let some companies start private bus services. They have higher prices per ticket and only sixteen to eighteen seats, and do not allow people to stand inside. What can I say? They are full too, and people are still ready to pay twice the price for that. Every day people push and shove to get a piece of the last bus step just to be inside the wagon. The subway station has the same problem now. If you do not live at the beginning of the subway line, you will have a problem to get into a subway car. If you can't get into the subway car, people from behind you will carry you inside it! The subway is a very crowded place!!! I remember how I spent two hours underground among hundreds and hundreds of people every

day. It wasn't fun at all. Having so many different people packed together like sardines in a can around you, smelling all those perfumes which you can't stand and which make you sick, or smelling homeless, smoking and drunken people makes it very unpleasant while riding the subway. On top of all this, you have to be aware of pick-pockets and scam artists. One week before I moved to the USA, my wallet was stolen in just one second! And still the subway is the fastest public transportation.

To conclude, knowing about these three major problems with the public transport in Kiev - the quality and condi-

tion of roads, the traffic jams, and transport running at full capacity - has to help the government change the situation. The government thinks that the real problem is hidden in the additional one-and-a half million people who came to Kiev from different regions of Ukraine to find jobs and who put big pressure on the public transport system in Kiev. Time goes by quickly and the roads are not getting better by themselves. The problem is still there and has not been solved yet.

Anna Schorn

ESLW 50

Why Stealing is Bad

Why is stealing bad?

When I was a child, I got a couple of clear lessons as to why stealing is bad.

Lesson 1

When I was about eight, neighborhood guys took me with them to steal watermelons. The ringleader was Kosheley. We lived in poverty. Sweets and fruits were rarely eaten. Kids prowled around and grabbed all that could be stolen, seeds from the market, fruit from sorting warehouses. All that was collected, they divided among each other.

Grocery products were transported from sorting warehouses to stores by tractor.

Next to our house was a road. When a tractor slowed down to make a turn, that was a moment when somebody could climb on board and pass a watermelon to those who were below.

So, the youngest guy was sent to climb a high tree to patrol the road.

The patrol guy could see in advance and save us from arrest. Another guy and I sat under the tree to wait.

So, we waited for about an hour. During that time, other tractors drove by us with cabbage, carrots, and onions.

Finally, a tractor with watermelons appeared. Our patrol guy must have been daydreaming, so when he saw a tractor from surprise, he fell from the tree.

It seemed to me that he fell for a very long time. He hit several branches and often yelled, "Oyh, Oyh!" But surprisingly he only got scratches. While we were helping him, the tractor with the watermelons left.

We lost our patrol guy but decided to take the tractor without the support. And although it was too late, and the tractor

already made the turn, Kosheley climbed aboard. The tractor accelerated and I had to run after him.

Kosheley tried to pass me the watermelons, but I could not hold them because I was running. The watermelons fell to the ground and broke. The watermelons were very ripe and sweet. We collected parts of the broken watermelons from the road and ate them dirty.

The next day come the reckoning. I vomited and lay in bed sick the next two days. But this first lesson wasn't enough for me.

Lesson 2

In high school my friends took me to steal lottery tickets.

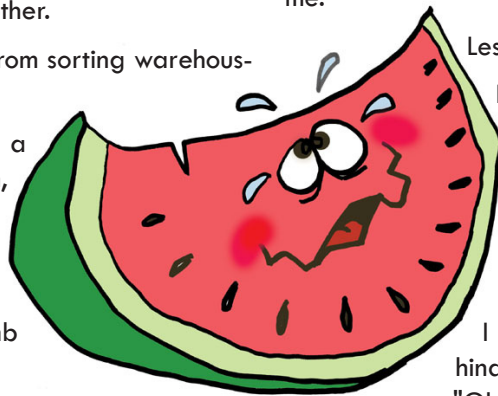
Usually women sold them, so guys could grab lottery tickets and escape. The saleswomen could not catch us. It was a sure thing.

I was very ashamed and afraid. But behind me were my friends who encouraged me. "Ok! Sink or swim!" I grabbed what was close

to me; it was a pen and I walked away from the counter, but the saleswoman noticed my theft. She was a young girl and at that moment three young guys came to help her. I realized that most likely I would be beaten if they caught me. I ran onto the street, but ice was on the road and running was hard so they began to catch up to me. I felt their anger on the back of my neck. All that was left for me was to throw the pen back to them.

Only after that I got rid of the prosecution.

Now I clearly understand the lessons of life. I realize that those little lessons helped me to avoid serious trouble in my life. In adulthood, when I had my own business, one of my friends offered me a very good bargain. As a result, we



could have become very rich. But it was connected with theft. He persuaded me, "You will do nothing; only support me." It reminded me of the episode with the watermelons.

It helped me to refuse this good bargain.

Now I bring up children. When my kids want to take something without permission, I tell them "The truth will come out" and tell them stories from my life. I tell them it's better to

learn from my mistakes than to make their own.

And if you think that no one will notice, remember that your action does not go unnoticed by the Lord, and you will have to wait for judgment and probably more serious than mine because it is not right to steal.

Dmitry Loginov

ESLL 310

The Problems in My Hometown

Life is wonderful and we try to live the best we can and not think about problems but reality is totally different; we live surrounded by them. Everybody has problems, some more than others. Life is full of problems but we learn how to live with them. The world has big problems, countries and cities have their own and my city is not an exception. Los Mochis, Sinaloa, in Mexico has several problems: the first problem is small streets, the second problem is corruption, and the third problem is violence.

The first problem in my hometown is small streets. The streets of my city are well designed, are wide and straight, but now the streets look small because there are a lot of people, cars, and buses. In downtown, many streets are bus stops and for this reason the downtown is always crowded. Some neighborhoods, including downtown, don't have enough parking for cars. It's very hard to find parking and people prefer to take a bus to go to downtown. In the neighborhoods, most of the houses don't have garages, and cars are parked in front of the houses, but this situation brings another problem because people have more than one car and sometimes they fight for the space to park the car. My dad's relatives lived opposite my house and they had two cars and one little cart. Every time one of the cars was parked there, they saved the other space with the little cart. One day they forgot to put out the cart and my sister arrived from work early and she saw the space. When the man saw my sister was going to park there, he grabbed the cart and threw it to save the parking spot but the cart scratched the hood of my sister's car. They argued for a long time. Others park their cars on the sidewalks in front of their houses to prevent the passage of pedestrians, so people have to walk in the street.



The second problem in my hometown is corruption. Most people who work for the state are corrupt. It's sad to say but it's true. It is like a tradition. With a bit of money you can fix your problems easily. These kinds of people you can find also in places like police stations, hospitals, radio stations, TV stations, or newspaper offices. I remember one time when I was at the university, my friend Dayan needed to get her driver's license and she went to the traffic department to do her written test. She didn't study and the person who was watching told her, "If you give me twenty dollars, you don't

need to do the test. She gave him the money and she got her driver's license. If you drive at high speed and the police stop you, they ask for money and not for your papers. I don't say everybody is corrupt but most of them are. At school you can find people too, believe it or not. Some teachers and secretaries change grades for favors or money. I heard of a lot of these kinds of situations when I was in school.

The third problem in my hometown is violence. I remember when I lived there a few years ago, people lived afraid but currently the problem continues even more. People go to sleep early or stay inside their houses because they're worried that something can happen to them. Now more than ever, there are more assaults on stores and people. Stores close earlier and have also a security person or alarms. In my city there are many gangs and they make a lot of disasters; they sell drugs and fight other gangs, make graffiti everywhere, steal cars, etc. The violence in my city has increased a lot. Almost every day in the streets people are killed and sometimes are killed in front of others. The Sinaloa state has one of the biggest drug dealers in the country. Most of the time, the murders are because of drug trafficking or gang related. Last summer I was planning my

vacation and people around me told me, "Don't go. It is very dangerous. The news says a lot of people are killed". Then I talked with my father and he said, "Nothing is happening; everything is normal. Yesterday someone was killed on the next block but it's OK. I'm sure he was in drugs. If you are not close to these circumstances nothing happens and everything is going to be fine."

In conclusion, no one is free of problems if we talk about cities, countries, or the world. Although each of them has big problems, they also have very different problems. I can't

talk about problems of other cities because I don't know, but I can talk about problems in my hometown. Los Mochis has several problems that never disappear or diminish because politicians don't work to improve the city and because politicians are also the problem too. If we want a better city, we need better people. When people want to be politicians, they always promise to reduce or eliminate the problems but never make changes in the city.

Maria Casas

ESL W50

Trip to KVIE Television Station

On Thursday March 31 our ESL L320 class took a trip to KVIE Television Station thanks to our teacher, who was kind enough to arrange it. We all arrived at 10:00 a.m. and met in the parking lot. It was a beautiful spring day and we were all excited to go in and have the tour. It made it even more exciting when two girls pulled up in a car that said "Red Bull," offering us free samples of the drink. Some of us decided to taste it; it tasted like kool-aid.

Once inside, we were greeted by our guide, Nancy Guzman, who is in charge of the education and outreach department. Her job is to go out to schools and counseling centers such as "La Familia Center" and inspire the community and the parents to get involved in the education of their children. They offer workshops and serve 28 counties. In 2010 they held one hundred fourteen workshops.

KVIE Television used to be known as Channel Six but that is no longer the case since they have expanded. Now they also have Channel 6.2 alternative adult programming for those adults who don't have children, 6.3 is the Spanish Station and Channel 6 is PBS children programming. The television station is in Natomas and it currently sits on a property donated in 1990 by the community. The station is represented by seventeen board of directors, all volunteers, who guide KVIE and approve the budget each year. Once we started the tour, we saw different small rooms that have been named after people who have donated money to or contributed to KVIE in one way or another. The first room we entered was a conference room and we saw the KVIE letters that represent the

station and how the logos have changed and evolved with time. The second room was painted green and is called the Green Room; it is the dressing room for the program guests. We saw the recording studio and could see all the different monitors and buttons that they use to record the different shows. Most shows are recorded outside California. Sesame Street is recorded in NY; here in California we record "California Heartland".



KVIE and Parrot Fans

As we walked through the building, we got to see all the different equipment they use for broadcasting and we got the opportunity to ask questions of those working the equipment on how things work. We also saw the different tapes they used from the very beginning and they were very big and round, almost like the size of a hub cab of a car. Now with the new technology, all they use is a small chip. We also got to see the studio where they do the pledge marathon and some

of us got to sit at the desk where they answer the phones. Volunteers are always welcome and needed, so if you are interested in volunteering, call KVIE to sign up.

At the end of our tour, we thanked Nancy for her courtesy. She was a great host, and we concluded our tour with lots of smiles and a nice group picture.

Thank you, KVIE, for the great experience!

Rita Bethel

ESL L320



Netscape - Articles from the Web

Taguchi Hopes to Learn Cubs' Language

Editor's Note: The Parrot searched in its Internet nest to find articles illustrating the adjustments newcomers and "oldtimers" have to make to new cultures, new languages, and new work environments. Below are two articles from 2009 and 2010 related to major league baseball, which has witnessed a sizable influx of foreign-born players in the last few decades.

Outfielder trying to make team, understands Fukudome's situation

MESA, Ariz. -- When So Taguchi first came to the U.S. in 2002 to play for the St. Louis Cardinals, he couldn't speak any English. Fast forward to 2006, when Taguchi homered off Billy Wagner in Game 6 of the National League Championship Series. He was taken to the interview room and handled all the questions himself without an interpreter.

"I learned English by myself," Taguchi said.

The outfielder, a non-roster invitee in the Cubs' camp this spring, made an effort because he felt it would make the transition easier. His teammates didn't help much by teaching him a few obscenities.

"I learned the bad words first because they are easier," Taguchi said, laughing.

"My first year in the Minor Leagues and first two months, I had an interpreter," said Taguchi, 39, who played for Orix in Japan from 1992-2001 before he signed with St. Louis. "The team asked if I needed an interpreter, but my thinking was I was in the Minor Leagues and didn't need one."

He played at the Double-A and Triple-A level in '02 for the Cardinals, appearing in 19 games with the Major League team. Being in the Minors gave him time to work on the language. He read books, but the biggest help was watching kids movies. A favorite? "Finding Nemo."

"There were some guys who played in Japan who were on the Memphis team and knew Japanese English," Taguchi said. "They helped, too."

Cubs outfielder Kosuke Fukudome had an interpreter last

season, his first in the Major Leagues, and was not too comfortable speaking English. How much did being able to converse, even if just a little, help Taguchi's transition?

"It was a big help [to know English]," he said. "If we can try to speak English, they understand our situation and how hard it is. I think every player should learn. To me, it's part of having the right attitude."

Fukudome will not join the Cubs until Team Japan is finished playing in the World Baseball Classic. Taguchi did not play with Fukudome, but does know him. Last season, Taguchi was with the Philadelphia Phillies, and he and Fukudome talked about baseball, getting adjusted.

"Last year was his first year, so he probably wasn't comfortable," Taguchi said. "I think it gets easier [each year], but it's still tough."

Taguchi is hoping to catch on with the Cubs as an extra outfielder, and got his first start Friday against Texas in right field. He went 0-for-3. His locker is located near Japanese pitcher Ken Kadokura, who speaks no English, as well as some of the Latin players like Carlos Marmol. How is his Spanish?

"My Spanish is un poquito," Taguchi said.

That means just a little.

"I like to hear Spanish," Taguchi said. "I want to learn. I want to speak English, Spanish, Japanese, Chinese."

There is still one language barrier he's having. When Taguchi talks to people on the phone and they are speaking English, it's tough for him to follow.

"They talk too fast," he said.

Carrie Muskat is a reporter for MLB.com. This story was not subject to the approval of Major League Baseball or its clubs.

chicago.cubs.mlb.com/news/article.

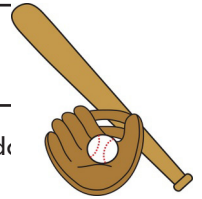


So Taguchi signs autographs for fans at Cubs Spring Training camp. (Morry Gash/AP)



Padres Breaking Down Language Barrier

Club teaching Spanish to help with conversations with players



PEORIA, Ariz. -- It was almost halfway through class on Tuesday when instructor Bryan Miley stopped himself in mid-sentence to get a point across to one of his pupils.

"Gentlemen," Miley politely implored his students, "I need for all of you to speak in full sentences."

This is not an uncommon occurrence for Miley, who is in his fourth year of teaching the English language to the Padres' Latino players, an experience he finds as challenging as it is rewarding.

But this isn't one of those classes and these are definitely not Miley's standard students.

The Padres have employed Miley to teach front-office staff, Minor League coaches and roving instructors, trainers and anyone else who shows up to Spanish instruction aimed toward narrowing the language barrier between player and staff.

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It's a program Randy Smith, the Padres' director of player development, and who has a front row seat twice a week for class, has instituted. Smith has enlisted Miley, who is a foreign language instructor at nearby Glendale Community College, to teach.

"It's not just about learning Spanish," Miley said, taking another break from his lesson. "It's about showing respect to them, showing them that you're embracing their culture. Not

only will you reap the benefits, but you're doing what's right."

Keep your eyes on the ball: Mantenga los ojos en la Bola

The Padres certainly aren't the first to offer English classes to Latin players. But they are one of the few who offer the opposite: Teaching front office staff and others Spanish to help them with their everyday conversations with players.

"It's something I thought was important to make us efficient when dealing with players when we're going to the Dominican or with our players who are just coming here and don't have command of the English language yet," Smith said.

"It shows that as an organization that we're making an effort to reach out to these kids. Language is a major issue. I'm asking for two hours a week for maybe nine this spring. It's a beginning, it's a start. Our guys have been receptive to it."

That much is evident on a Tuesday when, long after players have departed for the day, a group of 15 or so have gathered in a back room of the Padres' spring facility, in a room adjacent to the cafeteria for another round of class.

Stay back and wait for the ball: Permanezca atras y espera al bola

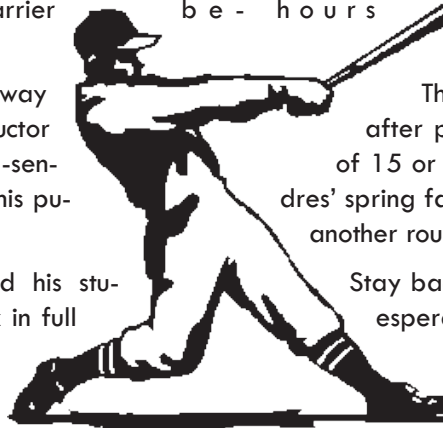
For an hour, Miley's students conjugate Spanish verbs and present progressives. Miley asks as many questions as he takes. The discussion is lively, interactive, not unlike a normal classroom setting with college students.

Only students, in this sense, sounds a little funny, especially when you're talking about guys like roving catching instructor Duffy Dyer, who is 64 and made his Major League debut in 1968.

No, this isn't a traditional Spanish class, Miley said.

This class is geared toward baseball-specific terms, ones these coaches can use to better communicate with players. And, if you can believe it, in Miley's class, cheat sheets are welcomed. He has handed out a small list of baseball-specific terms coaches can use on the field.

"They get the skills in a matter of days in what would normally take several semesters," Miley said. "I dispense with the building blocks and go right to what's to important to them. I'm not trying to teach them to be conversant but I'm teaching them how to give instructions.



"I'm very pleasantly surprised at how quick they're picking it up."

That's perfectly fine with roving hitting instructor Tony Muser, who played parts of nine seasons in the Major Leagues and managed the Kansas City Royals from 1997-2002. He and the other coaches simply don't have the time or need for a comprehensive class. This suits their schedule and their needs.

Muser said this is something he wishes had been available to him years ago.

"I think communication is huge. Hey, sometimes even from English to English it's hard to communicate when you get lost in semantics and words," Muser said. "With Spanish, there's so much more space there to not to get your point across.

"When you're coaching and teaching, those words are su-

per important."

Use the middle of the field: Usa el medio del terreno

Miley's class is lively. He keeps things light. The participants pick up on this and often engage him with questions. Miley starts each class by simply asking if anyone has any questions, presumably from something that might have come up since the last class.

Almost instantly, Gary Jones, a roving infield instructor, shoots his hand in the air.

"How long until we become fluent," Jones said, drawing scattered laughs from his peers.

"The end of the day," Miley said, smiling.

sandiego.padres.mlb.com/news

Baseball Phrases

big league(s) - used as a noun ("You're in the big leagues now") or an adjective ("big-league lawyer"). OED cites "big league" as specifically American major-league baseball, and cites its first use in 1899; the non-baseball use appears in 1947.

cover one's bases; cover all the bases - Ensure safety. In baseball, a player covers a base by standing close to it, ensuring a runner can not reach it safely. Also, a G-rated way of saying "CYA".

curve, curveball - as in "she really threw me a curveball" -- A surprise, often completely and totally unexpected. The curveball is a pitch in baseball designed to fool the batter by dropping unexpectedly. AHD1 dates this usage to the mid-1900s.

go to bat for (someone) - To give assistance to; defend. AHD1 dates this usage the early 1900s, the original meaning to as a substitute (see Pinch-hit, below), but referred to a more general use of help-one's team.

hardball, play hardball - Tough, aggressive. Refers to the comparison between balls in baseball and softball. Baseball is generally considered the more difficult game. As a synonym for baseball, OED dates this use to 1883; its non-baseball use appears in 1973

pinch-hit - to act as a substitute or stand-in for someone, especially in an emergency. In baseball, sometimes a substi-

tute batter would be brought in, especially at a crucial point in the game. OED gives the first possible non-baseball use in 1931, and the first definitive non-sport use in 1957

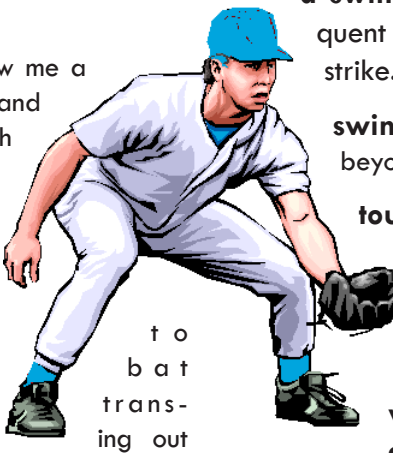
step up to the plate - or shortened to step up -- To rise to an occasion in life. Refers to when a player must approach home plate to take a turn at batting. OED cites baseball usage in 1875, general usage in 1919.

a swing and a miss - An attempt and subsequent failure. One way to get a strike. See also strike.

swing for the fences - to attempt to achieve beyond most reasonable expectations.

touch base, as in "we'll touch base at the meeting" - To ensure everyone has the same information. In baseball, a player who is touching a base is not in danger of being put out. May also be a military term.

whole new ball game / brand new ball game; whole 'nother ball game - In baseball, an announcer says "it's a whole new ball game" when the trailing team ties the score (usually after the trailing team has been behind by several runs), referring to the fact that both teams are right back to where they started at the beginning of the game. In common usage, a "whole new ball game" or "brand new ball game" signifies a drastic turn of events. A "whole 'nother ball game" signifies something completely unrelated, different, or irrelevant.





Match the terms on the left with their definitions on the right. Will you strike out or will you bat 1.000? You may check your answers at the bottom of the page!

1. ____ Strike out



2. ____ Out in left field



3. ____ Batting 1.000



4. ____ Still in the ballgame



5. ____ On the ball



6. ____ Dropped the ball



7. ____ On deck



8. ____ On the bench

a. Describes a situation in which a person is not participating in a given activity, project, or job because they are unable to perform for any of a number of reasons.

b. Used as a way of describing how successful a person is, based on their rate of success per attempts.

c. Describes a situation in which a person pays close attention, and is able to react quickly because of this.

d. Describes a situation in which one is wrong, or has a strange, unusual idea. This can also mean that one is not paying attention, or is daydreaming.

e. Describes a situation in which one is waiting their turn, especially if they are the next person in line.

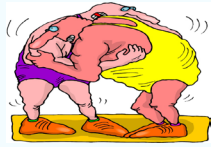
f. Describes a situation in which a person attempts something, but fails.

g. Describes a situation when one is having difficulty, but they continue to try to succeed. Can also mean that a person has not yet lost, they still have a chance at success.

h. Describes a situation in which one had an easy opportunity to succeed at something, but fails to follow through.

1.f 2.d 3.b 4.g 5.c 6.h 7.e 8.a

Parrot Warbling



Grappling with Grammar

Pronoun Errors

Pronoun errors occur when pronouns do not agree in number with the nouns to which they refer. If the noun is singular, the pronoun must be singular. If the noun is plural, however, the pronoun must be plural as well. For example:

Incorrect: Everybody must bring their own lunch.

Correct: Everybody must bring his or her own lunch.

Many people believe that pronoun errors are the result of writers who are trying to avoid the implication of sexist language. Although this is an admirable goal, correct grammar is still important.

Mistakes in Apostrophe Usage

Apostrophes are used to show possession. However, you do not use an apostrophe after a possessive pronoun such as my, mine, our, ours, his, hers, its, their, or theirs. For example:

Incorrect: My mothers cabin is next to his' cabin.

Correct: My mother's cabin is next to his cabin.

In the case of it's, the apostrophe is used to indicate a contraction for it is. For example:

Incorrect: Its a cold day in October.

Correct: It's a cold day in October.

Lack of Subject/Verb Agreement

When speaking or writing in the present tense, a sentence must have subjects and verbs that agree in number. If the subject is singular, the verb must be singular. If the subject is plural, the verb must be plural as well. For example:

Incorrect: The recipes is good for beginning chefs.

Correct: The recipes are good for beginning chefs.

Idiom-Attic



Idiom Definitions for 'Level best'

If you do your **level best**, you make every possible effort to do something as well as you can.

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

Beak Speak

Usually the content words are the words that are stressed in a sentence, but they don't have to be. The speaker has the choice of which words to stress and add emphasis to, depending on the message he or she is expressing. The change in intonation and pitch occurs under varying situations. Intonation can change:

- to emphasize new information
- to give special meaning to certain words
- to offer open or closed choices
- when asking tag questions
- when talking about people
- when talking to people
- and when giving lists



This page will examine the changes in intonation and pitch to emphasize new information and giving special meaning to words. Emphasizing new information- Sentences may have the same content words, but may not have the same stress because of new information being presented. Look at this example.

- A: I need a pair of pants.
- B: What kind of pants? ('Pants' is old information, 'kind' is the new information)
- A: Blue jeans.
- B: Any brand of blue jeans?
- A: No, Levi's.
- Special meaning- Stressing different words in a sentence can give special meaning to a word, and thus change the sentences meaning and focus. Look at these examples.
- Do you have a plate I could borrow for the night? (not some other day)
- Do you have a plate I could borrow for the night? (I'll return it)
- Do you have a plate I could borrow for the night? (and not something else)
- Do you have a plate I could borrow for the night? (is one in your possession)
- Do you have a plate I could borrow for the night? (and not someone else)

Some More Parrot Fun Stuff



Purchasing a House

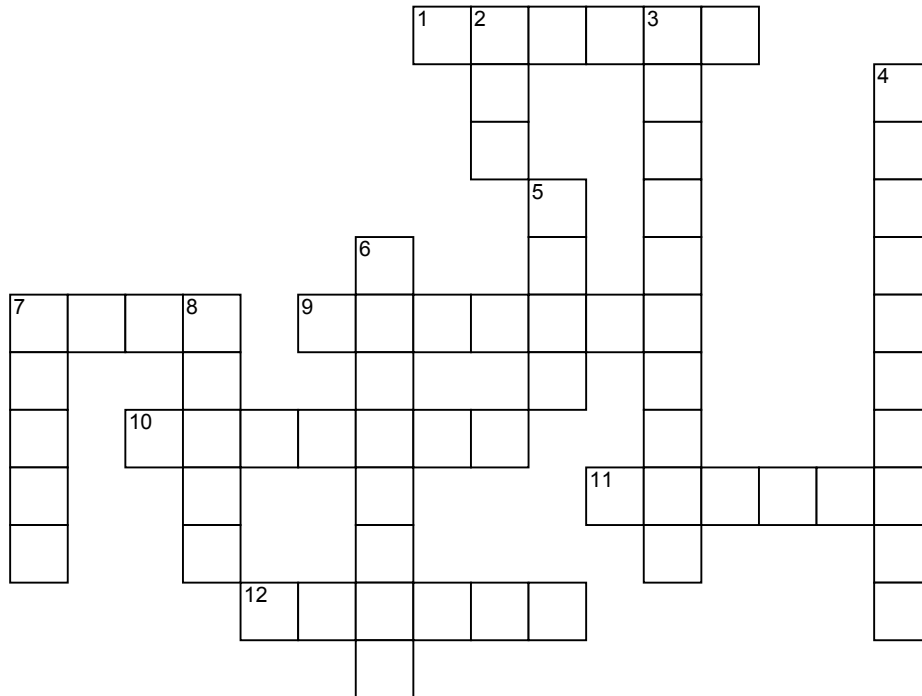
Have you ever had to sort through the jargon and terminology associated with buying a home? Complete this real estate puzzle and earn where the highest priced American homes are located.

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

AFFORDABLE**APPROVAL****BANKER****BATHROOMS****BEDROOMS****CLOSING****COMMISSION****CONDOMINIUM****CONSIDER****EXPLORE****HANDYMAN SPECIAL****HOME****INSPECTION****HOUSE****INTERNET****INVESTMENT****KITCHEN****LISTINGS****LIVING ROOM****LOAN OFFICER****MORTGAGE****MOVE-IN CONDITION****NEWSPAPER****OFFER****OFFICE****OPEN HOUSE****PAPERWORK****PRICE****QUICK SALE****REAL ESTATE****REALTOR****REDUCED****REMODELED****SEARCHING****SIGNATURE****SIGNS****TOUR****WORK**

Pledge of Allegiance

Written by Francis Bellamy in 1892



www.elcivics.com

ACROSS

- 1 people in military uniform should face the flag, remain silent, and give a military _____
- 7 males should take off their _____
- 9 last name of the author of the Pledge of Allegiance
- 10 a legal action brought between two sides in a court of law
- 11 recite the Pledge of Allegiance in _____ with the other participants
- 12 the Pledge of Allegiance is a promise of allegiance to the _____ States

DOWN

- 2 "...indivisible, with liberty and justice for _____."
- 3 number of words in the Pledge of Allegiance (_____ - _____)
- 4 loyalty
- 5 "I pledge allegiance to the _____ of the United States of America..."
- 6 form of government in which people elect representatives to exercise power for them
- 7 put your right hand over your _____ when you say the Pledge of Allegiance
- 8 everyone, except babies and people in wheelchairs, should _____ up when they say the Pledge of Allegiance

This is not What You Think.

It's time to let you go, fly far away from me!!

This is not an exercise, that you can do whenever you want to lose weight.

This is not a heater, where you can come whenever you are cold.

This is not a thought, that you can think whenever you mind is empty.

This is not restaurant, that you can order whatever you want when you are starving.

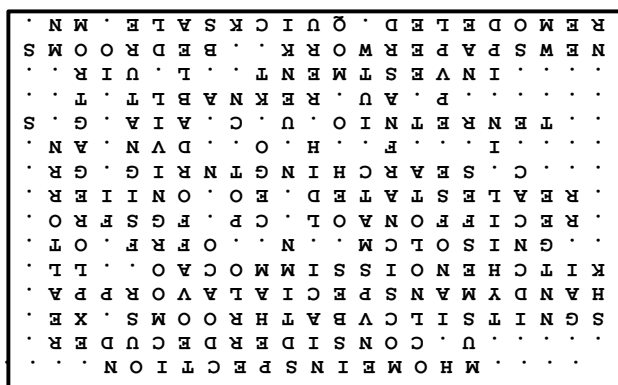
This is not a game, that you can play whenever you are bored.

This is me, trying to tell you that this is a feeling that grows every day

Not a hobby that you do because you want to get distracted

Lucía Orellana W50

Solutions for wordsearch on page 12



Rigoberto's Riddles

I am not a person but I fix your mistakes, what am I?



I am an eraser.

Silly Vasily's Chuckle Chamber

A Swiss guy visiting Sydney, Australia, pulls up at a bus stop where two locals are waiting. "Entschuldigung, koennen Sie Deutsch sprechen?" he asks.

The two Aussies just stare at him.

"Excusez-moi, parlez vous Francais?" he tries.

The two continue to stare.

"Parlare Italiano?"

No response.

"Hablan ustedede Espanol?"

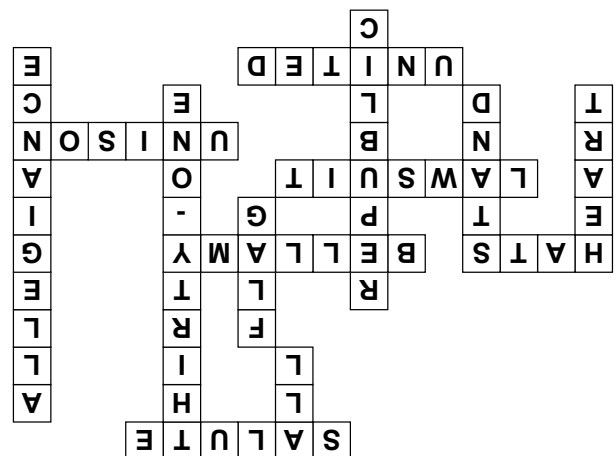
Still nothing.

The Swiss guy drives off, extremely disgusted. The first Aussie turns to the second and says, "Y'know, maybe we should learn a foreign language."

"Why?" says the other. "That guy knew four languages, and it didn't do him any good."



Solutions for Crassword on page 13



Solution:

Pledge of Allegiance

Written by Francis Bellamy in 1892

Media Peeps! by Media Mike



Sherlock Away! Sherlock Holmes in Many Guises

Sir Arthur Conan Doyle first published a short story about his master sleuth in 1887. Since then, Sherlock Holmes has appeared in many other media forms: plays, radio shows, TV shows, movies, graphic novels, cartoons and anime – you name it, and Holmes has already been there, done that. The Sherlock Holmes character has been used as a character in many other stories as well. In a series of mystery novels by northern California author Laurie King, Sherlock Holmes is married to the main character, Mary Russell. Set in the 1920s-30s, Mary and Sherlock solve crimes and political intrigue in various countries around the world as they set their minds to the task. Often they go undercover, as Bedouins in Palestine or English nobles in India. They even travel to San Francisco and explore the underside of the city – and work with California’s own gum shoe author Dashiell Hammett. Laurie R. King works in local references and cultural issues in each of her novels, as the stories are usually told from her main character’s point of view. It’s a great series of novels, and not to be missed, although it’s just one in the multitude of stories that have been spun off of Doyle’s original stories.

Why Sherlock? Why not???

If you want to catch some Sherlock this year, you can do so by reading, watching, and listening. Sherlock was just on PBS (our local Public Broadcasting Station) as a three part series: this time Sherlock is in modern London and solving crimes by using cell phones and the Internet and his pal Dr. Watson was a medic in Afghanistan. Look for reruns and new episodes. Sherlock Homes: The Final Adventure will be playing at the Sacramento Theater Company April 27th to May 22nd. See the original play come to life right here in midtown! And if surround sound is what you’d like better,

the sequel movie to Sherlock Holmes will be opening in December, 2011. If you want to prepare yourself, just find any of the hundreds, perhaps thousands, of other books, films and shows with the most famous sleuth deducing his way to the answer... After all, it’s elementary, dear Watson!

Vocabulary tweets:

Guises: (n.) outward appearance

Sleuth: (n.) detective

Gum shoe: (n.) detective

“been there, done that”: (phrase) smthg that you have already done before

To spin off: (v.) when the characters of an original story are used in other stories

Reruns: (n.) when a television show can be seen again after its original air date

To deduce: (v.) to reach a conclusion about something by reasoning

“Elementary, dear Watson”: A typical phrase used by Sherlock Holmes with his partner, Dr. Watson, that means that it is easy to solve a problem when you observe and add up all of the clues. (However, see: <http://www.snopes.com/quotes/signature/elementary.asp>)

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The Frugal Flamingo

Looking for some summer clothes? Have a new place to live you want to furnish? Have an event to go to and need some new duds? Looking for some bling-bling?

A first rate way to save money is by buying secondhand. Buying secondhand saves you money, saves the environment and gives you that “shopping fix.” Secondhand shopping is a great way to go, especially in this economy, and it is continuing to grow in popularity around the US.

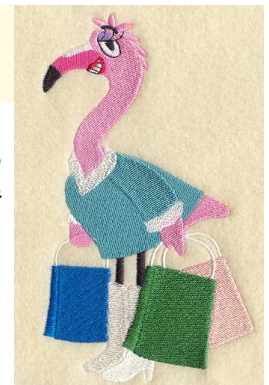
I would like to tell you about several local “hot spots” where you can find a wide range of merchandise. To start your spree,

at these locations you can find upscale, trendy, and basic merchandise AND you will always find a bargain. I haven’t hit all of them, but I sure hope to!

American Cancer Society Discovery Shop

2744 Marconi Avenue Sacramento, CA
95821-4914 (916) 484-0227

(Also locations in Elk Grove and Roseville) What? High-end cloth



Continued on page 16

ing, furniture (some antiques), home décor and shoes. Sales? 50% off on the last Thursday of every month.

Belle Mode Consignment Boutique

1012 E. Bidwell St., Folsom, (916) 983-5330

What? A women's consignment shop with basic brands from Old Navy to designer brands like Jones of New York. Sales? Clothes that haven't sold at the end of the month are 30% off.

Bon Bon Boutique

6848 Five Star Blvd., Rocklin, (916) 784-1697

What: This consignment shops feels like a boutique, but the prices do not. Fancy designer jeans, coach purses and much more. Sales? Exclusive sales events –just get on the email list.

Bows & Arrows

1712 L St., Sacramento, (916) 444-3606

What? Very trendy merchandise for all the hipsters that you know and great secondhand furniture.

Crossroads Trading Co.

2935 Arden Way, Sacramento, (916) 972-9900 (Also in Roseville)

What? Brands like Coach, Abercrombie and Old Navy for all the teens and 20-somethings that you know. You can also trade clothes for cash or for a merchandise credit. Sales? Sign up to get 10% off on your birthday.

Deseret Industries Thrift Store

3000 Auburn Blvd., Sacramento, (916) 482-1480

What? Good selection of merchandise, especially for children. Very nicely organized. Sales? Deals are in the yard area.

ECO Thrift

4220 Fruitridge Road, Sacramento, (916) 391-2402 (Also a store in Citrus Heights) What? Very well-organized. Merchandise for your whole family and your house. Sales? Unsold items are marked down regularly.

French Cuff Consignment

2419 J St., Sacramento, (916) 442-3724

What? Consignment clothes and jewelry by local artists in a cute shop that feels like a boutique. Sales? 20% off if you mention MidtownGrid.com

Goodwill Industries International

4040 Florin Road, Sacramento, (916) 395-2319 (14 other stores in the area) What? Enormous amount of merchandise for everyone and everything on stuffed racks. Good if you like to dig around. Sales? 10% off for seniors on Tuesdays.

DON'T FORGET THE TWO GOODWILL OUTLET STORES!

6648 Franklin Blvd., and 5400 Date Avenue. Some items are sold by the pound! (Glassware is 59 cents per pound!) ! You must have

lots of time and patience to dig in the unorganized bins, but you'll only need a little money!

Moth Hole

11787 Fair Oaks Blvd., Fair Oaks, (916) 965-5542

What? A consignment shop for customers and for other local retail shops...a great selection of new clothes (from local boutiques) and used clothes at 50-70% off retail prices. Great brands like True Religion and BCBG. Sales: Get on the email list for monthly coupons. \$5 sales on the last Wednesday of the month.

Renaissance Fine Consignment

2362 Fair Oaks Blvd., Sacramento, (916) 485-4911

What? A consignment shop with high-end clothes from Gucci to Gap. Good selection of designer evening gowns.

Sales? Layaway plans and a sale rack in the back of the store.

Sacramento SPCA Thrift Store

1517 E St., Sacramento, (916) 442-8118

What? A classic thrift store with all kinds of merchandise (even for pets). Furniture is put out on Wednesdays. Sales? Colored tags for sale items.

Salvation Army

615 D Street, Sacramento - (916)

441-5267 (Two other stores in the area) What? A classic thrift store with a good selection of appliances. Sales? Seniors receive 10% off on Tuesdays.

Second Season

2528 Yorktown Ave., Sacramento, (916) 488-0828

What? Wow! This store is the Nordstrom of secondhand shops. They clean, wash and iron every item.

Brands from stores like Macys and Nordstrom. Inventory is completely changed twice a year. Sales? Check the website (www.sacramento.assistanceleague.org) for new inventory dates. Ask about new inventory brown bag specials.

Snowline Hospice Thrift Store

616 E. Bidwell Street, Folsom (916) 984-5853

What? A very large thrift store with above average thrift store merchandise and very low prices. Some antiques, nice art, lots of children's items and housewares. Sales? Check for 50% off sales on certain merchandise throughout the month.

St. Vincent de Paul

2275 Watt Avenue, Sacramento - (916) 972-1212

(And two other stores) What? Classic thrift shop. Lots of stuff. You will do lots of digging, but it is well-organized. Lots of new clothes with original tags. Colored tag system for sale items.

This 'N' That Thrift and Gift

3257 Folsom Blvd., Sacramento, (916) 457-1877

What? A thrift shop in a great area. Huge amounts of donations daily from the Fabulous Forties neighborhood. Sales? Children's clothes are 10% off on Fridays, seniors get 10% off on Fridays



and selected items are 50% on Fridays

Thrft Town

6328 Fair Oaks Blvd., Carmichael, (916) 480-0312
(Two other Sacramento locations) What? Good quality, second-hand items that are well-organized. Housewares, jewelry, bedding, toys and furniture. Sales? Colored tag system for sale items and senior discount of 30% on Mondays (on clothing).

Tickled Pink

7901 Fair Oaks Blvd., Carmichael, (916) 971-1990
What? A consignment shop with high-end items with labels from Banana Republic to St. John Knits. Also, wedding dresses—new and used. Sales? New markdowns on Saturdays and a \$1 trunk.

Uptown Clothing Co.

5050 Rocklin Road, Rocklin, (916) 624-7474
What? A well-organized consignment shop with name brands such as BCBG and Gucci. Only clothing from the past two years is accepted. Sales? A 50% off rack and a \$3 rack.

WEAVE Works

2401 Arden Way Sacramento, CA 95825-2442 - (916) 643-4606
What? Great name brand items such as Gucci, Coach, and Fendi, Ann Taylor and jeans by Citizens of Humanity. Sales? Get a laminated card by signing up on the mailing list. It is good for 30% off purchases on Mondays. Get 50% off storewide every other Saturday.

casperi@arc.losrios.edu

Artie's Easel

Dear Artie,

Can you tell me something about Olmec culture and art? There's a big exhibit at the DeYoung Museum in San Francisco right now featuring the Olmecs.

Sincerely,

An Olmec Fan

Dear Olmec Fan,

I'd be delighted to give you a little information on the Olmecs. Here goes:

The Olmec culture arose about 1500 BC along the Mexican Gulf Coast (some 300 years before the time of Moses and the Egyptian pharaoh Rameses II). It was located in what is now known as Mexico, Belize, Guatemala and part of Honduras. Olmec society was highly sophisticated with great ceremonial centers, a single authoritarian ruler, and a strong, influential, religious-based culture that traders, missionaries, and perhaps warriors spread across most of Mesoamerica and into parts of Central America. Olmec centers included earthen temple mounds, monumental stone carvings, sacrificial altars, and vertical stone slabs known as "stelae" which had images and symbols incised or etched on their surfaces.

The main Olmec deity was the Rain God, who in most architectural carvings and Olmec sculptures and art, was depicted as having the face of a snarling half-jaguar and half-human figure. Today, many archaeologists believe that this stylized image actually showed the convergence or union of the bodies of two serpents. The Rain God was associated with serpents, floods, ice, lightning, hail, mountains, and droughts. Over time it was adopted and worshiped universally by later Mesoamerican cultures. As for math and science, the Olmecs not only had a numbering system and a complex calendar, but also produced exquisite

sculptures, terra-cotta figurines, decorated pottery, and magnificent jade statuettes, masks, and other objects. There are some scientists who believe that the Olmecs were also the first Indians to invent writing in an early form of glyphs.

The most imposing and striking works of the Olmecs were huge heads, sculpted in the round, from basalt rock. These, on an average, stood eight feet tall and weighed up to twenty tons. They were very big! The headdresses sculpted onto the Olmec heads looked like tight-fitting, old-fashioned football helmets, suggesting that they represented those found on religious or secular rulers. These gigantic heads were first discovered at a large Olmec site in the jungle in Mesoamerica. The basalt used to sculpt the heads was found forty miles away. Because the Olmecs had neither wheeled vehicles nor large domesticated draft animals like horses or oxen, anthropologists believe that the people themselves pulled the huge blocks of basalt on rollers through the jungle and then floated them down the rivers to the site.



Typical Olmec ESL Prof

The Olmec civilization lasted until about 300 BC, during its existence, the Olmecs influenced and contributed to many new local and regional Indian cultures and urbanized civilizations that arose and flourished in the central Mexico Valley, Oaxaca, the Yucatan, Guatemala, and other areas of Mesoamerica. As you can see, the Olmecs gave rise to many other cultures.

I hope that this brief history of the Olmecs will make the show in San Francisco more meaningful when you visit it. Have a wonderful summer, and don't forget to see some art shows and museums. If you get bored, create some art!

Until Next Time,

Artie

To contact Artie: whiteg@arc.losrios.edu

Granny Noetal

Dear Granny,

I've been in the ESL program now for four years and can now read and write English pretty well but I'm still not comfortable speaking English and at times I have problems understanding. What do you suggest?

Serrada La Bouche

Dear Serrada,

I'm no expert; I don't know it all but I do suspect a lot. I don't know if you've taken any ESL listening and speaking classes but I will assume you have if you've been in the program for a while. It would be strange not to have focused on all aspects of language learning – listening, speaking, reading, and writing – at the same time. So assuming that that you've done all that, the question remains: why are you not confident in your speaking abilities and why do you sometimes have difficulties in understanding (conversations) and perhaps radio and television?

Each learner is different and learns at different rates so, first of all, be patient with yourself. Learning a language well is a lifetime pursuit. Secondly and perhaps more important is this: Don't use the same strategies to learn English as you would if you were living in your old country. There are many



possibilities here that perhaps didn't exist in your country. You need to ask yourself how much contact you have in your daily life with English outside of the classroom. Do you have neighbors you can speak to in English? Take advantage of small conversations so that you get practice. Where do you get your news and information? Do you get it through your language or do you try television and radio in English? If you do watch TV in English, experiment.

Many people always watch with closed options. That doesn't challenge your ears. Most of us will read. Keep that radio tuned in to programs of interest to you while you're ironing, walking, doing the dishes, or taming lions. It'll take your mind off those mundane tasks and you'll get more "English contact" time. (Well, perhaps you should turn the radio off while dealing with lions.) Another suggestion is to see if there are any volunteer possibilities for you nearby (library, elderly care facility, animal shelter) where you would be using your English. Of course, a high-paid, 40-hour-a-week job with native speakers of English who think you're "the cat's meow" and with you doing a lot of telephoning – well, that would work wonders for your confidence and your English. They go hand-in-hand! Good luck, Serrada.

To contact Granny: braccop@arc.losrios.edu

The Cyber Bum--Bogdan Komlyk

"Your PC is infected!!! Please..."

We all have seen these ads popping up in our browser. And not always are we able to tell if it's a fake or if we really caught 'a virus'. So, just to be safe, we click and download the "Super Antivirus Remover". Plus it's absolutely for free. But is it really safe and free?

Well, to be honest, it is a very controversial bargain. I am not sure you are ready to pay for it with your e-mail accounts, online shopping accounts, personal info and for sure your credit cards. Why is the price so high? This is the price of being naive and not well-educated. The Internet just looks like a fun place to be – YouTube, Facebook, and Google. Nevertheless, the Internet is a big ocean of information and it has its



own sharks. The sharks are very savvy and never point their guns at you. Instead they create little programs and websites that looks like a-super-great-free-antivirus or may be selling one. Their first rule is to scare you. That's why when you are surfing the Web, especially in MS Internet Explorer, you might get those freaky pop-ups about your PC being infected or a page showing some kind of a scanning in process. Here goes the first "contra" rule. Do not panic. Nothing from your browser can perform a check of your computer in any way unless you explicitly give your permission to do so. For example some antivirus software developers allow you to perform a check for viruses online. Still you need to give your permission and take some actions towards it.

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Parenting the Parrot Way!

Last month in *The Parrot* we had some articles on memory. With summer fast approaching, I always worry about how to keep my children from forgetting what they learned during the school year. Here are some tips I found on the internet that I will be trying out this summer.



Prof. Moon's kids

Strategies for Improving Memory: Both Parents & Children

by Jonathan Mooney

Test success often relies on a good memory. While it's very important to help your child find the right structure for his test review, you can also help him improve his memory. The key to memory retention is to get the mind and the senses highly involved in order to help move information from the short-term memory into the long-term memory. As you work with your child on memorizing and retaining information, integrate color, touch, sound, and verbal processing. Here's how:

1. Integrate color. Use colored flash cards, colored pencils, or a rainbow of highlighters. Before you start reviewing, have your child identify specific colors for themes, details, concepts, and arguments.

2. Integrate visuals. Children should be given a visual representation of the information they are learning as often as possible -- it can even be as simple as a circle drawing. When working with an outline or a map structure, have your child use shapes rather than numerals to highlight information.

3. Integrate verbal processing. Let the kid talk! There is far too much emphasis on the necessity of a quiet learning

environment. Many kids feel the need to "talk it out" when learning new information. Give your child a tape recorder, so that she may record herself as she studies. Talk with her about what will be on the test before the review begins, then talk it out again halfway through the review, and once again at the end of the review. Let her talk to herself if she needs to when studying. Quiet time is overrated!

4. Integrate touch. Yes, there is such a thing as tactile or kinesthetic memory. Touch and movement can help stimulate memory. Encourage your child to work at a big table so that he can lay out the material, group flash cards, or build models. Most importantly, let your child move around while studying. Have him trace concepts with his hands, draw concept maps on a white-board, walk around when reciting information, and lastly, let him chew gum or drink liquids. Believe it or not, all of these activities can engage his physical memory system.

5. Integrate application. One of the biggest misconceptions for many kids is that they think simply reading over the information will be adequate preparation for a test. But reading information is not what will be tested - they'll have to apply that information. Encourage your child to create tests for herself, and most importantly, when working with a math concept or a formula, create problems for her to solve.

6. Integrate visualization. I know this one may sound a little New Age-y (trust me, I think so too!), but for some minds, visualization is the key to memory. For every piece of information that your child is attempting to memorize, have him think of a picture for it -- whatever comes to mind. It takes 30 seconds, but it's often the key to long-term memory.

7. Integrate mnemonics. This is the opposite of visualization, but it's great for kids who are linguistic. When working with a linguistic learner, have her think of a rhyme or a catchy wordplay to associate with a set of terms or ideas. This allows kids to store the information through a mnemonic device -- an age-old strategy for retention. This memory technique is very effective for some kids, but not so great for a kid like me who can't hear rhyme as result of a deficit of phonetic awareness (i.e., dyslexia).

Read more on FamilyEducation: <http://school.familyeducation.com/educational-testing/sensory-integration/38391.html#ixzz1HMakj771>

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Mim's Cafe

Easter is a great time to enjoy lamb or mutton. Yes, it is red meat and is quite expensive at seven to eight dollars a pound. However, lamb meat actually contains two important nutrients: zinc and iron, and it's not as fatty as some people might think. Lamb is also a good source of amino acids and is rich in Vitamin B12 which is responsible for our metabolic reactions. So the next time your body craves red meat, try lamb. The recipe below was taken from Cooking Light Magazine (Dec. 2009). The chile sauce and grated ginger will sure kick your taste buds.

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



Prof. Montgomery with happy eater.

Slow-roasted Malaysian-Spiced Leg of Lamb

Ingredients

- 1 (4-5 pound) leg of lamb
- 1 tablespoon olive oil
- ¼ cup ketchup
- 3 tablespoons dark brown sugar
- 1 tablespoon grated peeled fresh ginger
- 2 tablespoons oyster sauce
- 1 tablespoon Sriracha (hot chile sauce)
- 2 garlic cloves, minced
- Cooking spray

Cooking Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a bowl, combine ketchup, brown sugar, grated ginger, oyster sauce, chile sauce and minced garlic. Mix well and set aside.
3. Brown lamb in a skillet with olive oil (this might require a



creative way of rotating the lamb to make sure all sides are browned since leg of lamb might be too long for the skillet).

4. Generously spray glass baking pan with cooking spray.

5. Brush ketchup mixture on lamb and place in baking pan.

6. Put lamb in middle rack and bake for forty-five minutes.

7. Cover baking pan with foil to keep moisture in. Reduce heat to 350 and bake for another hour to hour and half or until desired degree of doneness (general rule for baking lamb is 15 minutes per ounce of meat).

8. Let lamb stand for 20 minutes before serving.

utes before serving.

The Value of Lamb

Lamb (and mutton), a red meat, has always gotten a bad rap for many reasons. One reason is that it is often believed that white meat is healthier. Today, red meat is much leaner than it was thirty years ago because of new breeding technologies, improved production strategies, and better meat processing techniques. Unsaturated fat, which is good for you, makes up half the fat in lamb. Palmitoleic acid, a 16-carbon monounsaturated fatty acid found in lamb, possesses strong antimicrobial properties.

Lamb also has a high nutritional value and is an especially good source of easily absorbed zinc and iron. The recommended daily allowance provided by a



three ounce serving of cooked lamb is 30% for zinc (essential for growth, tissue repair, and a healthy immune system) and 17% for iron (needed for the formation of red blood cells). Lamb is rich in B vitamins, especially B12. One serving can provide 74-100% of the daily requirement for Vitamin B12, which is essential for the body's metabolic reactions. Lamb is also nature's best source for an amino acid called carnitine, which is needed to generate energy from fatty acids. Trace elements such as copper, manganese, and selenium are also found in this meat, and it contains a rich

supply of high quality protein.

After You Finish Your Lamb, Pick Your Teeth Over These Lamb Idioms!



gentle as a lamb

Cliché [of someone] very gentle. “Don’t be afraid of Mr. Schaeffer.” He may look fierce, but he’s as gentle as a lamb. “Lisa was gentle as a lamb when dealing with children.”

innocent as a lamb

1. guiltless. “Hey! You can’t throw me in jail,” cried the robber. “I’m innocent as a lamb.”
2. naive; inexperienced “She’s eighteen years old, but innocent as a newborn babe.”

meek as a lamb

[of someone] shy, quiet, and docile. “Only an hour after their argument, Joe went to Elizabeth and, meek as a lamb, asked her to forgive him.” “Betsy terrorizes the other children, but she’s as meek as a lamb around her elders.”

in two shakes of a lamb’s tail

Fig. in a very short time; very quickly. “Jane returned in two shakes of a lamb’s tail.” “Mike was able to solve the problem in two shakes of a lamb’s tail.”

like lambs to the slaughter and like a lamb to the slaughter

Fig. quietly and without seeming to realize the likely difficulties or dangers of a situation. “Young men fighting in World War I simply went like lambs to the slaughter.” “Our team went on the football field like lambs to the slaughter to meet the league-leaders.”

March comes in like a lion, and goes out like a lamb, and In like a lion, out like a lamb.

Prov. The month of March usually starts with cold, unpleasant weather, but ends mild and pleasant. (Either part of

the proverb can be used alone.) “March certainly is coming in like a lion this year; there’s been a snowstorm every day this week.” Jill: “Today is March twenty-fifth, and it’s beautiful and warm outside, when just two weeks ago, everything was covered with ice. Jane: In like a lion and out like a lamb, all right.”

two shakes of a lamb’s tail

Fig. quickly; rapidly. “I’ll be there in two shakes of a lamb’s tail.” “In two shakes of a lamb’s tail, the entire pile of bricks had collapsed.”

be as gentle as a lamb

to be very calm and kind “I thought she was gentle as a lamb until I heard her shouting at Richard.”

like a lamb

if you go somewhere that you are being forced to go like a lamb, you go there calmly and without complaining “I thought I was going to have to drag her screaming to school but when the time came she went like a lamb.”

like a lamb to the slaughter

something that you say about someone who does something or goes somewhere calmly and happily, not knowing that something unpleasant is going to happen to them

Usage notes: This phrase comes from the Bible. The slaughter is the time when animals are killed for their meat.

“Here comes the bride, like a lamb to the slaughter.”

McGraw-Hill Dictionary of American Idioms and Phrasal Verbs. © 2002 by The McGraw-Hill Companies, Inc.

Cyber Bum: continued from page 18

However, what if you download and install whatever the sharks try to “present” you? Here goes the second rule of the sharks – “Steal it or force it”. The first way their “antivirus” behaves is doing nothing except stealing. Yep, just chillin’ and stealin’. The software loads to your memory and takes logs of everything you type, for example. After some time it sends it away and in few weeks you’ll find out that you bought a plasma TV or maybe a house in L.A. Who knows what will happen? The second way is totally opposite. The program crypts all your files, or just locks you PC. Whatever it does, it will ask for your credit card. And guess how it’s going to end. In any case, the second “contra” rule will be – “Remove and Fight back”. Removing sometimes can be a trouble so find yourself a geek; he or she might be helpful.

After you’re done, start to kick back. First find yourself an antivirus – the normal one. The list approved by Microsoft is here: <http://support.microsoft.com/kb/49500>. Most of the vendors probably have versions for Mac and Linux even though those two are different stories. Next, check your balance of your credit cards for orders you’re never made. Also, if possible, try to check yourself for identity theft. No, it’s not a new kind of flu. It’s when someone uses your personal information to buy something or use in any other illegal actions.

In general, be alert and pay attention to what you click on, why you click, and who might be behind you. Be safe, and do not forget to fight back. As usual, all your comments, questions and proposals are more than welcome here:

geek.for.parrot@gmail.com

Boots on the Ground: Get Slick with Trail Mick

CODFISH FALLS HIKE - Auburn State Recreation Area

Note: We did this pleasant hike on a warm day in May a few years back. My wife and I along with a few ESL students drove to the Canyon of the North Fork of the American River. There we were joined there by an American River College professor, his wife, and more ESL students.

Most of the lower portion of the rugged North Fork American River Canyon is within the Auburn State Recreation Area, a primitive park of very few amenities. Codfish Creek Falls is an easy, enjoyable hike that follows the River for most of the way.

To get there from the Sacramento area, we made our way to Interstate 80 and headed eastward toward Auburn. About 10 miles east of Auburn, we exited the freeway at Weimar Cross Road, and turned right onto Ponderosa Way. The narrow road quickly changed to dirt and became rough in spots. Though a high clearance vehicle is recommended, we made it in our standard cars. We found it necessary to drive this road very slowly and with care. Approximately 6 miles from the turn-off, we encountered an old, one-lane bridge crossing the American River. We drove across. On the other side of the bridge was a dirt area off the roadway that served as a parking area.

Our group of 12 hikers gathered at this spot, gazing all around at the wild and beautiful canyon setting. Eager to start hiking, we walked back across the bridge where we found the trailhead on the left (or downstream side) of the crossing. At that time the American River was swollen with snowmelt and was running high and fast. As we followed the trail downstream, we enjoyed some fine views of the canyon. The path was narrow and terrain generally sloped off

steeply both above and below the trail. During much of the way we hiked over rocky terrain, though we passed through a few grassy stretches too. These gentler areas were full of wildflowers at the peak of the spring bloom! Wherever there was water there were lots of frogs which announced their presence by croaking! Most of the vegetation in this part of the canyon consisted of oak trees and chaparral

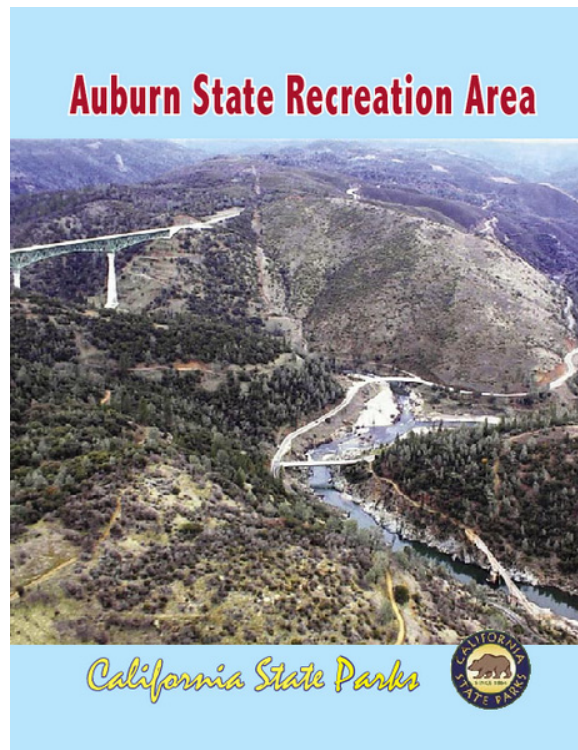
shrubs. After about a mile and a half we arrived at a small creek that tumbled into the main river. There the trail crossed Codfish Creek before making a sharp right turn as it followed Codfish Creek. We could hear the falls as we made our way upstream. Soon we came upon a cascading 50 feet high waterfall, quite impressive in this high-flow season! While most of us were content to sit on rocks at the base of the falls and eat our lunch, a few adventuresome souls scrambled on up to the top of the falls. After lunch and a peaceful respite, we turned and followed the trail back to the cars.

Though the trail is well maintained and is perfect for hiking, it's generally too narrow and rocky for bicycles. Dogs are okay if kept on leashes. Hikers should allow about

two hours for the nearly 4 mile total (out-and-back) walk. The only facilities on this hike are a couple of portable out-houses, placed there by the park service for sanitation. Be sure to carry your own water and snacks.

Enjoy the hike!

To Contact Mick: braccop@arc.losrios.edu



“I have two doctors, my left leg and my right.”

G.M. Trevelyan

continued from page 1

I wanted to make an impact, a greater impact; and in the community college I can do that because I see students of all walks of life, anybody on any given day. I have a variety of different duties, so I like that I can really make an impact, whether it is a student that wants to take one class to get a job or a student who wants to transfer and get a degree. No matter what their educational goal is I can help them.

Parrot: Can you describe something interesting about your job as a counselor?

Herrel: Every day is interesting here as a counselor because every day we have a schedule full of appointments, and we don't know who we are seeing, so every student comes with a different scenario, different needs, so it keeps it interesting. Every day you never know who you are going to see, who you are going to meet, who you are going to be able to help, who you are going to learn from. So in that way every day is interesting. Also the variety of work that we do and the people that we meet, but we also have variety in the sense that we counsel, we also teach classes, counselor do. We also have assignments to high schools, so we do outreach to high schools. We serve in communities, so there is a variety of different things that we can do within our one job title as a counselor.

Parrot: It's interesting that counselors perform many other activities besides counseling. Okay, the third question is this. Do you feel satisfied with your career so far and from what I've heard so far it seems that you do feel satisfied?

Herrel: Yes, very much because I feel like I am making an impact on people, being able to help people move from one place to another, and that goal can be like a big goal, like transferring to a university or it can be a short-term goal of taking and passing their math class. I can help a student figure out which math class to take, to take the right class, and also help them find the resources that help support them in that class like tutoring, so yes, it is very satisfying. It is fulfilling.

Parrot: It's very good that your job is fulfilling. Now we are going to move on to some questions that are related to your life in general. Can you describe an experience or moment in your life, as a child or adolescent, that changed your perspective of life or which you can define as having contributed to the person you are today?

Herrel: One experience that contributed to the person that I am today or defined my kind of path in a way, well I do remember as a little girl, really young, I used to pretend I was a teacher. You know how you play and when you are

playing a lot of times they say kids kind of act out what they may be doing, so playing is a really important part of their development, but when I was little I used to pretend I was a teacher. I would give lectures to my stuffed animals.

Parrot: So you would give lectures to your stuffed animals - that's weird! (Laughs).

Herrel: I would go to my family room, and my dad was a teacher, so that had a lot to do with it, and he also later worked for a publishing company, so we always had a lot of books in the house. So I grew up reading everything, but I would go to our room in the house, and set up all my stuffed animals around the room, passed out papers to each stuffed animal, and a pen. I would pretend I was giving lectures. I would give lectures to my stuffed animals....(laughs), and I like that. I like being able to teach, so I think that is somewhat related to counseling too.

Parrot: Plus, your dad being a teacher had some impact on you.

Herrel: Definitely. My dad was a teacher; my mom was a real estate agent. I'm sure that had a lot to do with my decision to choose counseling, and always having books in the house make me want to learn and to really love learning.

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

Herrel: One of the biggest challenges was that my brother died suddenly. He was my best friend in the world, so when he passed away suddenly, that was hard for me; I just kind of lost my focus. I was not there, you know, I was kind of lost for a while. I'm not sure what happened, but suddenly I started to get back into life again, enjoy school, work, and family. But that took a toll on me, my brother passing away suddenly.

Henry Carpio

ESLL 320

ARC Counseling

To get answers to FAQ (frequently asked questions), go to:

http://www.arc.losrios.edu/Support_Services/Counseling/FAQs.htm



Out of the Cage

It's All About Love!

Tuesday, May 10, 2011

7:30 pm

Our final concert of the season will contain a lot of variety, yet we'll focus our energies on songs of love! What could be better than romantic poetry linked with composers such as Eric Whitacre's magical choral writing style? The Concert Choir will sing Whitacre's Five Hebrew Love Songs. The Chamber



Singers will dazzle you with love songs from South America and the Carribean.

Admission to the concert held in the ARC Theater will be \$9-General; and \$6-Students and Seniors.

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

Internship/Work Experience Workshop

Wednesday, May 11, 2011

12:00 pm - 1:00 pm

Did you know that nearly 58% of students who had an internship with a company were offered full-time jobs by that same company? And did you know that employers would prefer to hire a student with experience through internships than a student with a degree alone? This workshop explains why internships are such an important step towards your career. The workshop will also explain how to get an internship through the Co-op Work Experience & Internship Program. Open to all majors, don't miss it!



* Facilitated by the Cooperative Work Experience & Internship Office

Please call the Career Center and register for this workshop. 916-484-8492

Location: Career Center

Orchestra in the Park

Wednesday, May 11, 2011

7:00 pm

The American River College Orchestra presents "Concertos and More" including music from Mozart, Beethoven, and Les Misérables.

Admission is free (donations accepted) to this concert held in the Gibbons Park Community Center located at 4701 Gibbons Drive in Carmichael.

For more information, contact Dr. Steven Thompson at 484-8368.



Resume Development Workshop

Tuesday, May 24, 2011

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

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/