



# The Parrot

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

Issue #56

Fall 2011

## Bio of a Biologist: Greg McCormac

**Parrot:** My name is Alex. I'm a student from ESL. There is a newsletter at ARC called "The Parrot" which is issued monthly by the students from ESL classes. Maybe you've heard about that. Please introduce yourself and your main activity at ARC.

**Prof McCormac:** My name's Greg McCormac. I'm a biology professor, and my primary role at the college is to teach biology, and I teach two different types of courses. I teach biology for students who are not going to become biology or science majors, and also teach a class, the first in a sequence of biology courses, for

biology majors.

**Parrot:** Why did you choose biology to be your major?

**Prof McCormac:** I guess what intrigued me about biology, was the problem solving aspect of it. In biology you are always trying to look for answers in complex situations. I think just naturally, I like that type of challenge. I like the problem solving. As a kid, I liked the mind-teaser type puzzles and that's what fascinated me



"Their excitement gets me excited"

about biology.

**Parrot:** Looking back to your high school and college days, would you make any

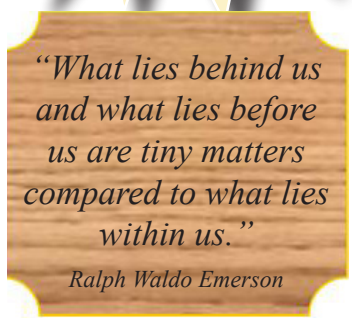
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*"What lies behind us and what lies before us are tiny matters compared to what lies within us."*

Ralph Waldo Emerson



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## Granny Does Not Know It All!

*Granny Puzzled by New Pell Grant Restrictions for ESL Students*

Dear Granny,

I heard that ESL students won't get any more money for ESL classes. Is that true or just a rumor?

Fara Bani

Dear Fara,

I'm not sure that is quite true. It does appear (from what a little birdie told me), however, that there have been some policy changes since the summer with regard to the number of units ESL students can take before they are required to file an appeal to be allowed to continue with Financial Aid. Previously, ESL classes were not counted



when the Financial Aid Office added the total numbers of units that ESL students were taking with Financial Aid. Now all ESL units will be counted. That means that every ESL class, even every attempt (withdrawals, for example), will count toward the new limit of 72 units. When students reach a total of 72 units, they will now be required to file an appeal to be able to receive additional Financial Aid, and students will need to complete the appeal forms very carefully and completely. It will be very important to include all the documents that the appeal form asks for because students will

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# Student Chirpings

## My Parrot

Pets are part of human life. We have seen them in all places around the world. Even in historical books we can sometimes read about them. Having a pet might be beneficial for many reasons. In my case I think that having a parrot was beneficial for my emotional condition, taught me to take care of someone, and taught me to be more responsible.

After my long and daily nagging, my mom bought a parrot for me when I was about ten years old. It was around 1986, in the city of Sukhum in Abkhazia, a small country bordering Georgia. We lived close to the center of the city in our apartment. I was very happy when I got what I had wanted for such a long time. I was able to spend a lot of time just watching what my parrot was doing in his birdcage, how he ate, and how he walked. I was very excited. My mother told me that I could spend time with my parrot only after I was done with my homework, so I had a very serious reason to do my homework quickly.

After school I hurried to get home as soon as possible to see my parrot. In addition, it was very exciting when I allowed him to fly inside our apartment. He never wanted to go back to his birdcage, and I always needed to catch him. All of that made me happy and every day I enjoyed my parrot.

My mom made a deal before she bought it for me. She said that she was going to buy it for my only if I promised that I was going to take care of it every day. So it was the requirement for having a parrot. I agreed to that, and of course she reminded me about it whenever I didn't want to



take care of my parrot. I needed to keep watching my parrot: to see if it had enough food, to see if the birdcage was clean, and to let him fly inside of our apartment to keep him active physically. All these needs of my parrot make me think about his needs and it taught me to think about the needs of others.

Having a parrot made me more responsible. Before having a parrot, I was not responsible for anyone's life. Now my mom was teaching that his life depended on me. Even though I did not probably understand all the seriousness of that, it was a good lesson for me. I especially felt that more seriously when my dear parrot died. It was a shock and tragedy for me. My mom told me that I needed to take care of his body too. I cried a lot because of his death. Before he died, he was almost like a live toy for me, but now it was not a game. I understood that he was more than a small, beautiful bird. I understood that he was important for me. I buried him and never wanted to have a parrot again, to avoid going through this kind of terrible pain again.

I loved my parrot, he helped me to be happier, taught me to take care of others' needs, and be more responsible. If I have the temptation to buy a parrot again, I will think about it very seriously before I make a decision.

Dmitry Kutarba

ESLW 50

## Coffee

I believe coffee makes my days better. I used to drink coffee almost every day because it lifts me up, and gives extra energy when my battery "discharged." It helps keep me in a good mood and even helps me study.

I started to drink coffee when I was about 13. Back in my country, the former USSR, coffee was not so easy to obtain. The only people who could get coffee at home were successful in some sort of business, highly educated, from high society, rich or people who had "blat", which means they had tight connections with managers or sellers from stores or the black market. Coffee



was in short supply at that time.

My mother used to work as a tailor and those who wanted to have fancy clothing came to her and paid her as a tip products which were in shortage; some times they brought a can of coffee. It was always instant coffee and most of the time artificial. It was lucky moments when mom's clients brought her a can of real coffee. It was really amazing! The whole house was filled with rich coffee aroma and we seemed to touch the noble people's life.

I still remember how my mom let me open that magic can of coffee. I recall that I used to make a sort

of cocktail, of course without any liquor, from that coffee. I learned that recipe from our roommate, who worked as a sailor on ships overseas. It was just one yolk from an egg which I put in my cup with one big spoon of coffee and three small spoons of sugar. I used to blend it to white and after that I poured in hot water and enjoyed my soft sweet cocktail with magnificent coffee aroma. Even my older brothers didn't pay attention to coffee like I did. They asked me to make my sweet cocktail for them. When that aroma spread out of our house, even our neighbors who visited us said envious compliments such as "what a wonderful smell!"

Since then, I became a fan of coffee. Even though I do not make that cocktail anymore, I drink not only instant coffee

but real, roasted coffee, too. I prefer Nescafe. It tastes better and smells so wonderful. I drink it without sugar. The coffee wakes me up and makes me alert.

Even though there is some talk against coffee such as coffee is harmful for the heart, I came to my own conclusion. It is possible to find bad side effects in any product. I have to consume without obsession. So I still enjoy that magnificent beverage because of its smell, and its taste and it works for me. Also coffee helps me communicate with friends while having a cup of coffee and some conversation. I believe that with coffee life gets better and interesting.

Greg Kozynchenko  
ESLL 310

## The Incredible Activity

I believe in dancing. I started to like dancing when I was about 8 years old. I got this activity from my mom because every time we attended a party I watched her dance with my uncles. They had so much fun.

I'm very glad she passed it on to me because it's awesome. Now I realize I don't just like dancing, I love it! I say this because before I was not old enough to go in a club and notice all the fun I would have but a couple years ago, I started to go to the clubs because I was old enough.

I remember my first time in a club. I went with my mom. It was a Latino club called Tropicana located near my house, by Arden Mall.

I remember I was so nervous because I never attended a night club before and there were a lot of people that I had never seen before. They were having fun and I forgot I was nervous. Then a guy came towards me to ask me if I wanted to dance with him. I didn't know what to say. Finally, I told him yes because to tell the truth I can't be listening to a song without dancing.

At first I was kind of shy, but the guy started making a conversation and he was funny. Plus he was good in dancing. That day he taught me some steps of how to dance to some of the songs. It's funny because I remember I thought I was the only one in Sacramento that knew how to dance, but I was completely wrong. There are so many people that really know how to move. Going to the clubs, is always a lot of fun and for a moment I forget what is going on around me. This helps me forget about my problems and relaxes my mind.

When I go to a club, I always dance until it's over at 1:30 am. Also, when I go clubbing, I see my friends. Some are so professional at dancing that it makes me want to learn new

moves. They often watch videos on Youtube. Some moves that my friends and I do would be jumping to the beat of the music or carrying me. The way they carry me is by putting me on top of their shoulder or lifting me up towards their sides. I am very glad my friends haven't dropped me. They are strong enough to carry me. They have to see that their partner doesn't look too heavy.

I don't get nervous at all when my friends lift me up and put me on top of their shoulders. This is my favorite part of dancing even though I feel sorry for them carrying me with 130 pounds.



All this fun I get from dancing makes my stress go away. Every time I go dancing, I like to choose my best outfit and be the center of attention. I wear nice dresses. It depends on what's in season. Right now I would wear Ed Hardy clothes, shirts, belts, shoes or hat with skulls and roses, always with glitter and with really bright colors too.

Dancing makes me have fun and helps me to relax. When I have free time my sister and I dance at home and my little 3-year-old brother. He always watches us dancing and he also starts dancing.

I like every kind of music that makes my body move, but I prefer to dance Mexican music like Quebradita which means "little break." The instruments used for this dance are trumpets, snares, clarinets, trombones, and tuba. This dance is considered to be very energetic and has a lively dance style to it. I believe in dancing because it makes me feel free and very happy.

Guadalupe Hernandez  
ESLL 310

## Baking Bread

I cannot imagine life without bread because bread is life. I eat it every day. Baking bread at home brings wonderful feelings to my family and me. I believe that baking bread is a unique experience which makes my family stronger physically and spiritually.

I spent my childhood in Ukraine in the 60's. I spent time with my friends playing and learned to know the world. But it was a hard economic time in my country. When I was six or seven, I often went to a store to buy bread. Sometimes, I needed to wait in a long line to buy it. Usually, I bought two or three loaves. The fresh bread had a fine smell. As I was coming back home, I always nibbled on the delicious crust and my mother asked, "What small mouse gnawed on the bread?" When I was older, I didn't do that, but I always liked how the fresh bread had a delicious smell.

When I was married and my sons were born, we continued to buy bread. But one time I read a book about how to make a happy family. This book was written by a famous American writer, Ellen White. She gave tips and advice for women, so I took one that each woman should bake bread. I was surprised and it charmed me. I started to find bread recipes. I asked my neighbor Lida about bread recipes, and she taught me how to bake bread. It was the beginning of my "baking career" and I was successful because my family always loved my crispy



sweet bread. I still remember her important tips and try to follow them. Also, baking bread brought me a special blessing - a good friend. Right now Lida is my best friend and lives in Sacramento, too. Sitting with a cup of tea, we often recollect my first steps in baking bread.

If I want crunchy, soft, delicious bread I should remember that dough for bread is like something alive, so my attitude to it should be delicate. First, I mix the main ingredients: flour, water, and yeast. After that I add a little salt and sugar and gently mix with my hand until the dough begins whispering to me. Wow, it's amazing! When my sons were young, they asked me what I was talking about with the dough. I answered that our conversation was a secret. My sons couldn't wait for the fresh bread, because the smell spread around our house. This smell reminded me of the crusty bread from my childhood.

I still bake bread and when I do, my family takes pleasure in the fragrant smell and taste from my bread, which I make with love. Baking bread gives me important life lessons: bread cannot be without flour, water, and yeast like our lives cannot be without faith, hope, and love. The dough cannot grow if I don't put yeast there and my faith cannot grow if I don't let in love into my heart.

Halyna Samiylenko  
ESL L310

## The Bread Also Rises

- Early Egyptian writings urged mothers to send their children to school with plenty of bread and beer for their lunch.
- Breaking bread is a universal sign of peace.
- Bread is probably the one food eaten by people of every race, culture and religion.
- Napoleon gave a common bread its name when he demanded a loaf of dark rye bread for his horse during the Prussian campaign. "Pain pour Nicole," he ordered, which meant "Bread for Nicole," his horse. To Germanic ears, the request sounded like "pumpernickel," which is the term we use today for this traditional loaf.
- The "pocket" in pita bread is made by steam. The steam

puffs up the dough and, as the bread cools and flattens, a pocket is left in the middle.

- One bread superstition is that if you put a piece of bread in a baby's cradle, it will keep away disease.
- Murphy's Law dictates that buttered bread will always land buttered-side down.

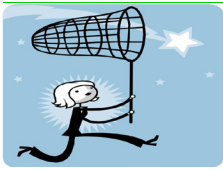


- Scandinavian traditions hold that if a boy and a girl eat from the same loaf, they are bound to fall in love.

- In Russia, bread (and salt) are symbols of welcome.

- Legend has it that whoever eats the last piece of bread has to kiss the cook.

[http://breaddaily.tripod.com/fun\\_bread\\_facts.htm](http://breaddaily.tripod.com/fun_bread_facts.htm)



## Netscape - Articles from the Web

### Lost and Found

## Willow, Cat Lost in Colorado 5 Years Ago, Found in NY

Five years ago, a calico cat named Willow went missing from her Rocky Mountain home. She was found yesterday, in New York City, on East 20th Street -- more than 1,600 miles from where she escaped on a day in 2006 or 2007 when contractors left a door to the house she lived in open. It's definitely her, because she was microchipped as a kitten. The Squire family -- "in which two of the three kids (17, 10, and 3) and one of the two dogs (a yellow Lab named Roscoe) may remember her" -- is floored.

The Squires thought that the tiny cat, at five and a half pounds when she disappeared, must have met an unfortunate end, and had never expected to find her again. So, they were "shocked and astounded" upon receiving a call from New York City Animal Care & Control after a man found her and took her to a shelter. Obviously, there are a lot of questions here, few of which can be answered for as long as cats can't talk, but the main point is, if you don't feel a few tears welling up inside about this tale, you probably have no soul.

The aw moment, if you haven't had it already:



"My husband said, 'Don't say anything to the kids yet. We have to make sure,'" Squires said. "But then we saw the picture, and it was Willow. It's been so long."

Willow is now 7 pounds, healthy, "well-mannered," and people who know this sort of thing feel like she's probably not been living on the streets of New York this whole time. The Squires are eager to get her back and see what her city

livin' personality will be like. For example, is she all "New Yorky" now?

Aw moment number 2:

"The kids can't wait to see her," Squires said. "And we still have her little Christmas stocking."

Update: Mayor Bloomberg, asked about Willow by reporters, said, "I think what it does show is that everybody in the end wants to come and live in New York. Cats reputedly have

nine lives and he [sic] clearly wanted to spend at least one of them here in New York City."

[http://blogs.villagevoice.com/runninscared/2011/09/willow\\_a\\_colora.php](http://blogs.villagevoice.com/runninscared/2011/09/willow_a_colora.php)

### Cats are Pre-disposed to Getting Lost Because of:

**Short Term Memory:** Kittens separated from their siblings and mother for as little as 24 hours will be rejected as unrecognized by the family and banished from the group. Cats older than 1 year retain memory for about 72 hours; however, if they remain on unfamiliar territory past this time, they generally react to all people and pets as strangers.

**Nocturnal By Nature:** Cats, when removed from their regular food source (become lost) instinctively revert to being active only at night.

**Solitary By Nature:** Adult cats (over 1 year old) don't suffer loneliness and don't crave the company of other cats; they are social only to a degree. If two or more cats are seen in close proximity to one another outside, it's because they are 1) squabbling and/or about to fight; 2) mating or attempting to and; 3) are members of the same family group and

have not been separated longer than 72 hours.

**Creatures Of Habit:** Cats are easily stressed by environmental changes. Some examples of what causes stress in cats are: packing in preparation of moving and the actual move itself, the new addition of pets or people to the home (especially new cats), visitors to the home, rearranging of furniture, veterinary visits, and other trips away from home, etc.

The above applies to all cats but is especially important if cats are allowed to roam freely outside. The following is offered to all responsible cat guardians: may you continue to love, protect and hold dear the life of all those in your care.

<http://www.lostfoundpets.us/tips.php?page=cats&sid=15248859>

## TV Quiz for Asylum Seekers Courts Controversy

**Weg van Nederland is a Dutch TV quiz for young asylum seekers who have exhausted their legal options. The winner gets 4,000 euros for a fresh start back in his own country. Tasteless? "Of course, the programme is sick but, let's face it, the reality is sick too."**

Weg van Nederland is being screened on Thursday evening by the public broadcasting organisation VPRO. It's a one-off show in which five failed asylum seekers answer questions about Dutch language, culture and history, Dutch entertainers and the royal family.

The candidate who has absorbed the most information during his or her stay in the Netherlands gets 4,000 euros to be used to start a new life in his or her country of origin. But the losers won't be going home empty-handed. They get consolation prizes like a bag of flower bulbs or a bulletproof vest.

### Provocative

The five asylum seekers are all young and well-educated. One is an aeronautical engineer from Cameroon, another is a student of Slavic languages who will be sent to Chechnya.

The announcement of the quiz the Internet caused an immediate uproar. The VPRO is known for both high quality and provocative programming and editor-in-chief Frank Wiering was not initially enthusiastic when production house Sky-high pitched the quiz:

"My first reaction was: terrible idea, we're not doing that.

Then I looked into the issue more deeply and decided: we have to do this! Weg van Nederland focuses attention on the fact that, these days, many asylum seekers who are being expelled have children who have lived in the Netherlands for eight years or more. They have had a good education, speak perfect

Dutch and have only seen their country of birth on television. We believe it's time to stop and think about this."

### Sensitive

He emphasizes that the programme is not a hoax like De Grote Donorshow:

"The candidates are not actors, they are genuine unsuccessful asylum seekers who have to leave this country within a month or two."

It's a frivolous show about a serious issue. The VPRO is giving failed asylum seekers a public face and demonstrating how important they could be to the ageing population of the Netherlands. It's a sensitive subject, as was illustrated

recently by the case of Sahar, an Afghan girl who had been living in the Netherlands for ten years. Her planned expulsion was cancelled after a storm of emotional protests.

### Investment

Wouter van Zandwijk of the refugee support group Vluchtelingenwerk says he can understand that people might find Weg van Nederland tasteless:

"The programme is sick but, let's face it, the reality is sick too. The reality in this country is that people run out of legal options. Meanwhile, their children are receiving a good

education and are integrating well. It makes you think: first you invest in people then, as you are about to harvest that investment - just before they all become hardworking Dutch taxpayers - that's when you send them away."

Frank Wiering comments: "The candidates are highly intelligent,

self-assured people quite capable of deciding for themselves whether to take part or not. In terms of taste, I find a programme like Idols far more objectionable. First people are led to believe they are going to be big stars, then after three performances they're headed off for a life of disappointment and drink."

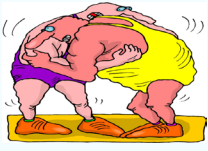
### Knowledge

Van Zandwijk: "We're hoping Weg van Nederland makes more people think about how we treat asylum seekers, that they understand more about what asylum seekers go

continued on page 12



# Parrot Warbling



## Grappling with Grammar

### Uncountable Nouns

Uncountable nouns are substances, concepts that we cannot divide into separate elements. We cannot "count" them. For example, we cannot count "milk". We can count "bottles of milk" or "litres of milk", but we cannot count "milk" itself. Here are some more uncountable nouns:

- music, art, love, happiness
- advice, information, news
- furniture, luggage
- rice, sugar, butter, water
- electricity, gas, power
- money, currency

We usually treat uncountable nouns as singular. We use a singular verb. For example:

- This news is very important.
- Your luggage looks heavy.

We do not usually use the indefinite article a/an with uncountable nouns. We cannot say "an information" or "a music". But we can say a something of:

- a piece of news
- a bottle of water
- a grain of rice

We can use some and any with uncountable nouns:

- I've got some money.
- Have you got any rice?

We can use a little and much with uncountable nouns:

- I've got a little money.
- I haven't got much rice.

Here are some more examples of countable and uncountable nouns:

Countable	Uncountable
dollar	money
song	music
suitcase	luggage
table	furniture
battery	electricity
bottle	wine
report	information
tip	advice
journey	travel
job	work
view	scenery

## Idiom-Attic



**Beating Around The Bush:**  
Avoiding the main topic. Not speaking directly about the issue.

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

### What Are Homophones?



Homophones are words that have exactly the same sound (pronunciation) but different meanings and (usually) spelling.

For example, the following two words have the same sound, but different meanings and spelling:

- hour
- our

In the next example, the two words have the same sound and spelling, but different meanings:

- bear (the animal)
- bear (to carry)

Usually homophones are in groups of two (our, hour), but very occasionally they can be in groups of three (to, too, two) or even four. If we take our "bear" example, we can add another word to the group"

- bare (naked)
- bear (the animal)
- bear (to tolerate)

## Some More Parrot Fun Stuff



### Sounds to Break the Silence

Onomatopoeia -- words that imitate sounds you hear. Can you find all of the sounds? Boom, beep, thump, bumpity bump, and roar! Trivia question: How fast does sound travel?

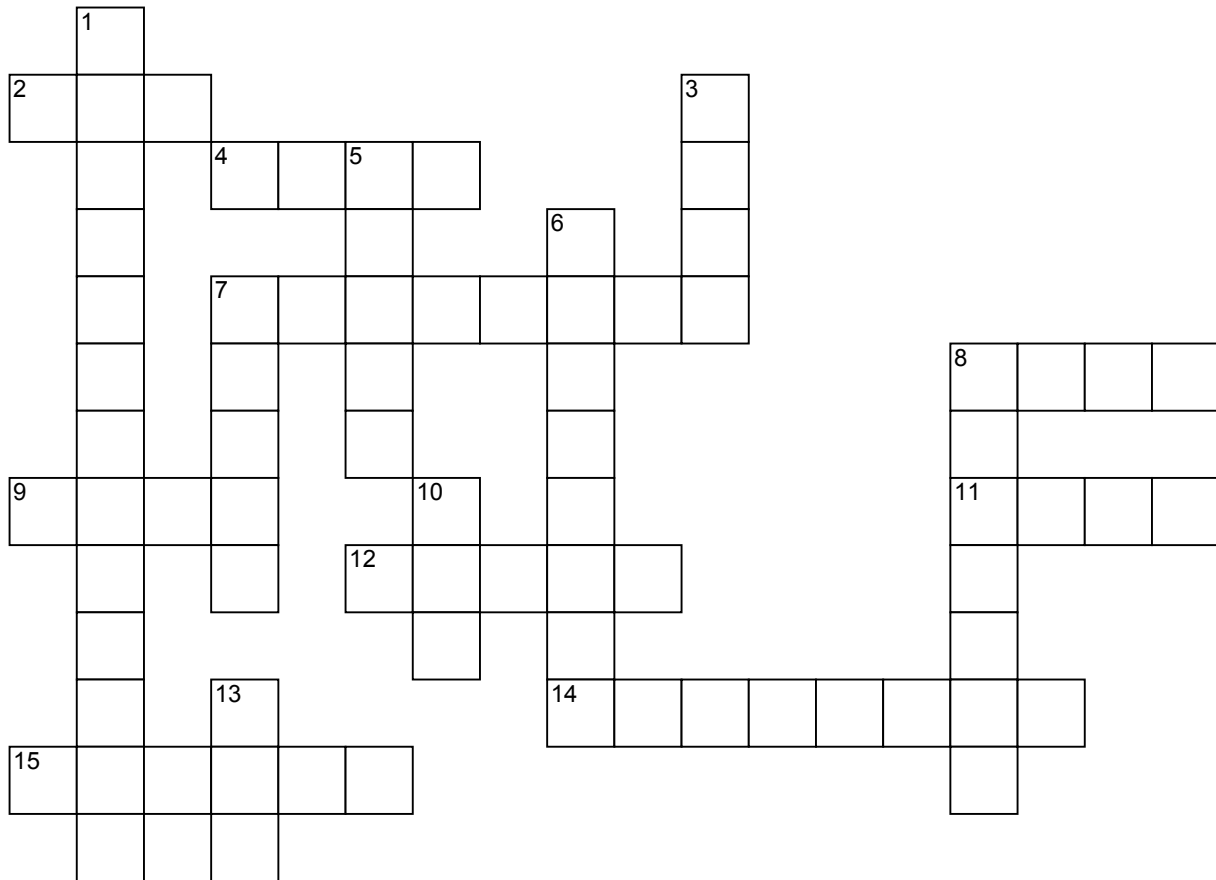
T E F C P Y P Z W Q T S N G H S K C N T D P  
 M O O B A K F M C H C A N R S R C S R R P I  
 T I C K T O C K U U E O S P O M A N W A X R  
 P U C C I H M D F B D E L I O S L I Z H C D  
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 K J O H S C C W U Q E O R M M M L U S P W H  
 X T I Z I H L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

<b>buzz</b>	<b>gurgle</b>	<b>wheeze</b>	<b>ka-ching</b>
<b>whir</b>	<b>drip</b>	<b>sniff</b>	<b>howl</b>
<b>zip</b>	<b>tick tock</b>	<b>chatter</b>	<b>hiccup</b>
<b>beep</b>	<b>snort</b>	<b>scream</b>	<b>rip</b>
<b>click clack</b>	<b>zap</b>	<b>bumpity bump</b>	<b>smash</b>
<b>kaboom</b>	<b>crack</b>	<b>scuff</b>	<b>swish</b>
<b>thump</b>	<b>whoosh</b>	<b>meow</b>	<b>toot</b>
<b>thud</b>	<b>kerplunk</b>	<b>splash</b>	<b>vroom</b>
<b>ding dong</b>	<b>squeal</b>	<b>crash</b>	<b>scrape</b>
<b>ring</b>	<b>bark</b>	<b>arf</b>	<b>zoom</b>
<b>roar</b>	<b>tap</b>	<b>gasp</b>	
<b>growl</b>	<b>ah-choo</b>	<b>sigh</b>	



# Describing People

## Easy Crossword Puzzle



Free crosswords at [www.elcivics.com](http://www.elcivics.com)

### ACROSS

- 2** plural of "man"
- 4** infant, birth to one year
- 7** plural of "child"
- 8** opposite of short
- 9** young female
- 11** hearing impaired
- 12** adult female
- 14** 13 to 19 years old
- 15** opposite of male

### DOWN

- 1** old person, 60 or more years old  
(2 words)
- 3** slim
- 5** sight impaired
- 6** expecting a baby
- 7** young person, kid
- 8** child learning to walk, 12 to 24  
months old
- 10** young male
- 13** adult male

Solution to Crossword on page 10

## Away

When the night comes,  
I start to long for the moon back home  
Since I see the moon shining through my  
window like I used to

As I stare at the moon,  
I can see the shadow of loneliness and cold-  
ness  
Suddenly my tears start to form

When I sleep in the darkened night,  
I need a shining star's light  
To lead me through the hours of darkness

As the cold wind blows through my mind,  
My memories of home are carried away  
And my mind falls into deep slumber

When the next day comes,  
I yearn for home

Neng Lor  
ESLR340

## Rigoberto's Riddles

I never was, am always to be. No one ever saw me, nor ever will. And yet I am the confidence of all, to live and breath on this terrestrial ball. What am I?



• Tomorrow or the future.

## Silly Vasily's Chuckle Chamber



One day a parrot walked up to the counter inside a convenience store. The parrot said to the clerk "Got any grapes?"

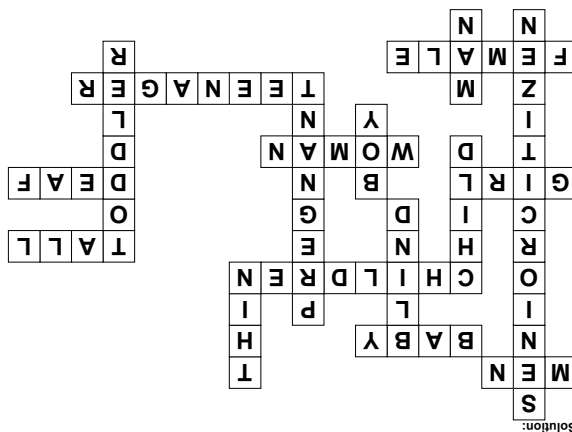
"No" replied the store clerk. The parrot smiled and walked out the door. A little while later the parrot returned and asked "Got any grapes?" The clerk replied "No! I already told you 15 minutes ago, I don't have any grapes!"

The parrot smiled and once again walked out of the store. Ten minutes later, the parrot returned and asked once again "Got any grapes?" The irate clerk yelled "No! We didn't have any, we don't have any and we're not going to have any! If you come back in here again, I'm going to nail your feet to the floor!" The parrot smiled and walked out the door. Later that day the parrot returned and asked "Got any nails?" The clerk said "NO!". The parrot replied "Good. Got any grapes?"

### Solution to Wordsearch

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

### Solution to Crossword



## The Frugal Flamingo

### Crazy about Craigslist!

Christmas in October? Well, at least it's not July! If you are like me, you are thinking about Christmas all year! I think about and look for what I am going to buy for those people on my "list." Do you have some people that are easier to shop for than others because you know exactly what they would like? Me too! And I found a perfect tool to help you shop for those people and save time! Have you heard about Craigslist? You probably have, but if not, Craigslist is a simple website in which you can log in and post ads, but you do not need an account to read the ads. It allows you to buy and sell things in your area, look for garage sales, give and get free pets, and much more—and it is all free to post and read ads. If you want to learn more about Craigslist, the web address is [www.craigslist.org](http://www.craigslist.org). It is very worth knowing about. I have bought and sold many things on it. I also look for garage sale listings on it on the weekends.

If you already know about Craigslist, there is something about it that you may not know. Craigslist has a system in which it will notify you if something gets posted that you are looking for.

This website application is designed to allow users to sign-up for email notifications when a new search criteria match is found on Craigslist. For example, last August I was looking for a very specific brand of trail-a-bike for my son that was no longer being sold in stores. I began to look on Craigslist for it. But, they are so rare and hard to find that when one did come up, it sold very quickly. So, I did Craigslist Notify. I was able to tell Craigslist what I was looking for and in what area. It took a few days, but when the trail-a-bike I wanted was posted, I was emailed the listing and I was the first person to call and see it. So, we bought it!

Now, my son is really into Legos, but they are very expensive and he doesn't care if they are new or not. So, I am planning to get him some Legos for Christmas, but they also sell very fast on Craigslist. By doing Craigslist Notify, I will be able to be one of the first to see the new Legos postings and then I can decide if I want to pursue the item. This will save me time because I will not have to worry about checking Craigslist many times a day to see if an item that I want

has been posted. When you sign up on Craigslist Notify, you can choose the parameters and you can even tell it how often you want to be notified (always via email). You can be notified every 15 minutes if you'd like! Here are the directions:

1. Go to [craigslistnotify.com](http://craigslistnotify.com)
2. Click on register and complete the registration process.
3. If you are registered, go to log in. (Make sure you click the "agree" button.
4. Click on "add notification."
5. Put the name of the item that you are looking for in the "search criteria" box.
6. Click "continue."
7. Go to "main category," scroll down, and select the category. (Click on "for sale" if you want to buy something.)
8. Go to "sub-category," scroll down, and select the sub-category. (For Legos, I selected "baby & kids stuff."
9. Select your search options that are in the box.
10. Select your state.
11. Select your primary region.
12. Select frequency (how often you want to be notified).
13. I usually leave the rest of the parameters to be set at default, but you can change them if you'd like.
14. Select "save" or "save and create template."
15. Finally, MAKE SURE YOU CLICK ON "ENABLE THIS NOTIFICATION AND MAKE ACTIVE."
16. You will then receive an email stating that you signed up for Craigslist Notify. Then, you will receive posts as they come up!
17. Good luck!



Happy Trail-a-bike Recipients! (ARC fans)

To contact Frugal Flamingo: [casperi@arc.losrios.edu](mailto:casperi@arc.losrios.edu)

## The Cyber Bum--Bogdan Komlyk

### Printing...a Human Heart?!!

I know, I know. Sounds silly. At the very least. Why would I need a picture of forks, spoons, and knives. But what if I tell you can print a real fork whenever you need it? And what about a new detail to your last project about infinite energy that you are working on in your garage on weekends. Hey, and how about a new heart or liver?

I'm not crazy, well may be I am, but most of this is already possible and it's called 3-D printing. As you all know, 3-D means "3 dimensions", or in other words, it means height, length, and width. So, as probably most of you already guessed a 3D printer prints objects that do exist in the real world and are not flat. For printing, it uses not paper and ink, but liquid or dust-like plastic. The printer creates objects layer by layer, almost like builders build a brick house. Well, I think you got the idea.

For a long time, such technology was either in a form of prototypes or in the form of science fiction stories, both of which are far from reality. Nevertheless, starting in 2003 3D printers have become really popular. Of course, nowadays those printers are very expensive and mostly owned by big companies or research centers. They are using printers for creating prototypes of some new products or just doing "their stuff". Anyway even now you can find few com-

panies that will print whatever you make in a 3D modeling program on a computer.

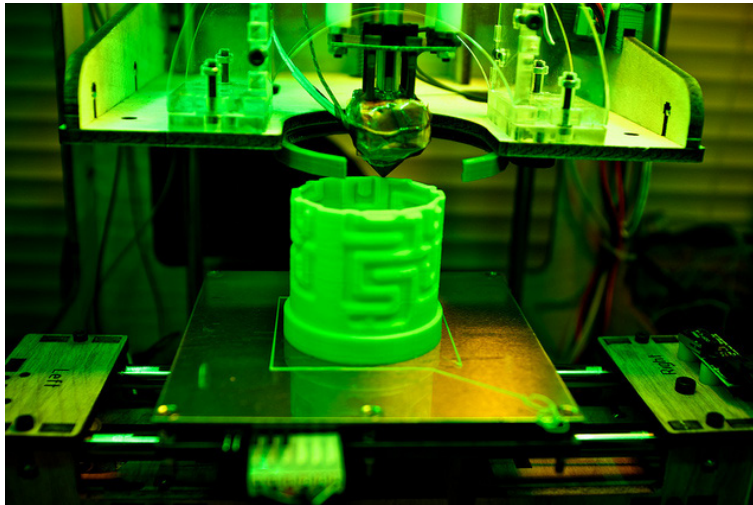
Most importantly, this technology has a future. Some medical research teams have been working on creating a biological 3D printer. In the future this printer will be able to "print" human organs out of cells. Looks like cloning is in the past now. Go printing! And what about an ability to

print virtually anything at home without a necessity to go anywhere? Just make a model on a computer and hit the "Print" button. There is also a chance we'll get a "food" printer. Instead of spending time cooking, you'll just have to find a suitable recipe on the Internet and again just send it to print.

I hope you already have plans and ideas about your own 3D printers or at least you dreamed a bit

about the future where you don't have to cook. Anyway, feel free to send me an e-mail and share your ideas or ask some questions. Best wishes, your CyberBum: [geek.for.parrot@gmail.com](mailto:geek.for.parrot@gmail.com)

\*Picture is taken from <http://johnbiehler.com/2011/08/02/a-few-weeks-with-a-3d-printer-what-ive-learned/> There are a few more pics and also a video, so feel free to go there and check it out.



Continued from page 6

through. Sometimes it takes far too long before they know whether they can stay. Vluchtelingenwerk would like a fast but careful asylum procedure. Young people who have spent so many years in the Netherlands are often more Dutch than Afghan or Somali and more at home here than in their country of origin."

Television viewers can compare their knowledge of the Netherlands with that of the candidates. During the programme they can play along on a second screen using their tablet, smartphone or laptop. The prize is an air ticket to

the Caribbean island of Curaçao. A return ticket, of course.

(imm/rk)

<http://www.ish/article/tv-seekers-courts->



[rnw.nl/english/quizzes/asylum-controversy](http://rnw.nl/english/quizzes/asylum-controversy)

# Rosario Rules

## Bring your Parents, Brothers or Sisters to America?

*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](mailto:braccop@arc.losrios.edu)*

As an immigrant and American citizen, you wish to help your siblings to come to the United States too. Being a citizen of this country gives you the eligibility to petition to bring your parents and brothers or sisters to live and work permanently in the United States. However, that is not enough. In order to be able to help your family to become permanent residents in this country, you need to be 21 years old or older and you must show that your household income (or somebody else's) is sufficient to support your family and the person who you are petitioning for at 125% or more above the United States poverty level for your household size, which is shown by submitting an I-864 form.

People in Family	48 Contiguous States and D.C	Alaska	Hawaii
1	\$10,890	\$13,600	\$12,540
2	14,710	18,380	16,930
3	18,530	23,160	21,320
4	22,350	27,940	25,710
5	26,170	32,720	30,100
6	29,990	37,500	34,490
7	33,810	42,280	38,880
8	37,630	47,060	43,270
For each additional person, add	3,820	4,780	4,390

### To bring your parents (mother and father)

You have to file the I-130 form for each one of your parents. Pay a fee of \$ 420 dollars for every I-130 form you file. Submit a copy of your birth certificate showing your name and your parents' names, and a copy of your certificate of naturalization. After you have submitted all the required documentation, the process has two steps: First, United States Citizenship and Immigration Services (USCIS) must approve the immigrant visa petition that you filed for your parents. Then, if your parents are outside the United States, they will be notified to go to the United States consulate or embassy in their own country to complete the visa processing. This process takes about 6 months.

There is another possibility, which is shorter and more rec-

ommendable. If your parents are legally in America (they came with a tourist visa), they can apply to adjust their status to lawful permanent residents using the I-130 and I-485 forms together.

### To bring your brothers or sisters.

When you file petitions for your siblings, you have to file the I-130 form for as many as brothers or sister you are petitioning, plus the respective fee of \$ 420 for each one. Besides, you need to submit a copy of your certificate of naturalization or citizenship, a copy of your birth certificate showing your parents names and a copy of your brother's birth certificate showing your parents names. It doesn't matter if your siblings are married or not. The petition gives your siblings a place in line among others waiting to immigrate too. It is based on the date you file your petition, so there is an advantage to file as soon as possible. This process takes a lot of time. Your brothers or sisters can wait more than 10 years. For example, to bring a sibling from Mexico it takes between 14 to 15 years. From the Philippines, it takes more or less 23 years. If your siblings are married, when their place in line is reached and your brothers or sisters apply to come here, their spouses and unmarried children under 21 years of age can apply as dependents, but you can't incorporate them in your petition.

However, the key to help your family to come to America permanently is bringing your parents first. After they become United States citizens, they petition their children (your brothers or sisters), making the process much shorter. Not only that, your parents can petition their brothers or sisters too, and all your family and so on. As you can see, it is like a chain. It will take some time, but you, indirectly through your parents, can help most of your siblings to immigrate to America.

More information at [www.uscis.gov](http://www.uscis.gov).



Rosario  
Flores

## Artie's Easel

**Dear Artie,**

Can you tell me something about the KVIE Art Auction that took place the weekend of September 24th and 25th?

**Sincerely,**

**Curious**

**Dear Curious,**

What an interesting question you ask! I recently attended the KVIE Art Auction Gala which brings all of the accepted artists together for three hours of art showing and artist award recognition. I invited a friend to go with me to attend this function, and we arrived just after KVIE opened the doors to the show. KVIE always hosts an incredible Art Auction Gala which includes not only magnificent works of art by a multitude of artists but also many restaurant caterers who serve tasty morsels of food and amazing varieties of chocolate. One thing is certain if you ever have a chance to attend the Gala: you will not want for good art and great food. I believe that my guest sampled food from all of the invited caterers who were there representing Sacramento restaurants.

The works that are juried into and displayed at the KVIE Art Auction represent several different genres of art. For example, a visitor will see ceramics, photography of all kinds, prints, watercolors, oil paintings, sculpture, jewelry (this year pearl necklaces were showcased), and wood carvings. By the time Gala guests study every piece of art, their feet will



Prof White--Artie's Mentor

be clamoring for a place to sit down and rest. Unfortunately, there aren't too many chairs in either of the two galleries to sit on, even for just a moment. Somehow, guests manage to make it through the evening without sitting down because everything is so exciting, especially when KVIE introduces the Best of Show awards and the Jurors' Choice Awards. Artists who win one of these awards also receive a money award along with public recognition.

As for my favorite piece of art, I really liked a watercolor of a Medieval-type woman (at least that is what she reminded me of). The artist who painted her used soft colors and simple lines with a minimum of fuss on the paper. I also really fell in love with Gregory Kondos' watercolor of an oceanside scene. I was especially attracted to his use of blues, his strong lines, and splashes of color. It only cost about \$2,000. Maybe I'll see this picture in my dreams!

Well, I hope that this gives you a little idea of what the KVIE Art Auction Gala is like. Overall, it's pretty fantastic! I really hope that anyone who is an artist is able to attend at least one time.

**Yours Truly,**

**Artie**

P.S. My photograph was juried in for the on-line auction. Did you see it on the KVIE website?

To contact Artie: [whiteg@arc.losrios.edu](mailto:whiteg@arc.losrios.edu)

## Babbling Day

Blatherskites, mark this day on your calendar. For today is Babbling Day. This isn't a day to remain silent. Tell everyone you know about this special day.

**When :** Always October 21th

**What's all the chatter about over this special day?**

Well, on Babbling Day, we celebrate those of us with a glib tongue. You know them when you hear them. They're talking gibberish. They never stop talking. They babble on and on. They can turn a simple one sentence statement into an endless dissertation.

Spend this day babbling like a baby, if you must. As for me, I will spend it by a babbling brook.

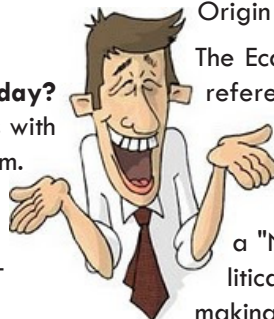
**BTW:** In case you didn't know, a "Blatherskite " is a person who babbles.

Origin of Babbling Day:

The Ecard companies and calendar sites online have all referenced this day. But, we did not find the originator or any factual information about it. Apparently, the creator wasn't a Blatherskite.

We also found an occasional reference to this as a "National" day. Can you imagine our illustrious political leader debating and babbling endlessly about making this a National day!?

[www.holidayinsights.com](http://www.holidayinsights.com)



## Media Peeps! by Media Mike

### Families: Parents, Siblings & Babies, oh my!



Wondering what to do if your family starts to drive you nuts? Watch a few TV shows about families and realize that your family is probably not that bad! There are quite a few shows about families currently on this season; some are funny and some are serious. Below are highlights of just a few:

**Parenthood:** currently showing on NBC, Tuesdays at 9pm. The show revolves around a large northern California family, including grandparents, their four adult children, and six grandchildren. Topics involve familial relationships, teen issues and even autism. A fun show to watch when there's mostly happy endings and resolutions to all of their problems. Watch episodes online for free at [nbc.com/parenthood](http://nbc.com/parenthood).

**Brothers & Sisters:** Another show about a large southern Californian family, on CBS (off season currently). This family is united by a family business, and yet deals with diverse topical issues such as PTSD, coming out of the closet, adoption, unknown siblings, divorce, political differences and reunions. A fun show to watch for weekly drama and current issues, as well as for those problems that most families have – we're all a little different and yet have to get along. Free online episodes at [abc.go.com/shows/brother-and-sisters](http://abc.go.com/shows/brother-and-sisters).

**Modern Family:** A quirky, Emmy-award winning sitcom revolving around a re-married dad and his two children's families. Laughter abounds with teenage issues, in-law issues, husband and wife issues, as well as partner issues.... There's always something to laugh at with family issues. Currently showing on ABC, Wednesdays at 9pm. Free online

episodes at [abc.go.com/shows/modern-family](http://abc.go.com/shows/modern-family).

**Up All Night:** The newest sitcom to appear on the scene, "Up All Night" revolves around a young-ish couple and their first baby. While Reagan, the new mom, is at work, her husband Chris is learning what it takes to care for a baby and a household. Neither is ready to give up the 'cool' life they used to have, but they realize that together they must put their family first before the parties and attempts to regain their youth. Catch up on past episodes for free at [www.nbc.com/up-all-night.com](http://www.nbc.com/up-all-night.com). Watch new episodes on NBC, Wednesdays at 8pm.

#### **Twitter tweets:**

**Highlights:** only the minimal description

**To drive one nuts:** to make s.o. crazy or annoyed

**To abound:** to exist in very large quantities

**Issues:** topics or problems

**Come out of the closet:** to tell people about a secret

**PTSD:** post traumatic stress disorder

**Quirky:** unusual, funny

**Topical:** important at the current time

**On the scene:** to make an appearance, usually important

**Catch up:** to become current

(The title is a play on words from the movie, *The Wizard of Oz*: "Lions, Tigers, and Bears, oh my!")

To contact Media Peeps: [speckee@arc.losrisos.edu](mailto:speckee@arc.losrisos.edu)

Continued from page 1

only be able to file an appeal once a year. It might seem strange that our district would be so tough on ESL students, but Granny thinks these changes were made because of new federal guidelines. If ESL students all understand the new rules and follow them exactly, Granny thinks and hopes there won't be problems for them. After all, statistically, the success rate of ARC's ESL students in all academic classes (not just ESL classes!) is very high compared to the success rates of other ARC students. If you are getting close to the 72-unit limit, make sure that you start gathering all the important documents. If you are passing your classes and not dropping too many classes, you should be able to show that you are making progress and should be allowed to continue with Financial Aid. ESL professors know that the school, the district, the state, the society (the world?) is getting its money's worth in investing in the education of a hardworking immigrant population, but ESL students will have to start proving that they are making good progress or they might be cut off from Financial Aid. Probably our district recognizes that, or at least Granny hopes so. This informa-

tion came as a shock to me because there were no announcements, no general e-mail messages to the whole ARC community. Granny doesn't like "to be left out of the loop"! Luckily, I checked with Prof. Ally Joye, chair of the ESL Department, and this is what she said: "It's true that there are new Financial Aid rules, so all students (not just ESL students, by the way) need to make sure they understand the rules and understand all the dates and deadlines. If you are on Financial Aid, you'll have to be very careful to pay attention to how many units you are taking and the progress you are making. Go see your counselor today to find out when or if you might have to file an appeal. The appeal process can take many weeks, so this is NOT a "homework assignment" to do at the last minute! You must plan ahead and complete the paperwork on time if you want to be sure that you have Financial Aid when you need it. Talk to your counselor, go to the ARC website, talk to your friends, but do something to make sure that you understand the new rules!"

To contact Granny: [braccop@arc.losrios.edu](mailto:braccop@arc.losrios.edu)

## Squawk! The Parrot Wants to Know:

**Would you prefer an ESL class that is credit-bearing with grades or would you rather have an ESL class for no credit and with no grades. Why?**

In my opinion, I would like to have credit-bearing with grades because it is more challenge than with no grades. For example, students will study hard to try to get an "A". In contrast, students may spend less time to study if they already know they are going to pass the classes. However, students are supposed to study hard because they go to school not only to pass but also to learn.

Jesse Chen  
ESL R320

Everyday hundreds refugees come legally in the United States of America to get freedom and their dreams come true. All these people touch their first struggle at their first step in the US soil "language". There are many places which these refugees can get help to learn English. For example, adult schools, churches, some communities and many other places which support by government or private parties. I think colleges are platform to get higher education. People come to the colleges for different reasons. Some people come to earn money but most of educators want to learn to get higher education beside the first one. So I prefer the ESL classes should have credit-bearing with grades, because it should help to bring more responsibilities to learn this crazy language. Some people might say, taking classes without credit-bearing and grades should be better. However, it is should be better for students to get their result of education which help them to be more successful and make a good plan for their future, without losing their expensive time which doesn't come back again. In conclusion, getting credit-bearing with grades are good for all these students.

Sanaollah Samiei  
R320

In my opinion, I prefer to have an ESL class that is credit-bearing with grades because that way a student is more challenged by studying, and feels better with his accomplishments. Also, the student is more acquainted with the grading system in college that can help him with education in the future. Having no grades in college in my opinion is not such a good idea because student could take advantage of that, and wouldn't study efficiently. For me personally, the grades aren't that important because I want to learn English for myself, and I want be equal in this society, but having

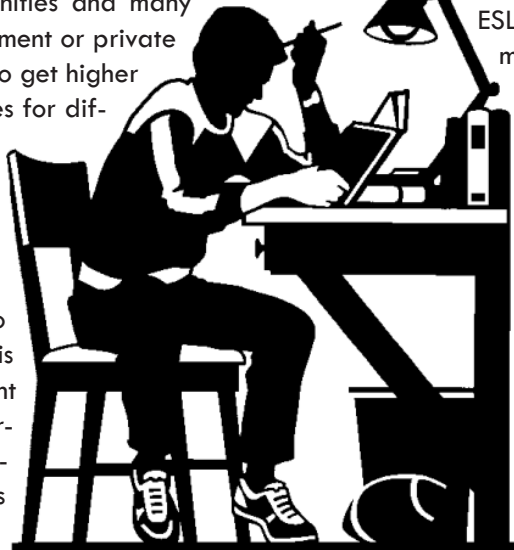
a good grade is very flattering also, and I'm very disappointed when I receive the grade that is not satisfying.

Ismar Tiric  
R 320

I prefer a ESL class that is credit-bearing with grades because in the future, I may need to apply the credit towards a diploma or certificate. I have already invested the time and money for the courses anyway.

Yanitza Weston  
R320

I prefer an ESL class that is credit-bearing with grades because that way I can get a certificate for all my English courses, which also can be used as a proof of the English



ESL class that is credit-bearing with grades motivates me to keep on doing well and also makes me realize how good or bad I'm doing in class. I believe that credit-bearing with grades is just such an amazing idea that will make me and all college students proud because this is going to be on our record and background.

Eric Zamora  
R320

Credit and grades are the tools that help students estimate pretty exactly the limit of themselves and what level is suitable for them. Credit and grades can evoke a motivation of studying.

For example, if students achieve good grades, the feeling of goal accomplished will promote the passion of studying.

Quang Minh Vo  
R320

It just like I mentioned to you about education. We, who are immigrants English is our second language. If we need to get better career or do well on the job need to have a good education, understand English, reading, and writing... as well. Because we live here and work in this country. Some immigrants have an education from their country ( experiences or skill ) but they don't speak English, because they never studied in their country or they have no time to study. I spent half my life over here without school. When I was here I was over 18 years old. I started work in the company with my low English because they didn't require it. I worked and paid taxes for this country for 20 yrs. After I got laid-of



from work I wanted to get more education and study English to get a better career. Financial Aid counted my English classes, and it went over 72 units. In my opinion, I think we should grade our English classes for who is beginner study English, but not count to their 72 unites (separate)..

Khone Sourivong  
R20

It has become a problem for me this year when I found out, that I am not eligible for financial aid anymore; even I am not eligible for a petition. The ESL credits that I took before and were not counted, suddenly started to be counted this year. When I asked the financial department about my financial aid, they told me that I took all the credits, giving me no more rights for aid. I was trying to explain to them, that I need to finish the rest of my prerequisite units, and I it will take me this year to transfer to university in the next fall, but they said it dose not matter. I am still not eligible. This situation works against my welfare and affects my success. For this reason, I prefer ESL classes that have no credit and with no grade.

Anonymous ESL 30 – 340

I think that keeping ESL classes as no credit classes would be better. It would save many people from missing their transfer to the university. It would be a better opportunity for students to improve their English without stressing out. For example, I knew that students have a limit of units to get a FAFSA, so I tried to skip a few classes by taking an assessment test after a little break from college. I read books, magazines, newspapers, and studied English along with my children to become a better reader with good comprehensive skills. It's hard. The best way for us, ESL students, is to not worry about units until we'll be much better in English. It would help us to stay and concentrate on a subject, master it, and then go further. However, I would like to have a grade system, so I can see my progress and weakness in any difficult areas. Hopefully, someone on top could hear our voices and make a wise decision.

Svitlana Vlasova  
W340

ESL classes are provided to those students for whom English is a second language. Financial Aid provides support for those who have lived in the states for one year or more, so many immigrants take this opportunity to go to college, get support from Financial Aid and learn English and then later get their degree. From my experience with Adult School, it doesn't provide an appropriate level for ESL students to learn English, because there is no grading and you may repeat the class as many times as you want. At college level, ESL classes, there is a more systematic program that teaches students how to write essays, how to pronounce words, and so on. As long as our country will accept immigrants there

should be such programs. The government should decide what they want: invest a little bit of money and help people get a degree or they will have them longer on Welfare Benefits, because people will have low income and will need more support. Low level classes need to be considered to grade because it will stimulate students to learn.

Alina Savchenko  
W340

I started from ESL 50 and now I'm ESL 340 level. I learned most of my English skills from the lower levels and all that practicing that I did down in the lower levels helped me to improve my skills. I strongly disagree with making ESL classes as no credit classes because in that way students will not try hard to accomplish any grade; thus, they would not improve. As a result, the level of higher ESL classes will drop so in higher classes students will try to catch skills which they really should have gotten in lower levels. We already have enough difficulty in learning and living in our new home country; please do not make it worse.

Narineh Mousa  
W340

I would rather have an ESL class for no credit and with no grades because I don't want to get my financial aid cut. If my low ESL classes are counted, I will not get enough money from Financial Aid to finish my career. There are many students whose careers require many units. However, if Financial Aid counts the lower classes, they will not be able to go through all those classes.

Daniel Lopez  
W340

I have been told that the level the below ESL 310 classes may be counted as no credit, and financial aid office will only check the level 310 or above to give financial aid. However, I think that is not enough and unfair for ESL students, even if they don't have financial problem for studying. As new immigrants, we lack English skills. Therefore, we go to school, but studying English is a big barrier for most of us. I know that the limited financial aid and lack of grades can frustrate my studying and living.

Anonymous  
W340

If the educational system, in this case ARC, considers the lower-level classes as part of our financial aid credits, thousands of students will experience the dilemma of continuing school or paying out of their pockets, which is almost impossible with this economy. Please reconsider different options. We need to continue our education and reach our goals. ESL classes are fundamental in order to do it.

Leslie Mitchem  
W340

## Parenting the Parrot Way!



Prof. Moon's kids

*I came across this article at npr.org. For that particular day, it kind of summed up how I was feeling. I too love my children deeply, but there are days or moments when parenting is more than difficult; days when I imagine myself single and enjoying a weekend at the beach with other good friends. As parents, we often put our own needs last and really think of ourselves as not needing anything. However, a good humorous look at those days when we wish we were elsewhere reminds of us the blessing each child in our care brings us.*

*So, enjoy this realistic look at parenthood.*

### Parenthood Got You Down?

Can we all agree on one thing? Having a baby is not just a fabulous, enriching experience that opens up your capacity for love and endless opportunities for personal growth.

It's also miserably hard work.

A baby is like the worst houseguest ever: endlessly demanding, keeping you up at all hours, needing to be fed and making a mess of the whole place.

And the little darling never leaves.

People don't talk about this enough. It's really hard, being a parent. At times, it's crushing. But you're never allowed to say this.

Admitting that the kids are wearing you down — even if you carefully point out that you're just going through a bad patch and will probably be fine in an hour — seems to be taken as some kind of statement that you don't love them.

Lately, we've been visiting friends who have newborns — newborn twins, or new babies following behind other still small, still needy children. The parents are clearly so worn out. Their eyes tell the whole story. But rather than saying, "I am this close to losing it," their voices get a little high and

they say things like, "Well ... he really is beautiful ..."

Parents allow themselves only the most generic of complaints. This is one reason why there's so much talk about diapers, which are basically impersonal — no comment on my child in particular — and, ultimately, a fleeting problem. They may cop to not getting much sleep. But they never follow up by saying, "I'm so exhausted, I feel like I'm not going to make it. I really do believe at this point that sleep deprivation is torture."

People feel the need to extol the joy a child has brought into their lives, even and especially at those moments when their frustration or anxiety might be at its peak. Embarrassed at having admitted any weakness at all in their parenting game, they try instantly to brighten and say, "But it's the best thing we've ever done."

No. Not always. Let's be real. There are countless times when being a parent is genuinely a struggle. You are going to be tired. Your relations with your spouse or partner will get strained. You will have to give up things you used to enjoy.

Your child truly has nothing better to do some days than to try to wear you down, whether it's to test loopholes in your no-cookies-before-dinner policy or simply to say "no" to every question you ask, even if it's, "Do you want to go to the zoo?"

I don't mean at all to suggest that having kids is bad. Just that sometimes it can get you down. Parents do themselves — and their peers — no favors by pretending otherwise.

In contemporary culture, we're able to share almost every other type of problem. Say you got mugged — all your friends will tell you their crime stories. Admit that there are members of your family with mental illness, and you'll be amazed how many people struggle with the same issues.

But parents are not expected to complain, to say how — maybe just on this particular day, at this very hour — it's not all lavender and honey. Instead, a creeping feeling of inadequacy and social isolation only makes those bad parenting days worse.

Parents: Let's make a deal. Let's be honest with each other, or at least one friend, that there are times when the whole enterprise feels like a bad idea. Let's be less alone with this and maybe even laugh about it, putting aside for just a few minutes the earnest need always to say, "OMG it's so great!"

It seems only fair. The one thing we all do is complain about our parents.

*Alan Greenblatt, a correspondent for NPR.org, is happy that his son just started kindergarten.*

To Contact Parenting: [moone@arc.losrios.edu](mailto:moone@arc.losrios.edu)

## Mim's Cafe

The halibut recipe below, courtesy of allrecipes.com, is quick and simple to make. Halibut is considered one of the healthiest fish to eat. According to The World's Healthiest Foods ([www.whfoods.com](http://www.whfoods.com)), halibut contains many important minerals such as "selenium, magnesium, phosphorus and potassium; the B vitamins B12, niacin, and B6." But most importantly, it contains the omega-3 essential fatty acids, which our body cannot produce. As a result we have to get these essential fatty acids from food we consume. Omega-3 fatty acids are beneficial for our cardiovascular systems. The combination of a mild and sweet tasting halibut and the strong flavors of capers results in a healthy and tasty dish. Capers are actually flower buds that are grown in the Mediterranean region. The smaller the buds, the more prized they are. This recipe takes 25 minutes to prepare and serves four. Serve halibut with rice or pasta. (Read more about capers at: <http://www.nutrition-and-you.com/capers.html>).



Prof. Montgomery with happy eater.

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### On a Caper, Just for the Halibut

#### Ingredients

- 1 tablespoon olive oil
- 2 (8 ounce) steaks halibut
- 1/2 cup white wine
- 1 teaspoon chopped garlic
- 1/4 cup butter
- salt and pepper to taste
- 3 tablespoons capers, with liquid

#### Directions

1. Heat the olive oil in a large skillet over medium-high heat. Fry the halibut steaks on all sides until nicely browned. Remove from pan, and set aside.



2. Pour the wine into the pan, and use a spatula to scrape any browned bits from the bottom. Let the wine reduce to almost nothing. Then stir in the garlic, butter and capers. Season with salt and pepper to taste. (Be careful when seasoning with salt as capers are already quite salty.) Let the sauce simmer for a minute to blend the flavors.

3. Return the steaks to the pan, and coat them with sauce. Cook until fish flakes easily with a fork. Serve fish immediately with the sauce from the pan poured

### A Real Caper

What are capers? What do capers taste like?

Answer: Capers are the unripened flower buds of *Capparis spinosa*, a prickly, perennial plant which is native to the Mediterranean and some parts of Asia. Their use dates back to more than 1200 B.C.E. where they are mentioned as a food in the Sumerian cuneiform Gilgamesh, an ancient retelling of a great flood and ark legend.

After the buds are harvested, they are dried in the sun, then pickled in vinegar, brine, wine or salt. The curing brings out their tangy lemony flavor, much the same as green olives.

The size of the buds range from tiny (about the size of a baby petite green pea) up to the size



of a small olive. The smallest variety from the South of France, called nonpareil, is the most prized and comes with an equally notable price-tag. Larger capers are stronger in flavor and less aromatic.

Much of the expense comes from labor costs since the caper buds are picked by hand. Try making your own Poor Man's Capers at home from nasturtium seeds.

Capers have long been a favorite in the Mediterranean region. The small, green herb buds lend a piquant sour and salty flavor to salads, dressings, sauces, vegetables and a variety of main dishes.

## *Boots on the Ground: Get Slick with Trail Mick*

### **Apple Hill Wineries Hike, Hidden Valley Lane Stones Throw Winery to Wofford Acres Vineyard**

Apple hill is a fruit and vineyard growing area located in the foothills of El Dorado County. Nearly a hundred growers or "farms" raise apples, peaches, wine grapes and christmas trees for hordes of weekenders that visit their storefronts.

We did this hike on a warm Autumn Sunday a couple of years back. A few friends and I wanted to buy some apples and taste some wine at Apple Hill. We combined it into a nice easy hike-outing.

To get there from the Sacramento area, we made our way by auto to U.S. Highway 50 and drove east. After 25 or so miles, we turned left at Exit 32 onto Golden Chain Road in Camino. We quickly arrived at the junction with Carson

We picked and ate some pears and apples as we hiked! Shortly we came to a junction with a dirt drive fittingly called "Pear Tree Lane" Here the landscape opened up on both sides with views of hills and woods over pasture and vineyards. A half mile further we passed two more drive-ways: Rio Vista Way" and Starview Drive. We left the fields behind and entered a woody area of oaks and pines. On the other side we could see more pastures and the vineyards of Woffard Winery ahead of us. When we arrived at the end of our road, there, at the winery and tasting room, were two big dogs sitting on the driveway. They looked at us and barked, though not in a threatening way. We decided not to disturb their peace, and instead turned back the way we



Road. We made a left turn at Carson and drove 1.4 miles, and there turned right onto North Canyon Road. We followed North Canyon for nearly two miles until we came to Hidden Valley Lane, where we turned right. With "Stones Throw Winery" on our right and the "Apple Pantry Farm" on our left, we drove into the dirt parking lot at Stones Throw provided for patrons. Though we entered into the (free) tasting room and looked around, we decided to hold off on wine tasting until after the hike.

We started hiking down the narrow, paved one-lane road toward our destination, Woffords Winery. (Though we could have driven, we wanted to hike!) While there was a natural wooded area to our left, on the right side were agricultural fields, at that time mostly hay and pasture. There were barbed wire fences marking property lines on each side of the road. A line of pear trees and apple trees followed the fence on our right, just outside our pathway. Fortunately a lot of ripe fruit hung low over the fence there to tempt us.

had come.

When we returned to Stones Throw Winery (just after 5pm) we found that the tasting room had closed. Apple Pantry Farm was still open so we walked over there and bought some cider and pieces of fresh apple pie!

This pretty idyllic lane is suitable for hikers and bicycles. I thinks horses might become spooked by one of the few cars that pass that way. That said, hikers should also be on the lookout for cars. Dogs should be kept on leashes. (Dogs disturbing farm stock can legally be shot by farmers!) This is a short two mile out-and-back walk on even terrain. An hour should be sufficient. You can find more information and a nice map at the Apple Hill Growers website at: <http://www.applehill.com/site/maps.html>

**Happy hiking!**

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changes in what you studied? If so, why?

**Prof McCormac:** Would I make changes?

**Parrot:** Would you choose another subject like mathematics, because in my experience, I wouldn't make changes. I like programming and computers.

**Prof McCormac:** Right. I'm not sure I'd change so much. I hated biology in high school. My biology class in high school was coming into a classroom sitting at a desk and copying.

**Parrot:** Did you hate biology because of the teacher?

**Prof McCormac:** I think it was "because of the teacher." Because the only thing we got to do in that class was to copy what he had already written on the board. He didn't talk to us and that was really boring. But I had a teacher who made biology a little more interesting, so I decided to pursue it in college. I guess the change I would make is I would stay in school longer. I liked the classes that I took in college. I took a number of biology classes. I took some other classes that were interesting. But I guess, I wanted to take more classes or different classes to know about other areas. The majority of my classes were science classes: biology, chemistry, and a couple of physics classes. I didn't take a lot of social science classes or humanities classes and I think those would be interesting to pursue.

**Parrot:** There are directions or divisions in mathematics: algebra, calculus, geometry and statistics. Is there something similar in biology?

**Prof McCormac:** Yes, very definitely. Within biology very generally people are separated into organism biologists and then to cellular biologists. It's kind of the big things and the small things. And within the cellular biologist category there are more specific divisions whether you are a geneticist or a molecular biologist or a microbiologist. On the other side you can specialize in certain types of organisms. You can be an ecologist or a population biologist where you know about groups of organisms, how the groups interact. So there are some common ideas that link us all together, but even though two people are biologists they can know very little about other directions.

**Parrot:** What is your direction?

**Prof McCormac:** I'm more cellular, small things biologist. I like that kind of thing because of the problem-solving approach. I like the data and the analysis of the data. Trying to figure out patterns or trends and seeing things like that. That's the kind of thing that intrigues my mind.

**Parrot:** You use statistics to work with your data, right?

**Prof McCormac:** For all the things at the small level, most, a lot of them, you can't see them directly happening. In a lot of chemical reactions you can't see the chemical reaction

happening and so you have to measure it and in measuring it, you get data and you have to apply statistics to it. If you apply different statistics you can maybe, it might mean something different. And statistics are just that-statistics. The place where you really start to learn about them is when you apply meaning to those statistics. And if you know the biology, the numbers should tell you something.

**Parrot:** Statistics are just an instrument. You use computers for statistics, right?

**Prof McCormac:** Oh yes!

**Parrot:** I know a lot of statistics programs. A mathematician gets excited when he or she solves a difficult problem. An athlete gets excited when he or she sets a new record. I get excited when I make a computer program without error. Is there something in biology that you get excited about?

**Prof McCormac:** I guess personally, I still kind of get excited when I read about new research that's happening or read about new problems that are being solved or old problems that are being solved in different ways. Even though I'm not a part of it, it's still incredibly intriguing. Personally, I get that kind of "touchdown" feeling when I see students experience that feeling in the classroom when they work so hard to figure out a particular problem or address a particular concept. And you know, they are struggling with that and it's hard for them but then at some point they reach the goal line and they exclaim "Oh yeah, I get that!"

**Parrot:** So, you get excited when your students get their ideas, right?

**Prof McCormac:** I have to live through them now. Their excitement gets me excited.

**Parrot:** You like to be with students to teach them, right?

**Prof McCormac:** I teach some classes which are lecture only and then I teach other classes. Most of my classes have labs. I like the lab class a little bit more just because it allows more interactions with the students. The format is a little more flexible so you get to know the students maybe a little bit better. The problems are a little bit harder in lab for the students because they are not always given all the information. So, I'd very definitely liked to have those relationships.

**Parrot:** Do you have any good tips for students interested in going into your field?

**Prof McCormac:** Keep working! Because it's hard as you go through. For most people it's really very hard and you can be easily discouraged. But, you know there's going to be an end and there are people who help you along the way. If it's truly a thing you like to do and you like problem solving.

**Parrot:** I think biological problems are more complicated than math problems because you can find easily the solution to a math problem on the Internet but biological problems

are more specific, right?

**Prof McCormac:** Yeah, there are a lot of biological problems that students come across in my class that have been done hundreds of times before but the time they do them it's going to be somewhat unique for them. So, just because the conditions are maybe a little different, it is interesting.

**Parrot:** Is there a recent discovery in biology you got very excited about?

**Prof McCormac:** I can tell you about what I'm reading right now on my computer which is really interesting. It is a study that has been done through UC Davis. So it is very close to us. And the UC Davis study is a biology study but they are testing the biology of meditation.

**Parrot:** What does meditation mean?

**Prof McCormac:** Meditation is a technique of controlling your mind and thinking. Individuals meditate, they sit very quietly, serenely, and focus. A lot of people from the West and from the U.S. think that meditation has been an Eastern idea in the Far East.

**Parrot:** Is this research related to brain-controlled devices? For example, the idea of controlling an airplane flight by brain.

**Prof McCormac:** I don't think this is like that. What the UC Davis study is showing is that normal people who don't practice meditation, when they encounter stress in their life, that has adverse results for their body. They produce various chemicals which are harmful for their body. But what this study shows is that people who meditate on a regular basis not only will not make harmful chemicals but they also make more of the beneficial or of the good chemicals.

**Parrot:** That's really very interesting.

**Prof McCormac:** It's a connection between psychological and biological. We are actually able to measure very specific chemicals and see how people can control them with their mind.

**Parrot:** I've never thought about that. It's a good reason to learn how to meditate, right?

**Prof McCormac:** Yeah, they are very much in favor of showing people how to do that.

**Parrot:** There are so many books of American authors. Can you recommend one or two contemporary American authors who show the American spirit in their books? I'm very interested to know more about this country.

**Prof McCormac:** I can tell you who I like to read. As my son is going to high school, he has to read those books in his English classes, famous literature books, so, after he is done with the books, then I read them. A lot of the books I never had to read so I never did. One of the authors I like is John Steinbeck. I think that a lot of his books really show the

American spirit as it was historically. It's not current. I mean he is from the early to mid nineteen hundreds but I think the spirit that he shows in his books is more the major threads of the American fabric.

**Parrot:** So, the children study Steinbeck in school, right?

**Prof McCormac:** Yeah, my son in high school has to read a lot of Steinbeck.

**Parrot:** I asked this question because I have a two-year-old son and like you, I'm going to read all the books or materials my son will have in school because I was born in Moldova and I need to grow together with my son and study all the materials from primary school to high school.

**Prof McCormac:** I grew up in this country and I had to read certain books going through high school and I read them because I had to and I didn't really like them. Now, I'm reading the books because I like to; they are really interesting. Steinbeck is a great American author, very well respected, and I think that he really captured the American spirit quite well.

**Parrot:** I've been in California for three years but I haven't had a chance to visit many places around here. What places do you recommend for me, my wife and my two-year-old son to visit around Sacramento?

**Prof McCormac:** Let's see. There is a lot. I think we are really lucky in California because there is so much. We have mountains. We have oceans. I guess Lake Tahoe would be a good one. Yosemite National Park is a little bit far away. It's three and a half, maybe four hours but it has some of the most spectacular views and things that you can see in the whole world.

**Parrot:** How many times have you been there?

**Prof McCormac:** I've been there once. Don't tell anybody that. And I've lived in California my whole life. It was spectacular. A little bit closer maybe like an hour and a half is Point Reyes area where the big earthquake fault is. The San Andreas Fault is right there. I mean that you can see it. It doesn't look like very much but just kind of that ocean and coast line north up to Bodega Bay I think is really spectacular.

**Parrot:** I'm going to visit those places soon.

**Prof McCormac:** Now, with the Internet, you can see a lot of things before you go and you can read about them.

**Parrot:** Sometimes there is just advertising. But I need to know what real people think about.

**Prof McCormac:** Right. You can read what people did when they went there, what they liked about it. In Yosemite, there are hundreds of things to do and hundreds of things to see. All different kinds of trails to hike on, maybe you like that, maybe you don't. So, you can find out what people liked about it.

**Parrot:** Do you like traveling?

**Prof McCormac:** Yes, I like traveling a lot.

**Parrot:** What counties have you visited?

**Prof McCormac:** I've been to The Philippines, Thailand, Mexico, Costa Rica, England, Norway, Denmark and Sweden.

**Parrot:** I think I will never have a chance to visit so many countries. Please tell me something interesting that happened when you visited these countries.

**Prof McCormac:** I guess it happened the first time I ever traveled to The Philippines. Scandinavia is fairly similar to the U.S. I've been to Mexico City before that. It has some obvious differences but if you fly to the Mexico City airport it is kind like in the U.S. When I flew to The Philippines for the first time, I wasn't expecting such a significant difference and when we flew there, unless you had a ticket you couldn't go into the airport. So when we walked out of the airport there was a big fence and behind this fence were so many people lined up because the entire family had come to see their family members come back. So many people there and so many cars and the cars only go 5 miles per hour because there are so many all at the same time. That was an eye-opening experience for me. I'd never had that type of experiences so it was really new for me. It was totally unorganized. I lived for five years in Southern California and we had a lot of traffic jams and problems. So, I thought that I knew about bad traffic and congestion. Even the worst thing in Los Angeles is better than most days of traffic in The Philippines.

**Parrot:** Some Americans have exotic animals like tigers, chimpanzees etc. What do you think about that? Is that a good or bad idea?

**Prof McCormac:** I have kind of two answers for that. I don't think that is a good idea for people to have those types of pets just to satisfy their own interest. Even if someone has a lot of money I don't think that is a good idea for them to go to buy a tiger and keep it.

**Parrot:** Doing that, maybe they can save endangered species, right?

**Prof McCormac:** There are some people in this country who have exotic animals more as a kind of rescue thing where animals are discarded by the circus or were unwanted. So, they take them in. I believe there is a facility like that maybe south of Sacramento, maybe in Lodi. But I think if someone just goes out to buy an exotic animal to satisfy their own curiosity then it actually does more harm than good. Because what they are doing by paying a lot of money is they're encouraging someone in Asia, where the tigers are, to go to trap a tiger and to take it out of there and to sell it, creating a market for that, which creates more problems especially

for the endangered species.

**Parrot:** Please tell me from your professional experience, what is the situation about endangered species in the U.S. Is it actually worse or better than in the past?

**Prof McCormac:** I think there are a lot of examples we have in the U.S. of animals and plants I guess which were once in danger which we protected and we successfully allowed to repopulate.

**Parrot:** For example, condors, right?

**Prof McCormac:** Condors a little bit, wolves are another one. In the Montana and Wyoming areas, their population was almost eliminated, but we protected them.

**Parrot:** So, the situation about endangered species in the U.S. is going better, right?

**Prof McCormac:** Sort of. But there are a lot of cases where we are going in the opposite direction. So, whether it is like pollution or development, destruction of the habitat, there are other areas where we are becoming worse. There are some victories, but there are also a lot of cases where things aren't going as well as they could.

**Parrot:** My recent hobby is reading Microsoft developer forums, as I like programming. Do you have a recent hobby?

**Prof McCormac:** It's not really a recent hobby but it's something that we've been able to pursue a little bit more and that is kind of hiking or outdoor activity. Our kids are a little bit older now so they are able to walk with us, with my wife and myself. When the kids are young, maybe like your two-year-old, you probably have to carry them. Now our children are older and able to walk themselves and carry their own packs and things. That's something that we've been able to pursue quite a lot recently and really enjoy that.

**Parrot:** Would you prefer a luxurious two-week vacation in Hawaii or a two week trek in the Himalayas?

**Prof McCormac:** I'd rather go to the Himalayas. Hawaii is great but I've never been to the Himalayas. And I think relatively few people have. That would be a totally new experience for me.

**Parrot:** I won't go there because it's cold and very dangerous. I would like to watch the Himalayas on TV.

**Prof McCormac:** Ha-ha. I would like to experience it at least once or do something like that whether the Himalayas or mountains in South America, something like that.

**Parrot:** Thank you very much Professor McCormac. It was a pleasure to interview you.

**Prof McCormac:** Thank you, Alex.

Alexei Ciolina

ESL L320

## Out of the Cage

### How can you live forever? The Immortal Life of Henrietta Lacks

Tuesday, October 18, 2011/12:15 pm - 1:15 pm

How did the cells of Henrietta Lacks, a poor mother from Baltimore, end up saving people from polio? The R.A.D. Book Club will present a thought provoking presentation and discussion on the amazing story of this woman and the journey of her cells. Biology Professor Rick Topinka worked with this cell line and will discuss his research.

**Location:** Raef Hall 160

### The New Middle East and Women's Issues

Thursday, October 20, 2011

12:15 pm - 1:15 pm

Please join Dr. Soheir Stolba in discussing the impact of political change on women's issues in the new Middle East. World-renowned for her work with human rights, especially for women and children, Dr. Stolba will discuss the challenges and roles of women in the changing political and social environment of The Middle East.

**Location:** Raef Hall 160

### Scary Stories!

Wednesday, October 19, 2011

12:20 pm - 1:20 pm

Come hear the scary stories of author and National Book Award winner Joyce Carol Thomas as she reads from her novels *The Skull Talks Back and Other Haunting Tales* and *Marked By Fire*. Thomas's stories are inspired by her early years growing up in Ponca City, Oklahoma, where her family lived on the "black side of town." She remembers: "There was a park that divided the black side of town from the white side of town and to get to the white side or downtown you had to walk through that park. It was scary!" Thomas says she is deeply concerned with what happens within a community and how these experiences form a person's vision of the world. She says, "If you're taking care of the inner life, chances are you'll be strong enough to handle any onslaught that comes your way from outside." Thomas's numerous honors and awards include the National Book Award, the American Book Award, the New York Times Outstanding Book of the Year Award, and many more. Themes at this event may include adult content.

**Location:** Music Room 547



### Prince Dracula: The Man and The Myth

Tuesday, October 25, 2011/12:15 pm  
- 1:15 pm

Complemented by a series of striking photographs, Mr. Unger will discuss his journey from London to the Borgo

Pass in Transylvania, an expedition that mirrored exactly the route taken by Jonathan Harker in Bram Stoker's novel *Dracula* nearly 120 years before. Unger also followed in the footsteps of the true-life counterpart of Bram Stoker's Count Dracula: Prince Vlad Dracula, known in Romania as Vlad Tepes—Vlad the Impaler. Unger will take you with him to Romania's Snagov Lake, Prince Vlad's birthplace and up the 1480 steps to the ruins of a stronghold that Bram Stoker never dreamed of: Prince Vlad's 15th Century forest fortress at Poienari—the real Castle of Dracula. Perched on a remote peak near a glacial moraine in the Fagaras Mountains of southern Romania, Poienari, in its time, mirrored Count Dracula's fictional castle at the top of the Borgo Pass in Transylvania almost stone for stone.

**Location:** Raef Hall 160

### Questions/Comments?



Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D387 (Davies Hall), or call (916) 484-8988, [braccop@arc.losrios.edu](mailto:braccop@arc.losrios.edu) or Professor Elizabeth Moon at [moone@arc.losrios.edu](mailto:moone@arc.losrios.edu) Student Editors: Narineh Mousa, [Ligia Goga\\_parrot-arc@live.com](mailto:Ligia_Goga_parrot-arc@live.com)

To see the Parrot in color go to [http://www.arc.losrios.edu/Programs\\_of\\_Study/Humanities/ESL/](http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/)