



The Parrot

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

Issue #57

Fall 2011

Araceli Badilla: Beacon's Guiding Light

Parrot: Can you tell me something about yourself?

Araceli: Ok. Well let's see. I am the Beacon Coordinator here in the LRC. I oversee the tutoring program, the group-tutoring program. I usually teach the INDIS 321 class. I have taught the individual tutoring training course, INDIS 320. I am a coordinator. What other information do you need?

Parrot: That's a lot of things. Tell me, what does Beacon mean?

Araceli: Beacon is the name that we have given the group-tutoring program. It could be called different things, but beacon means a guiding light. So, the faculty and, I may be even the students at the time, when we



received the grant to get the program established, came up with the term, to call it Beacon because that is what a lot of our students, our tutors do. They are kind of guiding the students to learn some of the material.

Parrot: That is interesting. How does it work?

Araceli: For the most part, the teacher, selects his/her own tutor. It is usually a student that did really well in a previous course, and had received an A or B in the class, and they ask the student if they want to be the Beacon tutor for the following term. If the student

agrees to that, then he or she enrolls in my class INDIS 321, they go through an eight-week training program, and they are also

Continued on page 18

Buy Nothing Day!

When: Day after Thanksgiving
Are you tired of the commercialism of Christmas? Then, this special day is for you. Buy Nothing Day is a 24 hour moratorium on holiday shopping. It was created as a protest against the commercialism of this most sacred of holidays.

Aside from abstaining from shopping on this day, we suggest you reflect upon the true meaning of Christmas. Take a minute to remember what this season is really all about.

Is Buy Nothing Day effective? Do people

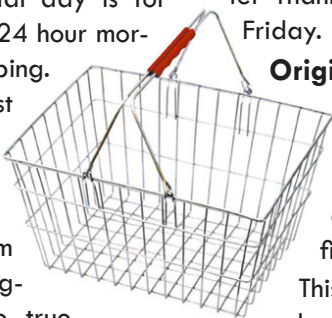
abstain from buying things on this day? Well, there is a reason why the day after Thanksgiving is also called Black Friday.

Origin of Buy Nothing Day:

The brainchild of Ted Dave from Vancouver Canada, this special day is promoted by a group called Adbusters. It was first celebrated in 1992.

This holiday is celebrated in Canada, the United States, and some European countries.

<http://www.holidayinsights.com/moreholidays/November/buynothingday.htm>



Russian Babies Switched at Birth!

see page 5

"Tell me and I'll forget; show me and I may remember; involve me and I'll understand"

Chinese Proverb



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Inside this Issue

Ukrainian Fun	2
Dying to Live	4
Job Crossword	8
Media Mike -- Texting	10
Black Friday	11
Bring Your Honey	12
Art Fairs	13
About Trout	16

Student Chirpings

The Most Popular Outdoor Activities in Ukraine

Ukraine is a very beautiful country. It has the Carpathian Mountains located in the north-west part of Ukraine and the Crimea Mountains located in the south of Ukraine. It has the Black and Azov Seas, both of which are located in the south of Ukraine. We have a lot of big rivers, such as the Desna, the Dnipro, the Dnister, the Danube, the Prypiat, the Siverian Donets, and the Southern Buh, and small rivers, lakes, valleys, hills, and forests all around the country. Having such a variety of natural landscapes has an influence on people's taste and choice of how to spend their weekends or vacations. There are three categories of the most popular outdoor activities in Ukraine: swimming, skiing, and back-packing.

The first category of popular outdoor activities in Ukraine is swimming. Having seas and a lot of rivers and lakes does not leave you much possibility to be a non-swimmer! People can't wait for the summer time to arrive! Some people plan to spend all their vacation on the Black or Azov seas. It's based on their beliefs that sea water makes your body stronger and prevents colds and flu in the winter time. That's why it is really hard to find available rooms to rent for your vacation. When you finally arrive, you only think of swimming and lying in the sun. All you need to have for this type of activity is a bath towel, sunglasses, and sunscreen lotion. All beaches along the sea are busy from early morning until noon and from 3 p.m. until 7-8 p.m. You can see that people leave the beaches only for lunch time, which will prevent them also from being burned during the hottest part of day. I had this type of vacation about 15 times. Each time my friends or parents and I chose a different place to go because you can combine swimming with sightseeing. All places around these two seas have a long, interesting history. While the seas are great, people who stay working during the summer have the chance to swim in the rivers or lakes. For example, the Dnipro is the biggest river of Ukraine and divides Kiev into two parts – left and right. Special areas around the Dnipro were built as beaches and people can get to those places using a subway. The subway station "Hydropark" is always busy during the summer time. Several years ago some people began swim-

ming during the winter time too. I know that the winter bathing group is still growing. When you see a person leaving the train at "Hydropark" in the winter you can be sure he is from the winter bathing group. People who are not admirers of winter bathing but still can't imagine their life without swimming, like to swim in swimming pools. Usually, they buy monthly tickets to save money and have an extra hour to swim. I used to visit the swimming pool in Kiev and once I even had a bet on that I would jump from the high boards - 3m, 5m, 7m, and 10m - in 20 minutes. It was frightening, but I did it!!! People in my country just love to swim!

The second category of popular outdoor activities in Ukraine is skiing. This group includes people who like active types of outdoor activities and are not afraid of being cold. From the time when I was a child, I always remember skiing around our apartment house, around the village house of my grandparents, and at the school or college. All children and students were able to ski. Every winter my father, brother and I used to ski around the park. When I got older, my classmates and



I went to the park to practice skiing from hills. That was a lot of fun! When I was at college, we had a ski test - two and three kilometers of country-cross skiing timed. Times goes by, but people still love cross country skiing! Big parks always have ski trails. Owners of forests around cities plan several routes which have different lengths and levels of difficulty. People enjoy spending time skiing even when it is minus five degrees F! If you could only see what is happening in the Carpathian Mountains between November and March! It is the same as at the beach in the summer – an apple does not have a place to fall! People begin to book hotel rooms, apartments or rooms in private homes, elevating the price of tickets starting in September! People ski for the whole day – from 10 a.m. up to 4 p.m. I remember after skiing for six hours, I had more energy than before skiing. Two of my friends skied when they were pregnant! They could not miss the opportunity to ski from the top of the mountain to the bottom! People are happy because most of their employers changed their vacation schedule from one vacation in the

summer to two parts - in the winter and in the summer. As you can see, skiing is a common outdoor activity for my country.

The third category of popular outdoor activities in Ukraine is back-packing. Usually, this category needs to have a small or big group of people and most trips are from a couple of days up to twenty days. It could include members of one or several families, friends, classmates, co-workers, or just people who like being outdoors in the natural environment for a long time. My co-workers like taking kayak tours on different rivers. They started their group from 10 people and now their group has grown up to 40. Last year they needed to divide their group in two and have a little different time schedule, by they still have the same route and the same place to camp every night. What an unbelievable time you can spend while back-packing trails in the mountains! My church friends spent seven unforgettable days discovering the Crimea Mountains. Some parts of the trip are hard because you don't have a bathroom or shower, and every evening you had to set up camp and start cooking. However, seeing the wild beauty of the mountains, crystal wa-



terfalls, smelling the aroma from a big valley of wild flowers is something much better than just having a comfortable bed! I remember how our family, father, mother, my elder brother and I, went for two-three days on a back-packing trip somewhere 40-50 km from Kiev. It was an incredible time! My father picked an interesting route where we had to cross the river and we found a real dug-out from World War III! Bicycle tours with packs are the newest type of back-packing. For the last ten years people have been able to buy high quality bicycles which are suitable for the long tricky ride in the mountains, or along the rivers, or the seas.

Living in the second largest country in Eastern Europe gives people plenty of opportunities to find the best way to have the greatest vacations. These three major outdoor activities - swimming, skiing, and back-packing - have kept Ukrainian people busy on their weekends or during their vacations for many years.

Schorn Ganna(Anna)

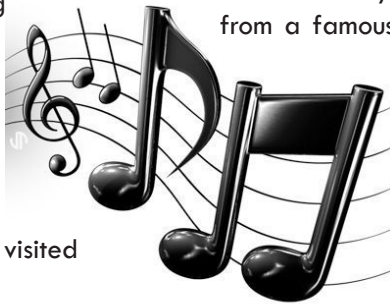
ESL W50

I Believe in the Meaning of Music

When I was a child, I liked listening to my father play the piano all the time. Sometimes he also used to play traditional music from my country with my grandmother. I remember these moments, and they were so special for me. They liked to share how important music was for them.

My father used to play classical, traditional and romantic-music, but most of the time he played a song called "Ballade per Adeline" because it was a fantastic song to me. He played like an angel. I enjoyed it so much. Also, the sister of my father had a music collection of different kinds of artist such as Kenny Rogers, the BeeGees, Abba and Barbara Streisand, and I used to play them when I visited them on the weekends.

On my fifteenth and eighteen birthdays, my father serenaded me. On my eighteenth, he came home with a friend, and she sang, and he played the accordion. He played different kinds of music and also the top song at the time. This serenade was in my apartment. At the party, were my best friends. I believe he did this for me because I loved it, and also he enjoyed sharing with my family and friends. Music reminds me of my family and means love to me. My mother also sang. When she was young, she sang on the radio sta-



tion. She loved to sing, and she still does sometimes when she has the opportunity to do it. She has a musical group. It is a chorus in a small town. As for me, when I have the opportunity to sing, I do. I already have a couple of times. I sang at San Juan High School 3 years ago. I sang with another Colombian friend. His name was Miguel. We sang "I Have the Black Shirt" by Juanes and the people liked it. It is a song from a famous artist in Colombia. I believe they enjoyed it because they clapped a lot. I put all my heart and soul into the performance. Now, when I go to a concert, I enjoy some artists like Celine Dion, Def Leppard and Neil Diamond. I go because every artist shares different music that means something different for me. When I listen to music, each song has some history for me. It is created with a lot of feelings. That is the reason I love music because it transmits different meanings.

I continue to listen to music every day. Some day not too far from now, I'm going to sing and write beautiful songs. Music is a big part of my life.

Johanna Hernandez

ESL L310

I Believe in Dying

After I experienced dying and coming back alive again, everything changed for me. I found out my life is God's biggest gift to me.

My story began in the summer of 2007 when my brother, friends, and I went to our fun place near the river. We used to go to this place at least one day a week and spend 4-5 hours having fun. We lay on huge flat shiny rocks and enjoyed drinking beer near the cold river. A part of the river near us was almost 13 feet deep and looked like a huge piece of glass. We could see the bottom of the river in the deepest part of the river.

At the time we started to drink beers and very fast we ended up with no more beers, but luckily we had some leftover beer that we buried in the bottom of the deepest part of the river. My brother and I swam where we buried the beer under some stones. We made several dives to bring cans to the shore, but on the last dive when I was on the way to the surface I saw some big fish.

I stopped swimming and start to watch the fish under the water. I was enjoying them very much, but I did not know



what happened to me. I felt that I was a fish and I started breathing eleven feet under the water. At that point, I started to vomit a huge amount of water while I was trying to reach the surface to breath air, but it was too late. I did not have enough time to reach the surface. Everything went dark and I did not remember anything.

I was "dead" for almost 3 minutes. Luckily, my brother was with me and he had his lifeguard training. He pulled me out of the river and did first aid that saved my life. When I woke up, I threw up lots of water and it was hard for me to breathe for a few seconds. My head was dizzy. When I looked around I saw people and my friends all happy to see me alive.

I thought about how fast that people can end up dead, and the feeling was like I went into a deep sleep. I decided to spend every second of the rest of my life in the best possible way because almost dying changed my view of the world. Every day I wake up, I remember what happened to me, and it reminds me how close dying is to me.

Nima Namdarian ESL L310

Drawing

When I think about my father, I remember the beautiful paintings that he painted. He never learned anywhere how to draw. It was a gift from God. He discovered his gift when he was a teenager. It was not his profession. He worked as a painter of ships. He drew in his free time. I believe in drawing like my father did. It gives me pleasure, peace, and calm in all circumstances (conditions).

When I was a child in Ukraine, my father drew nice paintings. His main themes were Christian such as Christmas, and Easter. He made these paintings for church. He also drew beautiful flowers. He liked to paint large pictures. Before he was to paint a picture, he sketched a pencil drawing. I wondered how he could do it so quickly.

I always watched how he performed his magic. Once he drew a Christmas picture of a large city and small houses, big mountains, and a beautiful night sky with beautiful stars. This was my favorite. I could sit for hours and watch him plunging into the picture and waiting for what will happen next. When he drew I loved to look at it for hours every day. I thought that when I grew up, I would draw like my father.

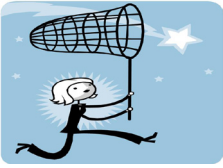
I remember how he drew pictures over several weeks. I knew



that it was evening and again I would watch as he drew. My brother and I usually sat beside father and watched. Sometimes we asked questions about the picture. It was interesting to watch a lot of parts within the drawing. After the picture was finished, I looked and was surprised that my father had magnificent (excellent) capabilities to do such a beautiful picture.

Sometimes, I wanted to draw something in the picture. Yet, my father did not teach me how to paint. I think it is just a little talent. I remember it was in 2002 when I took a picture of my father and tried to copy his portrait. It was not easy because I do not have talent like my father, but I got it almost exact in two hours. It was a portrait drawn in pencil. It had very similar facial features of my father. For me, it was really interesting to look at what I did, but my father could never see it because he passed away. I remember times when my father painted and it inspired me try to drawing something. Now, I don't have time for drawing, but I have plans to learn to paint professionally. I believe in drawing and hope to use my talent in the future in different design goals.

Olga Kozynchenko ESL L310



Netscape - Articles from the Web

Switched at Birth Girls Want to Stay with Wrong Moms

October 24, 2011

A pair of 12-year-old girls who discovered they were accidentally switched at birth want to stay with the mothers who have been raising them rather than go to their real parents.

The girls have grown up just a few miles away from each other in the town of Kopeisk in the Ural Mountains of eastern Russia.

Their mothers gave birth in the same maternity ward just 15 minutes apart in 1999, and their infant daughters were inadvertently given the wrong name tags.

Their true identities were revealed after the ex-husband of Yuliya Belyaeva, one of the mothers, refused to pay for child care because his daughter, Irina, looked nothing like him. After conducting several DNA tests it emerged that neither adult was Irina's biological parent.

"The judge couldn't believe it," Belyaeva told the BBC. "She said she'd only seen cases like this on TV and didn't know what to advise us."

The DNA tests sent Belyaeva on a search for her own daughter. She remembered that when she was giving birth, another woman was also in labor in the same ward. She suspected that the maternity ward had mixed up their daughters.

"I made a photocopy of the DNA test results and went straight to the prosecutor's office. There I lodged an official complaint about being given the wrong baby in the maternity hospital," Yuliya said.

Yuliya finally took her search to the local police who managed to trace her biological daughter living just a few miles away with Irina's natural parents.

"It was true," Yuliya remembered. "Their daughter, Anya, was blond and looked just like me and my ex-husband. And our daughter was dark-skinned and had dark hair and looked like the other father. He's a Tajik, and she looked just like him."

"Suddenly my whole world turned upside down and inside out," she recalled.

While the girls admit that they were happy to have found each other, neither one wants to leave the family they grew up with even though they are not their biological parents.

"It's terrible for both of them," Yuliya told the BBC. "They've grown up with one set of parents, now they've found out they have a different mother and father. Neither child wants to leave their home. Irina keeps saying to me: 'Mum, please don't give me away!' I comfort her by saying: 'I would never do anything against your wishes. Nothing has changed. I'm still your mother.'"

While both families are getting to know each other and are becoming closer, they're suing the hospital and demanding almost \$160,000 in damages.

Stories of babies being switched at birth are rare. In 1953, a mix up occurred at Pioneer Memorial Hospital in Heppner, Ore. It was only years later, in May 2009, that the now 56-year-old women discovered they were switched as babies.

DeeAnn Angell of Fossil and Kay Rene Reed of

Condon learned about the mistake from an 86-year-old woman who was a former neighbor.

The former neighbor said that one of the girls' mothers, Marjorie Angell, insisted back in 1953 that she had been given the wrong baby after nurses returned from bathing them. Her concerns were ignored. With both sets of parents dead, the Reed and Angell siblings compared notes and family stories, learning that rumors of a mix-up had been around for years. Kay Rene Reed decided to get their DNA tested, and that confirmed the mistake.

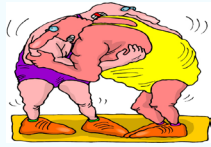
They both say they just have to move forward with their lives now, and they celebrated their latest birthday together.

<http://abcnews.go.com/International/girls-switched-birth-stay-wrong-moms/story?id=14803170>



Yuliya Belyaeva, left, speaks with Irina and her biological father Naimat in Kopeisk

Parrot Warbling



Grappling with Grammar

Nouns that can be Countable and Uncountable

Sometimes, the same noun can be countable and uncountable, often with a change of meaning.

Noun	Countable
hair	There are two hairs in my coffee!
light	There are two lights in our bedroom.
noise	Shhhhh! I thought I heard a noise.
paper	Have you got a paper to read? (= newspaper)
room	Our house has seven rooms.
time	We had a great time at the party.
work	Macbeth is one of Shakespeare's greatest works.

Noun	Uncountable
hair	I don't have much hair.
light	Close the curtain. There's too much light!
noise	It's difficult to work when there is too much noise.
paper	I want to draw a picture. Have you got some paper?
room	Is there room for me to sit here?
time	Have you got time for a coffee?
work	I have no money. I need work!

Idiom-Attic



Idiom Definitions for Cross Your Fingers:

To hope that something happens the way you want it to.

Sample sentence: We're crossing our fingers and hoping that the weather stays fine.

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

Beak Speak

Ellipsis

Sometimes native English speakers will entirely drop the sound of an unstressed syllable altogether, and not just reduce the pronunciation to the schwa sound. This is called an ellipsis. This in effect reduces the number of syllables that a listener may hear. Both pronunciations are correct. Examples of two such words are *probably* and *temperature*.

Note: Ellipsis's are very common, but not all speakers will do this.

- Some people will pronounce *probably* with **three syllables** (prob-a-bly), others will pronounce it with **two syllables** (prob-ly).
- Some people will pronounce *temperature* with **four syllables** (tem-per-a-ture), others will pronounce it with **three syllables** (tem-per-ture).
- *general* (gen-e-ral, gen-ral)
- *business* (bus-i-ness, bus-ness)
- *vegetable* (veg-e-ta-ble, veg-ta-ble)
- *margarine* (mar-gar-ine, mar-grine)
- *evening* (e-ven-ing, ev-ning)

An ellipsis can also occur (usually in very casual speak) when native speakers drop the beginning of a word that has a schwa sound in it. Listen to and repeat the following words and sentences, focusing on the words in bold. The first word in the parenthesis is the syllable separation for the word as found in a dictionary; the second word in the parenthesis is the syllable separation when pronounced with an ellipsis.

- (remember, 'mem-ber)
Remember when we went to the beach last year?
- (another, 'nother)
Another drink, Mr. Thompson?
- (about, 'bout)
How **about** going to the movies tonight?



Some More Parrot Fun Stuff



Fantasy and Legend

Find words like hobbit, elves, ogre, unicorn, mermaid, and pegasus.

Trivia: What is the name of the dragon-like creature featured in Lewis Carroll's novel, *Through the Looking Glass*?

W	S	B	R	I	H	N	L	W	M	C	Z	N	W	C	I	W	S	W	S
K	C	A	V	E	O	O	E	L	E	O	U	D	B	B	Y	I	O	M	Z
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ABOMINABLE SNOWMAN

BANSHEE

CENTAUR

CYCLOPS

DRAGON

DWARVES

ELVES

FAIRY

GIANT

GNOME

GOBLIN

GREMLIN

GRIFFIN

HOBBIT

LEPRECHAUN

LOCH NESS

MONSTER

MERMAID

MONSTER

OGRE

PEGASUS

SASQUATCH

SEA SERPENT

SORCERER

TROLL

UNICORN

WARLOCK

WEREWOLF

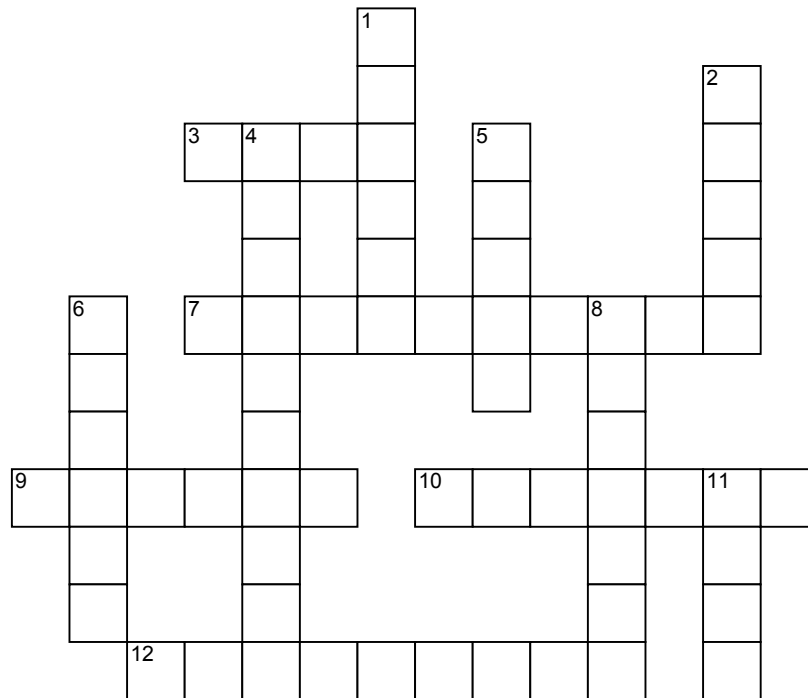
WITCH

WIZARD

ZOMBIE

Job Applications and Interviews

Employment Crossword Puzzle



www.elcivics.com

ACROSS

- 3** bring two black _____ to fill out job applications
- 7** have at least three _____ (hint: starts with the letter "r")
- 9** _____ carefully to all questions before answering them
- 10** arrive to a job interview _____ minutes early
- 12** ask one or two _____ about the company or the job

DOWN

- 1** give the interviewer a copy of your _____ (hint: starts with the letter "r")
- 2** smile and shake _____ with the interviewer
- 4** be ready to answers questions about your job _____
- 5** write a _____ letter to go with your resume
- 6** bring your _____ security card, birth certificate, drivers license, etc.
- 8** wear your best _____
- 11** sit up straight and look the interviewer in the _____

If-|-were Poem

If I were the rain
 And you were Cinderella,
 You would stay dry
 Under your umbrella.

If I were the shoes
 and you were the laces,
 I would take you with me
 To all the nice places.

If I were a bird
 and you were the song,
 I would sing to the baby
 All day long

If I were a leaf
 And you were a tree,
 We would make it nice
 For everyone to see.

Tatiana Turan
 ESLR 340

Rigoberto's Riddles

I fly, yet I have no wings. I cry, yet I have no eyes. Darkness follows me; lower light I never see.



A cloud

Silly Vasily's Chuckle Chamber

Your Duck is Dead--

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?"

"Yes, I am sure. Your duck is dead," replied the vet..

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

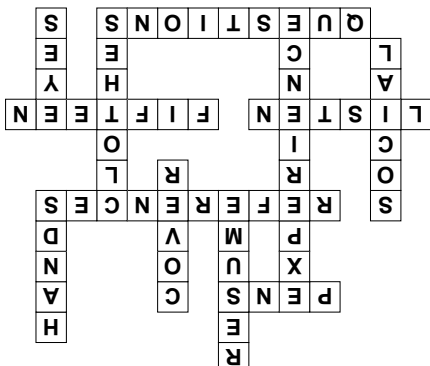
The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman..

The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

Solutions for Crossword on page 8

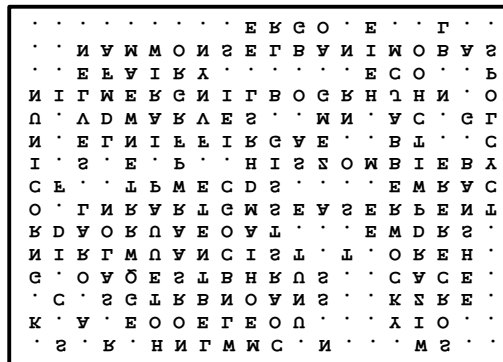


Solution:

Employment Crossword Puzzle

Job Applications and Interviews

Solutions for wordsearch on page 7



Media Peeps! by Media Mike



Text in the Text?

There are many different forms of writing today. We all know about the writing we must do in the classroom. It really should be formal writing. But what about informal writing? (Like starting sentences with “but” and “like”?). So often we see informal writing in our everyday lives – on the internet, on billboards, in magazine and newspaper articles... (and this informal writing can sometimes end with an ellipsis, or a dot dot dot, like the previous sentence and can even not use commas or overuse exclamation points!). Can we do this ourselves when we write formal essays for our instructors in the classrooms? It’s not advisable. Follow your professor’s advice.

So, let’s break down what is NOT advisable in writing, and see where it is ok to use it (hint: it’s not advisable to use all capital letters for emphasis in formal writing or to use “ok”). Informal writing is a wonderful way to express yourself. It’s similar to talking. We use it everyday when we write emails or text on our phone. R u understanding this? U prob use text urself. Obviously, using ‘texting’ abbreviations in your essays would be a problem for your professor, and ultimately for that A grade that you desire on your exam. However, using texting abbreviations when you ARE texting on the phone

makes sense: you only have a limited number of characters to use in order to send your message to your friend or family member, and “texting” is supposed to quickly get your message to your reader. It’s a combination of speaking and writing, which is why “texting” spelling often looks like how we speak. R u getting this?

One of the other interesting things about texting is that many people often use symbols, or combinations of letters and characters, that mean something only if you know the code. For example, we often want to add emotion to our text since we can’t use our voice and intonation to tell someone if we are joking (:P) or serious, or whether we’re happy (:D) or irritated (>:(). In formal writing we use carefully selected words or grammar, but in informal writing or texting, we have alternative ways to express ourselves.

The next time you are driving around town or surfing on the net, look around for informal versus formal writing styles. Can you spot the differences? How do you know? And then make sure that you use the appropriate style of writing on your exams, and hang loose with your friends. (And don’t start sentences with ‘and!’)

Vocabulary Tweets:

to spot something: to see something

to hang loose: to relax

to break down: to get to the point, to get rid of extras

C U L8r

Mike

1. A few common emoticons (using characters to show emotion) and texting abbreviations:

:) or :D	:(>:(:P	<3	:O
smile; fun; happy	not happy; sad; disappointed	really not happy; mad; annoyed	just kidding	heart; love	surprise; I’m shocked!
ur	r u	idk	jk	lol	omg
you’re; your	are you	I don’t know	just kidding	lots of laughter or laugh out loud	very surprised! oh my god!

To contact Media Peeps: speckee@arc.losrisos.edu

The Frugal Flamingo

Black Friday, 2011

Planning your holiday shopping? If you are like me, you start shopping and planning your shopping early. There are several benefits to shopping early. The biggest benefit is that it saves you money. But if you dare to go out on Black Friday to get great deals, you may not be saved from a little stress!

Black Friday is the day after Thanksgiving Day in the USA. It falls on the Friday after the fourth Thursday in November (the day after Thanksgiving). It is said to be the busiest shopping day of the year. (Be sure to check out the Sacramento Bee on Thanksgiving. That is the biggest paper of the year with many ads for Black Friday). Why is it called Black Friday? There are two popular theories: One theory is that black markings from wheels of vehicles covered the road surface from the heavy traffic on that day. Another theory is that the term Black Friday comes from an old way of recording business accounts. Business losses were recorded in red ink and profits were recorded in black ink. Many businesses made profits or hoped to make profits on Black Friday and it showed in their accounting books.

Many people have the day off of work and school or choose to take the day off of work. Some people use the day to extend their Thanksgiving holiday and take trips to visit friends and family. Others use the day to get a head start on their Christmas shopping. Most stores have special Black Friday sales and some stores have specials early in the morning. Sometimes the early morning sales are called "Door busters." Stores often have limited availability of merchandise, so it is important to get there early. Best Buy always has some great deals, but they won't open until 5 or 6 am this year. So, people will most likely get in line the night before and "campout" until the store opens so they may be one of the first to get a good deal. Other stores such as Wal-Mart will also open early. Getting there in plenty of time before they open is key. One year my husband went to Wal-Mart to get a really good deal on a Blue Ray disc player. He went at 3 am to get in line and they opened at 4 am. He was able to get the Blue Ray player at about \$50.00 off the lowest price he had ever seen. But, he had to wait in a long line to checkout.

The malls in the area also have some great early morning deals. I usually head to Arden Fair Mall way before sunrise to get good buys. (And every year I promise myself that I will just sleep-in that day and forget about the sales! But I just can't!!) Arden Fair and the Roseville Galleria will open

at midnight this year with most stores opening at midnight and some opening later. If you want to go to the Folsom Outlets, some stores will open at 9pm on Thanksgiving night this year! Others will open at 10 pm and all of the other stores at the Folsom Outlets must be open by midnight! (Call the shopping center that you want to go to closer to Black Friday for specific information about which stores open at what time). Lastly, Don't forget to check in with your neighborhood "Mom and Pop" stores. They may not advertise for Black Friday, but they still may participate. You can ask them beforehand if they will have any specials on Black Friday.

How do you find out about all the sales? Traditionally shoppers had to wait until the Sacramento Bee came out on Thanksgiving Day to see the ads for Black Friday.

Nowadays, there are numerous websites that list retailers and their ads for Black Friday. One website (<http://www.the-blackfriday.com/>) "leaks" store ads as soon as they can (The Toys R Us "Big Toy Book" is already on their website so you can see their Black Friday ad now and not wait until you get the Sacramento Bee on Thanksgiving Day). Actually, you do not even have to leave the house if you want to shop on Black Friday. Many websites are dedicated to Black Friday, so leaving the house to go shopping is no longer necessary to get a good bargain on Black Friday!

If you just google "Black Friday," you will find many websites dedicated solely to Black Friday. One website is actually predicting what some prices for popular items (Laptops, GPS, iPhones, LCD TVs etc) will be (<http://www.theblackfriday.com/BlackFriday-Predictions.shtml>). Be sure to check Amazon for their Black Friday specials, too.

If you do decide to brave the crowds and go out on Black Friday, try to organize your shopping and remember that there will be crowds and to be patient. Running in and out of a store to pick something up on Black Friday just won't be possible. There will be lines everywhere. The crowds may be two or even three times as large as they usually are. I usually get to the mall when it opens (Check the mall website to find out when it opens on Black Friday) and I find that by 10:00am, the mall becomes unbearable and that is when I



Rosario Rules

How to Bring Your Fiancé to the United States

Editor'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, e-mail braccop@arc.losrios.edu

By being an American citizen, you can bring your foreign fiancé to reside permanently in America as long as 1) you are a U.S. citizen, 2) you and your fiancé have met each other in person, at least once, within 2 years before filing the fiancé petition, (you need to be in love at least for two years), 3) both of you are free to marry, and 4) you intend to marry within 90 days of your fiancé arrival in Uncle Sam's land.

So if you meet all these criteria, you are ready to file the form I-129F, Petition for Alien Fiancé, with the fee of 340 dollars, and all the supporting documents, such as the G-325A form or biographic information, one for you and one for your fiancé, original signed statements describing how you meet each other and details of the relationship, one color or passport-style photograph for each one of you, a copy of your citizenship certificate, proof that you can economically support both of you, and proof of your relationship.

Proving your relationship is not hard, but gathering the documents takes a bit of time. Why? You need to present letters, e-mails, photos, and other documents that support your relationship. It takes time to build a relationship, so you have time to get all the necessary documentation. Hence, when you meet your fiancé face-to-face, take lots of pictures of both of you together and in different places, send letters through the post office, save airplane tickets, essentially keep everything that you consider will help you to show Uncle Sam that your relationship is real and not a fraud; otherwise, it will be denied. This first step is done more or less in 4 months and in America.

When USCIS approves your petition, it will be sent to the embassy or consulate in the country your fiancé(e) resides. This petition is valid for four months; the date of approval is very important. If the four months have passed before your fiancé enters the United States, the petition has to be extended, but if neither the consular officer nor your fiancé notice it, your fiancé will have problems when she/he enters America. I know that because it happened to me. I was caught in the Houston Immigration office for one day. It

was very hard. They asked me a lot of questions until they released me. A month later, I had to go to the San Francisco Immigration office to receive all my new documentation there, and again I had to answer more questions. So be careful.

After the consulate receives the approved petition, it will notify your fiancé and instruct him/her on how to file a K-1 visa (K-2 visa for his/her children as long as they were mentioned in the I-129F form), which documentation needs to be submitted, for instance, police clearance certifications, medical examinations (there is a list of doctors), birth certificate, passport with at least six months of validity plus other documents they consider important, as well as letting you

know when the interview will be conducted.

When the interview takes place, it is better if you accompany your fiancé, but it is not obligatory. Take with you all the documentation (originals and copies) you submitted with the I-129F form. The interviewer is going to ask your fiancé about your relationship, for example, how you met, how long you have been in love, and so on. The interview is really easy. There is no

need to be nervous since you are telling the truth. Once the K-1 visa is issued, your fiancé has from 3 to 6 months to come to America. When your fiancé is in the United States make sure to marry within 90 days, the sooner the better, and file the I-485 form, application to adjust status to a permanent resident. It will be granted, after an interview, for two years called conditional permanent residence because you are married for less than two years; however, 90 days before the expiration of the conditional permanent residence, you and your spouse must file an application to remove this condition.

More information at www.uscis.gov.

Rosario Flores



Artie's Easel

Dear Artie,

As the holidays are approaching, I find myself thinking about having to buy gifts for my family and friends. Because I am a student living on a budget, I need to buy less expensive presents. However, I want them to be unique and interesting. Where can I find gifts that are special and inexpensive?

Yours Truly,

Looking for a Good Buy

Dear Looking for a Good Buy,

Worry no more as I have the perfect shopping places for you! My recommendation is that you go to two, large, popular craft fairs that are held annually within the Sacramento area.

First, the Crocker Art Museum and Creative Arts League of Sacramento Christmas Arts and Crafts Fair is a 100-artist fair that takes place on Thanksgiving weekend at the Scottish Rite Center across from the front entrance to California State University (the corner of Fair Oaks Boulevard and Carlson Drive). It will run from 12:00 to 7:00 PM on Friday (the day after Thanksgiving) through Sunday. Since all ARC students are on holiday this weekend, you will have plenty of time to visit this craft fair and to shop.

The Crocker/CALS Christmas Fair will include thousands of items for sale including woodworking, sculpture, ceramics, jewelry, photography, fabric arts, paintings, culinary goods and many more. Prices range from \$4.00 to \$2,000. As you can see, there is a very extensive selection of arts and crafts to choose from as well as prices. You will find all types of unique gifts for your friends and family members here. There are also catered culinary dishes brought in by the Ambrosia Café which are simply delicious.

I hope to see you there as I will be volunteering for the three days that it is open. Look me up, and I'll show you around. Oh, and don't forget to bring your student ID as it will give you a

\$1.00 discount on your entry fee.

The second craft fair that I recommend is the one that takes place the weekend after the Crocker/CALS Fair. It is located in Saint John the Evangelist School at 5601 Locust Avenue just off Fair Oaks Boulevard. Saint John's is very close to ARC--about ten minutes away.

When I visited Saint John's Fair last year, I was really impressed by its size and variety of crafts. The entire school is filled with distinct categories of crafts, that are handmade. These crafts include jewelry, food, sculpture, photography, pinatas, fabric arts, paintings, cards, lotions, soap, woodworks, ceramics and many more. Oh, the fair also has a section for recycled crafts. It is said that this fair is the oldest running one in Sacramento and hosts over 7,000 visitors every season. By the way, I will have my walking sticks, ceramics and photography at a booth this year at Saint John's, so be sure and drop by. As for Saint John's prices, they are similar to what you will find at the Crocker/CALS Fair.

As you can see, there are two very large craft fairs coming up, both located in the Sacramento area, that you can visit to buy outstanding, unique gifts. Personally, I prefer handmade items to store-purchased ones because I know that the craftsperson has really put time and effort into each gift. There are also a wider selection of styles and price ranges from which to select.

I hope that this information helps you with your holiday shopping quandry. Good luck and happy shopping!

Yours Truly,

Artie

P.S. Don't forget to visit your small, neighborhood craft fairs. Sometimes they have excellent gift selections and prices.

To contact Artie: whiteg@arc.losrios.edu



Prof White--Artie's Mentor



Granny Noetal

Dear Granny Noetal,

There is so much construction on campus, but why are we taking classes in rooms that are falling apart? The science portables have broken tiles, the air and heating don't work, and the air in the classroom is bad. HELP!

Mare ReClamant

Dear Mare,

I took a walk over there to see what you are talking about and did see a few things that looked in need of repair. Luckily we have an ace [**attentive and responsible**] maintenance team on campus so I bet that by the time you read this, (if you get the Parrot on time, which you probably do because



we also have a crackerjack [**extremely good**] duplicating department) the repairs will be done.

It was pointed out to me that those portables are slated to be gone in a year. If that's the case, then expensive, extensive repairs may not be done because it wouldn't be worth the money. I was assured, however, that our maintenance department would have a look. I am curious, however, Mare, what you mean by bad air. I have always felt that in any classroom there is an air of "learning" take place. That can only smell delicious!

Granny

To contact Granny: braccop@arc.losrios.edu

Student Center to Replace Cafeteria

ARC's aging cafeteria building will soon be replaced with a new and much larger Student Center to meet the needs of a larger, more diverse campus. Designed by local architectural firm LPA Sacramento, with heavy input from ARC faculty, staff and administrators, the new facility will include a student lounge as well as dining area, plus offices for Campus Life, student government, the Community & Diversity Center, and meeting rooms. With completion expected by the fall of 2012, the center will provide much-needed space for the campus community. The cost of the 34,700-square-foot facility--now under construction--is paid for by the Los Rios bond measure passed by voters in 2008.



Parenting the Parrot Way!



Prof. Moon's kids

Currently, educational philosophy and practice highly advises teachers to identify the learning styles of their students. However, on npr.org, I recently listened to this story that discusses how previous research may not tell the complete story of how our children learn. Definitely, some food for thought to discuss during Thanksgiving dinner.

Think You're An Auditory Or Visual Learner? Scientists Say It's Unlikely

by Patti Neighmond



We've all heard the theory that some students are visual learners, while others are auditory learners. And still other kids learn best when lessons involve movement.

But should teachers target instruction based on perceptions of students' strengths? Several psychologists say education

could use some "evidence-based" teaching techniques, not unlike the way doctors try to use "evidence-based medicine."

Psychologist Dan Willingham at the University of Virginia, who studies how our brains learn, says teachers should not tailor instruction to different kinds of learners. He says we're on more equal footing than we may think when it comes to how our brains learn. And it's a mistake to assume students will respond and remember information better depending on how it's presented.

For example, if a teacher believes a student to be a visual learner, he or she might introduce the concept of addition using pictures or groups of objects, assuming that child will learn better with the pictures than by simply "listening" to a lesson about addition.

In fact, an entire industry has sprouted based on learning styles. There are workshops for teachers, products targeted at different learning styles and some schools that even evaluate students based on this theory.

This prompted Doug Rohrer, a psychologist at the University of South Florida, to look more closely at the learning style theory.

When he reviewed studies of learning styles, he found no scientific evidence backing up the idea. "We have not found evidence from a randomized control trial supporting any of these," he says, "and until such evidence exists, we don't recommend that they be used."

Willingham suggests it might be more useful to figure out similarities in how our brains learn, rather than differences. And, in that case, he says, there's a lot of common ground. For example, variety. "Mixing things up is something we know is scientifically supported as something that boosts attention," he says, adding that studies show that when students pay closer attention, they learn better.

And recent studies find that our brains retain information better when we spread learning over a longer period of time, say months or even a year, versus cramming it into a few days or weeks. Rohrer and colleagues nationwide are currently researching what teaching methods work best for all students, but only using the evidence.

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"Any genuine teaching will result, if successful, in someone's knowing how to bring about a better condition of things than existed earlier."

John Dewey

Mim's Cafe

Trout's Got Clout



Prof. Montgomery with happy eater.

When I saw the recipe below in Relish Magazine, I was reminded of the first and only time I caught a rainbow trout. It was during my very first camping trip with a group of friends from graduate school. I gutted the fish, sprinkled it with salt, wrapped it with foil and roasted it over a man-made fire. The result was the most delicious trout I had ever eaten! Then again, the wonderful taste could have been the result of sheer exhaustion and hunger (staying up late the night before playing poker and spending most of the day in the summer heat with little food). I don't have trout often since most trout found in the supermarket are whole fish and not fillets. Plus, trout are quite bony. But here's what I learned about trout: They belong to the salmon family and are native to North American lakes and rivers. Some migrate to the ocean but must return to freshwater to spawn. Trout have speckled bodies, and their habitat determines their colors, which can range from silver to charcoal grey to green. If you can get past the bones, the meat is pretty tasty. I enjoy making this recipe, and I especially like fennel combined with trout. Fennel is quite abundant at this time of year (fall). Enjoy! (You can read about the health benefits of fennel at www.whfoods.org.)

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

Roasted Trout with Fennel, Onion, and Cilantro

Ingredients

2 slices bacon
1 large fennel bulb, cored and sliced
1 small onion, sliced
1 teaspoon salt
Coarsely ground black pepper
2 tablespoons minced cilantro
4 (4-ounce) trout fillets
Lemon or lime wedges

Cooking Instructions

1. Preheat oven to 450F.
2. Cook bacon in large skillet over medium heat until crispy.



3. Remove bacon, reserving drippings in pan. Crumble bacon.

4. Add fennel and onion to pan. Sprinkle with salt, and cook until browned and tender, 8-10 minutes.

5. Transfer to a bowl and season with pepper. Stir in cilantro.

6. Place two trout fillets on a greased and foil-lined baking sheet. Pile vegetable mixture on top. Top with remaining fillets.

7. Roast 12-15 minutes, just until

opaque throughout.

8. Serve with lemon wedges and crumbled bacon.

Health Benefits of Fennel Seeds

- Fennel symbolizes longevity, courage, and strength. In addition to its use as medicinal values, fennel has many health benefiting nutrients, essential compounds, anti-oxidants, dietary fiber, minerals and vitamins.
- Fennel seeds indeed contain numerous flavonoid anti-oxidants like kaempferol and quercetin. These compounds function as powerful anti-oxidants by removing harmful free radicals from the body thus protecting from cancers, infection, aging and degenerative neurological diseases.
- Like caraway, fennel seeds are rich source of dietary fiber. 100 g seeds provide 39.8 g of fiber. Much of this fiber is metabolically inert insoluble fiber, which helps increase the bulk of the food by absorbing water throughout the digestive system and easing a constipation condition.
- In addition, dietary fibers bind to bile salts (produced from cholesterol) and decrease their re-absorption in the colon, thus helping lower serum LDL cholesterol levels. Together with flavonoid anti-oxidants, the fiber composition of fennel helps protect the colon mucus membrane from cancers.
- Fennel seeds are a concentrated source of minerals like copper, iron, calcium, potassium, manganese, selenium, zinc, and magnesium. Copper is required in the production of red blood cells. Iron is required for red blood cell formation. Zinc is a co-factor in many enzymes that regulate growth and development, sperm generation, digestion and nucleic acid synthesis. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the powerful anti-oxidant enzyme, superoxide dismutase.

<http://www.nutrition-and-you.com/fennel-seed.html>

Boots on the Ground: Get Slick with Trail Mick

Sterling Pointe to Rattlesnake Bar Hike - Folsom SRA

One recent morning I met two friends at an ARC professor's home. From there we set out in two cars for a one-way hike along the North Fork American River shore of Folsom Lake.

There are 80 miles of trail in Folsom Lake State Park. Some portions of those trails have been featured in earlier "Take A Hike" articles. The stretch we wanted to hike on this day was new to us. The trail segment between Sterling Point and Rattlesnake Bar was actually a tiny portion of the old Western States Pioneer Express Trail extending all the way between Carson City, Nevada and Sacramento. (That trail now serves to connect Folsom Lake with the Auburn State Recreation Area.) There are many stream locations in the Sierra foothills with the word "Bar" after the name. During the early years of the California Gold Rush, some streamside locations featured extensive bars of sand and gravel that contained placer deposits of gold. Horseshoe Bar and Rattlesnake Bar were a couple of such places where 49ers came to mine for gold.

We drove our cars eastward along Auburn-Folsom Road for several miles before turning right onto Rattlesnake Road. After a mile or so we arrived at a state park entry pay station. Rather than pay the \$8 day use fee, we chose to leave the car in a dirt parking area located just outside the park. We all loaded into the other car and retraced our path back along Rattlesnake Road, then left again onto Auburn-Folsom Road. After a few miles we came to Lomida Lane, on our left. We turned onto Lomida, which shortly turned into Lake Forest Drive. At Sterling Point Court we turned left, passing several fabulously opulent estates, and followed that street to its end. There we parked our second car within the Sterling Pointe Equestrian Staging Area, which was the starting point for our hike.

On the day we hiked, it had rained the day before, so the air was fresh. The trailhead was obvious, and we followed its switch-backed course downhill toward the Lake. We

passed oak woods and grassy areas filled with a variety of wildflowers. After a half mile we came upon the North Fork of Folsom Lake. Within clear view of blue water, the trail turned sharply to the left. Though open to both hikers and horses, no bikes are permitted on this trail. Hikers are expected to give right of way to horses. On this particular day we encountered one party of horse riders and a couple of rule-breakers (mountain bikers) but no other hikers. Though there were a lot of little side trails to confuse, we noticed that the main trail was marked in places with blue plastic ribbon. The markers helped us stay on the trail! The trail meandered



in and out of deeply wooded little side canyons containing streams, alternately falling and climbing between the ravines and the connecting ridges. After hiking about 4 miles, we arrived at Rattlesnake Bar, which was criss-crossed with dirt vehicle tracks. We followed one of these tracks to the left, away from Folsom Lake, until we came to Rattlesnake Road. After another half

mile of uphill hike along the roadway, we arrived at the park entry station and our second car parked just beyond.

Hikers should allow about three hours for this moderately strenuous 4 1/2 mile one-way hike. Dogs are okay in the park if kept on leashes. Other than a couple of portable outhouses near the trailheads, there are no facilities. Be sure to carry your own water and snacks.

Happy Hiking!

To Contact Mick: braccop@arc.losrios.edu

"Take only pictures; leave only footprints."

Anonymous

Continued from page 1
tutoring simultaneously while they are enrolled in the class.

Parrot: Oh, it is a lot. Let's come back a bit to you. Where are you from?

Araceli: Oh, I was raised in the United States. I went to school here, I was born in Mexico, and I lived there I believe for about a year, and then my parents immigrated to this country, so I came with them.

Parrot: Oh, you came when just a baby.

Araceli: Yes.

Parrot: Where did you grow up?

Araceli: I grew up in San Jose, California, in the South Bay area.

Parrot: It is nice. I was there once. Do you have any hobbies?

Araceli: I used to before, when I had more time. Oh, I enjoyed swimming and bike riding, I still do a little bit of bike riding, so these are my only two hobbies.

Parrot: Have you ever been interviewed by a student?

Araceli: I have. It's usually been more work related, they are publishing something in the newspaper, and so usually they interviewed me for that purpose.

Parrot: OK. What was your major?

Araceli: Well, I have, I have two masters degrees. One is in education and the other one is in English.

Parrot: How did you do that?

Araceli: Ha, ha, ha. In my spare time.

Parrot: Oh, but you don't have time! Why did you go into it, into education and English?

Araceli: Oh, just because I really, I've enjoyed working with students. I think the two really work well together. Many students are going to need to have a certain level of writing skills regardless of their career goal and education because it really is about how people learn, that's really what you are studying, it is how you help people learn, how you teach something, how you give instruction. I think that helped me tremendously, obviously in this position because I can help tutors know how to help somebody else learn a subject; learn material; learn about topics. Many times teachers don't have that background. They may be experts

in their content, in their field, but they may have a difficult time helping students understand how you teach it, how you help someone learn. I think the two degrees help me really well. I use them both all the time.

Parrot: Great. Do you have some family or someone related to you that got you or advised you to go into education?

Araceli: No, I don't. No I don't have anyone who advised me to go into education. It was clearly my choice. Because when I was a child, I was thinking to be a teacher. My mother is a teacher, but then I saw that my mother was okay at school, but at home she was upset, angry. I said, oh, forget it. I won't go into this field.



Parrot: How did you get this job?

Araceli: Well, I looked online one day and I saw there was a Beacon Coordinator position. I found more information about it, and I applied, and that's how I ended up getting this job.

Parrot: Did you work before at American River?

Araceli: Yes. Before I was Beacon Coordinator, I was supervisor for the Assessment and the Career Centers.

Parrot: I read something about that on the Internet.

Araceli: Yes. I was the supervisor there for probably six years, I want to say.

Parrot: It is a lot of time.

Araceli: At that time, I was also, when I got this job, I was teaching

English composition at Sac. State.

Parrot: Oh! It's good. Do you enjoy this job? I mean the Beacon Coordinator.

Araceli: Oh, absolutely. I absolutely love it. It's really my dream job. I can do a lot of coordinating component that I love and I've done in the past for many years, and I get to teach, so I get a little bit of both, and I get to know the tutors. I get to interact with them. It's just a nice fit.

Parrot: Mm. It's very good. What is the most challenging aspect of this job?

Araceli: Oh. Gosh, the most challenging thing about the job is probably, the unexpected, not knowing what is going to happen, you know, from day to day. Different situations happen, whether it is with a tutor or students attending tutoring. Sometimes students get upset when they come in to

make an appointment for tutoring whether it be Beacon or individual and so that does, that tends to be probably the most challenging aspect because on top of that I still teach, and I still have to make sure that I'm grading regularly and responding to students, and at the same time I am coordinating a program, so I think having about eighty tutors pretty much any given semester is like having eighty direct reports to me.

Parrot: It's a lot of work!

Araceli: Yes, so that's probably the most challenging.

Parrot: Oh my goodness. If you didn't have this position what type of job would you be interested in?

Araceli: I would be teaching English composition. That's probably what I would be doing because that's what I was already starting to do on a part-time basis and then Beacon happened when the position became available. So I would probably be doing that. I envision myself doing that because I really enjoyed it.

Parrot: Well, what is the best book that you have read?

Araceli: Oh, my gosh, the best book? I have read so many. The one that I always tend to, I'm probably going to say that the one that I like the best is Jane Austen's "*Pride and*

Prejudice."

Parrot: That's a really nice book!

Araceli: Yeah.

Parrot: Now the last question.

Araceli: Ok.

Parrot: What's on your I-pod these days!

Araceli: Ha, ha, ha. What is on my I-pod these days? Probably the last app. That I've gotten has been, I think it was my Wells Fargo banking, my online banking, that's the last app that I downloaded to my I-pod.

Parrot: Not any music, any kind of music?

Araceli: I haven't gotten to the music yet. I haven't had time. I just got my I-pod, my I-phone about three, two or three months ago, so it is still very news.

Parrot: OK. Well thank you very much again.



Araceli: No problem.

Rosario Flores
ESL L320

Continued from page 11
go home. Other places like Best Buy are usually a zoo before they even open!

Here are some Black Friday tips:

Brad's 10 Tips for Black Friday Sales

(<http://www.blackfriday2011.com/>)

- 1. Research:** start your Black Friday 2011 sale research on Thanksgiving Day or earlier.
- 2. Make a plan:** identify what you want to buy, which stores have the best sales on Black Friday, and what time they open.
- 3. Timing is everything:** arrange stores by opening time from early to late.
- 4. A fool and his money:** be wary of Black Friday deals

with quantity limits. If a store only has 10 items at that price, go elsewhere.

5. Visualize: know where your items are in the store.

6. Stay Safe: Previous Black Friday sales were honestly deadly; please don't get trampled or trample anyone!

7. Power of numbers: go with a team and attack separate stores or separate sections of the same store. Designate a meeting place.

8. Bring a snack: only amateurs stop at the food court on Black Friday! (Or the bathroom - so go before you leave.)

9. The quiet ones: don't ignore stores that don't advertise. They will have Black Friday deals too!!

10. Have fun: enjoy your family, friends and deals!

To contact Frugal Flamingo: casperj@arc.losrios.edu

Out of the Cage

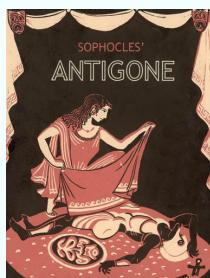
Antigone

Sunday, November 20, 2011/2:00 pm

Friday, November 25, 2011/ 8:00 pm

Jean Anouilh's adaptation of Sophocles' classic transports the tragedy to 1940's France, during the Nazi occupation.

Tickets at the ARC Theatre Box Office, or at <http://www.seatyourself.biz/arc-theatre>



Online Satisfactory Academic Progress Workshop

Monday, November 21, 22, 2011

Online Satisfactory Academic Progress Workshop This workshop is for Financial Aid Dismissed Students only.

To complete the Workshop Online follow the instruction: emailed to you and go to <https://d2l.losrios.edu/>

Once you complete the quiz click on Course Home to see if you have passed the workshop quiz. After you pass it you can print a Certificate of Completion for your records and download the attached forms to start the appeal process.



Celebrate Adoptions!

Tuesday, November 29, 2011

12:15 am - 1:15 am



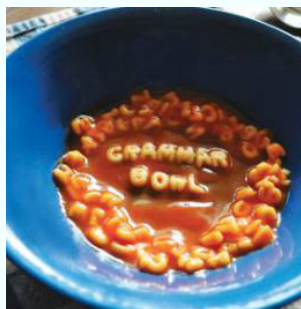
In celebration of National Adoption Month, come and find out about our unique programs on campus. Foster & Kinship Care Education (FKCE) and Youth Empowerment Strategies for Success (YESS) Independent Living Programs involve training classes for foster and relative care providers as well as life skill classes for current and emancipated foster youth ages 16-22. We will showcase our programs, have a foster parent talk about their experiences raising other people's children, former foster youth talk about what types of support they might need in order to be successful in college and celebrate their successes.

Location: Raef Hall 160

Grammar Bowl

Tuesday, November 22, 2011

12:15 pm - 1:15 pm



Teams from the ENGWR 51 classes of Professor Arlene Clarke, Professor Mary Lou Nugent, and Professor Lyn Case will be competing in a demonstration of their knowledge of grammar.

Location: Raef Hall 160

The Road Taken: ARC Alums Speak

Thursday, December 1, 2011/12:15 am - 1:15 am

So, what happens when you graduate? Do you always follow the path you chose in college? What defines success? ARC alums return to share the surprising twists and turns they have experienced since graduating from ARC.

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