



The Parrot

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

Issue #59

Spring 2012

Parrot Proudly Presents Paul Sakakihara, EOPS Counselor

Parrot: Hi, my name is Ruth Mani and today I am going to interview one of my counselors Mr. Paul. Ok, Mr. Paul, thank you so much for giving me the opportunity to interview you.

Paul: You are very welcome.

Parrot: First of all, can you tell me a little bit about yourself.

Paul: Ok, I was born in Sacramento, California. My parents both were also born in California, but all four of my grandparents came from Japan around the 1900s. So a long time ago. Well, my father's father passed away actually before I was born. So I did not know him, but



Paul Pondering Parrot

he was a farmer in Florin, outside of Sacramento. My dad's family were farmers, and they grew strawberries and grapes and my dad said he had to get up before high school or before school and work for a couple of hours and then after school so he said he was not a very good student. His family was very strict. My mother, her mother, and father came from Japan and of course they didn't speak any English ever

throughout their lives or in their reading or writing, but they became barbers and my mother grew up in a small town down the Sacramento River called Walnut Grove

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Groundhog Day

When: February 2nd each year

Groundhog Day is celebrated in the U.S. each year on February 2nd. On this day in mid-winter, the groundhog awakens from a long winter's nap, and goes outside of his den to see if he sees his shadow. This tradition is big on an otherwise cold and dreary mid-winter's day.

According to legend, if the groundhog sees his shadow (a sunny morning), there will be six more weeks of winter. He then returns



to his den and goes back to sleep. If, however, he does not see his shadow (cloudy days), he plays around outside of his hole for a while. If he does not see his shadow, spring is just around the corner.

The Groundhog Day tradition traveled a long ways. It comes from German roots. German immigrants brought the tradition with them from Germany. As they settled in the hills of Pennsylvania, they began the tradition of using the Groundhog to predict the arrival

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Sleep: Perchance to Fail?

See Page 7

"You don't marry someone you can live with - you marry the person who you cannot live without."

Unknown Author



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Student Chirpings

Valentine's! How to Create a Romantic Evening for Two

Modern Valentine's Day, which originated from a Catholic holiday, became so popular that it's celebrated all around the world as an international day of people in love. Couples give each other gifts such as cards, flowers, heart-shaped chocolate, etc. That day women usually anticipate a romantic evening from their partners. For example, my wife's friend Elena and her husband go to San Francisco every February fourteenth. They book a room for one night in a fancy hotel. First, they go shopping. Next, they go to a concert. After that, they go to a restaurant where they can dance. Finally, they go to their room and continue to celebrate till late night. This is just an example of how to make a romantic Valentine's Day evening. However, you can also transform a usual evening into a very special one. Creating a romantic evening for two is easy when you follow these directions.

First of all, you pick a Saturday and do all the preparations prior to that day. The most important thing at this point is that you have to keep your plan secret, because it is supposed to be a surprise for your partner. Next, ask your friends if they can take care of your kids that evening. If money is not a big problem for you, then you can hire a babysitter as well. After that, book a table for two at a good restaurant. Do not choose a fast food restaurant. Do a little research and find a restaurant where food is prepared before your eyes. You can ask your friends or you can browse the Internet for other people's opinions as well. Meanwhile, buy a bottle of champagne, a box of Swiss chocolates, a bouquet of flowers, and some fragrant candles. Then hide them all in a safe place in your home. Then, make sure to secretly iron your best clothes and clean and wash your car.

As soon as the day comes, try to be very gentle with all your family members. It is very important to create a good and peaceful atmosphere in your home. First, prepare breakfast and serve it to your partner and children. After that, wash the dishes. Next, watch an athletic event together such as football, basketball, or hockey. If a family member doesn't

like sports, watch a movie or an entertaining program instead. After that, go together to an interesting exhibition. You can go to a museum as well. If you have no choice, go to a park and play some games or just have fun together. Afterwards, prepare and have lunch together and make sure everyone from your family has a contribution. As soon as lunch is over, just stay and talk with each other for a while. Ask your partner and children about what they did during the week and what they want to do the following week. Enjoy the time together and surprise your partner by having dinner at a restaurant. Next, tell him or her that the children will stay with your friend while you both go to the restaurant. Soon afterward, tell your partner that he or she has as

much time as he or she needs to take a shower, dress up, and do her (or his) makeup. Meanwhile, drive your kids to your friend's home and call the restaurant and make sure that your table is booked. When you return home, briefly take a shower and get dressed. Make sure that your partner doesn't have to wait too long. Next, help your partner to get into the car. Tell him or her something interesting while driving to the restaurant and make him or her smile. As soon as you get to the restaurant, help your partner to get out of the car and sit down at the table. Next, let your partner look over the menu and choose the dishes. You can

ask a waiter for the restaurant specialties as well. Soon afterwards, enjoy how the chef is preparing the food right before your eyes. As soon as the food is ready, eat slowly, enjoying every piece of it. Tell your partner that he or she is so special and that is why you created that romantic evening just for him or her. Afterwards, invite your partner to a dance if there is a band playing live music. While dancing, tell your partner how much you love him or her. When you are back to your table, entertain your partner by telling him or her funny stories or anecdotes while the dessert is being served. When you leave the restaurant, don't forget to give the waiter a good tip, which will show your generosity. Don't grab the leftover food because that could embarrass your



partner. Next, drive to your friend's house to pick up your children. Don't leave immediately. Let your partner give his or her impression of the evening.

As soon as you get back home, help your partner to get the children ready for bed. Soon afterward, take the champagne, the box of chocolate, the bouquet of flowers, and the candles from their hiding place. Next, put the candles on the table, light them, and turn off the light. Then give the flowers to your partner and say how much you love him or her. After that, open the champagne, fill two glasses, and wish all the best to your partner. Next, sit down on the couch and open the box of chocolates. Then hug and kiss your loved one, and say, "Thank you for sharing this wonderful evening with me!"

In conclusion, it is not so difficult to transform an ordinary evening into a romantic evening for two. First, choose a Saturday, and do some preparation prior to that day. Keep everything secret for a surprise. Second, create a peaceful atmosphere in your home, starting with preparing breakfast for the entire family and finishing with preparing lunch together. Finally, go out to a restaurant to start a romantic evening and finish it at home in a very intimate atmosphere. Doing that, you'll be able to maintain a healthy, loving relationship with your partner and enjoy being together every moment of your life.

Alexei Cioina
ESL W50

That Was Crazy

My name is Terrence Zwane. I am 21 years of age, born in Swaziland, Southern Africa. My dad has 11 children and my mother one. So I come from a very extended family. I play soccer and volleyball. I am a dancer and I sing. I am majoring in PC Management Support here at American River College. English is my fourth language even though I am taking it as a second language. Well, they do not offer EFL (English as a Fourth Language). Bored yet? Think I'm off topic? Well, not at all. Lots of crazy things have happened in my life; now let's get to it.

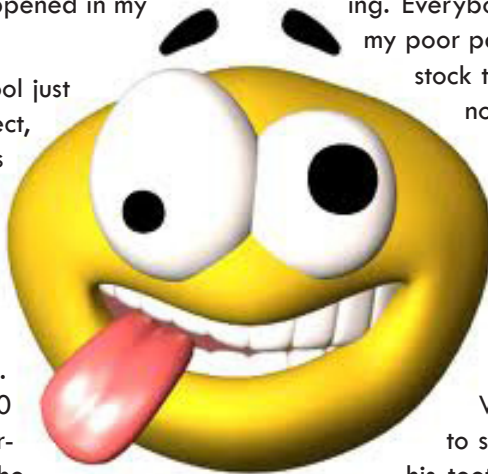
Firstly, I fooled my teacher in high school just because she was teaching a hard subject, of course, math. Most of my classmates were really not excited about the subject and we always hoped the class would get canceled at least once in a while. We always wanted her to get sick so we couldn't have her subject. Unfortunately that didn't go well for us. So I made a plan. We all contributed 10 cents for superglue. I bought the superglue and applied it to her desk with the hope that he wouldn't be able to open it. So she came and tried to get her lesson plan from the drawers and they wouldn't open. We were all smiling at one another. She reported to the principal and no one could open it. The class was cancelled for that day and we were all happy. However, three days later, I got into a fight with one of my classmates. Guess what! He told the teacher that I had superglued her drawers. I was whipped, I failed the class, and I had to take it again for another year. Most of my friends passed and moved on.

Secondly, I was embarrassed after being funny. I was hang-

ing out with my friends in my community. I was 30 minutes away from home walking distance. I was the center of attraction, making fun of everybody that was there or passing by. One guy passed by, dressed like Michael Jackson. I supposed he was a huge fan. So I started doing some moon walk, while my friends were laughing. The guy looked at me with anger. So I did the spin like MJ and then did some splits. My cheap pants just played the beat like I was farting. Everybody frowned, thinking I just farted. No, my poor pants were torn in half. I was the laughing stock then. When they laughed, I said, "That's not funny" with a very angry face. It was funny when I made fun of people but it was funnier, but also embarrassing, when I had to walk 30 mins with my rear hanging out. Did I mention I had no underwear on?

Lastly, when I was a preteen I got the name "hot lips." Sounds sexy, right? Wait till you hear the reason why. I went to spend a night at a friend's house. I used his toothpaste. It started burning so bad and tasted awful. Thinking I was having an allergic reaction or something dreadful like that, I ran out of the bathroom in panic. I came out to find out that I mistakenly used his grandfather's "icy hot." To this day they call me "hot lips." Those were three of the crazy things that happened in my life. I learned lessons from them and when I look back, some of them were very crazy and funny. But they surely were not funny when they occurred.

Terrence Zwane
ESL R320



Our Christmas in Ukraine and in America

On December 24, 2002 my family and I celebrated our first Christmas in America! I've never been so glad seeing the happiness of my children and nephews! I really felt the difference at that time living in America rather than in Ukraine! Here we have a huge opportunity to make Christmas a really special holiday different from many others holidays! In Ukraine, we did not have enough money to buy sweets for children, even at Christmas. Here, before the holidays, stores always make big discounts. In contrast, in Ukraine before the holidays, prices increase by 5 times. Typically, we collected the money from the 6 families of our relatives to buy one Christmas tree that we put in our grandparents' house. Of the remaining money for the Christmas tree, we bought candies and made a bag of sweets for each child. For all of us, it was a great joy to meet all of our family, and even so to please our children. We only dreamed that someday we too would be able to hang the lights everywhere and buy good gifts for our children.



Finally, our dream came true! I remember with great pleasure when I decorated that Christmas tree with such beautiful decorations, that I could not imagine before!!! For us, it remained the main purpose of this day to gather our families and continue our tradition of communion and the joy of Christmas. We sang Christmas songs; children acted out scenes from the Bible about Christmas time, and we played different games. And the principal moment was when the children said verses before the Christmas tree to get gifts. At that point, their eyes shined with happiness and expectation, like the Christmas lights! For me as a mother, it was a huge joy to see the happiness of my children and give them something which I could not have! Every year we celebrate Christmas with our relatives in our home and thank God for the opportunity presented to us to help our families in Ukraine to have a real Christmas, almost like we have here!

Galina Kolesnik
ESL R320

Scars

People say, "Scars adorn men". If it's true, my brother, Savlat, is a really handsome man! He has 50 or 60 scars on his body. Almost every month during his childhood he got a minimum one and a maximum three. I presented one of them to him.

It was a rainy day in 1987. I was ten, my eldest brother, Sanjar, 6, and Savlat 4 years old. Our parents were at work, we were at home, and we couldn't go outside because of the rain. We had to clean our apartment, but my brothers didn't do anything; furthermore, they didn't obey. They found a spider and they ran behind me and scared me with it. I was really angry! When they lost their spider, I started to run behind them. They crawled under the bed and I couldn't reach them. I was really wicked. I cried, "Get out!" but they just laughed. I looked around me and found great stuff. It was



Sanjar's rapier; he just started to go to the fencing club and we had bought all the equipment for him. So, I grabbed it and tried to reach my brothers with it. After two seconds loud of laughing, I heard a loud "Ouch!" from Savlat. I changed my voice and said, "What's happened? Get out, "ukajon" (my little loving brother)!" He got out and clamped his eye with his palm. There was blood. We were scared. I thought I put out his eye. I gently took away his palm. There was a bleeding gash approximately 2 or 3 inch. over his eye. We praised God, It wasn't his eye! Five years ago we had a warm evening with my family, and we had a great time when we recalled our sweet memories and the accident with the rapier was our favorite!

Nigina Khripunov
ESL R320

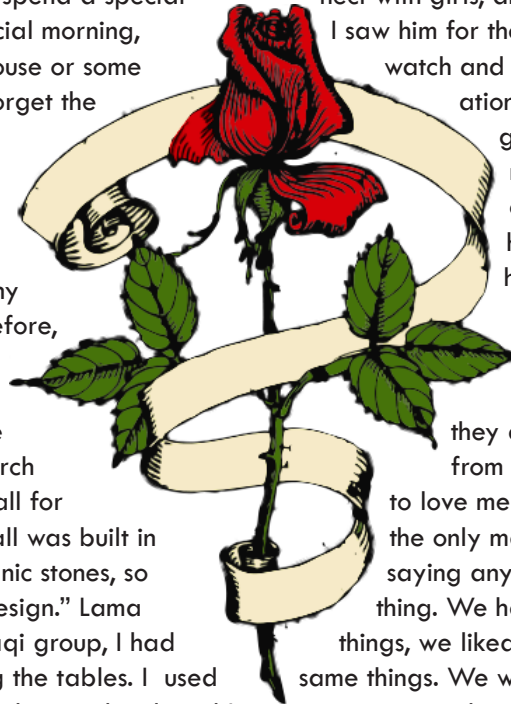
A Special Evening

Evening is always special. Many people say evening is special because you spend your time looking at the beautiful moon, or thinking about the mystery of the night with someone special. Others say it is special because of the person whom you spend your time with. Other people give evening another reason to be special, timing. They say, "After you spend your day working, driving, talking, and studying, evening is the best time of the day for having a special time with someone because everything is calm. There is no noise in the street; it is quiet, so it makes you feel relaxed." For all these reasons, people want to spend a special evening, not a special noon, or a special morning, especially when the other half is a spouse or someone special in their lives. I will never forget the special evening of my friend Lama.

She said, "I spent from November 2006 till August 2009 in Syria as a refugee after leaving my country Iraq because of the war. In Syria I met many Iraqi people, some of whom I knew before, but others were new. One of the Iraqi girls was preparing for her marriage, so we usually shared the cost for these occasions. We used to prepare the church for the event, and we prepared the hall for the celebration after the mass. This hall was built in the 1900s. It was built with black volcanic stones, so it has a special smell, and a special design." Lama said, "Like any other woman of the Iraqi group, I had to share in this wedding by decorating the tables. I used two colors for the sheets of the table, white and red, and I dressed the chairs with white sheets and I decorated them with red flowers. I went to the market and bought different kinds of red and white candles, and put them on the tables. The plates were white, and the glasses were red. Other women spoke with the DJ to do the musical part. The only thing that we had to rent was the place where the bride and the groom would be seated. After we finished all the decoration, the hall seemed like the castle of a king. It was a place for a special evening."

After a moment of silence, she took a long glance through the window as she wanted to remember something very important, and then she turned her face toward me and started to talk. She said, "I spent all afternoon of the wedding day at the hairdresser, preparing myself for the evening. I went to the church by myself. After the ceremony was over, I entered the hall with others to start our evening. While I was looking for a place to sit, I saw a man

staring at me. He was in his fifties, he was bald, wearing glasses, and kind of fat. He sat in the right corner of the hall. First, I didn't pay attention to him, but when I heard his name, Yakob, everything changed. I sat on a chair on the left side of the hall, and within a second I saw a flashback to a part of my life which came over like a heavy gust of wind, and started to awaken my old feelings. Yakob was the only man whom I had loved, forty years earlier. He was a young man with wide shoulders, nice hair, a sweet voice, but he was not very handsome. He knew how to connect with girls, and that was one of our problems. When I saw him for the first time in Baghdad, I gave him a watch and a golden ring as a gift for his graduation from college. He danced with every girl at that party, and when he asked me to dance with him, I refused, not because I didn't want to, but I didn't want him to feel that I was falling in love with him at first sight."



Here, I asked her, "Didn't you feel jealous of the other girls?" She said, "I felt jealous of the other girls because they danced and laughed with him, but from the first moment, I knew if I wanted him to love me I had to act in this way. Yakob was the only man who could understand me without saying any words. We were very close in everything. We had the same taste, same feeling toward things, we liked the same colors, and we hated the same things. We were like one spirit in two bodies, and we were very happy." Her cell phone was ringing, so she opened her purse and took out her cell phone to answer the call. While she was talking on the phone, I started to think that every woman in this world has dreamed of a noble, handsome, brave musketeer, but not all dreams come true and end happily.

After she finished her call, I was very excited to hear the rest of her story, so I asked her what happened. She said, "We started to prepare for our wedding, but nothing in the world remains perfect. At that time he had a problem with the regime, so he told me that he had to leave the country with his family or the regime would kill him. He left the country, us holding the hope of being together as soon as possible. He wrote me many letters, and called me from his first stop, Jordan, many times, but after a year everything we dreamed of evaporated because he went to Australia as a refugee. After he left, I lived in Baghdad for twenty four years. I started to build my life again, so I married a

very good man, but my husband was killed during the war. I've raised my girls alone, but never forgot Yakob. While I was living in Iraq, I heard about him from his relatives, but after that everything was over because of the war. No one stayed in his place. Everything was changed. I knew what she meant because I was one of the Iraqi people forced to leave the country because of the war.

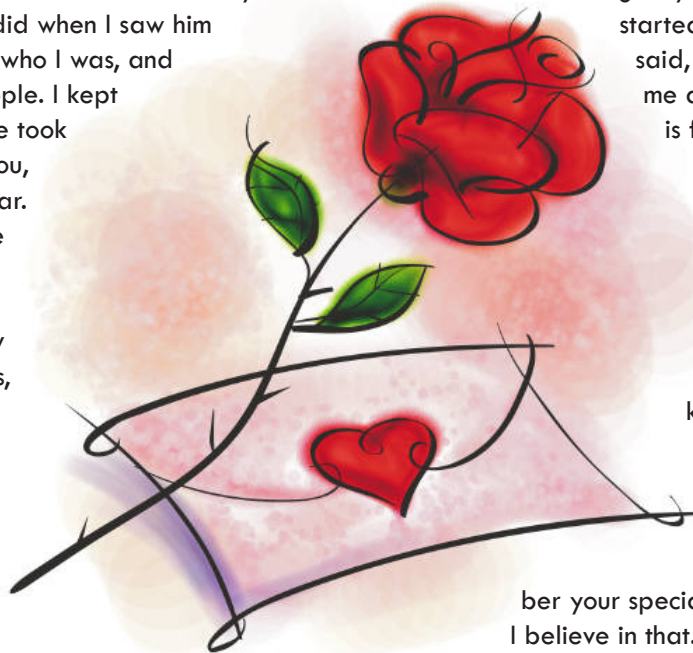
She continued, "I woke up from my flashback to the sound of music as the bride and the groom had their first dance. While they were dancing, and everyone was busy, I saw him walking through all these people and coming toward me. I felt that each step of his steps equaled a year of my life. What should I say? I didn't know. I knew I was confused; I wanted to shout, to yell, to cry, to jump, to blame him, and to hug him. Hundreds of words came to my mind, but the only thing that I did when I saw him was stand up. I couldn't forget who I was, and where we were, as Arabic people. I kept my feelings inside my heart. He took my hand and said, 'How are you, dear?' I said, 'Don't call me dear. Don't forget where we are.' He said, 'I will hug you, kiss your cheek, and I will ask you to dance with me. No one will say a word. We are like old friends, and we are old persons.'"

She laughed, and I could remember her dark green eyes jumping with happiness when she said, "He did it. When his sweet kiss was planted on my cheek, I felt that he still loved me. He looked at me and said, 'You are still as beautiful as you always were.' I said nothing, but my heart jumped from its place saying, 'I love you too. No one can make me stop loving you.' He looked in my eyes and said, "I hear the answer of your heart. I'll never forget, dear; we are one spirit in two bodies." "When he asked me to dance with him, I smiled. He said, 'Don't do it again, Lama. Don't say no.'"

She added, "After we danced, he started talking and talking. I knew from his words that he had married, and his wife had died giving birth to their third child". At this moment I said, "That meant you could marry." She looked me in the eyes and said, "He said this: "I asked about you a lot, but no one gave me any answers. When I learned

from friends that you are here, I decided to come. You are still living inside me. I cannot leave you again; this is our destiny.' "

When she said those words, I saw her as a butterfly flying in the blue sky, so I asked her again, "What happened next? She said, "We spent the time dancing, eating, laughing, and talking, talking as if we were hungry for words. After the wedding was over, I wanted to walk home. When we walked back home, I felt that everything was different. Everything was beautiful. I saw the moon laughing with us, and the stars holding candles to light our road. I heard music coming from the silence of the night. I felt everything was perfect and amazing. I asked her, "Are you late? She said "What?" I said, "I notice that you keep looking at your watch. She laughed and started to continue her story. She said, " Before he left, he handed me a small box and declared, "This is for you." When I opened the box, it was the watch which I had given him forty years earlier. He said, 'Keep it, and I will keep the ring.' If I won a million dollar, I wouldn't be as happy as I was that evening with Yakob."



Most people have a special evening. It is like a dream for all of us. Arabic people say if you feel sad, remember your special evening; you will feel better. I believe in that. When you remember something special, you feel happy and relaxed because a special evening is a result of many things: a special place, a special time, and a special person. Although Lama's special evening ended, I will never forget it. I will never forget when she said, "His words are still ringing in my ears; his hug is still warming me. I always feel him laughing, talking, and still feel his lips on my cheek. If I forget him, I will forget my spirit, and no one lives without her spirit." I can not forget her face when she said, "Till this moment, I am wearing his watch, and whenever it ticks, I feel Yakob saying, "I love you, darling. I'll love you forever."

Hind Hanna
ESL W50

"If you love something, set it free. If it comes back, it's yours. If it does not come back, it was never meant to be."

Unknown author



Nestscape - Articles from the Web

Superhuman or Super Sleepy: Short Sleepers Function on Four Hours

(CNN) -- For most of us, setting the clock forward in the spring is a sad occasion, a sign that we're losing an hour of sleep.

But for some genetically blessed people, a loss of one hour of sleep is not a problem. In fact, sleeping fewer than the recommended seven or eight hours is the norm. They naturally feel refreshed and ready to go -- at 4 a.m.

These "short sleepers" have a mutation on a gene known as hDEC2, that regulates their sleep-wake cycle. This mutation allows them to function on less sleep, researchers say.

There have been purported short sleepers such as former British Prime Minister Margaret Thatcher, actor James Franco and domestic personality Martha Stewart. Whether they've been able to stave off sleep through genetics or willpower is unknown.

Amy Avery has neither heard of this short sleep gene nor been tested. While it's unclear whether she has the genetic mutation, Avery thrives on only four to five hours of sleep.

As an adult, she has always fallen asleep around 1:30 or 2 a.m. Avery kicks off her day at 6 a.m., or an hour earlier when she has a workout. She doesn't refuel with coffee or other caffeinated drinks.

"I've done it so long," she said. "I function fully. I don't yawn during the day. I'm not tired."

Avery juggles a family and a full-time job as a digital director in advertising. Her two kids, ages 2 and 5, fall asleep around 9 p.m. and her husband dozes off at 10 p.m. Afterwards, Avery cleans, watches TV, reads a book or finishes work in her quiet home near Atlanta, Georgia.

"It's just something that naturally kicked in," Avery said about her sleep pattern. Even on days when there isn't work left to do at night, "I'll still be wide awake," she said.

Avery recalled that her father always went to sleep late

and woke up early too.

Certainly, a natural short sleeper has competitive advantages, but most people probably don't have the genetic mutation, said Ying-Hui Fu, professor of neurology at University of California San Francisco.

"It's hard to tell how frequent this mutation is," she said. Her lab has only found 20-30 people with the genetic mutation that researchers believe contribute to the ability to sleep less.



Many with this mutation hold down two jobs, have successful careers and enjoy diverse interests.

"Everyday, they have two to three more hours to do things," Fu said. "They're very active."

Dan Nainan, a 29 year old New York comedian, sleeps about four hours every night. He avoids prescription drugs, alcohol and caffeine, and says he jumps out of bed at 4 a.m. feeling perfectly rested.

"It gives me advantages," he said. "I have 20% more time than your typical person."

Nainan does not know if his genes or job dictates his sleep schedule though. In bed by midnight, he wakes up four hours later. With the extra time, he works on his comedy material and marketing.

"A lot of comedians sleep till 5 in the evening," he said. "They don't realize how much of business is going on with phone calls and auditions and movie roles."

But problems arise when your body needs seven or eight hours, but you force yourself to function on less, sleep experts said.

Many people boast about their lack of sleep, like a badge of honor of being superhuman. But most likely, that sleep deprivation can make you less than super.

"You're tired, walking around tired," said Dr. David Volpi, a founding doctor of Manhattan Snoring and Sleep Center.

"Your performance is poor, cognition is decreased and attention is decreased."

Sleep deprivation can cause increased driver's fatigue, drowsiness and poor hand-eye coordination. In the long run, people who sleep less than six hours have been found to have greater risks of mortality, obesity, heart attacks and stroke.

Most of us need about seven to eight hours of sleep, and some people need as much as 10.

Fu thinks people who aren't natural short sleepers "use artificial things to sleep less."

"Long term, it's more likely to cause health problems such as cardiovascular risks and cancer," she said.

It's unclear whether natural short sleepers risk health problems associated with sleep deprivation.

In a 2009 study published in *Science*, Fu and her colleagues from University of California San Francisco identified a mother and her adult daughter who regularly slept an average of 6.25 hours. Their blood tests showed that they had

a particular mutation that affects their 24-hour cycle. There are probably more undiscovered genetic mutations that facilitate sleep patterns, Fu said.

"They wake up energetic," she said about the people with such genetic mutations. "Four to six hours -- that's their optimum sleep."

Seth Priebatsch, a 22-year-old tech entrepreneur and self-described Chief Ninja of SCVNGR, began his unorthodox sleeping habits when he was 12. He would rise early so he could work with a team based in India, getting only four to five hours a night. He's a short sleeper by choice, but he's been doing it for so long, it feels natural, to a point.

From time to time, he crashes in a conference room with a hoodie draped over his head catching a quick nap. Even though he may not need many hours, he appreciates his rest.

"When I get a good night's sleep, there's nothing like it," Priebatsch said. "It's a luxury I get once in a while."

<http://www.cnn.com/2011/HEALTH/03/12/short.sleepers.daylight/index.html>

Continued from page 1

of Spring. The tradition is based upon Candlemas, the day that is the midpoint between winter and spring. A famous Candlemas poems goes:

If Candlemas be fair and bright,

Winter has another flight.

If Candlemas brings clouds and rain,

Winter will not come again.

Punxsutawney, Pennsylvania is the site of the annual Ground Hog event. Our little rodent friend (yes, groundhogs are classified as rodents) is called Punxsutawney Phil. There are a few other "predictors" around the country, but they all pale in comparison to Phil's ability to predict the remainder of winter.

For the record, Phil sees his shadow about 9 out of 10 times

- <http://holidayinsights.com/other/ghog.htm>

Groundhogs, also called woodchucks, can be a big problem, in both the home garden and commercial farms. The Groundhog's diet consists of vegetation. They love many of the vegetables that you grow in your vegetable garden. They have big appetites.

We offer below a number of ways to control groundhogs or eliminate them from your vegetable garden.

Most Famous Ground Hog: Why, that's none other than Punxsutawney Phil. Phil comes out of his burrow on Ground Hog Day, February 2, and predicts how much longer winter

will last.

Ground Hog Lifestyle and Habitat:

Understanding a groundhog lifestyle, and habit and diet, is very helpful in controlling them.

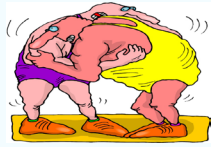
Groundhogs live in burrows that are usually dozens of feet long and have multiple chambers (mounds). They have a summer burrow and a winter one. There are at least two openings. The main entrance is one, and an escape hole, or spy-hole. Sometimes there is a third. The summer home of a groundhog will sometimes be under a shed.

In their winter burrow, groundhogs live from fall to spring. They hibernate all winter, eat underground with stored food, and mate in this burrow. After spring arrives, female groundhogs emerge with their offspring. Groundhogs are loners. By late spring, adult male, adult female, and offspring will all be out on their own.

Groundhogs are herbivores. They like almost all vegetables in your vegetable garden and many herbs, too. They will eat all parts of plants. In addition to vegetables, they also like fruits, including apples and pears. Watermelons are a favorite meal. They will also eat nuts.

- <http://www.gardenersnet.com/atoz/groundhogcontrol.htm>

Parrot Warbling



Grappling with Grammar

"Neither" and "Nor"

"Neither" is a singular adjective and can be paired with "nor" in a sentence. "Neither" is never paired with "or". When using "neither" in a sentence, you are saying not the first object and not the second object are behaving in a certain way. The nouns/pronouns are in agreement with one another. "Nor" can also be used independently when negating the second part of two negative clauses.

•Neither Corie nor Bob went to the play. (Corie isn't going to the play. Bob isn't going to the play.)

•She said, "I don't like broccoli." I said, "Neither do I." Neither is used here because she doesn't like broccoli, and I don't like broccoli. (You may hear people say, "Me neither," this is colloquial and not grammatically correct. You wouldn't say, "Me don't like broccoli.")]

•She didn't want to sing, nor did she want to dance.

"Either" and "Or"

"Either" is also a singular adjective. It means one or the other, but not both. "Either" expresses one noun/pronoun doing one thing and the other noun/pronoun doing another; in this way it is a "positive" word because what is occurring is true. "Either" can be paired with "or", but not "nor".

•She wanted to paint either a landscape or a self-portrait. (She wanted to paint one or the other, but not both.)

•I can't remember if either Georgia or Julia wanted a doll for Christmas. (One of the girls wanted a doll, but not both.)

The Singular and Plural of It

Remember: If your element (the words that follow neither or either) is singular, then your verb needs to be singular; if one or both of your elements is plural, then your verb need to be plural.

•Neither Jaymee nor Dave is having a party. (Jaymee and Dave are singular, so you use the singular "is", not "were".

•Either the dancer or the acrobats are doing the tricks. (One of the subjects is plural, so "are" instead of "is" is used.

Idiom-Attic



A Bird In The Hand Is Worth Two In The Bush:

Having something that is certain is much better than taking a risk for more, because chances are you might lose everything.

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

Beak Speak

American Pronunciation

- The three most distinctive consonants are R, the American middle T, and the Th sound.
- The R is a consonant, but it acts more like a vowel, because the tip of the tongue doesn't touch anywhere in the mouth. The middle T is what makes a word like meeting sound like "meeding." As the most commonly used word in English is the word "the," the Th is very important. Here are some very high-frequency TH words: the, these, those, they, them, there, they're, their, this, that and then. If these and those are pronounced with a D instead of a TH, it sounds like "dese" and "dose," which is considered lower class in America.



Middle of the Staircase [T is D]

If the T is in the middle of the word, intonation changes the sound to a soft D.

Letter sounds like [ledder].

Water, daughter, bought a, caught a, lot of, got a, later, meeting, better

Practice these sentences:

What a good idea.	[w'd' gūdāi deey']
Put it in a bottle.	[pū di di n' bād'l]
Get a better water heater.	[gedda bedder wāder heeder]
Put all the data in the computer.	[pūdall the dayd' in the k'mpyuder]
Patty ought to write a better letter	[pædy ād' ride a bedder led-der]

Some More Parrot Fun Stuff



Would You Consider Being My Sweet Valentine?

Can you feel the love that was put into this puzzle? Trivia question: Who was the first author to write about Valentine's Day as a day of love?

Be My Valentine!

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

hearts

romance

flowers

candy

blush

love

Cupid

bow

arrows

surprise

pink

white

red

valentine

kindness

special

card

chocolates

saint

boyfriend

girlfriend

husband

wife

bouquet

roses

February

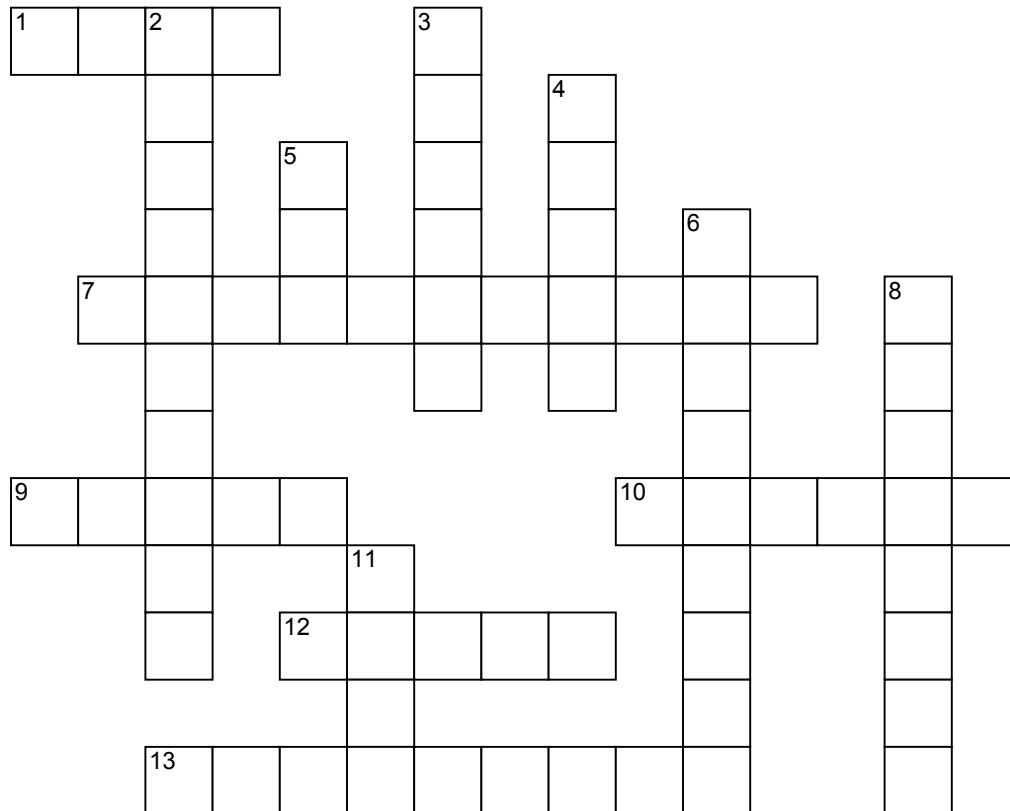
fourteenth

To answer the trivia question, look for words or phrases that are hidden in the puzzle, but not in the word list.

Trivia: The first recorded associations of Valentine's Day with love can be traced to this English author.

Valentine's Day

February 14



www.elcivics.com

ACROSS

- 1** a folded piece of stiff paper with images and greetings that is signed, put in an envelope, and given on special occasions
- 7** the light from a burning candle
- 9** popular shape often seen on Valentine's Day cards and drawings
- 10** red and pink are popular _____ on Valentine's Day
- 12** most popular type of flower on Valentine's Day
- 13** "Be my _____."

DOWN

- 2** a place where waiters and waitresses serve food to customers
- 3** the main meal of the day, usually eaten in the evening
- 4** a mythical god of love with wings and a bow and arrow
- 5** color that symbolizes love
- 6** type of candy that is usually brown and is made from cacao seeds
- 8** month when we celebrate Valentine's Day
- 11** an intense feeling of affection

Solution to Wordsearch on page 12

Editor's Note: Ziaeddin Torabi is a renowned poet in Iran currently attending ARC's ESL program

Wild

How surprising is this river
 wild, boiling, and roaring
 that no one can cross by swimming
 nor by a boat
 with no bridge and pass
 We walk, thus
 on different sides, far from each other
 When we are tired
 we sit on rocks and
 we wash down the tiredness of our
 feet
 in the river
 which flows, finally, to a sea or a marsh
 and our tiredness joins together

By: Ziaeddin Torabi
 Translated by: Parisa Samadi

Rigoberto's Riddles

What kind of flowers do you never give on Valentine's Day?



Cauliflowers!

Silly Vasily's Chuckle Chamber

My One And Only

Roger, who was 19 years old, was buying an expensive bracelet, to surprise his girlfriend on Valentine's Day, at a very smart jeweller's shop in Hatton Garden, London.



The jeweller inquired, "Would you like your girlfriend's name engraved on it?"

Roger thought for a moment, grinned, then answered, "No, instead engrave 'To my one and only love'."

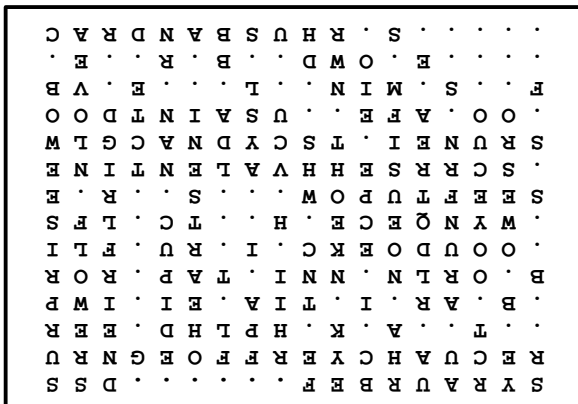
The jeweller smiled and said, "Yes, sir; how very romantic of you."

Roger retorted with a glint in his eye, "Not exactly romantic, but very practical. This way, if we break up, I can use it again."

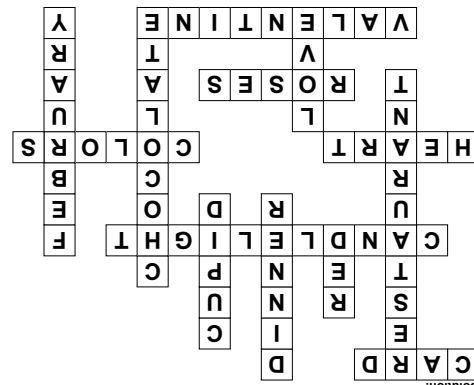


Solutions to Wordsearch

Answer: **Geoffrey Chaucer**



Solutions to Crossword



Valentine's Day
 February 14

Solution:

The Frugal Flamingo

Farmers Markets For Foodies

Ready for a new you? If you are like me, your New Year's resolution is to be more healthful and to lose those unwanted pounds. I always feel a little gloomy when the holidays come to an end and having a personal goal helps me get through the next few months, which are my least favorite, and takes me to feeling great during my favorite months (spring and summer months). Farmer's markets are a great way to get outside during these winter months when we don't really feel like it. Getting outside and being in the sun can help with the blues that these shorter and colder days bring not to mention the health benefits that eating healthful foods can bring. Farmer's markets are all over Sacramento County and Placer County. I have listed all of the Certified Farmer's Markets in the Sacramento area and one in Roseville. I have also listed two farmer's markets that are not certified, but are very worthwhile. (A Certified Farmer's Market means that the farmer sells directly to the public and the government checks to make sure the farmers grow what they sell). Although I have not been to all of them, the ones I have been to have been very enjoyable and have made me feel healthy by just being there!

Farmers Markets in and around Sacramento



Certified Farmers Markets

SATURDAYS **OPEN ALL YEAR**

8:00 AM - Noon

Sunrise Station

Folsom and Sunrise Blvd - Rancho Cordova

SATURDAYS **OPEN ALL YEAR**

8:00 AM - Noon

Country Club Plaza

Butano Drive Parking Lot - Sacramento

SATURDAYS **OPEN ALL YEAR**

8:00 AM - Noon

Laguna Gateway Center

Laguna and Big Horn Blvd. - Elk Grove

SATURDAYS

9:00 AM - Noon

Inderkum High School

New Market Drive - N. Natomas

May through October

SUNDAYS **OPEN ALL YEAR**

8:00 AM - Noon

State Parking Lot

8th and W Streets - Sacramento

TUESDAYS

10:00AM-1:30 PM

Roosevelt Park

9th and P Streets - Sacramento

May through September

TUESDAYS

10:00 AM -1:30 PM

Fremont Park

16th and P Streets - Sacramento

May through September

WEDNESDAYS

10:00 AM -1:30 PM

Chavez Plaza

10th and J Streets - Sacramento

May to October

WEDNESDAYS

4:00 PM - 7:00 PM

Elk Grove Regional Park

9950 Elk Grove-Florin Road - Elk Grove

Mid-May through August

THURSDAYS **OPEN ALL YEAR**

8:00 AM - Noon

Florin Sears Store

Florin Road & 65th Street - Sacramento



THURSDAYS

10:00 AM - 1:30 PM

Capitol Mall6th Street and Capitol Mall - Sacramento
May through September**THURSDAYS**

10:00 AM - 1:30 PM

East End State Capitol Park

15th and L Streets - Sacramento

June through September

FRIDAYS

10:00 AM - 1:30 PM

St. Rose of Lima Park

7th Street and K Streets - Sacramento

June through September

Support Family Farmers

TUESDAYS **OPEN ALL YEAR**

8:30 - 12:30

Roseville Fountains

Galleria Blvd and Roseville Parkway-Roseville

For more information:**(916) 688-0100 or www.MarketLocations.com****Other Farmers Markets in the Area:****SUNDAYS **OPEN ALL YEAR****

8AM - 1 PM

Carmichael Park**DAILY (APRIL 15 -October)**

Mon-Fri 10-6, Sat-Sun 10-4

The Farmer's Wife5701 Winding Way, Carmichael,
CA

916-967-5985

To Contact Frugal Flamingo: Casperj@arc.losrios.edu

Media Peeps! by Media Mike

What's the Deal with Superbowl Sunday?

<http://www.nfl.com/superbowl/46>

Sunday, February 5th. What's so special about that day? It's an unofficial holiday in the United States. There are no greeting cards for it – but the grocery stores will be decked out in NFL fanfare. Cardboard footballs will be hanging everywhere in stores. Nachos and cheese dip will be on sale. Strange commercials will appear on television, on your favorite websites, and even on billboards as you drive through town. It's Superbowl Sunday.

Superbowl Sunday is like the World Cup of soccer. People tend to gather around television sets, drink beverages and eat party food. While some people watch the actual game and protest every down or sack by loudly yelling at their television sets, others only pay attention during the commercials. Watching the Superbowl commercials is quickly becoming a necessity if you want be hip at the water cooler the next day. This year it will cost a company \$3.5 million to show their product in a 30-second advertisement during the Superbowl. Three point five million dollars for thirty seconds. !The ads better be good at that price tag, and they usually are.... People will talk about those ads for days and weeks. Viewers will go to YouTube.com to check them out and show them to their friends and family. The commercials will live on long after Superbowl Sunday has passed. Are you ready to join in the conversation? Below are three lists of the most

memorable Superbowl commercials. Do your homework before February 5th so you can chat with your neighbors, co-workers, and classmates about the best commercials from this year's event. The first website listed below has the commercial videos on the webpage (just click on "Begin Slideshow" to start). For the ESPN.com list, find the commercial by going to YouTube.com and typing in the name of the commercial (for example: Pepsi apartment 10 G).

<http://bleacherreport.com/articles/591097-100-greatest-super-bowl-commercials>

<http://www.aolnews.com/2011/02/03/the-7-best-superbowl-commercials-ever-aired-videos/>

<http://espn.go.com/page2/s/list/sbcommercials.html>

WHY WATCH? WHY NOT?

Commercials, like other media, are often referred to by people in conversations. Many cultural references come from media – from movies, television, books and even a 30-second commercial. They are topics which we may have in common with other people around us, and so they can be useful in understanding conversations or when reading newspaper articles. One way to help yourself improve your English skills is to participate in some of the cultural aspects of your community.



Vocabulary Tweets:

What's the deal? (expression): "What's going on?"/"What's happening?" or "What's the problem?" (negative)

Decked out: to be lavishly decorated

Down (term used in football): an attempt to move the football (a team gets 4 tries, or 4 downs, to move the ball 10 yards)

Sack (term used in football): to 'sack the quarterback' means to prevent the quarterback from passing the ball by pushing

him to the ground

Hip: to be current with fashion and cultural knowledge

Water cooler talk: gossip or recent cultural events that are later discussed at work. The term comes from the central area of an office, like at a water cooler, where people can meet without the boss or manager nearby.

speckee@arc.losrisos.edu

Rosario Rules

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

When I become a naturalized United States citizen, do my children automatically become American citizens?

Usually, if children are permanent residents, they can be granted automatic citizenship due to their parents' naturalization. It does not matter if they are your children by birth or adoption. Children become automatic citizens of the United States if: a) At least one parent of children is an American citizen by birth or naturalization. b) Children are under the age of 18 years, c) Children are residing in the United States in the legal and physical custody of the American citizen parent based on a lawful admission for permanent residence.

To qualify as a "child", the individual must be unmarried.

Also, children who were born to unmarried parents must be legitimated when they are under the age of 16 and while in the legal custody of the legitimating parent.



Children who satisfy the requirements before turning 18 years old automatically become American citizens without having to file an application. However, in order to obtain a certificate of citizenship from USCIS, their parents have to file the N-600 form, and pay a fee of \$600 dollars or \$550 dollars if the child is adopted.

A stepchild who has not been adopted does not qualify to be granted automatic citizenship from the United States.

For more information visit www.uscis.gov

Rosario Flores



Artie's Easel

Dear Artie,

Can you give me some of the definitions for certain colors?

Dictionary Guy

Dear Dictionary Guy,

First of all--Happy New Year to all of my readers! Now to answer your question. I looked up the meanings of all of the colors that I could find in my Newbury House Dictionary of American English and found these:

Indigo: a purple-blue color

Orange: the color made by mixing red and yellow together

Aqua: a light bluish green color

Blue: having the color of the sky or sea

Green: a combination of blue and yellow

Yellow: a primary color such as the color of a lemon

Purple: the color made by mixing red and blue together

Lilac: like the color of the lilac bush's flower; soft purple

Red: a basic color like that of blood

White: the complete lack of color

Black: the darkest color; very dark like the color of coal

Buff: pale yellow or brownish yellow

Pink: a light red color

Brown: the color that is a mixture of red, yellow, and black

Gray: a mixture of white and black



Prof. White-- Artie's Mentor

There are many other colors, but my dictionary did not list some of the more unusual ones that I know. Why don't all of my readers find more colors and definitions for them and then send them in to me so that I can add them to this list for my next column? (gaenaw@aol.com)

I am going to leave you all with a small art project to do: draw a tree, any kind of tree on an 8½ inch by 11 inch piece of paper and use four of the colors listed above to color your tree in a creative way. Drop your projects in Profes-

sor Barnsley White's box in the Humanities Area on the 3rd Floor of Davies Hall and let me see them. Let's see what kind of color mixture you can come up with. Good luck!

**Your Local Artist,
Artie**

To contact Artie: whiteg@arc.losrios.edu

The Cyber Bum--Bogdan Komlyk

Mesopotamian Style of Schooling

The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.

Mortimer Adler

Would you like to become a student in an ancient Mesopotamian school? It would be fun except one little detail. For those of you who are not familiar with history, the hardest part of the schooling process was carrying your notebooks, since all of them were clay tablets. And can you imagine the poor teacher with a pile of student homework? Sounds more like a pile of bricks'. Even though all this doesn't sound relevant, your grandkids and probably even kids will experience "tablet schooling".

Of course the tablets will differ from clay tablets. And honestly speaking they will differ by a lot. As most of you have already guessed, I'm talking about tablet computers such as iPad, Kindle Fire, Eee Pad and many others. As all these tablets become more and more popular, people are coming up with new ideas for their usage. The best of all is ideas for education. Just imagine a



tablet book that will show you videos for history class, animated examples for physics class, a dictionary within a novel for literature class, and a "mathcheck" for math class. A tablet can do all this and much more!

Certainly this way of education has its disadvantages. I won't go into them here. Most of them are the same as what we encountered when computers were introduced to schools. Therefore we already have fixes and solutions to almost all of these drawbacks. For those of you who are interested in this topic, I advise visiting www.ipadinschools.com. This web site is more focused on the usage of one particular type of tablet but the information is still breathtaking.

And, as usual, if you have any questions, ideas, or propositions, send me an e-mail to geek.for.parrot@gmail.com

Granny Noetal

Dear Granny Noetal,

How does the ESL department arrange which classes are when and decide who teaches which classes and what we should learn?

Just Wondering

Dear Just Wondering,

That's a great question – you must work for The Parrot or The Current! It's also a big question, so I'll try to answer it simply. Arranging the schedule of classes and deciding what should be taught in each class and deciding who should teach which class is a long process that is usually under constant review. It's kind of like running a good restaurant. Like the staff of a restaurant, the ESL department knows who the regular customers are (eager students), what they like (no small portions -- lots of homework!), fair prices (low tuition), and what they need – something tasty but nutritious (language, culture). In a successful restaurant, the ownership, the chefs and cooks, and the servers, bus personnel, and dishwashers watch (sometimes noses pressed to the window of the door leading to the dining room) and listen, especially listen, to what's happening out front in the dining room (in



the classroom), what the customers (students) are saying and if there are a lot of smiling faces. Based on that, the restaurant people may change the menu (what classes are offered), the hours of operation (the schedule of classes) the décor of the dining establishment (paint the classroom walls, get new boards, new equipment), and which servers work which hours and which tables (which teachers work when and in what rooms). The one big difference between

running a good restaurant and a good ESL program is that little piece of reality (“bucks”). Good restaurants are out to make money, first and foremost; we can also assume most owners want to earn a good reputation and take pride in what they do. Well, the ESL department first and foremost wants to do a great job; it is not out to make bucks but nowadays bucks plays a big role in some of the decision-making. The ESL department, like cash-strapped restaurant owners, has to figure out how best to keep the operation going – sometimes changes are reluctantly made. The one thing you can count on is that as long as customers (students) keep coming, they won't go away hungry – the instructors will leave them chewing on something.

To contact Granny: braccop@arc.losrios.edu

Parrot Plumage—What The Parrot Knows Won't Hurt You

1. Coca-cola was originally green.
2. Every day more money is printed for Monopoly than for the US Treasury.
3. Smartest dogs: 1) border collie; 2) poodle; 3) golden retriever.
4. Dumbest dog: Afghan
5. Hawaiian alphabet has 12 letters.
6. Men can read smaller print than women; women can hear better.
7. Chances that an American lives within 50 miles of where they grew up: 1 in 2
8. Amount American Airlines saved in '87 by taking out 1 olive from each salad served in first class: \$40,000
9. City with the most Rolls Royce's per capita: Hong Kong
10. State with the highest percentage of people who walk to work: Alaska
11. Chances of a white Christmas in New York: 1 in 4
12. Portion of US annual rainfall that falls in April: 1/12
13. Percentage of Africa that is wilderness: 28%
14. Percentage of North America that is wilderness: 38%
15. Estimated % of American adults who go on a diet each year: 44%
16. Barbie's measurements if she were life size: 39-23-33
17. Average number of days a German goes without washing his underwear: 7
18. Percentage of Americans who say that God has spoken to them: 36%
19. Percentage of Americans who regularly attend religious services: 43%
20. City with highest per capita viewership of TV evangelists: Washington DC



Mim's Cafe

Happy New Year, everyone! Welcome back to another exciting semester at American River College. I bet you had ample opportunities over the winter break to fill your tummies with delicious and not so healthy goodies (I did and ate way more sweets than I should). So let's start the semester off with a healthier dish. This recipe is quick and easy, and it won't break your bank account, either. I got this recipe from the magazine *Something Extra* published for Raley's, BelAir, and Nob Hill Foods Corporation. The sandwiches take less than ten minutes to prepare. These sandwiches will make great family potlucks. Enjoy your spring semester!



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

Prof. Montgomery with happy eater.

Spicy Shrimp Cocktail Sandwiches for Between Classes

Ingredients:

- 1 1/3 cups coarsely chopped cooked shrimp
- 1 1/3 cups chopped hard-boiled eggs
- 1/2 cup diced avocado
- 1/2 cup cocktail sauce
- 1 to 2 tablespoons Tabasco Chipotle Pepper Sauce
- 4 slices rye bread, toasted
- 4 cabbage leaves
- Toppings: chopped red onion and fresh cilantro leaves

Preparations:

1. Stir together shrimp, eggs, avocado, cocktail sauce and Tabasco sauce in a bowl.

2. Place cabbage leaf on each slice of bread and top with shrimp mixture.



Parakeet-Sized Snacks that Are Great While Reading The Parrot

Despite their name, tea sandwiches fit the menu whenever you're looking for something a little lighter to serve and easier to eat. If your guests will be dressed for a special party, they probably won't want to attempt a big, drippy meatball hero. With tea sandwiches you provide them with something easier to manage in dressy clothing. Some of the possible occasions are cocktail parties, bridal showers, baby showers, new member parties, or birthday parties.

When you plan your tea sandwich menu, let your imagination run wild. As much as the traditional white bread, cucumber sandwiches are still popular, any kind of bread and filling is possible. Think of



your favorite fillings and simply scale them back to a more delicate package. Here's an assortment of ideas to get you started.

Before You Begin:

A thin coating of butter will keep the bread from getting soggy. It's important to use good quality bread to help maximize the flavor and texture of each bite. The bread should be thinly sliced, ends trimmed, and cut into small pieces, generally no larger than a two-bite size.

Boots on the Ground: Get Slick with Trail Mick

Borrego Palm Canyon Trail, Anza Borrego Desert State Park - and - Rescuing Teresa From the Desert

I know this hike is a long way from Sacramento and A.R.C., but the unspoiled desert wilderness of California's largest state park is worth talking about, and in my view, worth a trip to Southern California. Certain characters and events described on this hike might just be fictional, as imagined by me while hiking in the Sonoran Desert on a very warm day last June.

On the day of my hike, it was 100 degrees and humidity was almost non-existent when I arrived at the trailhead located at the west end of a campground. Under such conditions, midday is an inopportune time to begin a hike. As I approached the campground, I noticed that each of the campsites was afforded a shade structure -- good planning for a hostile desert environment. The campground appeared deserted and there were no other cars to be seen. I would be hiking alone and would likely encounter no one on the trail. But, as always, I -- Trail Mick -- was prepared.

I had a day-pack containing a half gallon of water, sunscreen, first aid kit, matches, flashlight, and even a sweater. In my pocket I carried a 3-inch Swiss Army knife which I imagined might be useful in fending off an attack by a wild boar or mountain lion, both of which roamed this wilderness. Bighorn sheep also live in this desert. I would keep an eye out for them. Maybe I could get a picture. Checking my cell phone, and as expected, there was no service. I wore tan khaki shorts and a tee-shirt, sturdy hiking boots, and a safari-style fly fisherman's cap - the kind with the visor in front and flap in back to cover the neck. The flap, designed to keep the fly on the back-cast from sticking the angler in the neck or ear, also served nicely as a sunshade.

Determined, I started up the trail thankful for the serenity and beautiful natural surroundings. Not a bird chirped nor a breeze stirred. The silence was complete. As I made my way up the dry stream bed of Borrego Palm Canyon, I passed numerous willows and cacti and the tall, strange, Ocotillo plants. High canyon walls sloped back to dry granite mountains on both sides. The Anza-Borrego scenery reminded me of Death Valley National Park, which I love.

I was on a day-trip from Riverside, where I was visiting my

dear old Auntie. I wasn't concerned about leaving her for the day since I was down there for the whole week. I just had to get out and hike. Auntie was doing well. Though she needed a walker to get around, she was still going strong after 90 years of life - and still pretty!

After a mile-and-a-quarter, the stream bed began to show a trickle of water, which quickly increased as I continued on up the canyon. I was surprised when I arrived at a tiny, 25-foot high waterfall that tumbled over a huge granite



These Boots are Made for Walking

boulder. The trail appeared to go up around to the left of the falls. As I started up this path, I was startled by an improbable sight. At the top of the falls was a woman - a pale, forty-something redhead in a light cotton summer dress and flip-flops on her feet. In her left hand she carried a water bottle and in her right hand, an umbrella, which served as a parasol. She appeared confused and anxious. She looked down at me and asked, "How the hell do I get down from here?" I thought a minute, then replied, "Wait there and

I'll show you the path." When I arrived at the top, I could see the freckled stranger was flushed and sunburned and on the verge of heat exhaustion. I told her that for the time being she needed to get some shade, drink some water, and rest before continuing back down the canyon. She didn't protest as I found her a nice overhanging boulder under which to sit. She had no sunscreen -- I offered her some. I advised her to wait there while I continued up the canyon to view -- and take a picture of -- the small oasis of palm trees that was my destination. Ten minutes later I arrived at the oasis, got my photo, then turned back down-canyon. When I neared the spot where I had left the distressed hiker, I met her walking up the trail. When I asked her where she was going, she said she was headed back to camp. "You're going in the wrong

direction. You need to turn around and go downstream." "Really?" she asked in disbelief. I told her I was also headed back then and offered to accompany her down the trail. Though she said she didn't want to be trouble, I insisted. On the walk back, I slowed my pace down to accommodate her. I used the frequent rest stops to take pictures of the wild desert scenery. I introduced myself as Mick. She said her name was Teresa, that she had taken the long bus ride up from San Diego to Borrego Springs. Once in town she had hailed a cab for the last four miles to the campground. During one respite, I climbed up onto a six-foot rock to get a better photo. While on the rock, I lost my balance and tumbled off, scraping my right arm as I fell. I landed flat on my face in a bed of sand. "Oh my God, Mick, are you okay?", she asked, alarmed. "Only my pride," I grimaced. I licked at the blood oozing from my wound, effectively stopping the flow.

When we finally arrived back at the trailhead and my car, I offered to drive Teresa to her campsite. She thanked me for guiding her out of the wilderness and invited me to see the campsite. "I don't know what I would have done if you hadn't

come along. Would you like some refreshment? All I have is peanut butter, crackers, and cookies. And oh, I have imported beer," she noted. I replied, "I don't drink beer - makes me hop on one foot - only drink H2O when hiking. I really must be on my way, anyhow. Auntie will be worried." As I retreated to my car, I imagined that Teresa had her eyes fixed on me -- staring at my backside! Oh well, who could fault her the indiscretion? Or maybe she was delirious! When I arrived at my car, I caught my reflection in the window. Trail Mick's image stared intently back at me. I turned so I could view his rugged profile. For only a couple of minutes, I held what I believed to be Mick's most manly pose, then let my stomach out, opened the door, and drove off.

Back in Riverside at my Auntie's house, I entertained Auntie with my day's adventures. "My goodness!", my Aunt smiled. "That makes you a hero of sorts, doesn't it?" I looked deliberately down at one hand, then the other. Then, gazing up at the ceiling as if I would find the answer there. "Yes!" I agreed, smiling.



To get to Anza Borrego Desert State Park from Sacramento, make your way to Interstate Hwy. 5 (I-5) and head south to Los Angeles. Once you descend into the L.A. Basin, take I-210 east toward Pasadena. Keep going on 210 to California SR-57 south. After a few miles leave SR-57 and drive east on I-10 toward San Bernardino. Keep going on I-10 past the desert cities of Palm Springs and Palm Desert to Indio. At Indio, take the Brawley/El Centro Expressway (SR-86) south. After driving 34 miles on SR-86, with the vast Salton Sea on your left, look for County Hwy. S-22, the Borrego Salton Sea Way. Turn right onto S-22, where you soon enter Anza-Borrego Desert State Park. After about 20 miles, continue on as S-22 make a sharp left turn and becomes Pegleg Road. After a couple of more miles S-22 takes a right turn

and becomes Palm Canyon Drive. Continue on Palm Canyon Drive through the town of Borrego Springs to a signed junction just prior to reaching the Anza-Borrego State Desert Park Visitor Center. Turn right at the sign and continue for a mile to the Borrego Palm Canyon Campground. Drive through the campground to the west end, where you will see a separate parking area for the Bor-

rego Palm Canyon Trail and a sign post containing a trail map and other information. Potable water is available in faucets at the campground's west end. The total drive from Sacramento takes 10 hours.

If you go, definitely carry water, sunscreen and a hat with sun visor with you on the hike, especially during the warmer months when the afternoon temperature daily exceeds 100 degrees. There's little shade along this trail except for some very large overhanging granite boulders and the palm tree oasis (the hike's destination point). At least this hike is not a long one, about four miles out-and-back. The best time to go is October through May. Most people avoid the summer months since daytime temperatures can be brutal in this low-desert country. (Do as Mick suggests, not as he does.) And who knows --- you may meet someone in distress or who thinks you are a hero! Or at least you can imagine that!

See you on the trail!

To Contact Mick: braccop@arc.losrios.edu

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and it's agricultural and also where there are a lot of pear farms, corn and things like that but they lived in a town because they had a barber shop. Both of my grandparents were barbers. So my mother was in a small town on the river and my father was in a small town in the country, outside of Sacramento and the reason they met was because both families, even though they were from Japan originally, were Christians, Methodists actually. In those days some of the marriages were arranged ahead of time by a family friend of both families and because they were both Christians instead of Buddhists, they introduced my mother to my father and after a while they got married; then I was born. A year after they were married, they moved to Sacramento. That's where I grew up. First downtown in an apartment for 2 years and then we moved to South Sacramento and actually it was not a great area. We lived right next to the railroad track. So I lived there for 20 years until I went away to college I came back in my junior year to take care of my mother because she had a very serious illness and actually after a couple of years she passed away. Then I had to return to college to finish my last year, I started at Sac City College and went for 2 years. Then I transferred to the University of California at Santa Barbara, and started my physiology major but ended as a US history major and got my bachelor's degree. Then I returned for a short time to Sacramento because by that time my dad was actually having some health problems also and of course he was living by himself so I came home to help him out but I was lucky enough to get into a special 2-year program funded by the U.S government. Being a low-income student, I qualified for a program called Teacher Corps. So Teacher Corps paid for college tuition and books and supplies, and gave us a little bit of money to live on every month. I joined the program at the University of Southern CA in Los Angeles, and it was a very nice program for us to earn the master's degree and education as well as teaching credentials for two years. It was a very rewarding experience and we had a lot of people in the programs from all over California and very ethnically diverse, for example, 10 Asians and 10 African Americans, 10 east Asians, 10 Native Americans. We had 50-60 students and very mixed cultures so it was a very good experience. I learned a lot about different cultures and different people and had very valuable experiences that actually helped me a lot at ARC later. After I got my master's degree I worked for short time, less than a year, in special education. Where I was teaching severely emotionally disturbed children through age 12. It was a self-contained classroom and students, of course, had a lot of behavioral problems, I had 2 aides who were supposed to help me with discipline and time outs and things like that. It was a very difficult job. The students were not always

happy and had severe problems. After a while, one of my cousins who worked as a translator at Sacramento City College suggested I apply to community college. She gave me the best advice in my life because I did apply eventually for a job as EOPS coordinato and tutoring coordinator in 1975. I was very lucky to get that job.

Parrot: Oh, you were lucky? I was almost three or four years old at that time.

Paul: Ah, you made me feel old!

Parrot: You mentioned you were born in Sacramento, California. When did you first visit your own country and how did you feel about it?

Paul: My grandparents' original country. Yes, I went to visit Japan in 1993 with my own family, my wife and one of my children because one of my children was not born yet and it was a very interesting experience because I found that even though ethnically and racially I am Japanese and Asian, culturally I'm definitely more American. Lucky for me none of my grandparents spoke English to me so I can understand a lot of Japanese but I was born a few years after World War II and so my parents sort of discouraged me in terms of learning Japanese writing and reading and speaking very much on the streets. Also the interesting thing in Sacramento is that if you are not Buddhist, and we were Methodist, you didn't have the opportunity to go to Japanese language school. The Buddhist church sponsored a large Saturday program where you'd learn after school. I think a couple of days you learn to read and write in Japanese and that was open only to Buddhist church members. That was another reason why I did not learn the written language. However, I did understand a lot of Japanese because none of my grandparents spoke English on a regular basis. When we did go back to Japan, I was very surprised to remember a lot of Japanese. By the second week, people who I was speaking Japanese to were complimenting me and saying my Japanese was not too bad.

Parrot: You did try your best, ha!

Paul: And it was amazing because I was remembering vocabulary words from my childhood that I hadn't heard for many years and so it was a blessing that my grandmother, who lived the longest and had the most contact with me, never spoke English. It just helped me to learn a second language, but anyway, I found out that culturally I'm different from the men in Japan that we met. Of course they were probably upper middle class people because we were on a trip on a tour and we went to different vacation sites and resorts that probably lower income Japanese could not afford to go to. So I was probably in contact with many Japanese businessmen and found them to be very competitive and not too friendly. At least in the initial meeting, but on

the long bus rides and train rides that we took, when I would present a card that I had printed in Japanese that showed that I was an administrator and counselor and professor at a college, that culturally in Japan opened a lot of doors because people respected education a lot. Probably not only in Japan, but in many countries around the world so people started to talk to me and tried their English out and I was trying to use Japanese, and it was good. I did get to speak to many people and once the people got to know me a little bit, they were much more friendly but I noticed initially, when we were just around other people, the men especially were sort of competitive.

Parrot: It sounds interesting, ha!

Paul: Yeah, but I did realize that I'm definitely Japanese American and not Japanese from Japan. There is definitely a cultural difference between the two countries. My cousin, we met my cousin, a female cousin in the Kyoto area because she was teaching English in a small high Japanese high school for 2 years and we met her in the 2nd year and she was very happy to see someone from her hometown area. We spent some a few days together and had a good time. But it was very surprising and eye-opening to find out there are cultural differences between American and Japanese people. I was comfortable in Japan, but I realized I would prefer to live in the United States.

Parrots: That's nice. You prefer to live in the United States.

Paul: Yes, well, you know I was born here, so I guess birth has something to do with it.

Parrot: Now, what made you come to choose this career?

Paul: Well, in Japanese American culture, is like in many countries around the world, education is highly valued. My father was pretty much a laborer and a gardener all his life and had to work very hard and always have two jobs. I think he was very interested in me having a better life and you know neither of my parents really talked about that but my mom did emphasize education was a good thing for me. They didn't say it over and over again but it was almost silently understood that I should go to college. We were

not very, we didn't have a very good income as a family. I think I was, not very knowledgeable about financial things when I was a teenager. I just didn't have any idea if I would be going to college beyond Sacramento City College. But luckily a couple of my friend's from high school encouraged me a lot to apply with them to the University of California because they wanted to get out of Sacramento live away from home. They encouraged me to do the same thing. In those days there was no financial aid, if you can believe that, so my parents had to go, take me to a Bank of America on Broadway because at that time that was the only branch of the Bank of America, that was giving any kind of student loan. Then it was very formal, very hard to get loans. My father and I both had to put on a suit and tie and my mother got dressed up and we went down to the loan officer who interviewed us very seriously and didn't smile one time. It was not like today where customer service is so empha-

sized. That was like why should we loan you any money to go to school? Because we don't have anything to secure your loan. It was very serious in those days. Luckily, I did get a student loan and it was not too much, only about a thousand dollars a year, and somehow my mother has saved about 500 dollars so I had enough money for one year at the U.C. and because it was not so expensive long ago. Of course I worked summers and

while at Sacramento City College, I worked quite a few hours every weeks as a clerk for the State of California and tried to save up some money doing that and also doing summer job when I came back from the University. Somehow I got through. I'm not sure exactly how.

Parrot: Luckily we've got you and you have been successful in all you have tried. Did anytime during your major you decide you should change your major or anything like that?

Paul: Yes, actually I was sort of a typical student who didn't know to see a counselor and to get good counseling and academic advice. I think I went to see a counselor one time at Sacramento City College to find out how I was doing on graduation requirements and she said, "Luckily for you, you have enough units and the right classes to get an AA degree in Social Science" so I was very happy. But also the UC transfer requirements were not quite so extensive as they



are now and I had 60 units to transfer and got in originally as a psychology major but at Santa Barbara Campus, they have what they call a bio- psychology major. You really have to have a very strong background in chemistry and biology and I had none of that in high school. I think one biology class and that was about it. So I was not prepared to be a psychology major at that particular campus. After two quarters I realized I was doing much better in my history classes that I was required to take than psychology so after thinking about it, I changed my major to United States history and did enjoy that actually a lot better. I had more A's and B's, than in psychology, so it was sort of a lucky choice at that point again. You just and I just pretty much had to decide on my own because of how I was doing in my classes. When people say that they never got a hand, you know in their life, and that they did it all by themselves, I don't really believe it. I think they get good luck sometimes and think people decide that they like us or find something good enough and they help us or encourage us in some place so I don't think it's because I was so brilliant and so wonderful that I got these lucky breaks.

Parrot: You were successful overcoming and struggling?

Paul: Yes, I think I probably worked hard in educational programs because I didn't have too many other choices and I know, I do respect people who have to struggle and work hard and don't have too many resources and that's why I enjoy so much working in the EOPS because every student that I meet is working hard to overcome many barriers and many economic and language and social barriers. That I feel some kind of relationship or kinship talking to my students because I went through a similar experience many years ago. So that's the motivation for me to try and do a good job, also.

Parrot: Can you say there is anything special about ARC?

Paul: I have been here for many years, well over 35 years, and it's always have been a very good place, the people who work here, whether it's teachers, counselors, staff, almost everyone has a real interest in seeing that students succeed. Certainly some people are grumpy and some people are not helpful but most of us really like students so I've always loved that about American River College. Also I have seen a tremendous growth in diversity and the growth in different types of students, different cultures, and languages. The campus today in 2011 is very different than in 1975, when I started working here. If you walk across campus from one end to the other, you see so many types of people speaking so many different languages that it's just makes you feel good. It's just like being part of the world and it's not isolated and you know just in one small part of the United States you are really part of the world.

Parrot: A personal question: Can you tell me what you do in

your spare time?

Paul: Well, we just took our 18 year-old-son off to college this past summer and fall, so now for the first time we don't have any children at home but for many years, it seemed like being a parent was my main hobby. That took all my time but lately travel and photography, taking pictures and documenting scenes from our lives. Before we had children, many years back, I rode motorcycles for a long time but my wife made me promise not to ride motorcycles until our children were out of college. So I haven't done that actively. I do like being with close friends; that for me is a good pasttime. I love to go out to eat. Although it is too expensive to do it too much, actually I do love going to see movies. Although movies are good enough at home, you know TV, I love it much more on the big screen, in the theatre.

Parrot: Any particular movies?

Paul: All types. I do like comedies, because I think we need to get cheered up, but anytime there is good acting involved. I love it and its good photography and then at home in my spare time, I read a lot, mostly mysteries and detective novels because I think they take me out of my own life. I get vey distracted and get involved with the characters and the plot and it helps me relax actually when I read things that are not like everyday life.

Parrot: If you were ever given a destination for vacation, where would you prefer to go and why?

Paul: That's a good question, because there are so many places in the world, that would be good to see. Hm, that's a difficult question, Ruth, let's see. Hah, I think perhaps one of the islands far away in the Pacific area. My wife has talked about Tahiti before so far away, some of those exotic islands might be good. And I think Australia might be interesting. We've talked about India and Greece, but I guess to answer that, I don't know yet. But anywhere I guess that's different from the United States and sort of far away.

Parrot: Maybe something different from the United States.

Paul: Right, some place peaceful and beautiful and yes, I wouldn't mind somewhere around the ocean. That might be good.

Parrot: That's interesting. Maybe you should decide right now.

Paul: Yes, before I get too old.

Parrot: I think that's all for today and thank you so much for giving me the time.

Paul: Oh, you're very welcome, Ruth.

Out of the Cage

Online Satisfactory Academic Progress Workshop

Wednesday, January 25, 2012

This workshop is required for students on financial aid dismissal status and want to appeal.

The appeal form may now be obtained by completing the Satisfactory Academic Progress Workshop online. If you are completing the online workshop go to <https://d2l.losrios.edu> to complete the workshop and download the required forms.

Posted by: Financial Aid

"In Time" - movie screening at Sac. State

Event Type: Film

Location: University Union Ballroom

Thursday, January 26, 2012

7:30 PM - 9:10 PM

Calendars: UNIQUE Programs, University Union

Contact: UNIQUEPrograms@SacStateUNIQUE.com
(916) 278-6997

Title Url: <http://www.SacStateUNIQUE.com>

IN TIME, special film screening of the 2011 action/ sci-fi movie starring Justin Timberlake, Amanda Seyfried, & Cillian Murphy, University Union Ballroom, 7:30 pm, FREE!!!

Rated PG-13 for violence, some sexuality and partial nudity, and strong language. Run time is approximately 109 minutes. All ages permitted. No alcohol sold or permitted at venue.

Sponsored by the University Union UNIQUE Programs.

Additional Info Parking Information: Free parking after 6:30 pm on the 6th floor of Parking Structure III.

The Vagina Monologues at Sac. State

Event Type: Theatrical Performance

Location: University Union Ballroom

Thursday, February 09, 2012

7:30 PM - 9:30 PM

Calendars: UNIQUE Programs, University Union

Contact: UNIQUEPrograms@SacStateUNIQUE.com
(916) 278-6997

Title Url: <http://www.SacStateUNIQUE.com>

Sac State's 10th Annual Benefit Production of **THE VAGINA MONOLOGUES**- stage production based on Eve Ensler's monologues with real women exploring intimacy, vulnerability and sexual self-discovery, University Union Ballroom, 7:30 pm. Tickets are \$5 for Sac State students and \$10 for the general public, available at the Union Box Office or Tickets.com.

An ASL interpreter will be present.

This program is in support of V-Day. Co-sponsored with Active Minds, and Sac State Student Health and Counseling Services. Proceeds to benefit The Share Institute and My Sister's House.

All ages permitted. No alcohol sold or permitted at venue.

Additional Info Parking Information: Free parking after 6:30 pm on the 6th floor of Parking Structure III.

Resume Development Workshop

Wednesday, January 25, 2012 2:00 pm - 3:00 pm

Your resume reflects your uniqueness. This workshop focuses on the physical appearance of a resume, including different types of formats and the kinds of information that should be included. Tips on writing an effective cover letter to send with your resume will be discussed. Please call the Career Center and register for this workshop.

916-484-8492

Location: Career Center

Questions/Comments?



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

Newsletter.htm