



The Parrot

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

Issue #54

Fall 2011

Mary Wall: Earning Her STRIPES

Parrot: Hello, my name is Rita Bethel and I'm scheduled to interview you today. Is it OK if I record our conversation?

Mary: Yes

Parrot: Ok, so your name is Mary Wall. Nice to meet you and you are from The Stripe program?

Mary: I am.

Parrot: What is your title?

Mary: My title is project STRIPE Grant Coordinator.

Parrot: Can you tell me a little bit about yourself?

Mary: A little bit about myself, hmmm. I don't know where to start. Hmmm, I will start from recent history and then if you want to ask other, more personal questions, you can. Thank you. I have been with the Los Rio community college district for about 10 years and I've been adjunct faculty in the

department of communication studies, so I have taught public speaking, small group communication, interpersonal communication, those kinds of courses at Folsom Lake College and Cosumnes River College and I got this job about a year ago. It is very different than teaching but I find so many similar threads from my subject matter expertise in doing this job, so it's been really exciting, it's been super fun and it is a program that I really believe in and love.



Mary Wall

Parrot: Are you a native of California?

Mary: No, I'm not.

Parrot: Where are you from?

Mary: I grew up in Minnesota and then I came out to California about thirty years ago.

Continued on page 18

Ten Tips You Need to Survive College

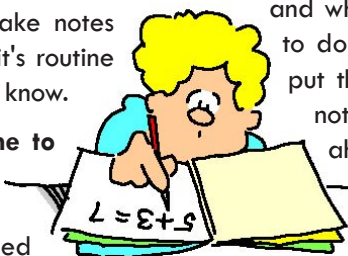
1. **If you haven't already registered, try not to schedule back-to-back classes.** You'll wear yourself out besides missing the best times to study--right before and right after class.

2. **Begin the first day of class.** Know what's expected of you. Take notes from the first day even if it's routine stuff you think you already know.

3. **Establish a routine time to study for each class.** For every hour you spend in class, you will probably need to study two hours outside class. Studying for each subject should be at the

same time, same place, if possible. Study includes more than just doing your homework. You will need to go over your notes from class, labeling, editing, and making sure you understand them. Study your syllabus daily to see where you are going and where you have been. Be sure to do reading assignments. (Don't put them off just because there's not a written assignment.) Read ahead whenever possible. Prepare for each class as if there will be a pop quiz.

4. **Establish a place to study.** Your place should have a desk,



Continued on page 6

Baghdad Blues

see page 2

"Problems are only opportunities in work clothes."

Henry J. Kaiser



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Student Chirpings

Baghdad Problems

I was born in Baghdad. It is the capital of Iraq. Baghdad is divided by the great river The Tigris into two main counties. The county which is located on the right side of the river is named Al-Karkh, and on the left side the county is named Al-Rasafa. There are seven bridges connecting these two counties. All the government institutions were located in Al-Karkh county while all the ministries were located in Al-Rasafa county. Baghdad was built in 765 BC, so it is one of the oldest capitals in the Middle East. The weather in Baghdad is very hot in summer, and it is cold in winter. There is not much rain in winter. Iraq was colonized by Great Britain from 1921 to 1944. During that time, the British government built many bridges, many hospitals, many streets, and train stations, and established the first system of the basic utilities for the country. The British government focused on Baghdad because it is the capital. We still use all the buildings, and the systems which were built by the British government. The building is very old, but none of the regimes in authority made any improvements in all these systems. They are still as they were originally built. Baghdad is a beautiful city, but there is nothing perfect. There are three main problems in Baghdad: having a very bad sewer system, very limited public transportation, and a lack of freshwater.

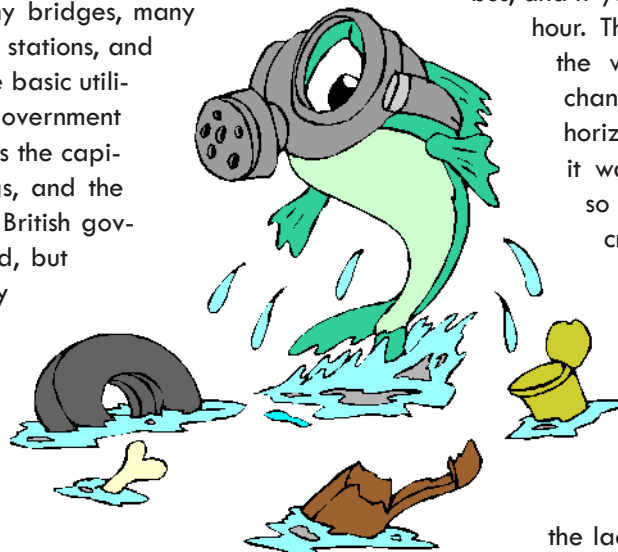
The first problem in Baghdad is the bad sewer system. I lived in Baghdad – Al karkh for more than forty years. As Arab people, we are not interested in moving from one place to another, which means I spent all my life in the same house. The sewer system is very old. It was built in the forties of the last century and modified in the sixties. I remember in winter 1995 the rain was heavier than the standard level. That day most of the houses filled with bad water which came from the toilets and bathrooms. The water covered the floors of the first story of the houses. Most people stayed on the second floor of the house for hours until the city workers came and withdrew the water. The furniture was dancing on the surface of the water. You can imagine the bad effect of that water on the health of people. Moreover, the water brought with it rats, thousands of rats, which caused many diseases and last till this time. For our home, when my father built it he

knew this problem, so he built a concrete base twenty centimeters higher than the street. That made our sewer higher than the main sewer of the street, so it kept the water at a low level compared to our home, and that saved us from the flooding.

The second problem in Baghdad is a limit in public transportation. We used the buses which the British government gave us within Baghdad. The buses were very old. I remember when the regime replaced them with new ones in 1978. When I left Baghdad in 2006 they were using the same buses. We needed to wait almost an hour for the bus, and if you missed it you had to wait another hour. The route of the buses didn't cover the whole city because Baghdad has changed since 1944. The city extended horizontally, but they kept the route as it was. Many people didn't have cars so they suffered a lot. This made the crisis become larger because of the shortage of buses. For my family I was lucky because my father was an executive manager in Al-Rafideen bank so he had two cars. We didn't suffer like others.

The third problem in Baghdad is the lack of fresh water. This problem appeared in Al-Rasafa county more than Al-Karkh because all the government buildings were in AL-Karkh, so the county got more attention. When I married, I lived with my husband in Al-Rasafa County. We suffered from a lack of pure water during summer. The distribution system of fresh water was very old, and the pipes were leaking. We used to store water in water tanks. All of the people in Al-Rasafa County suffered from this problem, and in some areas they used water from the river. I remember one day, my husband and I went to my parents' home and brought water with us because we were out of water for three days, and our stock of it was finished. Many people used water to set water from the main pipes. Other people dug wells in their gardens to have water for plants, toilets, and laundry.

In conclusion, Baghdad is the capital of Iraq, and it was a beautiful city, but as my grandmother said, "Nothing is perfect." Having a very bad sewer system, an inefficient



public transportation, and a shortage of fresh water are the main problems in the capital of Iraq. These problems will last long because none of the regimes which governed Iraq have been interested in developing the country. All of them

were only interested in developing their wealth.

Hind Hanna

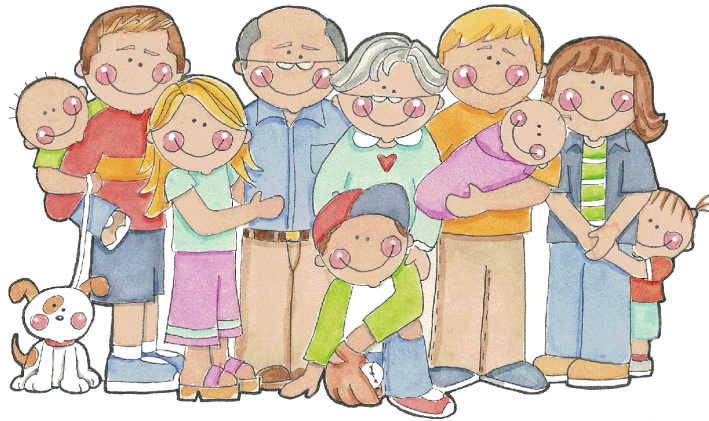
ESL W50

My Belief in the Importance of Elderly People

Elderly people are the foundations of our families. They bond the families together with strong ties of culture and traditions. My grandpa overcame hardships for me. His life stories are full of tragedies, pain and suffering.

I was born in Fiji, as were my parents and my grandmother. My grandpa was born in India, but he came to Fiji as an indentured laborer to British business people. These business people had hundreds of peoples from India and South Africa to work on Fiji's farmland. My grandpa was married and had children in India but he was convinced by these business people and left his country. The British business people promised these laborers that they would be given good money and could return to their homeland after they had completed the job. However, this never happened. After my grandpa left India, he was never able to see his family again. He worked like a slave for these business people. My grandpa, including other laborers, were beaten and forced to work on farms, and make bridges and roads by hand.

Finally, my grandpa settled down in Fiji. He got married and had children. My grandpa's stories were heart touching and full of pain. His experience has showed me to value my family. "No Matter how many problems you have



in life, family togetherness and happiness will solve them all" are my grandpa's words that I use daily and also tell my children.

In 1999, my family migrated to the United States. We were very lonely for some time until my in-laws came from Fiji. Their presence overcame our loneliness. They were always supportive in our difficulties till we adjusted ourselves

to this new environment. My children learned to speak Hindi from their grandparents. They also learned to follow our Hindu ritual by praying on Fridays. They won't eat meat on this day because meat is forbidden on the day of prayer. My children always loved to listen to their grandparents childhood stories. My kids have also learned the relationships among our

extended relatives.

Regardless of living in a foreign country, my family still observes the rituals of our culture and traditions that we have learned from our elders. I always tell my children to appreciate and respect the elders of the family as I always do.

Ruth Mani

ESL L310

I Believe in Reading a Good Book

Every time I read a good book, I feel connected to my father who passed away when I was three years old. The love of books passed from my grandmother, to my father and to me. After my father's death, my grandmother read me stories from my father's collection, the same stories my mother told me. My favorite ones were magic tales.

Every time my grandmother read to me, I would learn something interesting and positive. She often read to me from "The Adventures of Sherlock Holmes," "The Three Musketeers," and other amazing books. I fell in love with

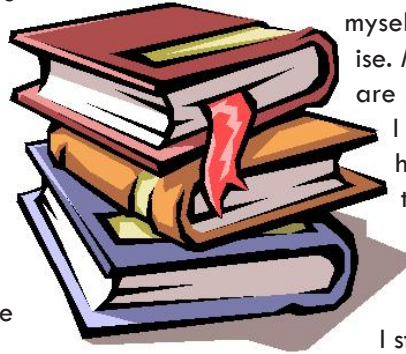
reading and each story had a new world of mystery and enlightenment, a world where I could be anything and anyone, a world where everything was possible.

One day when I was about 4 years old, my grandmother was reading to me and I thought to myself how much better it would be if I could read by myself. So I asked my grandmother if she could teach me how to read. After nine long months of practice, I was able to read my first book; it was "The Hound of the Baskervilles." That day was the best day of my life. I wanted to read every story that had

Sherlock Holmes in it because I loved the way he solved crimes just by looking at the person and at the crime scene.

My uncle Alexander gave me an amazing gift on the day I read my first book. My grandfather had called him and said, "Dimi can read," and because my uncle knew how much I wanted to read about Sherlock Homes, he bought me a gift.

The gift was a book that smelled like fresh ink and trees; on the hard cover it had a bat and an old fashion pipe; above the hat and pipe in gold letters, it said "The Complete Works of Arthur Conan Doyle in One Book." One day as I was reading that book, I walked straight into the ocean (I lived about four and-a-half blocks away from the ocean.) The funny thing is that when I read the big book, it did not feel heavy. I would walk and read, and it felt like I was not carrying a book. I



think I actually felt lighter than I had ever felt before. I promised myself from the day I started to read books, that I would read at least one book a month. I promised myself and over the years I have kept that promise. My books or should I say my adventures are perfect for me. Because every time I read, I travel on great adventures and no matter how gloomy or sad I am, I always feel better when I finish reading a new book. I will always love books because I will always hunger for new adventures for my mind and soul. It has been over 35 years since I started reading, and even now as an adult I still feel connected to my father every time I read a book.

Dimitri Alania

ESL L310

Be Intelligent

I believe that great people are those who work and study hard, who always know their goals and keep them in sight all the time. I started to believe this when I was thirteen. Before that, I always thought that success was the other face of the intelligence coin.

In AL-Mansour elementary school in my country Iraq, I was a normal student, while my older brother who was three classes ahead of me was always number one in his class. Actually the lessons seemed to be difficult for me, and when I was in 7th grade it became harder and harder for me.

I started to get lower grades than my colleagues, especially in mathematics; I set the record for the lowest grade in the first exam (10 out of 100). After that the school called my parents!

My parents were shell-shocked, and they asked me why I was the worst student in my class. My answer was that the lessons were very difficult for me, especially math.

My parents started discussing this issue with my teachers and relatives; meanwhile, my Uncle Zuhair, who had a very good math background when he was young and in the university, asked my parents to let him start to teach me math immediately on that same day. He started with algebra; it was a puzzle to me. After two lessons I started to understand it, and that encouraged me to study math and my other lessons several hours daily, even on holidays!

On the next test in math, I made great progress. I got 80

out of 100. My math teacher Mr. Adel couldn't believe it and he started to think that I was cheating, but when I got 95 out of 100 on the midterm, he believed my progress.

In the 9th grade, I planned to become the number one student in my class and that was my goal that year, so I decided to study very hard, no more than one hour watching TV, and no more than one hour playing soccer with my friends. At the end of that year, I achieved my goal and became the number one student in my class. My parents couldn't believe it, because I hadn't told anyone about my plan. They awarded me by buying the 29 inch racing bicycle that I dreamed of.

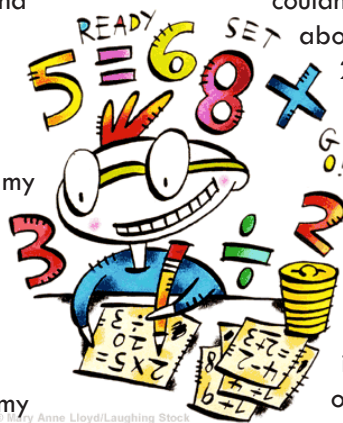
I continued that progress in all my classes, and math became one of my easiest classes in the school and even in the university. Eventually, I got 98 out of 100 on the final exam in the secondary school.

After all those experiences and more, I believe that anyone can be intelligent, and that intelligence is the amount of effort that someone makes.

As Brian Grazer the successful movie and television producer said, "I made my success by disrupting my comfort zone". He made an exceptional effort to achieve that success, and actually that is exactly what I believe. Whenever I disrupt my comfort zone, I can achieve what I want.

Ahmed Albakri

ESL L310





Netscape - Articles from the Web

Constitution Day and Citizenship Day in United States

Constitution Day and Citizenship Day is a combined event that is annually observed in the United States on September 17. This event commemorates the formation and signing of the Constitution of the United States on September 17, 1787. It also recognizes all who, by coming of age or by naturalization, have become US citizens.

What do people do?

The United States president may issue each year a proclamation calling on government officials within the nation to display the country's flag on government buildings on Constitution Day and Citizenship Day, as well as inviting the people to observe this event in schools, churches, or other suitable places, with appropriate ceremonies.

Various civil and educational authorities and individuals throughout the United States observe Constitution Day and Citizenship Day through a range of events and activities each year. For example, the Center for Civic Education provides lesson topics on Constitution Day and Citizenship Day for students at different levels. The US Department of Education provides various resources on the event as the department is responsible for implementing Constitution Day legislated mandates. Among these is the requirement for educational institutions that receive federal funds to hold an educational program on the United States Constitution on September 17 each year.

Background

On Constitution Day and Citizenship Day, an event which falls during Constitution Week, many people in the United States recognize the anniversary of the nation's constitution and the efforts and responsibilities of all citizens. With regard to the nation's constitution, in the summer of 1787 delegates convened in Philadelphia to create "a more perfect union" and to craft the country's constitution. They worked to develop a framework that would provide balance and freedom, taking into account federal and state interests, as well as individual human rights. The delegates signed the Constitution of the United States on September 17 that year. By June 21, 1788, the constitution was effective, having been approved by nine of the 13 states.

With regard to recognizing citizens, newspaper magnate

William Randolph Hearst advocated a day to celebrate US Citizenship in 1939. In 1940 the Congress created "I Am an American Day" to be celebrated on the third Sunday in May. On February 29, 1952, President Harry Truman signed into law "Citizenship Day". It was established to replace I Am an American Day. On August 2, 1956, the Congress requested that the president proclaim the week beginning September 17 and ending September 23 of each year as "Constitution Week". One more change was made to the event when a federal law enacted in Decem-

ber 2004 designated September 17 as "Constitution Day and Citizenship Day".

When Constitution Day falls on a Saturday, Sunday or on another holiday, the day must be held on a weekday during the preceding or following week. This was the case in 2005, when Constitution Day was generally observed on Friday, September 16, and 2006 when the holiday was observed on Monday, September 18.

Symbols

Positive images of United States citizens of all backgrounds have been used to promote the "Citizenship" element of Constitution Day and Citizenship Day. The colors (red, white and blue) of the United States flag, as well as images of

the flag, have also been used in artwork for promotional material for the day. Painted images of the constitution's founders are also used to illustrate the importance of the meaning behind the day and the words "We the People", which are written in the constitution, have been highlighted in promotional material to symbolize unity and cooperation within the nation.

Public life

Many people observe Constitution Day and Citizenship Day, which is not a federal public holiday, in the United States.



comfortable chair, good lighting, all the supplies you need, etc., and of course, should be as free of distractions as possible. It should not be a place where you routinely do other things. It should be your study place.

5. Do as much of your studying in the daytime as you can. What takes you an hour to do during the day may take you an hour and a half at night.

6. Schedule breaks. Take a ten minute break after every hour of study. If possible, avoid long blocks of time for studying. Spread out several short study sessions during the day.

7. Make use of study resources on campus. Find out about and use labs, tutors, videos, computer programs, and alternate texts. Sign up for an orientation session in the campus library and computer facilities. Get to know your professors and advisors. Ask questions. "I didn't know," or "I didn't understand" is never an excuse.

8. Find at least one or two students in each class to study with. Studies show that students who study with someone

routinely make better grades. You will probably find yourself more motivated if you know someone else cares about what you are doing in the class. Teaching a concept or new idea to someone else is a sure way for you to understand it. Studying in a group or with a partner can sometimes become too social. It is important to stay focused.

9. Study the hardest subject first. Work on your hardest subjects at a time when you are fresh. Putting them off until you're tired compounds the problem.

10. Be good to yourself. Studying on four hours of sleep and an empty stomach or junk-food diet is a waste of time. Avoid food and drink containing caffeine just before or just after studying.

*For more tips and practice using these tips , you may want to purchase *Practicing College Learning Strategies* , 3rd edition by Carolyn Hopper published by Houghton Mifflin, 2003*

<http://frank.mtsu.edu/~studskl>

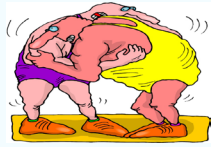
How To Be Successful in the ESL Classroom

A survey of nineteen ESL instructors reveals thier top ten tips for being successful, with number one the most important and number 10 not important at all!

1. Listening attentively
2. Raising your hand and asking your teachers questions when you don't understand
3. Participating actively in group work
4. Not missing classes, not being late, and not leaving early
5. Speaking in English only
6. Having an organized binder for notes and assignments
7. Turning off your cell phone and texting devices
8. Sitting in the front of the classroom
9. Not sitting next to your friends
10. Bringing small gifts to your teacher



Parrot Warbling



Grappling with Grammar

A, An or The

When do we say "the dog" and when do we say "a dog"? (On this page we talk only about singular, countable nouns.)

The and a/an are called "articles". We divide them into "definite" and "indefinite" like this:

Definite	Indefinite
the	a, an

We use "definite" to mean sure, certain. "Definite" is particular.

We use "indefinite" to mean not sure, not certain. "Indefinite" is general.

When we are talking about one thing in particular, we use "the." When we are talking about one thing in general, we use "a" or "an."

Think of the sky at night. In the sky we see 1 moon and millions of stars. So normally we would say:

I saw the moon last night.

I saw a star last night.

Look at these examples:

the	a, an
The capital of France is Paris.	I was born in a town.
I have found the book that I lost.	John had an omelette for lunch.
Have you cleaned the car?	James Bond ordered a drink.
There are six eggs in the fridge.	We want to buy an umbrella.
Please switch off the TV when you finish.	Have you got a pen?

Of course, often we can use the or a/an for the same word. It depends on the situation, not the word. Look at these examples:

We want to buy an umbrella. (Any umbrella, not a particular umbrella.)

Where is the umbrella? (We already have an umbrella. We are looking for our umbrella, a particular umbrella.)

Idiom-Attic



Tear Across Something

to move rapidly across some area. The boys tore across the lawn to the swimming pool. As the plane tore across the sky it made a horrendous roar.

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

Beak Speak

Why is Word Stress Important?



- Word stress is not used in all languages. Some languages, Japanese or French for example, pronounce each syllable with equal emphasis.
- Other languages, English for example, use word stress.
- Word stress is not an optional extra that you can add to the English language if you want. It is part of the language! English speakers use word stress to communicate rapidly and accurately, even in difficult conditions. If, for example, you do not hear a word clearly, you can still understand the word because of the position of the stress.
- Think again about the two words photograph and photographer. Now imagine that you are speaking to somebody by telephone over a very bad line. You cannot hear clearly. In fact, you hear only the first two syllables of one of these words, photo... Which word is it, photograph or photographer? Of course, with word stress you will know immediately which word it is because in reality you will hear either PHOto... or phoTO... So without hearing the whole word, you probably know what the word is (PHOto...graph or phoTO...grapher). It's magic! (Of course, you also have the 'context' of your conversation to help you.)
- This is a simple example of how word stress helps us understand English. There are many, many other examples, because we use word stress all the time, without thinking about it

Some More Parrot Fun Stuff



Aloha! Let your mind drift off on The Hawaiian vacation you didn't take this summer with this puzzle. Trivia fact: When the Hawaiian Islands were first discovered, they were named... this. Want to find the answer? Look for secret words hidden in the puzzle

Hawaii

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

ALOHA

BEACHES

CRUISE

DIAMOND HEAD CRATER

FIFTIETH STATE

GOLFING

HAWAII

HONOLULU

ISLANDS

KAUI

LUAU

MAUI

OAHU

PACIFIC

PEARL HARBOR

PINEAPPLE

POLYNESIAN

SCENERY

SEA TURTLE

SURFER

TOURISTS

TROPICAL

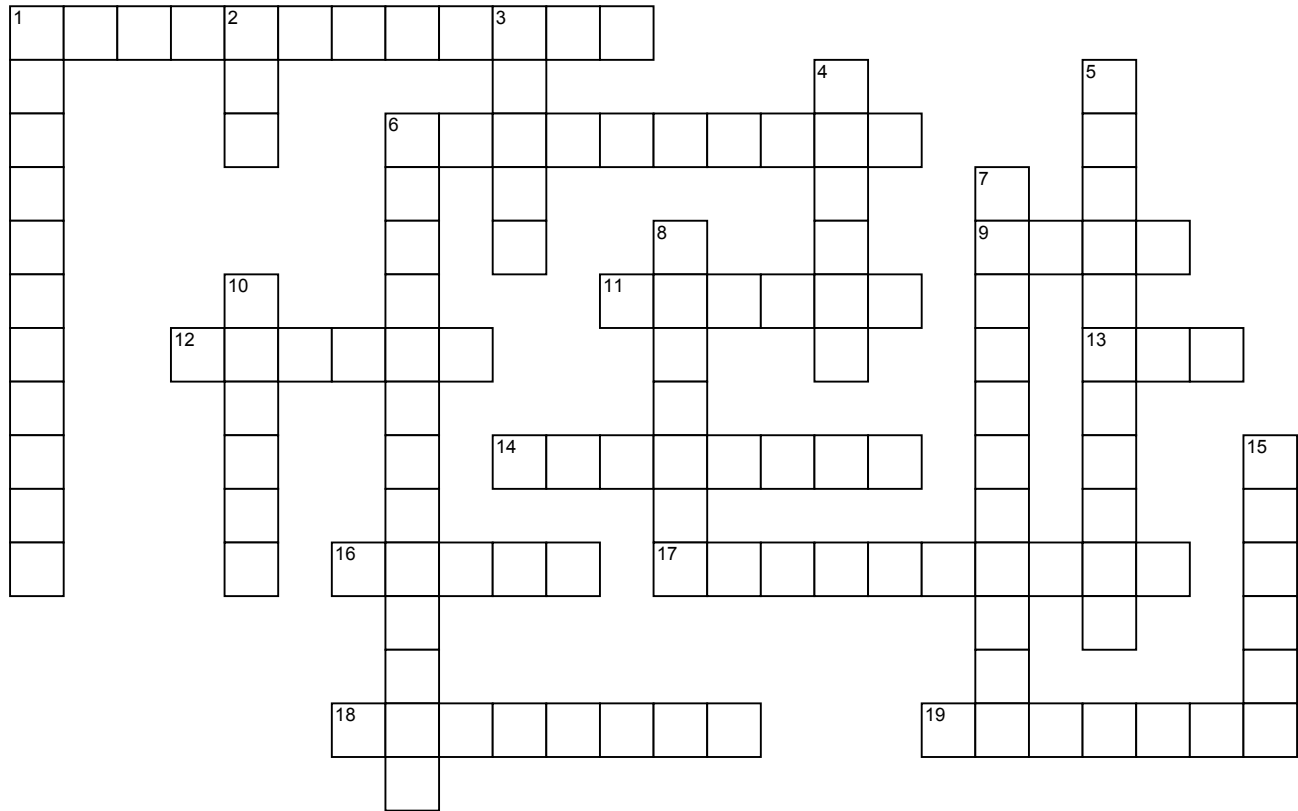
VOLCANOES

WHALE

WIND SURFING

Family Members

Many Relatives



www.elcivics.com

ACROSS

- 1 grandfather and grandmother
- 6 your father's new wife
- 9 your mother's sister
- 11 male parent
- 12 woman who gave birth to you
- 13 another name for mother
- 14 male child born to one of your children
- 16 your father's brother
- 17 your mother's new husband
- 18 your female child
- 19 male born to the same parents as you

DOWN

- 1 your mother's father
- 2 a short name for father
- 3 your brother's daughter
- 4 your sister's son
- 5 mother of one of your parents
- 6 woman married to your brother (___ - ___ - ___)
- 7 brother related through only one parent (2 words)
- 8 your mother and father
- 10 your aunt's child
- 15 female born to the same parents as you

SO one very unusual man
Told me to write a poem again,
It takes some time to write
And I have to figure out what's wrong and
what's right

Usually, I can't find a special word,
But my teacher is strict and "A" is the
reward

So, now a dictionary is my best friend
I guess it will be until the end
And through semesters, college, life
Dictionary, you are my spouse and wife.

Hope I'll satisfy this unusual man,
Otherwise in my soul there will be rain
Pure and a little bit gray,
Teacher, please give me an "A"

Masha Smirnova
ESLR 340

Rigoberto's Riddles

I am the beginning of the end, and the
end of time and space. I am essen-
tial to creation, and I surround every
place. What am I?



The letter e. End, time, space, Every place

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?"

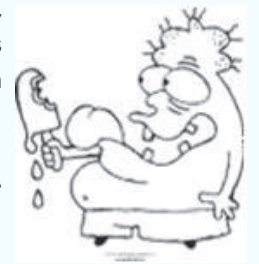
No response.

"Hablan ustedede Espanol?"

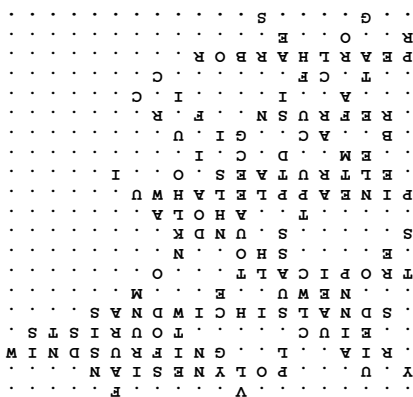
Still nothing.

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."

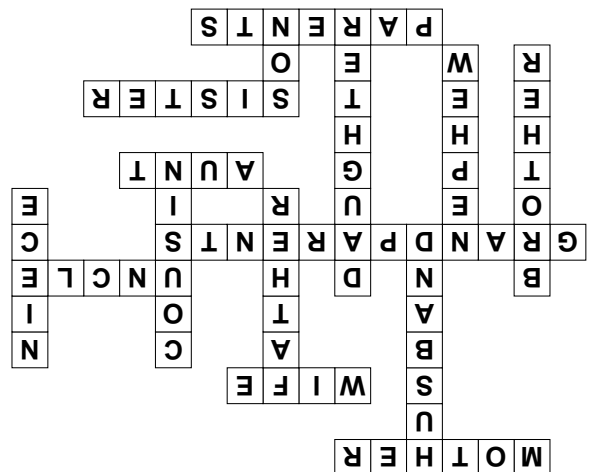


Solutions for wordsearch on page



Hawai'i - ANSWERS

Solutions for Crassword on page



Solution:

Your Relatives

Family Members

The Frugal Flamingo

Freecycling

Free stuff? It doesn't get much better than that! Welcome to freecycle! Freecycle is an online nonprofit organization whose members are getting stuff and giving stuff for free in their towns every day. Freecyclers are people who feel passionately about helping others and not seeing things go to waste. Freecycle has over 8 million members worldwide and it is all about re-using stuff and keeping stuff out of landfills. Worldwide, Freecycle is keeping 360 tons of garbage from entering our landfills per day! So, by getting and giving free stuff, you are also helping the environment!

How does it work? You simply go to Freecycle.org and follow the directions to set-up an account (Membership is free. See below on how to get started). After you are "accepted" into the Group, you will receive email postings from freecyclers. The email postings will either state "offer," "wanted," "taken," "thank-you," or "re-post" in the subject line and the item description and zip code will also be posted in the subject line. Then you can decide if you want to open the email for more information, or delete it. If you would like to pick up the item, you simply reply to the email and ask the freecycler if it is still available, ask for the pick up place, and ask for a time to pick it up. But, please note that once you see an item that you want, act fast! Most items go very quickly. Most freecyclers want the items to be picked up promptly, and many will leave the item out on their front porch with your name on it, so you never meet them! (Please do not commit to take the item unless you are serious. "No-shows" are highly frowned upon). Finally, a thank you email to the freecycler is appropriate after you pick up your treasure. If you decide to list an item that you would like to give away, you will create a short email post with the details and then it will be "approved" or you will be asked to revise your listing to adhere to the rules. (Never post your full address or your telephone number with a listing. You can give directions to your house in a private message if wanted later). There are volunteer Freecycle moderators that will notify you if you do not post correctly.

You are probably wondering what kind of free stuff there

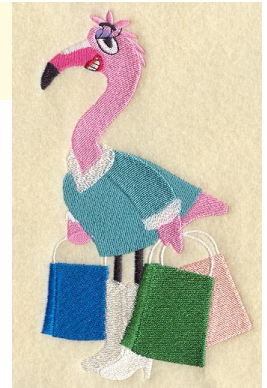
is (items MUST be free, legal, and appropriate for all ages). Everything and anything! You name it--literally--because once you are a member, you can put a message out to members detailing what you are looking for. Or, if you are like me, you will enjoy reading through a myriad of daily email postings on what stuff is being offered (my husband wants me to clean out our inbox more often!). You will see "offer" postings for more expensive items like laptops, lawnmowers and pianos, for unique items like 1960's letterman jackets, and for other items such as books, unopened

human AND pet food, u-pick it fruit, u-dig plants, air filters, baby gear, headlamps and toaster ovens (some of today's listings). Usually the condition of the item is noted in the listing (For example, "not working" "needs batteries" "works great" "don't know if it works" etc.).

Don't see what you are looking for? You can post a "wanted" listing for an item. I have seen people ask for and receive laptops, school supplies, pet supplies, tiles, housewares, furniture, and so much more! I posted a "wanted" listing this summer for some redwood boards for my garden bed. I did not receive a response, but it was

fun trying! You just never know if someone has what you are looking for and is ready to part with it! On the other hand, when I see an item that someone is looking for, it really makes me think about all the stuff I have that I don't use...that may be of use to someone else. So, eventually, I may even start to--YIKES--give away some stuff that I am no longer using!

Is it safe? The Freecycle moderators are trying to keep it safe. All members must be "approved." After you sign up, you will receive an email from the Group moderators asking for more information. Then, please follow their instructions. This is to make sure you are a real person and to protect their members. In any case if you have to come face to face with strangers, it is best if you go with another person to pick up an item. The most important caution for Freecycle is that



Rosario Rules

Edition's Note: Rosario Flores is a trained lawyer in Peru currently attending classes at ARC. Rosario's column will focus on immigration law topics. To contact Rosario with your question, email braccop@arc.losrios.edu

Considering U.S. Citizenship?

As a permanent resident, you have many of the rights of Americans; however, being a United States citizen opens new doors for us immigrants, such as voting in federal elections and getting priority when petitioning to bring family members to reside permanently in America. If you are a United States citizen, you can apply for federal jobs, and in addition, you can receive federal grants and scholarships, and government benefits, some of which are only privileges of United States citizens.

To apply for United States citizenship, you must be 18 years old and be a lawful permanent or have a green card at least for five years and haven't been outside America for 30 months or more, or haven't taken a trip to a foreign country for one year or longer.

A person who is married to and living with an American citizen can apply for United States citizenship too: if married for three years, the spouse (husband or wife) is an American citizen at least for three years, and during this period the person hasn't been outside the United States for 18 months or more.

If you meet these requirements set by United States law, you can file the Form N-400, Application for Naturalization, and pay \$680.00 (\$595 fee + \$85 for fingerprints). The whole process is simple and it takes more or less four months. It starts with the N-400 form

and after that about a month-and-a-half the fingerprints are taken, and then in a month-and-a-half later an interview takes place. It is related to Basic English and United States history and civics, which are very simple and easy. The process ends with the ceremony of naturalization, where you receive your Certificate of Naturalization.

If you are lucky enough like I was, you receive your Certificate of Naturalization two days after your interview. It was a surprise for me because most people need to wait from fifteen days to a month. Yes, last March I became a proud United States citizen and because of that I know the whole process, and because I did everything by myself. Find more information at www.uscis.gov.

Rosario Flores



U.S. Citizenship Swearing in Ceremony

Artie's Easel

Dear Artie,

What interesting artistic sights have you visited over the past two months? I'm looking for a great place to visit--one that is off the beaten path, but is fairly close to Sacramento.

Sincerely,

Inquisitive

Dear Inquisitive,

Before I answer this question, welcome back to American River College on behalf of Artie's Easel!

In answer to your question: I recently headed up an art tour to CA' Toga Palladian Villa which is located about one mile outside of the town of Calistoga in Napa Valley. There were 50 art lovers on this bus tour which was sponsored by the Creative Arts League of Sacramento of which I am currently President. The CA' Toga Palladian Villa is owned by world famous Italian artist, Carlo Marchiori, who began his art career at the age of four years old. He says that he asked his parents for paper and pencils when he was four, began to draw and hasn't stopped since. Today, Carlo is in his early 70's.

Carlo Marchiori's retirement villa is described as a glimpse into the private world of the artist. It contains a large Salon and six other rooms that are completely decorated in "trompe l'oeil" (look this up) frescoes. The villa's gardens and grounds offer surprises of pools, fountains, statues, Roman ruins, and 18th century folies. Visitors can even see a replica of the Trojan Horse as described in the "Illiad", an abalone religious structure, a full sized deer and a rhinoceros. Carlo has also constructed a Mayan-type pyramid that looks like it has been on the property for centuries. If you take the guided tour of the grounds, be sure to wear your walking shoes as the property goes up and down and winds around a small river.

Inside the villa are numerous frescoes representing a variety of themes, both traditional and modern, that are exquisite to the eye. As you wander through the rooms of the villa, you step from one culture to another and each artistic change brings forth amazement and many "oohs" and "ahs" from visitors. In plain words, the paintings covering the villa's walls are fantastic! They make you feel like you have stepped back into an-

cient Italy with all of its gods and goddesses. Furthermore, on the shelves of each room are numerous, handmade, painted plates and ceramic figures, and on each wall hang magnificent, Italian makes figures. I found Mr. Marchiori's paintings to be some of the finest I have ever seen. All of the art displayed in the villa is overwhelming for visitors. Personally, I could have stayed there for several hours wandering though each room over and over.

Finally, Mr. Marchiori has a wonderful art gallery in Calistoga where he sells his work. I can't begin to describe everything that is in his gallery. Prices range from \$2.75 to \$26,000, so people can buy according to their budgets. If you tour the villa, you must go to the gallery, even if you don't want to purchase his art. Window shopping is quite enjoyable!



Prof. White-- Artie's Mentor

You might be asking for an address by now. If you are interested in touring the Palladian Villa, telephone 707-942-3900 or E-Mail tour@catogo.com to make tour reservations. Mr. Marchiori gives only one tour a week on Saturdays at 11:00 AM from May through October. The present cost is \$25.00/person. The art gallery is located at 1206 Cedar Street in Calistoga, California 94515. Calistoga is just past St. Helena, California. Driving time from Sacramento is about 90 minutes, if the traffic is light. Plan to eat lunch in

Calistoga as it has many delightful eating establishments with low prices.

I hope that you all take time to visit the Palladian Villa before you get too busy with your classes. Have fun!

**Until Next Time
Artie**



To contact Artie: whiteg@arc.losrios.edu

Granny Noetal

Dear Granny,

I've got women troubles. What should I do?

Tracy

Dear Tracy,

Hmm. In the old days, "women troubles or problems" might have referred to a woman's inner workings, her reproductive organs and menstrual cycle. People weren't as comfortable 50-60 years ago talking explicitly about medical problems. Tracy, your name is gender free, that is, I can't tell if you are a guy or a gal. If you are a male, you must be pretty old to be using that term or just new to English with an old bilingual dictionary. On the other hand, and perhaps more likely, you are stating that you have some concerns regarding your romantic endeavors. Well, first of all, "women troubles" might suggest you have a problem with more than one woman. Do you have more than one lady friend? That might be a problem right there. Secondly,



is it right to call it "women problems" if the problem is with you? Would your women friends say that they've man problems when referring to you? You "gotta" think about that, Tracy!

More than "women troubles", though, is your need to express yourself clearly and specifically when writing in English. It's difficult for Granny to respond (hard for anyone) when the question is so vague. I'd suggest that next time you write, make a small plan (outline) of what you'd like to say and provide some details. If you take a writing class, I'm sure your teacher will suggest that.

Good luck then with your problems. I've got my own – specifically how to keep my cat from jumping up on my keyboard as I'm typing!

Granny

To contact Granny: braccop@arc.losrios.edu

Dear Granny Noetal,

This is my first semester at community college – I read The Parrot this summer when I visited the campus and saw that you give advice on everything. In any case, do you have any good tips for having a good first week of school?

Ann Xi

Dear Ann,

That's a good question but by the time you read my answer, your first week will have passed! First of all, laying out your schedule ahead of time is a good idea. Know where your classes are and figure out how much walking time you'll need to go from class to class. Secondly, try to anticipate the types of supplies you'll need and purchase them ahead of time, whether they be pens or pencils or notebooks and textbooks. A third thing to think about is this: where will I eat lunch? Will I be taking my lunch or eating at the campus cafeteria? Still another tip might be the following: plan what you'll wear for the



Granny on the Nightshift

whole week so that you won't have to worry about it at the last minute as you rush to get out the door to get to campus. Actually, that makes me think about the idea of getting to ARC. Ask yourself how long it will take you to reach campus from your home. Keep in mind that the first few weeks of school means lots of traffic and extra time needed to both reach campus and find a parking place if you are driving. Granny is not one to waste time or words so here's my final tip: find where you will study on campus when you have "down" time, that is, time between classes. It's always wise to do homework and review notes soon after a lesson. So, Ann, if you like my tips, cut this column out and attach it somewhere so that you can read it several times – maybe on the back of the student sitting in front of you if they don't mind -- an interesting way to meet people, don't you think?

Granny

To contact Granny: braccop@arc.losrios.edu

Continued from page 11

the items may or may not be safe. This is crucial. Here are a couple of basic hints for Freecycle safety:

- Once you get home, check all items for recalls via the CPSC website. If it was recalled, throw it out immediately.
- Never use something that looks older than about 10 years and is painted- lead might lurk beneath the surface.
- If it is supposed to go in the baby's mouth and cannot be washed well, don't do it.

Do not get car seats from Freecycle. You cannot know for sure if a seat was in a crash with the previous owner, or how well it was treated in storage, or anything else. This is your baby's life we are talking about, so in the case of safety gear like a car seat, Freecycle is never worth the savings.

Lastly, The standard Freecycle disclaimer states: Freecycle (R) Members use the list and site at their own risk. Please take reasonable measures to protect your safety and privacy when posting to group lists or when completing a direct gifting with another member. By joining a Freecycle list, you agree to hold neither the list owners, moderators, nor anyone affiliated with The Freecycle Network responsible or liable for any circumstance resulting from a Freecycle-related gifting or communication.

Please read the following article for more information on Freecycle safety: http://www.associatedcontent.com/article/341366/some_freecycle_safety_tips.html?cat=48

Membership is free and here is how to join the freecycle group:

By Email: (No Yahoo ID required)

- Send a blank email to SampleFreecycle-subscribe@ya-

hoogroups.com

- Wait a few minutes, and you will receive an email from Yahoogroups.com
- Reply to this email.

NOTE: Depending on how the group is managed - some groups may require you to answer a short questionnaire before being accepted as a member. Please check your in-box (or sometimes trash / spam folders) for any email / questionnaires that are sent.

Online: (If you have a Yahoo ID)

- Log into Yahoogroups with your YahooID, or create a YahooID.
- Go to the Freecycle Group website: <http://groups.yahoo.com/group/SampleFreecycle/join>
- Set your membership preferences.
- Choose a profile you'd like to display to the Sample-Freecycle group
- Select the email address at which you'd like to receive group messages,

Choose how you receive SampleFreecycle messages,

NOTE: You need a Yahoo ID to signup via the Yahoogroups website. You will have access to the various web features, and access to the files / Message archive. Anyone can join via email - However you won't have access to view messages on the website, or other website features.

If you have any other questions, go to freecycle.org or go to: <http://faq.freecycle.org/faq/current> for Q & A's.

Let me know what treasures you inherit or give away!

Casperj@arc.losrios.edu

How Much Do People Spend on Clothes?

From the Consumer Expenditure Survey data from the Bureau of Labor Statistics we can dig in and find how much the average household actually spends on clothing.

In 2007 the figures for what the average household spent on apparel were:

Apparel, men and boys = \$435

Apparel, women and girls = \$749

Apparel, children under 2 = \$93

Footwear= \$327

The figure for clothing spent on children under 2 seems a bit high. Keep in mind this is the average and most households do not even have a child under the age of 2. I'm wondering if the figure includes the amount spent on dia-

pers. I wouldn't be surprised if it did. That would account for it being that high on average.

But keep in mind this is the average amount and its skewed high with the higher spending people. Typical spending is better represented by people who have middle income level. So I'll look at the spending of people who make the middle 20% income level.

The 3rd quintile spends:

Apparel, men and boys = \$356

Apparel, women and girls = \$673

Apparel, children under 2 = \$83

Footwear= \$322

www.freeby50.com

Mim's Cafe

If seafood and fish dishes are your bed of oysters then you will enjoy this semester's themed recipes. Let me start off with a recipe for salmon. Salmon contains omega-3 fatty acids and many other important nutrients. According to the organization: The World's Healthiest Foods (www.whfoods.org), omega-3 fatty acids can help you reduce symptoms of "depression, cardiovascular disease, Type 2 Diabetes, fatigue, dry, itchy skin, brittle hair and nails, inability to concentrate, and joint pain." Read labels carefully when selecting your salmon fillets as researchers suggest that wild salmon are healthier than farm-raised salmons because the latter are more fatty and possess contaminants that can have adverse effects on your health. The first recipe comes from a magazine, Heal, fall 2007 issue (www.healtoday.com). This recipe makes four servings and takes forty minutes to complete. Enjoy!



To contact Prof. Montgomery: montgot@arc.losrios.edu Prof. Montgomery with happy eater.

Honey-Soy Broiled Salmon

Ingredients:

- 1 Scallion, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger
- 1 pound center-cut salmon fillet, skinned and cut into four portions
- 1 teaspoon roasted seame seeds



Preparations:

1. Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinade for 15 minutes. Reserve the remaining sauce.
2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon at 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

Why Food Services Should Develop a Salmon Energy Bar

Salmon Nutrition

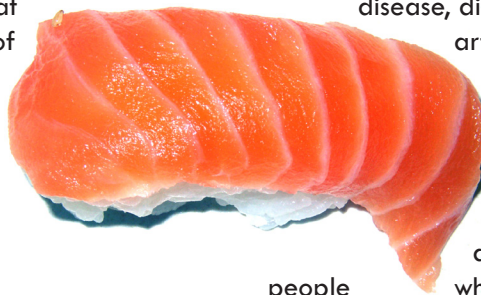
Salmon is a highly nutritious food. Of course, it is high in protein, and the "good fats." But did you know that a 4 oz serving of wild salmon provides a full day's requirement of vitamin D? It is one of the few foods that can make that claim. That same piece of fish contains over half of the necessary B12, niacin, and selenium, and is an excellent source of B6 and magnesium. Canned salmon also contains large amounts of calcium (due to the bones of the fish).

Health Benefits of Salmon

People who eat fish seem to be protected from a host of conditions. Some of this is probably due to the omega-3 fats, but there may be other benefits apart from this. The science isn't clear yet as to all the reasons why eating fish (particularly fatty fish such as salmon) seems to be so

darned good for us.

Omega-3 fats seem to primarily work through reducing inflammation in our bodies. Inflammation is turning out to be at the base of many health problems, including heart disease, diabetes, some types of cancers and arthritis. Omega-3's also help prevent the blood clots which cause many strokes. An exciting, fairly recent development is the realization that omega-3 fats have potential to help slow cognitive problems such as Alzheimer's disease and age-related cognitive decline. Also, people who have sufficient levels of omega-3's (especially as compared to omega-6 fats) seem to have less depression and suicide risk, as well as less aggression -- in one study, giving prison inmates this type of fat (plus vitamins) reduced aggressive behavior by a third in a mere two weeks.



Boots on the Ground: Get Slick with Trail Mick

American River College to Arcade Creek Park Hike

Perhaps you weren't aware of it but there is a fine nature hike right (under our noses) here at ARC. The hike starts at the large student parking lot located at the south end of campus.

Once in the student parking lot, walk toward the southeast end of the lot. Use the line of trees (on the banks of Arcade Creek) as your guide. There, at the end of the parking lot and entrance to the sporting fields, you will see a gravel pathway and a locked gate designed to keep motor vehicles out. Walkers and bicyclists are welcome, however. This gate marks the beginning of our trail.

Follow the gravel pathway as it skirts the edge of the sports fields and winds between the campus and Arcade Creek. The Arcade Creek Nature Area is on your right, as the sports fields are on your left. Toward the end of the large expanse of green turf, near the base of a small hill you will come to a fork in the trail. Take the right fork, entering the Nature Area and following Arcade Creek upstream. After a short distance you will see on your left a large fenced in area containing a small picturesque vineyard. Just past this spot look for a dirt trail to your right. At this point you leave the gravel pathway and follow the trail down to Arcade Creek. There you cross the Creek via an old concrete low bridge containing no side rails. Keep your bal-

ance! After the crossing, turn left and follow the narrow but well-worn trail along the stream-bank well above the creek. There you will encounter native vegetation, including oaks, willows, cottonwoods, and a variety of grasses. A number of non-native plants (that may have originated from landscapes of nearby residences) have also "volunteered" alongside

Arcade Creek. In a short while the trail passes underneath a highway bridge (Garfield Avenue) before emerging on the other side, where you will see ahead a large expanse of green lawn. This pretty place, dotted by shaded picnic tables and a tennis court, is Arcade Park. There are also restrooms, hoops, and a drinking fountain. You might wish to enjoy a snack at one of the tables before re-tracing your steps back to the ARC campus.

Both the Arcade Creek Nature Area and the Park are maintained by Sacramento County. Dogs are okay if kept on leashes, though their owners are expected to clean up any dog waste. This is a short hike - roughly 2 1/2 miles in all out-and-back. Allow yourself about an hour to complete it.

Enjoy the hike!

To Contact Mick: braccop@arc.losrios.edu



Trailing Mick



A Parrot's Dream

Continued from page 1

Parrot: Do you have a funny or interesting story that happened to you here on campus while teaching or while being the STRIPE coordinator?

Mary: A funny or interesting story, uhm! I will have to think about that.

Parrot: While you think about that, can you tell me what STRIPE is.

Mary: Stripe is a pre-apprenticeship program, where we help students get into the world of apprenticeship in construction and transportation. The other day we had Connie Ayala come and speak with us regarding internships.

Parrot: How are STRIPE and the internship program different? Are they similar or different?

Mary: Yes, as a matter of fact I just spoke with some students in the other night classes, the classes that Connie oversees at work experience, and I kind of consider it similar to internships, but yet it is very different. What it is, we have two courses that we offer, each course is 8 weeks and 8 units, college units, and they go through both courses during the course of the semester and it really gives them experience and exposure to the career path of rebuilding our infrastructure, which is our roads, bridges, levees, rail system as well as our public buildings which are hospitals, airports, schools, those kind of public buildings and then using green technology. They become literate in green technology so they understand about wind, solar, and all sorts of different types of green technology, so its a class were they get hands-on-experience and they get credit but it is like an internship because all the classes gives them 50% hands on, they get to experience what it is like to be working with the materials in each of those different trades, they get to work with sheet metal, they work with concrete, wood, they get to see what it is like to be a surveyor, they get to become surveyors for a day and set to see what it is like to be an operating engineer, sit on the equipment, maneuver the equipment so that it is kind of how it is similar to an internship.

Parrot: Do you get funds from the state, since some of these employees will go work mainly to fix a road and things like that?

Mary: Yes, this is a grant-funded program. It is an SP70 Grant and it is specifically put in place to build a pipe line of future highly-skilled people in the trades because 40% of the current people, the highly-skilled people in the trades, are getting near retirement age and we want to bring new

people in to be able to replace them once they retire because we'll always have a need for highly skilled people to do this kind of infrastructure building and re-building.

Parrot: Prior to doing STRIPE you indicated you were a teacher for many years?

Mary: I haven't taught at ARC but Folsom College mostly and CRC.

Parrot: If you would ever have to leave this job and enter a different field, what field would you be interested in.

Mary: I wish I had these questions in advance; these are good questions! If I had to leave this field, I think whatever I did would be somehow connected to focus on communication effectiveness and focus on reaching out to help people succeed. So that really opens up the door for a lot of different career paths but maybe not as a grant coordinator or maybe not as faculty.

Parrot: What is the first impression students that come here to meet with you for the STRIPE program have of you?

Mary: You know, I do a lot of presentations in high schools and with special organizations, community organizations, and I don't know if they are talking about me per say but what I often hear is that the presentation was very helpful and they got excited about our program because they now know about the program.

On a level as an instructor what the students say about me is that I really create a friendly, casual, comfortable environment and that is really helpful to them because they are afraid of public speaking and they like being able to feel a little bit comfortable. "I'm afraid of public speaking, I think I should take one of those classes, yeah, yeah!"

Parrot: What do you expect of the people that sign up for STRIPE?

Mary: Well, we have a variety of expectations at different points, but the minimum qualifications to get in is that students need to be 18 years or older, they need to have their high school diploma or GED, and they need to have a current identification, preferably a driver's license. So those are the only prerequisites. Now what do we expect of the student? Our program is very rigorous. Our course work is 8 weeks and is 8 college units so you can imagine how intense it is; class is from 7:30 to 3:15 Monday through Thursday for 8 weeks, so we expect them to be committed to that, show up on time, and be ready to learn and be ready to work and be curious about and participate in the program.

Parrot: So that a student who is not a citizen of the United



States won't necessarily be turned away or if he is an ESL student who doesn't speak the language as well but still understands, she/he would still qualify for the STRIPE program?

Mary: Yes, as a matter of fact I have an apprentice who comes out and speaks with students quite a bit and she is Latina and she is also taking ESL classes here at ARC in the evening while she is an apprentice here during the day and while she also comes out and talks with me, the language barrier can definitely be overcome so that it is not a roadblock. Oh that is great!

Parrot: Do you have a hobby that you like to do?

Mary: I know I am jumping from subject to subject but I need to keep this interesting. Yeah, I have a lot of hobbies. I love to work out and exercise, I love to ride my bike, I love to sew, I like making quilts. I have a new hobby. I took a class in water color and I'm having so much fun experimenting! You will not find a picture in my office. I'm just in the process. The end result is not quite ready for the office just yet so, I love all of that. I love doing volunteer work. I've volunteered always, always for something. I just recently signed up to be a volunteer at the new Folsom Lake College Three Stages Performing Art Center. I can't wait to go see it!

Parrot: Have you been there?

Mary: No, but I can't wait to go. It's beautiful, as a matter of fact. Oh I think it happened today; they had a free performance for students today. Yeah!

Parrot: So what are you going to do there? How are you going to volunteer?

Mary: I'm going to be an usher, so I'll be ushering you to your seat.

Parrot: What is the most challenging aspect of your job?

Mary: Hmm, what an interesting question! What is most challenging? You know when I think about challenges, this job I really didn't know. I just brought my communication skills and my organizational skills to this job, but this job is nothing I have ever done. So learning the job was challenging, every step of the way, because I knew nothing about grants and that sort of thing. It's been challenging, but that is what makes it so fun because I love challenges. I do outreach and I created all kinds of marketing materials, I never knew I could do before, so that has been very challenging and fun. Probably right now my challenge is to create a website and I am working with an outside vendor and I'm just learning how much you really need to know when you're creating a website, so that has been really challenging even in the last few weeks.

Parrot: The next to last question. How do you advertise or how do you let people know about this program besides

going to high schools? How do you promote this program?

Mary: Besides going to high schools, I go to career fairs, I go to a lot of community events. Last weekend I went to an NAACP meeting and I go to various areas where people are unemployed or under-employed such as Frances House and Promise House. These are organizations that help people get on their feet. So I do a lot of that kind of outreach and let's see... I have a variety of brochures that I worked on to develop with a vendor so I hand out brochures to everyone. I'm presenting to a lot of groups here on campus from different classes to the counselors and the DSPNS and Calworks; as a matter of fact, I just got a call from Calworks.

Parrot: Do you work with SMUD because they have pole climbers?

Mary: Line workers, yes that is with PG&E, we are providing the training this summer, for that it's kind of tangential to my job but not really part of it but somewhat related to it.

Parrot: Mary, is there anything else that you would like to add about yourself or about STRIPE?

Mary: One of the things as I was talking to two different classes this week and presenting STRIPE, they were the work force, work experience classes, I think the message that I'm finding that is really relevant for me as well as to young students is the need to constantly be a lifelong learner, which I try to be and to constantly upgrade our knowledge and skills because this is a whole different world, a whole different economy we live in and I'm no different than any other student on this campus. As a matter of fact, when I met with the work experience class, there was a student in there that just in December graduated from Sacramento State with a four year degree in digital media and he had no experience so he was coming back to ARC trying to get some experience and that is so important. Having a degree is fantastic but having some real life work experience and to constantly be open to what else you might do is really, really important and it's important to me and that is what I try to do as well. Thank you so much for your time; it was definitely a pleasure meeting you and this is the end of our meeting. Do you have any questions for me?

Parrot: I just want to say it was so easy to understand you. You are very clear. You announce very well and you have great presence with your eye contact and some of the questions seemed to come right from you and it was really nice and it felt like a conversation.

Rita Bethel

ESL L320

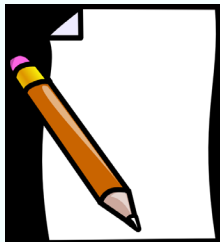
Out of the Cage

Resume Development Workshop

Wednesday, September 7, 2011

5:00 pm - 6:00 pm

Your resume reflects your uniqueness. This workshop focuses on the physical appearance of a resume, including different types of formats and the kinds of information that should be included. Tips on writing an effective cover letter to send with your resume and formatting scanner friendly resumes will also be discussed.



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

Location: Career Center in the Student Services Building

Interview Success Workshop

Thursday, September 8, 2011

2:00 pm - 3:00 pm

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



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

Who Wrote the Plays of "Shake-Speare"? The Case for Edward de Vere

Thursday, September 8, 2011

12:15 pm - 1:15 pm

This is the literary conspiracy that refuses to die; in fact, it may well be the greatest and longest literary scam ever. What is known about William Shakespeare can fit on a postage stamp, and ironically, unlike all other authors throughout history, his life isn't reflected in his literature. Scholars have debated the authorship for well over a century with many different candidates put forward as the real author. Prof. Gordon Roadcap of the English Dept. will present — perhaps to the ire of his Shakespeare colleagues—a brief history of what is known about the life of William Shakespeare and present a case for Edward de Vere, the 17th Earl of Oxford, as the true author.

Location: Raef Hall 160

Would You Pass the Test? A Panel of New U.S. Citizens Discuss the Process of Becoming an American

Thursday, September 15, 2011/ 12:15 pm - 1:15 pm

It sometimes begins with a decision to leave behind allegiance to one's home country and culminates in a swearing in ceremony, but the process is somewhat different for each individual. Celebrate constitution day! Whether you have been a citizen since you were born or are interested in becoming a U.S. citizen, come hear the panel of new citizens discuss the rigorous process of becoming an American.

Location: Raef Hall 160

Questions/Comments?



Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D387 (Davies Hall), call (916) 484-8988, or e-mail braccop@arc.losrios.edu or Professor 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