



# The Parrot

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

Issue #58

Fall 2011

## ESL Center's Krista Hess Spells Success!

**Parrot:** Hello, Professor Hess.

professor. It's been almost 20 years.

**Prof. Hess:** Hi!

**Parrot:** It's a long time.

**Parrot:** Can I ask you some questions?



**Prof. Hess:** Yes, a long time.

**Prof. Hess:** Sure.

**Parrot:** How did you feel when you taught for the first time?

**Parrot:** How many years have you been in teaching?

**Prof. Hess:** Oh! It was really exciting! When I was a little girl, I would pretend to be a teacher; I'm the oldest, and I would teach my brothers and sisters, and my dolls. But I knew it was not real. You know, the first time in a real class was a little bit

**Prof. Hess:** How many years? I graduated with my Masters Degree in 1992. I started teaching at the University of California Davis; they have a Special Language Program. I started there, and I have taught here at ARC College since the spring of 1992 as an adjunct

of fun, but it also made me really nervous. Continued on page 23

## Christmas Holidays Around the World!

pg. 4

*"You can only be young once. But you can always be immature."*

Dave Barry

## Sac State Professor Parrott (Seriously) Refuses to Teach If Students Don't Bring Snacks!

Students in George Parrott's psychology courses have an unusual requirement: they must bring homemade snacks each week to the laboratory section, and they need to work out a schedule such that groups of students make sure each session is covered, and that snacks aren't repeated from week to week. If there are no snacks, Parrott walks out of his class at California State University at Sacramento, and the students lose that week's instruction.



Parrott has been teaching at the university since 1969. He says he started this requirement a few years after he arrived - and that most students have appreciated the ideas behind the rule (which he says are more educational than culinary). But on Thursday, when students in the morning section of Foundations of Behavioral Research didn't bring muffins (or

Continued on page 21



American River College  
4700 College Oak Drive  
Sacramento, CA 95841  
(916) 484-8011

### Inside this Issue

Favors	2
Soviet Recycling	3
Bill of Rights	8
Christmas Songs	10
Parrot Joke	12
Visas for Pros	15
Gingerbread	19
Hidden Falls	20

## Student Chirpings

### Types of Favors People Do For Each Other

“Do not hold back good from those to whom it is owed, when it happens to be in the power of your hands to do it”, says the Bible. Everybody wants those words to be true when they needs even a tiny favor. Dictionaries define a favor as a kind act like service, help, or something beneficial. If you give of your time to help others, it means that you do them a favor; for example, you feed the neighbors’ dog while the neighbors are out of town, or you help an elderly person with shopping. Why do people do favors for each other? There are many reasons: because of their education, because of remuneration, or because of their reputation. Many favors, also, people do just because they love those whom they do them for, and many favors people do just because they are asked. People perform favors at home, at work, and in the society they live. However, people with the same ability don’t always do the same number of favors simply because they don’t want to do them. So, motive can be one of the ways to classify favors. Favors can be classified into three types: favors people do voluntarily without any expectation of reward, favors people do simply because they have been asked to do them, and favors people do with an expectation of reward.

The first type of favors people do voluntarily without any expectation of reward. For this type of favor the motive is clear: people do favors because of their education, or of their values, or because of their kindness. You can see somebody opening the door for somebody, or someone returning what another has lost. In a family people do favors because they love each other. In my native country, Moldova, you can see young people offering seats to elderly people in the public transportation, or people letting somebody ahead of them in line. It is also a common thing in a village to get water from a well for somebody who is a senior. Sometimes people

do favors for others by telling them what they should know about their close relatives: for example, somebody who is a seller tells you that your child has bought cigarettes (which isn’t unusual for children in my country). Most people appreciate all these kinds of favors.

The second type of favors people do simply because they have been asked to do them. These types of favor you can do for your friends, neighbors, relatives, or on your job. Maybe you won’t ever do these kinds of favors without being asked for them and you’ll probably never get paid for these. In the neighborhood where I grew up, people often asked others to do something

for them. For example, our next door neighbor used to ask us to feed her pets when she was out of town. She is still now getting this favor from my mom because they have a good relationship. Another typical favor for this group is buying things for people when they go shopping somewhere. Our relatives often asked me to buy miscellaneous items when I

went shopping. A prevalent favor of this type is to ask people to watch your children. I, for example, asked my mother-in-law to take care of my daughter whenever I needed to go somewhere. Even at your job, you perform favors of this type when people ask you, “Could you do me a favor, please?”

The third type of favors people do with an expectation of reward. These types of favors people do for each other not because of their education, or because of their good manners, and not because they are thinking about you. They do these favors voluntarily because they get reimbursement from acting this way. For example, waiters in a restaurant try to comply with all your requests in a nice manner not because they are kind, but because the amount of the tips you’ll give depends on how they do the favors. The same thing I can say about doormen in a hotel. Sometimes this type of





favor is what a person who knows you looks for. When my acquaintance bought his car, the salesperson helped him to get affordable car insurance. The salesperson did this favor only because he knew he would get a money reward from that. One more example of this type -- my acquaintance offered help to his acquaintances to get discounts at hotels if they agreed to attend a business party because he would receive a big bonus from that. Often rich people give charity to others because they want to be famous, or want to pay fewer taxes. The powerful stimulus for these types of favors, however, is all kinds of benefits you think you can get.

As you can see, motive is one of the important factors you should consider when you classify favors into

types. For me, favors can be classified into three types: favors people do voluntarily without any expectation of reward, favors people do simply because they have been asked to do them, and favors people do with an expectation of reward. A favor like giving money to a parhender a person does because he feels sorry for the person, but somebody else does it because he wants people or God to have a good opinion of him. However, I would like to mention that there are people in our world who do favors of their own free will because it is their way to live. All the friends I have follow the words in the Bible: "There is more happiness in giving, than in receiving."

Natalia Rusu  
ESL W50

## I Believe in Recycling

I was born in the Soviet Union, and at that time we didn't have many choices. Everything was hard to get. I believe that is why people started to recycle. We used all plastic bottles not once, not even twice, but many times. I remember how my grandma was careful and "gentle" with them. Sometimes she seemed to be talking to them. I was 6 and didn't understand what was going on. I asked her why she did that, even when they would break we could buy a new one. She said if we bought a lot of new bottles then somebody would make many more new ones, and it was very bad for our environment.

My grandma Vera was a very smart woman. When I was 9 she started to teach me how to make many different things from used bottles, gramophone records, old magazines and other stuff. I remember how we made plant vases from the old gramophone records. We heated them and changed their form from a plate to a vase. We had a lot of fun doing different things from recyclable stuff, and we became very close to each other. Sometimes my mom and dad helped us. As we worked, we talked, laughed and discussed different family issues. I was so happy that we were all together. We just enjoyed our time together.

One time when I was 12, I made a gift for my grandma: curtains for the front door. In Ukraine in the summer we used to have the front door open during the day. I spent 3 days to make the curtains. They were done from paperclips and old

magazines. My grandma liked them very much. She used them for 4 years, and all the time she told me that was my best gift to her.

Now I have a 4-year old daughter and I tell her a lot of stories from that time. I try to teach her how to make different things such as vases or pictures from materials which we can find in the house. We don't have to buy them. Recently we made a file box which we use every single day for our incoming mail. She is proud of herself. She tells every single person who comes to our apartment that she made it. I'm happy she likes doing these even more than playing with dolls. It gives us a great time. I can teach her how to use scissors, glue, and draw. She can learn that she doesn't have to buy everything because some things she can make by herself. I hope she will remember this for a long time.

I believe that it is great that such simple stuff can help people be closer to each other, and sometimes people don't understand well that they help the planet. I know it is only a little help but still if everybody starts to recycle, it will help to reduce air and water pollution, energy usage and a lot more. I will do it all my life for my children, grandchildren and so on. I will teach them as my grandma did.

Tetiana Kralia  
ESL L310



## Generational Differences in Attitudes toward Education in Fiji

In the old days in Fiji, most of the people were not educated as they are today. In those days, people didn't realize how important education was because they didn't need education to work. They only needed manpower to work on farms or as laborers. The attitude of my parents towards education is different from the attitude of my generation.

My parents think that if children begin to go to school, they are planning a separation from their parents. Children won't have time with their families starting from elementary to junior college and to high school. Later they graduate and get good jobs so they move away from their families. However, for my generation, education has the same importance as a person has to feed oneself. Life with no education means an "empty vessel." People misuse you for their purpose. For example, my parents in Fiji were uneducated. People used them (especially my dad) to plough muddy land, unload heavy bags of rice, and my mom ended up washing clothes and dishes for other people, which I would never do or let my children do.

Finance was another factor that affected my parent's attitude towards education. In those days people earned only enough to feed themselves. They didn't have enough money to pay for schools or teachers. So my parents said, "Why spend money on education if you have two good hands. Make use of them!" Excess money that could be used on food to feed other family members instead of sending chil-

dren to school was in their thoughts. I think, for my present generation, in the U.S. a child's education is the first priority. We have aid given for financial problems. For example, myself, I receive financial aid to do further studies in college.

The major difference between the attitude of my parent's generation and my generation has to do with moderation. My parents were not in favor of girls and women wearing pants or jeans. Short skirts or dresses were out of the question. Every woman had long hair and they couldn't cut it short. My parents thought by getting education children would forget traditions, respect for elders, and get married to a person from another race. As for my generation, I don't mind whoever my children get married to. I have no problems towards how my children dress, their lifestyle, or their haircuts. For example, I have all my children in school. My children pray every Friday (as is our ritual), they respect their elders, and they choose their own fashionable, respectable clothes.



Fijian Students Thinking About The Parrot

In conclusion, I strongly disagree with my parent's attitude towards education compared to mine. There are a lot of differences between them. While my parents chose the old traditional lifestyle, we chose a modern lifestyle including education. My parents didn't think that education was so important, whereas my generation gives education the first priority in life.

Ruth Mani

ESLW50

### Going to school in Fiji

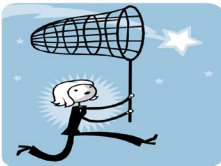
In theory, all government-funded schools are mixed-race. However, Fijian schools are often of one race in rural areas where the population is unbalanced. A contrast also arises from the differences between the countryside and town: in the villages it is a subsistence life and the school often a single room with just one teacher doing his or her best with 20 pupils of varying levels. In the towns, classes become increasingly bigger and the teacher may have to cope with 50 children at a time. The country has 700 primary schools and almost 150 secondary schools.

There are a dozen or so private boarding schools around the islands, mostly on the east coast of Viti Levu around Suva

and on the island of Ovalau. All are for boys except for Adi Cakabau School about half an hour inland from Suva. The country has "International" schools, both of which are accredited by the Bacalarate scheme, one in Suva and one in Nadi. Fees for these schools start from F\$4400 a year which is affordable by only a few locals and expatriate families.

There are five schools of higher education in Fiji. The Fiji based University of the South Pacific, the Fiji School of Medicine, the Fiji Institute of Technology, the Teachers College and the University of Fiji.

<http://www.fiji-island.com/tourist-information/schools.html>



## Netscape - Articles from the Web

### Christmas Celebrations Everywhere



#### Czech Republic

On Christmas Eve, unmarried Czech women practice a traditional fortune telling method to predict their relationship status for the upcoming year. If you'd like to give this a try, here's how to do it: Stand with your back to your door and toss one of your shoes over your shoulder. If it lands with the toe facing the door it means that you will get married within the year. If it lands with the heel facing the door, you're in for another year of unmarried status.

#### Norway

Norwegian legend says that on Christmas Eve witches and evil spirits come out looking for brooms to ride on (a bad omen). To thwart the witches, all brooms in the house are hidden and men go outside and fire a shotgun to scare the bad spirits away.

#### Japan

For many Japanese, traditional Christmas dinner is Kentucky Fried Chicken. It is so popular and well marketed that reservations may have to be made to eat at a KFC on Christmas in Japan.

#### Caracas

In Caracas, Venezuela, church-goers attend an early morning mass between December 16th and December 24th. Not so strange for a mostly Catholic population. What is unusual about this practice is how everyone gets to church: on roller skates.

The streets are blocked off to vehicular traffic until 8 am and children, the night before, tie one end of a piece of string to their big toes and hang the other end out the window. As roller skaters go by the next morning, they give a tug to all the strings hanging out the windows.

#### Ukraine

In Ukraine, Christmas trees are decorated with all the typical kinds of ornaments and one not so typical. An artificial spider and web are hidden in the tree and good luck is given to the one who finds it. A Ukrainian folk tale says that a poor widowed mother could not afford decorations for her family's Christmas tree. One Christmas morning she awoke to find a spider had beautifully decorated the tree with its web, making for a very happy Christmas.



#### Great Britain

If you would like your Christmas wish to come true in Great Britain, all you have to do is take a turn stirring the Christmas pudding. Traditional Christmas pudding is made of dried fruit and nuts, similar to fruitcake. It is often doused in brandy and flambéed in a dimly lit room for a dramatic effect.

#### La Font de la Figuera

Spain seems to have quite a few unusual Christmas traditions. Here is a New Year's Eve's one for you: In Spain it is customary to wear red underwear on New Year's Eve.

The small town on La Font de la Figuera has taken this tradition one step further - a New Year's Eve run wearing just red underwear. People of all ages participate in this event.

#### The Pickle Ornaments

The story goes that when German families decorate the Christmas tree, the last ornament to be hung is the Christmas pickle - usually a blown glass ornament that may have been passed down through generations. It is tucked away in a hard-to-see spot (it is green, after all). The first child who finds the pickle on Christmas morning gets a special gift and good luck all the next year. The trouble with this legend is that people in Germany were unfamiliar with it. Glass tree ornaments were indeed made in Germany, in the shape of fruits and vegetables and other objects. These

ornaments became very popular in America when F.W. Woolworth began importing them in the 1880s. An old German legend no doubt helped to sell more glass ornaments!

#### Zwarte Piet

Zwarte Piet, or Black Peter, is Santa's helper in the Netherlands. Sinterklass arrives on the eve of St. Nicholas Day in a steamship with his slave Zwarte Piet, portrayed in public processions in several cities. Since about 1850, children who don't behave during the year were told that Black Peter might take them back to Spain, where Sinterklaas lives. The racist aspects of the custom have been downplayed in recent decades, and the tale of Black Peter now describes him as a chimney sweep instead of a slave, which explains the black face. But charges of racism still follow Black Peter, as

he is often portrayed with an Afro and exaggerated features.

### TV Yule Log

The Yule Log is a tradition that dates back hundreds of years. The Yule Log on TV is a relatively new tradition for those who have no fireplace to burn their own log. WPIX in New York has broadcast 24 hours of a burning fireplace on Christmas Eve and Christmas Day since 1966. The original film was shot at Gracie Mansion, but a carpet fire during the first filming made the mayor wary of a reshoot a few years later, so the loop seen now was filmed in California.

### Mari Lwyd

Mari Lwyd, an old midwinter custom in Wales, is a holdover from pagan celebrations before Christmas was introduced. Mari Lwyd means "gray mare" in English.

The horse in the above scenario is made of a horse's skull attached to a pole. The person operating the horse is concealed by sheets, and sometimes has a contraption to work the horse's jaw!

### Burning of the Goat - A Very Funny Swedish Christmas Custom

What started-off as an act of vandalism has become one of the most interesting Christmas traditions in Sweden.

For over 40 years the Swedish town of Gävle has erected a giant Goat made of straw to mark the beginning of the Christmas holiday season. Every year vandals do everything they can to burn down the goat before Christmas Day.

People ingeniously disguise themselves as Santa Claus or elves to get past the guardians and ignite the straw monument. However, since 1966, the Straw Goat has survived until Christmas Day only 10 times.

### Hide The Broom - A Funny Norwegian Tradition

The hiding of all brooms on Christmas Eve night is apparently a very old Norwegian tradition. In days gone by people believed witches and evil spirits come out on this night looking for brooms to ride on, so they hid them in the safest places possible.

Nowadays, Norwegian women still hide their brooms, mops and brushes before going to sleep, while the men sometimes



sneak out of the house and fire a shotgun to scare off the witches.

### Knocking Nights in Germany

Germany used to hold "knocking Nights" on the three Thursdays before Christmas. Traditionally children used to dress in masks, bang lids and clang cowbells as they walked through their neighborhood knocking on doors, reciting a poem and receiving a treat in return. **Unusual Romance Japanese Style**

In Japan Christmas is widely celebrated as a day for romance, a day for sweet-hearts much like Valentine's Day in other countries. Christmas cake is popular but it is a strawberry cream sponge with no traditional ingredients in sight. Unfortunately, women of 25 years and older who are single are jokingly referred to as "unsold Christmas cake".

### Father Christmas Children's Tradition in Canada

In Canada, Father Christmas has his own personal zip code; it is the alphanumeric number: HOH OH0. (Ho-Ho-Ho) In this way people who write to Santa know that their letter will arrive safely. It has been his personal code since 1982 and this address receives some 1 million letters from all over the world each year. Apparently, each letter received will be answered in the same language in which it is written, which, on its own must be a mammoth task.



Swedish Christmas Goat

Apparently, when it comes to gather around the tree this holiday season, most Canadians prefer to give (87%) gifts than to receive them (13%), according to a new Ipsos Reid poll conducted on behalf of World Vision Canada. While six in ten (58%) say the recent changes in the economy have caused them to re-evaluate this year's Christmas spending or traditions, the majority of Canadians continue to hold charitable gifts in high regard.

### The Star Carol "Steaua" - Romania

Children make a star using colored paper and then they put in its middle an icon of Jesus. Many children decorate their star using shiny tinsel. The "Star Carol" is a tradition during the 3 days of Romanian Christmas.

While holding the star in the in hands the children sing:

*"The star has appeared on high,  
Like a big secret in the sky,  
The star is bright,  
May all your wishes turn out right..."*

### Bear Custom "Ursul"

This custom is known only in Moldavia, a part of Romania, on Christmas Eve. In this case a young person dresses up in a bear costume adorned with red tassels on its ears, on his head and shoulders. The person wearing the bear costume is accompanied by fiddlers and followed by a whole procession of characters, among them a child dressed-up as the bear's cub. Inspired by the crowd's singing:

*"Dance well, you old bear,  
And I'll give you bread and olives,"*

the bear grumbles and imitates the steps of the bear, striking strongly against the earth with the soles of its feet to the sound of drums and pipes.

**UK:** It is a British Christmas tradition that a wish made while mixing the Christmas pudding will come true only if the ingredients are stirred in a clockwise direction and each family member has a stir of the mix. Furthermore, a traditional Christmas dinner in medieval England was the head of a pig prepared with mustard.

### Catalonia

Caga Tió, the pooping log, is a bizarre and widespread Christmas tradition in Catalonia. It starts with a hollowed out log, which is propped up on four little leg-like sticks and then painted to have a face. Every night, beginning December 8th, Caga Tió is "fed" and covered with a blanket (so that he doesn't catch a cold). On Christmas Eve or Christmas day Caga Tió is put in the fireplace, beaten with a stick and ordered to "poop". He is encouraged, along with the beating, by singing songs with catchy lyrics such as:

caga tió (poop log)

caga torró (poop turrón)

avellanes i mató (hazelnuts and cottage cheese)

si no cagues bé (if you don't poop well)

et daré un cop de bastó. (I'll hit you with a stick.)  
caga tió!" (poop log!)

When he is done pooping candies, nuts and such, Caga Tió will then give one last push to reveal an onion, a head of garlic or a salt herring.



### Kentucky Fried Chicken

The celebration of Christmas in Asia usually involves imported western traditions, but in Japan those traditions have been shaped by commercial interests. The holiday places special emphasis on romantic love, so it's a day to spend with a sweetheart or spouse. Bakeries sell Christmas cakes as traditional sweetheart treats. And you might have to make reservations to get a table at KFC. Yes, Kentucky Fried Chicken. The fast food franchise let it be known that fried chicken is traditional for the Christmas feast. And so it is - in Japan.

### The Three Kings Day in Mexico

It's a Christmas tradition in Mexico for children to write a letter to the Three Wise Men before the 6th of January asking for the gifts they hope to receive. Just as American and British children might send letters to Santa asking for presents, children in Mexico write similar letters that also include explanations of how they've been good and deserve gifts.



A Bearable Romanian Christmas

These letters are then tied to a balloon and lit so that they burn as they float away. The smoke send offs the requests. You also can place the letters in a shoe, which is left under the nativity or Christmas tree.

For futher reading, go to these websites:

- [http://www.roembus.org/english/communities/copii/romanian\\_winter\\_season\\_tradition.htm](http://www.roembus.org/english/communities/copii/romanian_winter_season_tradition.htm)
- [http://www.guy-sports.com/humor/christmas/christmas\\_traditions\\_world.htm](http://www.guy-sports.com/humor/christmas/christmas_traditions_world.htm)
- <http://www.mentalfloss.com/blogs/archives/20858>
- <http://www.openjourney.com/article/10-strange-christmas-traditions-around-world-4.html>

## Bill of Rights Day -- Dec. 15



December 15 is Bill of Rights Day. To Americans, the Bill of Rights are key amendments to the U.S. Constitution that protect our individual rights.

On March 4, 1789, the Constitution of the United States of America was ratified by the (former) 13 colonies, and went into effect. States and individuals were concerned that the Constitution did not properly cover and protect a number of rights of individuals. The Constitution was signed by the original 13 states with the requirement, or understanding, that a Bill of Rights would be created, amending the new U.S. Constitution.

On September 25, 1789, the First Congress of the United States proposed to the state legislatures 12 amendments to the Constitution. Ten of these amendments were added to the Constitution on December 15, 1791.



**The Bill of Rights includes these Amendments:**

**Amendment 1** - Freedom of speech, press and religion



**Amendment 2** - The right to bear arms

**Amendment 3** - Protection of homeowners from quartering troops, except during war.

COME BACK WITH A WARRANT.



**Amendment 4** - Rights and protections against unreasonable search and seizure

**Amendment 5** - Rights of due process of law, protection against double jeopardy, self incrimination

**Amendment 6** - Rights of a speedy trial by jury of peers and rights of accused

**Amendment 7** - Rights to trial by jury in civil cases



**Amendment 8** - Protection from cruel and unusual punishment, excessive bail

**Amendment 9** - Protection of rights not specified in the Bill of Rights

**Amendment 10** - States rights, power of the states

Of the 12 original amendments, which ones were not approved? Amendments # 1 and 2. These dealt with the number of representative to congress, and compensation to representatives.

On Bill of Rights Day, we hope you celebrate your American Citizenship, and spend a few minutes reflecting upon the freedoms that you enjoy. These freedoms do not exist in many countries of the world.

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

## The Origins of the Bill of Rights

The Virginia Bill of Rights (proclaimed in 1776, only days before the Declaration of Independence) was the first of ten such declarations by the states during the Revolutionary War period (1775-83). All of these declarations contained provisions that eventually found their way into the national Bill of Rights. Major portions of the First, Fourth, Fifth, Sixth, and Eighth amendments, for example, can be traced directly to the Virginia Bill of Rights.

The origins of many of the other rights and liberties contained in the Bill of Rights can be found in the English tradition, dating as far back as Magna Carta (1215), a document that marked the first step toward constitutional law in England. For example, the clause in the Fifth Amendment,

which declares that individuals cannot be deprived of their "life, liberty, or property, without due process of law" is rooted in Chapter 39 of Magna Carta.

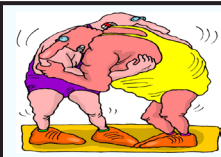
England's Petition of Right (1628) and Bill of Rights (1689) further expanded individual liberties and placed increased limitations on the ruler's powers and authority. English liberties and rights, such as trial by jury and protection against self-incrimination and unreasonable search and seizure, were, in fact, included in the charters establishing the American colonies. They were considered to be the "rights of Englishmen."

<http://teacher.scholastic.com>





# Parrot Warbling



## Grappling with Grammar

### Countable Nouns

Countable nouns are easy to recognize. They are things that we can count. For example: "pen". We can count pens. We can have one, two, three or more pens. Here are some more countable nouns:

- dog, cat, animal, man, person
- bottle, box, liter
- coin, note, dollar
- cup, plate, fork
- table, chair, suitcase, bag

Countable nouns can be singular or plural:

- My dog is playing.
- My dogs are hungry.

We can use the indefinite article a/an with countable nouns:

A dog is an animal.

When a countable noun is singular, we must use a word like a/the/my/this with it:

- I want an orange. (not I want orange.)
- Where is my bottle? (not Where is bottle?)

When a countable noun is plural, we can use it alone:

- I like oranges.
- Bottles can break.

We can use some and any with countable nouns:

- I've got some dollars.
- Have you got any pens?

We can use a few and many with countable nouns:

- I've got a few dollars.
- I haven't got many pens.

## Idiom-Attic



Idiom Definitions for Go The Extra Mile:  
Going above and beyond whatever is required for the task at hand.

Sentence example: My teacher goes the extra mile to help us.

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

### Beak Speak

#### Sentence Stress in English

Sentence stress is the music of spoken English. Like word stress, sentence stress can help you to understand spoken English, especially when spoken fast.



Sentence stress is what gives English its rhythm or "beat". You remember that word stress is accent on one syllable within a word. Sentence stress is accent on certain words within a sentence.

Most sentences have two types of word:

- **content words** = key words
- **structure words** = unimportant words

If you remove the *structure words* from a sentence, you will probably still understand the sentence.

If you remove the *content words* from a sentence, you will not understand the sentence. The sentence has no sense or meaning.

Imagine that you receive this telegram message:

SELL CAR GONE FRANCE.

This sentence is not complete. It is not a "grammatically correct" sentence. But you probably understand it. These 4 words communicate very well. Somebody wants you to sell their car for them because they have gone to France. We can add a few words:

Will SELL my CAR I've GONE to FRANCE

The new words do not really add any more information. But they make the message more correct grammatically. We can add even more words to make one complete, grammatically correct sentence. But the information is basically the same:

Will you SELL my CAR because I've GONE to FRANCE.

In our sentence, the 4 key words (sell, car, gone, France) are accentuated or stressed. Why is this important for pronunciation? It is important because it adds "music" to the language. It is the rhythm of the English language. It changes the speed at which we speak (and listen to) the language. The time between each stressed word is the same.

In our sentence, there is 1 syllable between SELL and CAR and 3 syllables between CAR and GONE. But the time between SELL and CAR and between CAR and GONE is the same. We maintain a constant beat on the stressed words. To do this, we say "my" more slowly, and "because I've" more quickly. We change the speed of the small structure words so that the rhythm of the key content words stays the same. Try it out yourself!

# Some More Parrot Fun Stuff



## Christmas Carols

All of your favorite Christmas carols are in this one! Can you find them all?

# Music of the Christmas Season

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

Away in a Manger

Up On the Housetop

Silent Night

Silver Bells

God Rest Ye Merry

O Christmas Tree

Jingle Bells

Gentlemen

Joy to the World

Do You Hear What I Hear?

The First Noel

Little Drummer Boy

Feliz Navidad

It Came Upon the  
Midnight Clear

Sleigh Ride

Frosty the Snowman

O Little Town of  
Bethlehem

We Wish You a Merry  
Christmas

Santa Claus Is Coming to  
Town

Deck the Halls

Nuttin' for Christmas

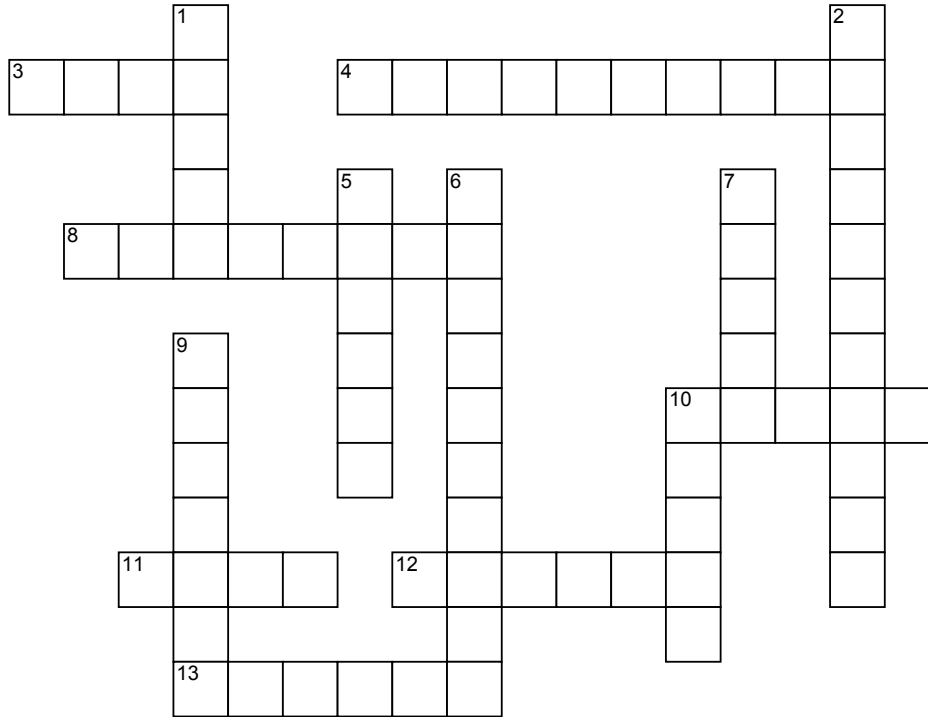
Hark the Herald Angels Sing

Santa Baby



# California

Golden State - 31st - Sept. 9, 1850



www.elcivics.com

### ACROSS

- 3 A grizzly \_\_\_\_\_ is on California's flag.
- 4 The capital of California is \_\_\_\_\_.
- 8 \_\_\_\_\_ is the second most populated city in the state. (2 words)
- 10 California became a \_\_\_\_\_ on September 9, 1850.
- 11 Many people moved to the state between 1848-1855 to search for \_\_\_\_\_.
- 12 California's state \_\_\_\_\_ is the Golden Poppy.
- 13 Los Angeles means City of \_\_\_\_\_.

### DOWN

- 1 The current governor of California is Jerry \_\_\_\_\_.
- 2 California's nickname is the \_\_\_\_\_ (2 words)
- 5 The country of \_\_\_\_\_ shares a border with California.
- 6 The most populated city in California is \_\_\_\_\_ (2 words)
- 7 California was the thirty-\_\_\_\_\_ state to join the USA.
- 9 California shares borders with three other states: Oregon, Nevada, and \_\_\_\_\_.
- 10 Father Junipero \_\_\_\_\_ helped build many of the missions in California.

### Noqli the Key Man of Kermanshah

When I was a child, seven, eight, or nine  
 On the corner of a cul-de-sac, on the pavement of street  
 on the way to my school  
 lived Noqli the Key Man, who was famous in our town

A giant tall man  
 Not very old, not very young, something in between  
 His dirty hairs, beard, and face did not let anybody guess his age  
 With a thick, black, leather belt around his waist  
 closed his patched, faded, long, heavy, gray, flannel coat

In the day, people didn't often see him  
 They just saw, on his place, a mound  
 covered with gray blanket and cardboard

But, at night, when the city started to go to dormant time  
 he marched rattling and  
 with each step, a chirr, chirr was  
 heard in the street

He went up and down of the side walk and talked to himself  
 Sometimes he pulled a wooden or metal stick  
 Sometimes he took off his belt  
 opened the front of his coat  
 put on display all his precious treasures  
 which he carried everyday, inside his coat  
 Hundreds of keys, small metals, wires, two lanterns  
 hung inside his heavy coat

Sometimes he made a fire with dried branches in an empty tin pale  
 Sat in his territory  
 Tanned with smoked

If I saw him suddenly in the street  
 I backed up little by little  
 And I hid myself behind a tree to let him pass by me

I was always curious about his life story  
 But, nobody knew the story behind this knight of the night  
 I don't know what happened to him  
 How did he disappear in time

Maybe, he found his underground lost castle  
 And opened its closed doors with his hundred keys  
 because he was Noqli, our town's "Key Man"

Parisa Samadi

### Rigoberto's Riddles

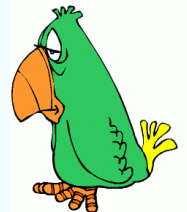
What can run but never walks, has a  
 mouth but never talks, has a head  
 but never weeps, has a bed but  
 never sleeps?

A river.



### Silly Vasily's Chuckle Chamber

A man received a parrot for his birthday. This  
 parrot was fully-grown with a bad attitude and  
 worse vocabulary. Every other word was an  
 expletive. Those that weren't expletives were,  
 to say the least, extremely rude.



The man tried hard to change the bird's at-  
 titude and was constantly saying polite words, playing soft  
 music, anything that came to mind.

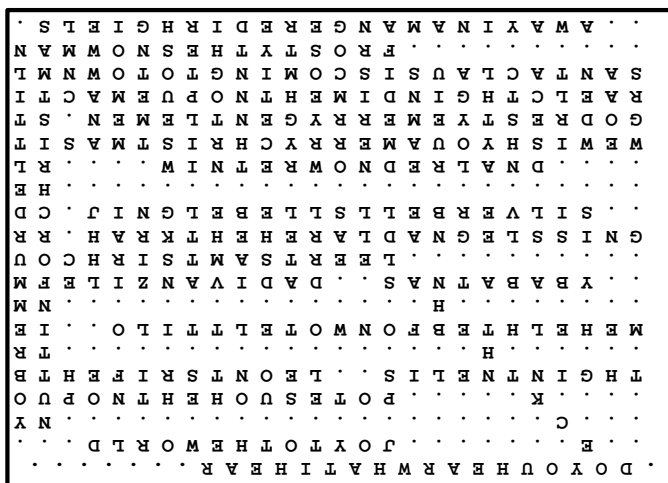
Nothing worked. He yelled at the bird; the bird got worse.  
 He shook the bird and the bird got more angry and exceed-  
 ingly rude.

Finally, in a moment of desperation, he put the parrot in the  
 freezer. For a few moments he heard the bird squawking,  
 kicking and screaming and then, suddenly, all was quiet.

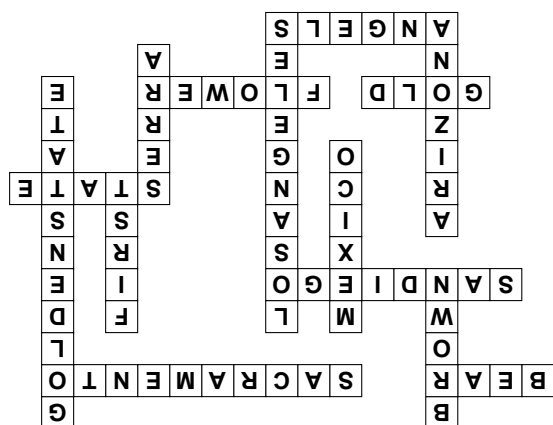
The man was frightened that he might have actually hurt the  
 bird and quickly opened the freezer door. The parrot calmly  
 stepped out onto the man's extended arm and said: "I'm sorry  
 that I offended you with my language and actions. I ask for  
 your forgiveness. I will try to improve my behavior."

The man was astounded at the bird's change in attitude and  
 was about to ask what changed him when the parrot contin-  
 ued, "...May I ask what the chicken did?"

### Solutions to Wordsearch



### Solutions to Crossword



Solution:

Golden State - 31st - Sept. 9, 1850

California



## The Frugal Flamingo

### Stay in Nest - Shop Amazon.com



Still Christmas shopping, or just getting started? Whether you are shopping for a birthday present, grocery item, Christmas present, or something special just for you, I hope you are familiar with Amazon.com. As you may know, I do not like to promote a specific for-profit business, or store, or website, but I just can't get enough of Amazon.com. Amazon.com started out as an online bookstore, but it has grown into a huge website where they sell just about anything. Really-almost anything! I have a friend with four boys and she buys cereal and toothpaste on Amazon.com. Why? Free shipping and NO sales tax! That's right! No sales tax! Never! In some cases, there may be a shipping charge, but in many cases shipping is free. Shipping is usually free with eligible orders over \$25.00. Also, I love that items chosen, but not bought, stay in your "cart" forever and payment is very secure through their website. Since they have many, many retailers selling things on their site, the free shipping has restrictions:

Here is the scoop on the free shipping:

(Information taken from Amazon.com's website)

To take advantage of FREE Super Saver Shipping:

- Place at least \$25 of eligible Amazon.com products in your Shopping Cart. (Eligible items will display "eligible for FREE Super Saver Shipping ..." next to their price.)
- Proceed to checkout.
- Ship your items to a single U.S. address.
- Select "Group my items into as few shipments as possible"

as your shipping preference.

- Select Super Saver Shipping as your shipping speed. Your order will be delivered within 5-8 business days.
- Place your order, and enjoy the free shipping!

There is another way to get free shipping: get a free student membership, or a free "Amazon.com mom" membership. You can get these memberships on the Amazon.com website. As a member, if you buy so many qualifying purchases, you will get free shipping by the month. I have "Amazon.com mom" shipping benefits until March of 2012, and longer if I keep shopping on Amazon.com! Please read more about those memberships on their website. With the membership, you will get FREE 2 day shipping on many items no matter the price! As an "Amazon.com mom," I have ordered my Christmas presents for family members who live in other states and I got free shipping (and no sales tax!). That sure beats the USPS price of mail these days, and the long lines at the post office!

One last thing, if California politicians get their way, "no sales tax" may not last forever. The California state government wants their fair share, but Amazon.com has been fighting it. The last I heard was that we may have to pay sales tax in September of 2012. But who knows—it could be sooner, or later, or never. So until then, shop away!

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



Extreme Shopping Means Bags Under the Eyes

## What is the Origin of the Word "Amazon?"

- *Greek Mythology.* A member of a nation of women warriors reputed to have lived in Scythia.
- A tall, aggressive, strong-willed woman.
- A small green PARROT of the genus Amazona, having a short tail and red-and-blue wings, native to Central and South America.

**WORD HISTORY:** In classical legend the Amazons were a tribe of warrior women. Their name is supposedly derived from Greek a-mazos, "without a breast," because according to the legend they cut off their right breasts so as to be better able to shoot with a bow and arrow. This folk etymology, like most folk etymologies, is incorrect, but the Amazons of

legend are not so completely different from the historical Amazons, who were also warriors. The historical Amazons were Scythians, an Iranian people renowned for their cavalry. The first Greeks to come into contact with the Iranians were the Ionians, who lived on the coast of Asia Minor and were constantly threatened by the Persians, the most important of the Iranian peoples. Amazon is the Ionian Greek form of the Iranian word ha-mazan, "fighting together." The regular Greek form would be hamazon, but because the Ionians dropped their aitches like Cockneys, hamazon became amazon, the form taken into the other Greek dialects.

<http://www.answers.com/topic/amazons>

# The Cyber Bum--Bogdan Komlyk

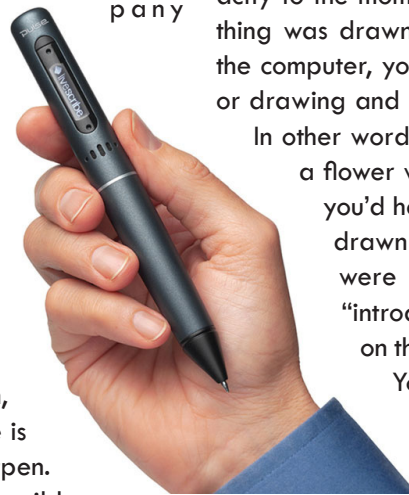


## Smartpens for the Smart

How smart is your pen?

People used to say, "The pen is mightier than the sword." Actually any writing tool is. You all know this, especially those of you who like Guy Ritchie's movies. Nevertheless the pen I'm going to talk about is way mightier than your typical pen. And the name for this tool is Smartpen.

The Smartpen was developed by a company named Livescribe based in Oakland, CA in 2007. The latest version of this device is called "Echo Smartpen" and was released in 2010. Smartpen has a truly amazing set of features. First of all it can write. Not amazed yet? Ok, let's move to the next one. The pen is capable of recording everything you write on the paper, or say. It has a built-in memory to store the sound and your pen's movements. So, whenever you press the "Record" button, the pen stores everything. By the way, there is only the Power button present on the Smartpen. The rest of the menus and features are accessible through buttons printed on the special paper. Some of the menus actually may be drawn or written on the paper, like the piano that you can play on by first drawing the keys and then tapping them with the pen. Personally that's the only drawback of the gadget – you have to buy special



notebooks or paper that has printed menus and dots that are used to track the point of the pen.

Yet the best feature is playback. That's where the magic begins. You can simply tap on the previously written stuff and the pen will start to play the recording that corresponds exactly to the moment when the words were written or something was drawn. Furthermore if you connect Smartpen to the computer, you'll be able to watch the animated writing or drawing and listen to whatever sounds happened to be.

In other words, if you were sitting in the park and drew a flower while a bunch of kids were running around, you'd hear kid's screams and see the flower being drawn on the screen. On the other hand, if you were in Professor Bracco's class and you wrote "introductory sentence" you'd hear him lecturing on the importance of the introductory sentences. You got the idea. Depending on where you were and what you wrote, you will see different results.

Lastly, I think the pen is absolutely great, other than it requires fancy paper. But after all, who cares about paper? More important is what's written on it.

To contact The Cyber Bum: [geekforparrot@gmail.com](mailto:geekforparrot@gmail.com)

## A Little History on Writing Instruments

### Around 4000 BC



Man scratches the surface of moist clay tablet with a bronze or bone tool.

### Around 3000 BC



The Egyptians developed a form of writing with pictures. For writing on papyrus scrolls scribes used thin reed brushes or reed pens.

### 1300 BC



The Romans developed a form of writing that they scribed into thin sheets of wax (on wooden tablets). Romans used a metal stylus. When they no longer needed the writing, they rubbed it out with the flat end of the stylus.

In Asia scribes used a bronze stylus.

### 1888-1916



The principle of the ball point pen actually dates from the late 19th century when patents were taken out by John Loud in 1888 for a product to mark leather and in 1916 by Van Vechten Riesberg. However neither of these

patents were exploited commercially.

<http://www.ringpen.com/history.html>



# Rosario Rules

## Foreign Professionals Can Live and Work in 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](mailto:braccop@arc.losrios.edu)*

Do you know that a foreign professional can obtain a green card to live and work in the United States? Professionals can enter America as nonimmigrant temporary workers or as permanent immigrant workers.

### Non-immigrant Temporary Workers:

Foreign professionals come to the United States to work here for a period of time, and in order to do that, they need to comply with certain requirements. There are different categories, but the one that I will write is about the H-1B visa type.

This visa has two parts. First, a future employer using the form I-129 files a nonimmigrant petition for an alien professional at USCIS (here in America) at least six months prior to the job. After it is approved, the form I-797 is sent to the employer; then the foreign professional applies for a temporary worker visa at the United States Embassy or Consulate in his/her country. In addition, it requires having a labor certification from the Department of Labor, which is obtained for the employer before filing the I-129 form and the fee of 325 dollars. In addition to that, the employer must submit supplemental fees of \$750 or a Fraud Prevention and Detection fee of \$500.

For this type of visa, the job must meet one of the following criteria to qualify as a specialty occupation: a) a bachelor's or higher degree or its equivalent is normally the minimum entry requirement for the position; b) the degree requirement for the job is common to the industry or the job is so complex or unique that it can be performed only by an individual with a degree; c) the employer normally requires a degree or its equivalent for the position; d) the nature of the specific duties is so specialized and complex that the knowledge required to perform the duties is usually associated with the attainment of a bachelor's or higher degree.

For a foreign professional to qualify to accept a job offer in a specialty occupation he must meet one of the following criteria: a) have a foreign degree that is the equivalent to an American bachelor's or higher degree in the specialty occupation; b) have an unrestricted state license, registra-

tion, or certification which authorizes the professional to fully practice the specialty occupation and be engaged in that specialty in the state of intended employment; c) have education, training, or progressively responsible experience in the specialty that is equivalent to the completion of such a degree, and have recognition of expertise in the specialty through progressively responsible positions directly related to the specialty.

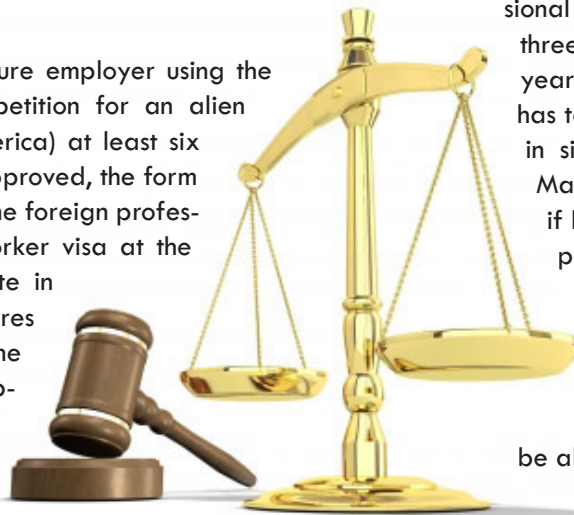
As an H-1B nonimmigrant worker, an alien professional is admitted for a period of up to three years, extendible for three more years. After that time the professional has to return to his/her country; however, in six years many things can happen. Maybe this professional can stay longer if he/she obtains another job, and applies for the H-1B visa again.

### Permanent Immigrant Workers:

If a professional has the right combination of skills, education, and/or work experience, he may be able to live permanently in the United States. This type of visa requires already having a job offer from a U.S. employer, who will be the

sponsor. Before the American employer submits an immigration petition to USCIS, he/she must obtain an approved labor certification, Form ETA-9089, from the Department of Labor verifying that there are insufficient available, qualified, and willing American workers to fill the position being offered at the prevailing wage, and hiring a foreign worker will not adversely affect the wages and working conditions of similarly employed United States workers. As with the nonimmigrant visa, there are different categories.

I will concentrate on the third preference EB-3 visa, which is for **Skilled workers**. They must demonstrate a) not less than two years of experience or training; and b) perform work for which qualified workers are not available in the United States. Professionals have to a) demonstrate that they possess a U.S. baccalaureate degree or foreign degree equivalent, and that a baccalaureate degree is the normal requirement for entry into the occupation; b) perform work for





which qualified workers are not available in the United States; c) education and experience may not be substituted for a baccalaureate degree.

The employer (petitioner) files a form I-140, Petition for Alien Worker and a fee of 580 dollars. As part of the application process, the prospective employer needs to demonstrate the ability to pay the offered wage by the visa priority date through an annual report, federal income tax return, or audited financial statement. When the I-140 form is submitted to the USCIS Service Center, the petitioner must indicate whether the beneficiary will apply for consular processing at an American Consulate overseas for an immigrant visa or will apply for adjustment of status, I-485 form, to permanent residence if the professional is already in the United States. After the USCIS receives the petition, if it is approved, an Approval Notice will be issued, so the profes-

sional can apply for the Green Card.

As you can see, very highly qualified professionals can immigrate to the United States. Nurses are the most visible case. They work in a lot of hospitals and nursing homes nationwide. Nowadays, unfortunately, the difficult economical situation and the high rates of unemployment make it almost impossible to qualify for these types of visa; however, if a foreign professional is very skilled, he or she and his/her family can live permanently in the United States. Let your professional families know that if they want to come to America, they need to continue studying and specializing in order to be eligible to work here.

For more information go to [www.uscis.gov](http://www.uscis.gov)

Rosario Flores

## Artie's Easel

**Dear Artie,**

What kind of tips do you have for decorating a Christmas tree? I don't want to spend a lot of money.

**Thanks,**

**Looking for Tips**

**Dear Looking for Tips,**

What a great question to ask! Every year at Christmas people spend millions of dollars buying trees and decorating them. How can we spend less money and still have a great tree?

First, buy a small tree or better yet, in the Foothills, pay less to chop one down yourself. I have lots of friends who chop their own, and their trees are spectacular!

Next, find tree lights that are energy efficient – they are less expensive too.

Most stores like Big Lots and the Dollar stores sell these lights at reduced prices, so try them out.

The following step is to either purchase decorations at any discount store or make them yourself. Personally, I prefer to “go green” all the way with tree lights and making my own decorations. For example, wander around the shopping malls to get a few good ideas, and then go home and copy them. I like trees with bows on them – bows made of material that you're not going to use. You can also decorate your tree using old jewelry items that you have restrung. Jewelry usually glit-

ters so your tree will sparkle, too.

Finally, create tree ornaments using recycled materials. I have seen some terrific and unique ornaments made from construction paper, plastic water bottles, old newspapers cut up, and bottle caps painted with bright colors. Angels can also be

made from empty toilet paper rolls, and lace and dress material with glitter glued on it. My neighbor once presented me with an angel she had made and I used it every year on my tree. It actually became one of my favorite ornaments. (By the way, don't forget to use cotton puffs and old mirrors for your ice skaters.)

I hope some of these ideas help you when you begin to decorate your Christmas tree. Send the Parrot a photo of your tree so we can all enjoy it.

Don't forget to string cranberries and popcorn. You can eat the popcorn

later and cook up the cranberries for your Christmas dinner.

**HO! HO!**

**Merry Christmas!**

**Artie**

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



Prof White--Artie's Mentor





# Granny Noetal



Dear Granny,

My ESL teachers look tired. What do the teachers do during the winter break?

Ingri Jorat

Dear Ingri,

I trolled around and spoke to eight, slope-shouldered, baggy-eyed, frizzy-haired, almost incoherent ESL instructors (whom I kindly greeted with "Hey, you look wonderful today!") and this is what they said:

"I'll be spending time with my family who are visiting from out of state - so we'll probably do some sight-seeing. And then I'll be making new tests for next semester's classes. A teacher's break is never a break!"

"I usually study irregular verbs."

"As important as what we do is what we don't do! We don't stay up until midnight grading papers and preparing lessons."

"I will be looking forward to changing more diapers than usual over vacation because I will get to spend all day with my kids! OK, I'm not honestly excited about changing more diapers, but I am looking forward to vacation time because



I love having the extra time with my kids, and I will go on more walks with them and take them to the park more than during the semester. My family and I will go visit my mom in Arizona. Let me tell you, Arizona is a great place to visit in the winter! I also look forward to reading some good books and visiting some used book stores as we travel around. There's something salutary about leisurely browsing through a used book store."

"I clean out closets and start craft projects that never get finished. I also like to pick out a TV series, Like "Lost" or "CSI-Miami," rent the DVDs for one season and watch them, marathon style!"

"I cook and cook and play backgammon with my son and cook some more."

"I will read some of the books I don't have time to read during the semester and visit the Train Museum with my grandsons."

"I'll be lying on my couch, counting my millions and thinking about my villa in the south of France. Then I'll wake up and simonize my linoleum."

To contact Granny: braccop@arc.losrios.edu

## How to Prevent Teacher Burnout?

Examples of how strategies of new and experienced teachers can differ <http://www.niu.edu/PubAffairs/presskits/teach/strategies.htm>

Areas of Concern	New Teacher	Veteran Teacher
Classroom Management	Emphasizes need to control behavior through the imposition of rules and punishments.	Emphasizes need to form positive relationships with students through expression of the importance of the class, support of the teacher, and the teacher's expectation that students will succeed.
Handling the Workload	Demands many written assignments and tries to evaluate each one in great detail.	Follows deliberate process for completion of each project, with emphasis on the process rather than accumulation of finished products.
Grading/Evaluation	Relies on frequent assessments. Places great faith in grade book numbers as an accurate and reliable measure.	Relies on limited number of key assessments. Exercises flexibility and consideration of multiple factors in making judgments.
Relationship with Supervisor	Worries about judgments that the supervisor might make and is hesitant to tell supervisor about difficulties.	Feels confident about the working relationship with the supervisor and is aware and confident of his/her own strengths.



## ATTITUDE OF GRATITUDE



### ATTITUDE OF GRATITUDE

*This is the season of children wanting, both the wanting of “Gimme” some plastic toy that is all the rage this season and the wanting that comes for a desire for stable housing and food on the table. It is my desire every year to remind my children that this is the season of giving, not getting. We do this through adopting a local family, sharing homemade goodies with friends and neighbors, collecting change for **WorldVision**, and really being thoughtful in our gift giving to each other. This article below reminded me that it is my husband and I who need to model an attitude of gratitude in our daily interactions with each other. Hope this article helps all of us begin the holiday season grateful that we are here at ARC and part of a wonderful community.*

### Cultivating Gratitude, Theirs and Mine

**By KJ DELLANTONIA** *Motherlode Blog: Adventures in Parenting* November 25, 2011

<http://parenting.blogs.nytimes.com/2-11/11/25/cultivating-gratitude-theirs-and-mine/#more-28575>

Marjorie Ingall is worried about raising “entitled, bratty, ungrateful little weasels.” I wish I didn’t share this fear, which is magnified every time my children go near any members of our extended family, all of whom walked to school in the snow uphill both ways, chanting Gregorian songs of gratitude to their parents, their God and their country the entire time.

I know that at some point during the coming holidays, in spite of our last-minute manners makeover, my father will hand some child something, and that child will take it without even grunting an acknowledgement, and that, along with the piles of underappreciated gifts under the tree, will lead us into our oft-repeated discussion of why my children

are spoiled and ungrateful. And I will get defensive. They’re not spoiled and ungrateful, I will insist.

Are they?

I have good reason to hope that my children have, or will develop, an “attitude of gratitude.” As John Tierney wrote this week, a sense of appreciation “has been linked to better health, sounder sleep, less anxiety and depression, higher long-term satisfaction with life and kinder behavior toward others.” Who wouldn’t want that, for her children and for herself?

On Tablet, Ms. Ingall describes her plan for weasel-proofing her kids, which involves modeling gratitude herself, putting more emphasis on giving, rather than getting, and linking chores and rewards to develop a sense of earning, instead of a sense of entitlement. All good advice. Some we do here, some we work on.

And sometimes, instead, I work on my own gratitude for those sometimes grateful, and sometimes not, children of mine. I see them every day, unlike my father or any of their more distant family, and I see plenty to appreciate. I see that my youngest daughter is more anxious to share her Halloween candy than to eat it, and I know that once, that kind of sharing was impossible for her. I see that my oldest daughter has a gift for responsibility, and I see her working to master the temper that she inherited from me. I see that my oldest son can always find a bright side to look on, and that my youngest son likes to care for children even younger than he is, and is excellent at tying shoes.

I’m with Ms. Ingall, all the way. I will teach my children to save, to work, to say thank you and to mean it, or I will die trying. There’s plenty left to teach. I will cop to the fact that the sharing daughter is disrespectful, that the responsible one is bossy — and nasty when disappointed — that the oldest son can be feckless. And that youngest son? Spoiled.

But to raise kids with gratitude, we need to model our own appreciation for all we have. When I think of ways to demonstrate how thankful I am for our lives together, I find myself grateful for what’s good in those kids, and wishing I’d said more to thank each and every one of them at the moments when they were shining, and rather less at the moments when they were ... not.

Learning to be grateful for what we have instead of clamoring constantly for what we have not is something most of us work on all of our lives, which is why Marjorie Ingall can encourage readers to teach gratitude to kids, while John Tierney is writing about how we can practice it ourselves.

Continued on page 22



## Mim's Cafe



Editor's note:

Mim didn't have time to test this recipe, but the staff decided that gingerbread is a must-have delight during the holidays. This recipe is from website: <http://www.myrecipes.com/recipe/quick-and-easy-gingerbread/>

To contact Prof. Montgomery: [montgot@arc.losrios.edu](mailto:montgot@arc.losrios.edu)

Prof. Montgomery with happy eater.

### Gingerbread

#### Ingredients:

1/2 cup granulated sugar  
 1/4 cup butter or stick margarine, softened  
 1/2 cup orange juice  
 1/3 cup molasses  
 1/4 cup egg substitute or 1 egg white  
 1 1/2 cups all-purpose flour  
 2 teaspoons ground ginger 1/2 teaspoon baking powder  
 1/2 teaspoon baking soda  
 1/2 teaspoon ground cinnamon  
 1/4 teaspoon salt  
 1/4 teaspoon ground nutmeg  
 Cooking spray

1 teaspoon powdered sugar

#### Preparation:

Preheat oven to 350°.

Beat granulated sugar and butter at medium speed of a mixer until well-blended. Add juice, molasses, and egg substitute; beat well, and set aside.

Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour and the next 6 ingredients (flour through nutmeg) in a small bowl; gradually add flour mixture to molasses mixture, stirring until well-blended. Pour batter into an 8-inch square baking pan coated with cooking spray. Bake at 350° for 25 minutes or until a wooden pick inserted in center comes out clean. Cool gingerbread in pan on a wire rack. Sprinkle with powdered sugar.



### A History of Gingerbread

Gingerbread has been baked in Europe since the eleventh century. In some places, it was a soft, delicately spiced cake; in others, a crisp, flat cookie, and in others, warm, thick, dark squares of "bread," sometimes served with a pitcher of lemon sauce or whipped cream. It was sometimes light, sometimes dark, sometimes sweet, sometimes spicy, but it was almost always cut into shapes such as men, women, stars or animals, and colorfully decorated or stamped with a mold and dusted with white sugar.

In Medieval England gingerbread meant simply "preserved ginger" and was an adaptation of the Old French gingebras, derived from the Latin name of the spice, Zingibar. It was only in the fifteenth century that the term came to be applied to a kind of cake made with treacle, an uncrystallized syrup drained from raw sugar during the refining process, and flavored with ginger. Ginger was also discovered to have a preservative effect when added to pastries and bread, and this probably led to the development of recipes for ginger cakes, cookies, and flavored breads.



From its very beginning gingerbread has been a fairground delicacy. Many fairs became known as "gingerbread fairs" and gingerbread items took on the alternative name in England of "fairings" which had the generic meaning of a gift given at, or brought from, a fair. Certain shapes were associated with different seasons: buttons and flowers were found at Easter fairs, and animals and birds were a feature in autumn. There is also more than one village tradition in England requiring unmarried women to eat gingerbread "husbands" at the fair if they are to stand a good chance of meeting a real husband.

Of all the countries in Europe, Germany is the one with the longest tradition of flat, shaped gingerbreads. At every autumn fair in Germany, and in the surrounding lands where the Germanic influence is strong, there are rows of stalls filled with hundreds of gingerbread hearts, decorated with white and colored icing and tied with ribbons.

<http://www.ultimategingerbread.com/gingerbreadhistory.html>

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

### Hidden Falls Hike - Hidden Falls Regional Park



A friend and I did this short hike in June during a spell of cool weather. It had been a wet spring and the grass was still green on the shady side of the Sierra foothills around Auburn. Water was flowing fast in the creeks - perfect for a waterfall walk!

To get there from the Sacramento area, we made our way to Interstate 80 and headed eastward toward Auburn. Once there, we took the SR 49 exit north toward Grass Valley. After several miles we turned left (west) off 49 onto Atwood Road and drove until it became Mt. Vernon Road. We followed Mt. Vernon to Mears Road, then turned right (north) on Mears Road and followed it to Mears Place. As we came up over a rise, we could see below a large paved parking/equestrian staging area with restrooms and some picnic tables at the far end. The trailhead started near the restrooms. We stopped at the glass-enclosed display case there to study a large trail map and other information about the park. The park encompasses 1,200 acres in all and is served by 7 miles of trails. Studying the map, we decided to take the "Pond Turtle Road Trail" down to the canyon bottom and to return via an alternate route called the "Poppy Trail".

As we followed the trail downstream we enjoyed some fine views of the heavily wooded canyon and golden hills beyond. Though steep, the path was wide and well graded as it plunged down the canyon. Trees consisted mainly of Live Oak, Blue Oak, and Grey Pine. Though this was early summer we noticed there were still lots of wildflowers scattered about. After more than a mile we crossed a sturdy footbridge over rushing "Whisky Diggins" Canal/Creek. (This was an area frequented by miners during the California Gold Rush.) Just past the bridge we arrived at a trail junction. As our destination was the falls, we chose the left fork (Hidden Falls Access Trail). After a half-mile more we heard the roar of water as we approached the falls. We continued along the trail until we saw a large wood platform just below us, provided for safe viewing of the falls. Hidden Falls is actually

a series of falls and cascades, the highest of which drops about 25 feet. What impressed us was the large volume of water pouring over the drop! From the platform we could also see Coon Creek, which joins Whisky Diggins Creek just downstream from the waterfall.

We retraced our steps back to the main trail junction and the bridge. On the other side of the bridge the Poppy Trail begins, providing hikers an alternate way back to the trailhead. We chose Poppy, which rose gradually in a series of switchbacks, and made for an easier ascent up the canyon slopes (than Pond-Turtle).



The Park's trails are well maintained and suitable for multi-use: hiking, mountain biking, and horse-back riding.\* Dogs are okay if kept on leashes. We passed couple of hikers with dogs and also a large party of children who were probably from a nearby summer day-camp. Hikers should allow up to two hours for the approximately 3 1/2 mile total out-and-back walk to the falls. While we were there, the restrooms were out of service, though a portable outhouse was provided in their place. Be sure to carry your own water and snacks. Park hours are daily from one half hour before sunrise to one half hour after sunset.

#### Enjoy the hike!

\* Adjacent to the parking lot there is also a half-mile long paved wheelchair accessible loop trail served by a number of tree-shaded picnic tables.

To Contact Mick: [braccop@arc.losrios.edu](mailto:braccop@arc.losrios.edu)

**"It's always further than it looks.**

**It's always taller than it looks.**

**And it's always harder than it looks."**

The 3 rules of mountaineering

Continued from page 1

anything), he enforced his rule. He left class and took his teaching assistant to breakfast. One of the other sections missed its snack obligation one day last month, and he left that class, too. Ever since, the snack schedule has been followed by the students in that class.

This is Parrott's last semester before retirement, but his teaching technique -- in use for more than 30 years -- is now being subjected to scrutiny. Some of the students in the section he didn't teach on Thursday complained, and the university is now investigating.

Joseph Sheley, the provost at Sacramento State, said via e-mail that the university wants to be sure of the facts, and plans an inquiry this week. But he also said that he would "ask the psychology department to review whether or not the practice is appropriate within the department's curricular and learning outcome goals."

In an interview with Inside Higher Ed, Parrott defended his teaching methods. He said he could understand why some students would be frustrated about the missed class time, but that people should view his requirement as a valid pedagogical choice.

A graduate of Cal State's Chico campus, Parrott said that when he was an undergraduate, courses had 12 to 20 students, and those in a class formed close ties among themselves and with the professor. "Those days are long gone," Parrott said. The course in question is supposed to have a maximum of 42 students, although this year he has 52 in the section that skipped snack last week. That makes it hard for students to connect. So does the nature of Sacramento State's student body. "It's a commuter rat race. Students drive in and go home and never connect with their fellow students," he said.

Enter the snack requirement: Parrott said that he's teaching students to work together to set a schedule, to work in teams to get something done, and to check up on one another, since everyone depends on whoev-

er has the duty of bringing snacks on a given week. Typically, no individual should be involved in preparing the snack more than twice a semester, he said.

Parrott said that considerable research shows that students learn more if they develop the skills to work in teams, to assume responsibility for projects, and get to know their fellow students. Team members need to count on one another, he said, and his students learned Thursday that if someone fails at a task for the team, there are consequences. "They need to learn to check on one another and clearly they didn't get that done," he said. "This was an important lesson."



Pedagogical Snacks

There are some practical considerations for the requirement as well. Lab sessions run three hours, so some people get hungry. And the snacks, he said, make the classes slightly less formal and thus promote closer ties between instructor and students. As for the requirement that the snacks be homemade, he said that he wants the snacks to be healthy. "I'd like stuff without the total chemical treatment" that is found in packaged snacks, he said. He added that he rarely eats the snacks, but wants them there for everyone else.

People typically bring muffins, cookies or coffee cake to morning sessions, Parrott said. One of his afternoon sections recently featured pizza.

Alexander C. McCormick is director of the National Survey of Student Engagement, which has found positive impacts on students from working together, and working on projects outside of class. He said he would be hesitant to say too much without knowing all the details of the discussion at Sacramento State. But he said that the snack requirement may help to "build connections and community among students -- especially challenging when most students are commuters." Further, he said that such a requirement "can also help reinforce

Continued on page 22





Continued from page 21

skills like collaboration, organization, planning, etc."

McCormick said that "it's good to help students recognize they share responsibility for a successful class, though I think this is both more clear and more powerful when connected to the subject matter." For instance, he said, students might gain more by preparing or maintaining lab equipment or by discussing projects and writing them up together than by preparing a snack.

And McCormick also mentioned concerns about the sanction of the professor leaving class. "When the professor doesn't teach because someone didn't bring a snack, who gets blamed and what are the consequences for connections among students?" he asked.

"Is it right to deprive all students of the class when one or a group fail to or are unable to prepare and bring a snack? That's certainly arguable. It also seems to empower one student who may not care much about the class."



Although Parrott said he is convinced that his students gain from his technique -- even when he walks away from class -- he said he couldn't think of another faculty member who shares his approach. He plans to stick to his rule for his last semester. Given that he is on track to retire, he said that if told to stop enforcing the rule, "I'd probably ignore it."

<http://www.usatoday.com/news/education/story/2011-11-14/professor-requires-snacks/51198254/1>

Continued from page 18

Personally, I need both lessons. So here, during this holiday season, is one more thing I'm grateful for: sometimes, everybody fails to sufficiently appreciate everything from our world problems to the cranberry sauce that's actually touching the turkey on our plates, but as long as we're still here, we get a chance to give the "attitude of gratitude" another shot.

### 5 Ways to Cultivate an Attitude of Gratitude

By Susie Michelle Cortright

Here are five little things we can do each day to nourish our sense of gratitude:

- 1. Choose your friends wisely.** If you want to be more grateful, spend time with grateful people. Spend time with positive people to be more positive; joyful people to be more joyful; critical people to be more critical; irritated people to feel more irritated.
- 2. Help your friends cultivate gratitude.** Before you say anything about a friend's situation, remember that everyone's situation is unique. I've seen it happen to myself and to my friends. They'll be perfectly happy until someone tells them they're being mistreated. Suddenly, they're upset.
- 3. Give the gift of gratitude to your children.** One of the most lasting contributions we can make to our children is to help them understand that we don't deserve anything and everything just because we live and breathe.
- 4. Say "Thank You."** Whom in your life do you appreciate? Let them know, whether it's your mom, your kids, your friends, your husband, your child's daycare provider or the helpful woman behind the cosmetics counter.

You don't have to spout some corny line. A heartfelt "thank you" often does the trick. Make it a habit and your attention will suddenly turn to all the things people do for you.

Write thank you notes regularly - not just after a gift exchange - and be mindful of all the ways you show your appreciation by the things you do in return.

Another idea: Spend 15 minutes writing a letter to your children. In this note, tell them how much you love them, why you're thankful for them, and all the ways they have enriched your life. This can be something you give them now or after they have grown.

**5. Be mindful of the little things.** Today, strive to be aware of all the aspects of your personal, professional, and family life for which you are thankful.

Take a few minutes today to appreciate nature. Go for a walk and notice only those things that are beautiful. Whether you focus on the stars above, a distant mountain range, or the cottonwood tree in your backyard, try to notice the details. Give thanks for the beauty that surrounds us.

At the end of the day you can record five things your grateful for in a Gratitude Journal, Regardless of whether you record these items, spend some time each day to focus on the little things in your life that make each day special. Perhaps it's your child's toothless grin. A warm home. Delicious food enjoyed with family.

Together, let's work on focusing on what we have - not on what we don't have - and all the ways we can help one another have more gratitude for the gift of life.

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

Continued from page 1

**Parrot:** What is more important for you: money, health, or love?

**Prof. Hess:** Oh, my goodness, well I think love is first. I just think that it makes everything good, if you have lots of love in your life. If you're not healthy, there are people around you who love you and can take care of you. Health is next, money is last. Money is nice, I love money too, but I wouldn't pick money first. Love is first, health second, and money last.

**Parrot:** I also think money is a tool.

**Prof. Hess:** Exactly. It comes and it goes.

**Parrot:** What do you do in your free time for fun?

**Prof. Hess:** I am a musician and a singer, and I'm also an active member of my church. My church takes a lot of my free time, but I enjoy it very much. The music, we have 2 styles, one is old-fashion style with organ music, one a little more modern. I arrange to pick the music and lead that group. That's a lot of fun. I've also just started with a new group, all girls and all women singers. We do all old style American music called "Blue Grass." It's a lot of fun.

**Parrot:** How about sports?

**Prof. Hess:** I like to watch sports. I really like soccer and American football. I like anything when it's time to choose the champion. I love, love to cook. Cooking is another thing I love.

**Parrot:** In my country, some parents would like their children to follow their job. For example, would you like one of your children to be a teacher?

**Prof. Hess:** Well, my children are all grown. My younger child's 21, and she's studying to be a teacher, so she is taking after me. My other daughter's a musician; she does music, but she is not a teacher. She actually has two jobs. She can't make enough money as a professional musician. I love that she's a musician. My son...I think he would like to own a restaurant. He likes to cook. He's interested in making beer, making wine. It's not exactly that they followed my job, but they have some similar interests. It's a lot of fun.

**Parrot:** Are you enjoying your job?

**Prof. Hess:** Yes, I love it, I do.

**Parrot:** The last question. What advice do you think is most important for your students?

**Prof. Hess:** Really, I think every student is a little bit different, because everyone's style is a little different. Some of my advice depends on people's personality. If a person is kind of shy in their own country, in their own language, finding a way to have a conversation is going to be difficult but very necessary. So for those people, I would say make an effort to join conversation groups, or put yourself in places where you have to speak even if it's not natural, even in your own country, you know. On the other hand, people, like me, who talk all the time should probably go and be happy about that. We like to talk, but we should pay more attention to being accurate. Students should be happy with their strong parts; for example, a student can learn so much and do well on vocabulary tests, but they can't talk to anybody. Students should make sure to practice what is the most difficult for them. English will grow together. That's my advice.

**Parrot:** For me, at my age, I am older. It is difficult to study English. In my language, I am very confident, but in English, I am not confident. What advice do you have for me?

**Prof. Hess:** Well, do what you're doing right now. You're in a listening class. If you have a hobby or something interesting like sports, or something where you make crafts or cooking. Trying to find inexpensive cooking classes, with Americans. You just talk, talk about something you love: food or cooking—what is natural to you. It has to be natural to you. I know how you feel. I speak some German. I'm not as confident in my German, of course, as in English, and I just have to not get embarrassed and laugh about my mistakes because I make many of them.

**Parrot:** Thank you.

**Prof. Hess:** You're welcome. Good luck.

**Parrot:** I am very happy to meet you. Thank you very much.

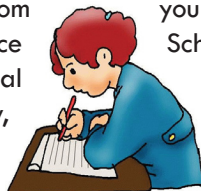
Hong Nguyen

ESL L320



## Squawk! Parrot Recommends ESL Center

The ESL Center, open Monday through Thursday from 9am - 8pm and Friday from 9am - 2pm, is the place to get one-on-one help in a variety of areas critical to success in English: grammar, reading, vocabulary, listening, and speaking. Professors, instructional assistants, and tutors are there to help you, and



you can earn from one-half to three academic credits. Scheduling is very flexible so whenever you have a free hour, you can make use of that by being in the ESL Center. Attend regularly and you'll be as clever as a Parrot!



## Out of the Cage

### Vocal Jazz Ensembles in Concert

Wednesday, December 7, 2011 / 8:00 pm

The ARC Music Department presents the Vocal Jazz Ensembles in Concert, featuring the ARC Vocal Jazz Ensembles I and II. Special guests will be the award-winning Folsom High School Jazz Choir. Come check out our arrangements of both modern and traditional jazz standards.

Admission for the concert to be held in the ARC Theater is \$10. For more information, contact Dr. Art LaPierre at 484-8195.

### Orchestra in the Park

Wednesday, December 7, 2011 / 7:00 pm

The ARC Orchestra presents its annual Holiday concert with selections from Tchaikovsky's Nutcracker Ballet, Corelli's Christmas Concerto, and music from Vienna to celebrate the New Year.

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

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

### Find Your Natural Gifts Workshop

Wednesday, December 7, 2011 / 4:30 pm - 5:30 pm

What are you naturally good at? What are your areas of greatest strength? It is VERY important to know your strengths for your career, your life direction, and your self-esteem.

\*Presented by a Career Counselor

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

**Location:** Career Center in the Student Services Building

### Fierce Fashion: American River College Fashion Design Students

Thursday, December 8, 2011 / 12:15 pm - 1:15 pm

Students from American River College create designs for their fashion show, but what is the actual process of creating designs? From bright idea to finished couture, come learn from the students themselves what it takes to create fierce fashion and all about planning their fashion show.

**Location:** Raef Hall 160

### Fierce Fashion: American River College Fashion Design Students

Thursday, December 8, 2011

12:15 pm - 1:15 pm

Students from American River College create designs for their fashion show, but what is the actual process of creating designs? From bright idea to finished couture, come learn from the students themselves what it takes to create fierce fashion and all about planning their fashion show.

**Location:** Raef Hall 160

### American River Review Release Party

Friday, December 9, 2011

7:00 pm - 10:00 pm

Come to the unveiling of the 2012 issue of the American River Review, the nationally award winning magazine of art and literature that showcases the very best of creative works by American River College students.

**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](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: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](http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot/The_Parrot_Newsletter.htm)