



The Parrot

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

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Need to Know? Info Service's Marquette Jefferson

Parrot: First, I would like to thank you for letting me interview you.

Marquette: No problem at all.

Parrot: Okay. I have some questions to ask you. So can you introduce yourself first?

Marquette: Okay. My name is Marquette Jefferson.

Parrot: Okay. Well, Mark, are you a native speaker of English?

Marquette: Yes m'am.

Parrot: Where were you born?

Marquette: I was born in Memphis, Tennessee.

Parrot: Tennessee, and when did you move to California?

Marquette: I moved to California five years ago.

Parrot: Five years ago.

Marquette: Yes.



Parrot: Now tell me about your job. How long have you been working at American River College?

Marquette: I have been at American River College for four years. I started as a student assistant in the Career Center.

Parrot: Career Center

Marquette: I was there two years before going over to the Information Service in the administration building.

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Miss Your Grandma? Rent One!

Miss your grandma? A new service lets you rent one.

Based in the LA area but now a national franchise, Rent-a-Grandma provides carefully screened women age 50 or older for child care, cooking, housekeeping, pet sitting and other roles.

The advantage that older women bring is their extensive age/life experience, founder and CEO Todd Bliss told Business-Newsdaily.

"Women in their 50s don't text or tweet while they're watching your kids," Bliss said. "There's no replacement for experi-

ence."

Because of the large number of senior women who are looking for work or to re-enter the work force on a part-time or permanent basis, there is no shortage of eligible candidates, Bliss said.

"Finding the grannies is the easy part," he said.

The company currently has 40 to 45 women

working at rates that range between \$16 and \$23 an hour. The women pay the company an employment fee and/or a percentage of their hourly compensation.

www.wbaltv.com/news/



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Student Chirpings

The Terrible Day

I think that everyone has done something in his life that makes him embarrassed. Probably it is happening when someone does not think before he does something, or it is an accident. Anyway, it happened to me too. Even though I was just six years old, when I think about that I still feel uncomfortable, because I remember almost everything. And of course, a six year old boy does not yet have a strong habit of thinking before he does something, but at the same time he is already able to do many terrible things. So, let's see what happened.

It was summer time when we did not have school, and I had a lot of free time. I was playing in the front yard of our apartment with other children. There was a place where we usually played, but some children who played before us left many stones and other useless things. So I decided to clean up this place, and get rid of useless things. The next moment I was throwing all these things; however, I did not think that when you throw something, it is going to fly somewhere. Unfortunately, one of the stones fell down right in front of the face of an old woman.

When I understood what I had done, I was frozen and shocked. I did not know what to do. The lady was sitting with her friend, and they were both yelling at me and were walking my way. They were yelling at me very loudly, and many of our neighbors walked out to see what happened. In a few minutes I was in front of these screaming ladies. People around me were asking about the details of this incident. They were asking me, but I



could not answer clearly because I was scared. These ladies explained to people what I had done, and they were very angry with me. They were telling me what a terrible person I was, and they asked me how I could grow up to become such a bad boy.

For some reason my mother was not there. I do not remember why. My father I think was at work. One of our neighbors was my father's friend. He was home at this time, and when he heard about me, he came quickly. He began to explain that I was not a bad boy, that he knew that I was very obedient, and never did something bad, and that it was just an accident. But these ladies didn't want to listen to him; they were very angry with me. This situation pressured me a lot. Finally I could not tolerate this kind of pressure, and I began to cry loudly and run away from there. My father's friend tried to stop me and calm me down, but he could not stop me.

In conclusion, I would like to say that this situation kind of helped me to be more careful. After that I was much more careful. Also, as a father of two children, I remember all the time that children need to be watched almost all the time, and have to be taught well. I will try hard to help my children not to have such a terrible day in their life.

Dmitry Kutarba
ESL W50

Toward Illiteracy

Leaving school is a phenomenon which appears in the whole world. Many people leave school and they start their working lives with a limited education as if they are moving rapidly toward illiteracy. Illiteracy is the definition for people who cannot write or read. Leaving school is the first step toward illiteracy because you will force your mind to be a block. The reasons for this situation are different from one country to another. It depends on which country you are from, what is the culture of your family, what are the traditional values for your family, what are the behaviors of your teacher, what are your abilities as a student, and who are your friends. All these questions force many students to leave school forever, or sometimes for many years. In my opinion

as a woman who lived in the Middle East, students drop out of school for the following reasons: family behavior and traditional values, teachers and some students' behaviors and the abilities, attitude, and behaviors of the dropouts.

The first reason for leaving school is family behaviors and traditional values. Families are different from one place to another. I come from the Middle East; in that place families always have large numbers. I am one of six sisters and brothers. That means I am from an average family. In my country, they used to have more than ten kids, which made their lives very hard. Parents cannot take care of their children, so they depend on the children to help them to make a living. I have an auntie who has thirteen kids; half of them left school to

help their father at work because he is a carpenter and he can't afford their living. Some families have no understanding about the benefits of school. They are illiterate themselves. I know a family which kept its daughters from going to the secondary school because they heard from friends that school teaches the students the human body and poems for love. I know an Iraqi woman who told me that her mother prevented her from going to school because the mother heard her friend say that her son studied the female body in the science lesson. Other families prevent their children from school because of their culture. In the south of my country, Iraq, there are many families who work in agriculture, so they used to keep their boys out of high school to help them in their work. For the girls they have a traditional saying, "She is going to get married. Why do you spend your money on someone who will be owned by another man." She will not have your name. She is like a visitor in your house for a few years, so try not to spend much money on her." More than that, religion sometimes is the barrier to prevent girls from school. You can see many illiterate girls because of the culture and the religion of the family.

The second reason is teachers' behavior and some student attitudes. In my language, "teacher" is the second father or mother for the student. He is the waterfall who supported you with all kinds of sciences, so he affected your life whether you wanted it or not. I remember when I was in the second grade, my reading teacher, Mrs. Balkees, hated us as a class very much. She used to punish us using her ruler. She never called us by our real names. She gave us funny names, and when she called us by those funny names, she usually laughed. What do you think was the side effect of that behavior? I'll tell you, many of my classmates left school forever, and one of them was Zead. He was a fat boy, so she made fun of him. For me I was lucky because we had to move with my father to another place, so I had to transfer to another school, but I'll never forget her. Later, I knew after many years that she hated all the children because she had a son and a daughter with polio, but I never had good grades in reading lessons because of her. Your classmate's behavior also affects you negatively, like my cousin. He was one of the students in the civil engineering class. His father died when he was a young boy, so his mother did her best raising him, but his classmates made him feel less than them because of his clothes. They always called him bad names like "garbage man". Those things made him leave school forever, and he only tried to get money to be rich. Nowadays I speak with him, and he tells me that he is very sorry



about leaving school. The methodology of the teachers, that means how to teach, not the behavior, but the technique that they used was bad. Many teachers don't have the abilities to transfer the information to their students, or sometimes their abilities are less than the abilities of their students. My brother is talented in math; he could solve math problems in different ways. When he was in university, one of his professors didn't accept the concept of "A student is better than me." He started to harass him with degradation. That made my brother hate school and never finish his education. The relation between the teacher and the student is like action and reaction; if the action is very hard the reaction will be very strong.

The third reason is the student's ability and behavior. There are many students who leave school because they don't have the ability to study, or they need a private school for their ability. Those students start with the rest of the students in the normal class, but after a while they can't continue because of their limited ability. In my country those students leave school forever, but in the US there are many schools built to accept them. I saw a girl who was a refugee. She couldn't continue her studies because she needed special care. Nowadays she attends school and she is very happy. Some students have their own problems like having babies outside of marriage. This thing forces them to leave school, and take care of their new fam-

ily. The behavior of your friends affects student behavior, and sometimes forces the student to leave school. I saw many students here in ARC spend their times playing cards with their group, and at the end of the semester they leave school. These students are always tired; they don't know what to do. They don't set a goal for their lives, and they cannot have a positive step toward their future. For all these reasons, many students leave school and stay away.

In conclusion, students leaving school is a deep problem that most countries are suffering from. This phenomena has many reasons: family culture and tradition, teacher behavior and the student himself, his abilities, his attitude, and his behavior. Wherever this problem increases, the development of that country decreases. I think we cannot stop this problem because the reasons change from one decade to another, but at least we should know how to deal with them and reduce them.

Hind Hanna

ESL W50

Troubles in my Town

Every city and town has its own problems. Sanitation, parking spots, overpopulation and poverty are among several problems modern cities face. In my city, Baghdad, we have a different story; we have other problems, more dangerous problems. These kinds of problems have to do directly with our lives, literally. Ironically, if you are entering the city from outside, you will read a sign that says "Welcome to Baghdad." It's like saying "Welcome to Hell." Security, a devastating infrastructure, and political instability are our problems; somehow, they are connected to each other. If you think your town or city has big problems that make your life miserable, wait till you hear about our problems in Baghdad and then think again about your city.

Untrustworthy, unqualified, and infiltrated by different militant groups, our security system is the worst in the world and is a huge problem. To make it even worse, add to the equation lots of terrorist groups who target the people around the city. Bombs, assassination, kidnapping and property destruction are those terrorist groups' specialties. Most of those terrorists have come from outside Iraq. They started religious and ethnic cleansing around Iraq. However, Baghdad has the big share of this terrorism, for it is the capital of Iraq. The lack of security makes Baghdad one of the most dangerous cities in the world. When I used to live there, I had to check the street in front of my house whenever I wanted to go out. I had to be very cautious when I drove on the streets and the problem was terrorists were disguised as security forces. There was a high level of corruption among policemen and in the Ministry of Interior. In Baghdad you will find many check points in the streets. They are supposed to prevent terrorist from hurting innocent people. Yet, many bombs are still exploding in Baghdad every day killing many people. So when I used to go to work, I had to leave very early in the morning to avoid traffic jams caused by the worthless check points.

A deteriorating infrastructure is our next great problem. In 1980, Iraq went to war with Iran for eight years. The devastating war had its impact on the infrastructure. The war stopped in 1988. After two years of peace, the previous Iraqi president Saddam Hussein decided to teach Kuwaiti leaders a lesson so he invaded Kuwait in 1990 and started another war, this time with the whole world. The United Nations Security Council imposed sanctions on Iraq, including an embargo. From 1990 till 2003 Iraq was under siege. In 2003, the US forces with their allies launched a war to rid Iraq of alleged biological and chemical weapons, which they haven't found till now. As you see, since 1980 till now, our infrastructure has gone from bad to worse. After wasting billions of dollars, till now we have no electricity, no clean water, and no municipal services. In other words, the people of Baghdad are living in terrible living conditions. I remember in the summer time that the temperature reached above 50 Celsius (122 Fahrenheit) in the

shade! Imagine living in this temperature without air-conditioning because there is no electricity. We had to put water in buckets hours before taking a shower for the water was too hot. We had to let it cool down for a few hours before using it. Almost 90 percent of the infrastructure is destroyed; of course Baghdad, the capital, has a big share of the destruction.

Political instability is our third immense problem. Corruption is very common among politicians. We have so many political parties and each one of them wants to take the lead in the race to steal the country's fortunes. Rebuilding the country and taking care of the people's problem are their last interest. Now, politicians have become a burden to the Iraqi people. Unqualified and disloyal and supported by foreign countries, Iraqi politicians have caused Iraq to be politically unstable. That means more money to be stolen and more destruction to the infrastructure and more power to the death squads. What happened in Iraq is that they replaced one Saddam with many small Saddams. The people in Baghdad are tired and scared to make any moves because they don't know who their enemies are. And who are the friends? Most of the political parties have armed militants; most of those militant groups are registered as security forces and they are responsible for the kidnapping and the assassinating of other parties' members, robbing banks, and killing innocent people. Most of the new Iraqi government members have another passport beside their Iraqi passport. All of them have bank accounts in Switzerland and other countries. All of them have investment in other countries. All their families are living in other countries, most likely in European countries. That is why politicians don't care about the Iraqi people. And that is why the government and all the ruling parties are against anyone or any group of honest and loyal Iraqis.

Those are the most difficult problems we have had since 1980 till now. Many people are leaving their homes and even their cities to seek refuge in another place or another country. And for those who refuse to leave, they will face death or a difficult life. Every morning when I woke up and prepared myself to go to work, I used to say to myself, "This can be my last day in this world!" I used to think about how my family would manage without me and what would happen to my daughter. As you see, I started talking about Baghdad but ended up talking about the whole country, Iraq. Our problems are so big that we forget about small problems like the lack of parking spots, the public parks, or even taxes. Our problems in Baghdad are the same as the problems in Basra in the south of Iraq, or in Mosul (Nineveh) in the north. In Iraq we have been separated by ambitions and bad leadership and unified by problems.

Hani Karagoly

ESL W50



No One is Yelling at Me

Before I came here from Korea, I did not make good plans for living, and studying. I thought 'Move first and think later!' When I came here, I felt so terrible because I realized that I was crazy, and stupid. I was as dumb as ever. I didn't have enough English skills to live alone; so, I had a lot of stress. When stress did occur, I could not do anything because I had no English skill for reading, listening, speaking and writing. I was overconfident for using another language. I was mistaken to live in a new place where I had never lived. I did not think about cultural problems either. I had no brain.

I could say, 'No, Yes, Thanks, Bye and Hi.' I thought it was enough to live in a new place. When I got sick, I could not explain about my difficult situation. I had to use body language a lot. From my experience when someone asked, "How's it going?" what I thought I heard was 'How can I go?' Another example is that I couldn't buy anything alone in any grocery markets. Some cashiers did not give me back my change such as 5 or 10 dollar bills because they knew that I could not complain about it. I was depressed every day. I imagined that I might die in a month because living in the United States was Hell. I could not get any solution to my stress because I was getting scared to talk to somebody. I had to be a deaf and dumb person for three months. The only choice was waiting till I adapted to living alone in the United States.

I thought living alone in a new place was a piece of cake. I lived alone for a while before I came to the United States. I

was very confident in that; but, living alone without relatives and friends were horrible. No one knew what I felt. Frankly, no one cared because it was none of their business. Who cared? My first place had not many Koreans. I was homesick every day; so, I decided to have vacation. It was probably six months later. I had to have vacation to visit my country for one month. It was my solution to relieve my stress.

I ignored culture. I never thought about cultural problems before I came here. It was a big mistake. I had not respected other cultures so that I lost my chance to get respected. I never paid tips and I never said something after I got helped. For example, I never said, 'Excuse me', 'Thank you' and 'Sorry'; so, sometimes people yelled in my face; some people hated me, I could feel that. When stress occurred, I had to make my own shield. When I made more, I was lonelier and lonelier.

I did not have plans to live in a new place; I was so stupid. I decided to move to a new place because I wanted to start again. I don't like a big city, but I don't like the countryside either, so I moved to Sacramento. This place's living is better than the first place because I have knowhow. I can have friends because I know some greetings in English, and I can make conversations with American friends. And I can get change after I buy something; also, I say "Thank you", "Excuse me" and "Sorry." No one is yelling at me.

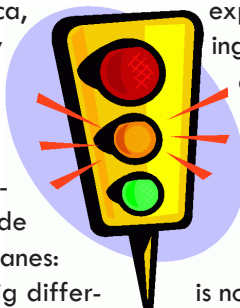
Youngchul Paik

ESL R320



Driver Categories in the United States

In Moldova, people say, "Tell me who your friends are and I'll tell you who you are." When it comes to driving in the United States, I can say, "Show me how you drive and I'll tell you who you are." When I started driving in America, I was impressed by the number of drivers and by the traffic flows on the interstate highways which are quietly different than in Moldova. For example, in Moldova, a family usually has just one car and just one member of the family drives it. In addition, the main road which connects the northern side with the southern side of Moldova has just four lanes: two for each direction. There are also two more big differences: The female drivers are extremely rare in Chisinau,



which is the biggest city in Moldova, and almost never exist in rural localities. Above all, driving is horrible in Moldova. It can be explained by two factors: People don't have much experience because they buy their car and start driving when they are over twenty five years old. However, the most important factor is the corruption of the Highway Police Department which is the most corrupt organization in Moldova. For example, when you are pulled over by police for a traffic violation, you give them twenty dollars and they will let you go without any problem. However, that is not possible in the United States, where traffic violations are recorded in a computer system and can create

a lot of problems later. For example, you can't get a good job if you have a DUI (Driving under Influence). Even though the driving is much better here, we can separate the American drivers into three categories according to the driving quality: drivers who always obey traffic rules, drivers who rarely and unintentionally violate traffic rules, and drivers who frequently and deliberately violate traffic rules.

The first category is drivers who always obey traffic rules. It doesn't matter what category you belong to, you always know that drivers who drive around you are from the first category. They never violate red light signals. They always stop at stop signs. They always obey speed limits. They always wait for people who use zebra to cross a street. The most important fact is that drivers from the first category are very often excellent people in general. They are good fathers and mothers. They are good teachers and students. They are good workers. Therefore, the driving quality is just an extension of their characters. Be a good person and respect other people and sooner or later we'll become a member of this group.

The second category is drivers who rarely and unintentionally violate traffic rules. It is the largest category in the United States. My wife and I are that kind of drivers. Everybody who starts driving goes through this category. Therefore, the drivers from that category usually have a little experience, but always learn from their mistakes. For example, one of my relatives got arrested because of DUI. She had lived for a few months in the United States when she got caught. She had so many problems because of that arrest that she never ever thinks to drive after she drinks even an acceptable amount of alcohol. Most of the drivers from this category will become better and move to the first category. However,



some drivers will degrade to the next category.

The third category is drivers who frequently and deliberately violate traffic rules. I can observe them every day when I go to work or school. They drive 65 mph in the city while the speed limit is just 35 mph. They don't wait for people to finish crossing a street. They violate red light signals. They speak on the phone and text while driving. They very often get pulled over by police. For example, my wife's friend Luba pays her 20-year-old daughter's citations every month. Her daughter is a totally irresponsible person. She dropped out of a private college after two months and absolutely didn't care that her mother paid five thousand dollars. She usually gets fired after one month at a new job. Moreover, that kind of person doesn't care about traffic rules as well. However, there are really bad people who don't obey any kind of laws. For example, criminals who form organized gangs are extremely dangerous for American society. They are the most dangerous drivers in America because they carry guns in their cars and get involved in shooting with the police.

In conclusion, all drivers from the United States can be fairly organized into three categories. The first category is drivers who know and respect all traffic rules. The second category is drivers who usually don't have enough experience, but are likely to learn from their mistakes. The third category is drivers who don't care about other people on the road and are not likely to change their lifestyle. I hope that the first category gets bigger and bigger and the third category gets smaller and smaller. You, the driver from the second category, have a choice!

Alexei Cioina

ESL W50

My Stressed Immigrant Life

A person who once was an immigrant, or has lived some period of time in another country unhesitatingly can say, "It's not easy to be an immigrant." I was seventeen years old when my family came to the United States. A girl who had a lot of friends, a girl who was about to graduate from high school, a girl who had a picture of her future life in her mind was dropped into a storming sea of American independent life.

I can compare my family to a young couple who start their new life together from zero. The only difference is that my parents weren't so young at that time and they had eight

children behind them. I, as one of the oldest kids, understood that I should help my parents to take care of the youngest. So after living in America three months, I had to go to school to finish my education, and I had to find a job to take care of my needs and the needs of my family. That's where my stressed immigrant life started.

My cousin used to work at Taco Bell. The store manager of that restaurant was her good friend and he was so kind to offer me a job. The first day I came to work my coworkers were probably so happy that they got a new helper, but when they understood that I didn't speak any English, they

were as stressed as I was. The first day at work was horrible, just like anyone's first couple of months. They would tell me to put tomatoes, I would put onions. They would tell me to do something but I didn't understand them, so I would either not do it or do something completely different. I saw their angry looks. I heard them talking behind my back and at the same time they would smile and try to be nice to me. I felt stupid, worthless, and it was killing me.

Every day after school I walked forty-five minutes to work; after work I helped my parents to clean offices and after that I would do some of my homework and this was repeated every single day. After living my life like that for about four months, I got so exhausted. I missed my friends that I left in my country, my relatives, and I started to hate my parents. My chronic stress proceeded to depression. I was easily irritable, I didn't want to talk to anyone, and I cried every night until I understood that I should change something.

Every Sunday my family and I went to church and after church young people like me visited sick people, people



who were paralyzed or just old people who simply needed some help with cleaning or cooking. I got involved in it and became a participant. Those people made me realize that I had everything in my life and that the difficulties that I had were nothing compared to theirs.

I learned English well enough to communicate with others. I now have pretty much everything I want in my life. I thank God that one day he brought my parents to this country. I'm so thankful to all those people who were around me and helped me learn a lot in this life. Right

now, after reading the R320 article about handling stress, I look back and realize that all those "helping yourself" tasks that the author lists in the article --- physical activity, being a participant, it's ok to cry, make time for fun, share your stress --- does help to handle stress. By looking at my personal experience, you can say that "It's not easy to be an immigrant."

Masha Zavadskaya

ESL R320

How to Make the Best of Working in a Fast Food Restaurant

1. Ask to be assigned to take orders in the drive-through.

Many fast food restaurants with a drive-through have a single isolated area for the assigned employee, sometimes referred to as the "back booth". These employees are usually found in the back of the store or in a booth that is completely separated from the main kitchen area, and the managers rarely, if ever, come to check on you.

Most likely, you will have only a radio headset to maintain voice communication with the kitchen staff. When you're in the back, your main duties are usually only to take orders and/or money. In your spare time, you can slack off and do nothing, or just pretend to look busy by wiping down random objects with a rag.

2. Always look busy. If you haven't been assigned to the drive-through window, it's going to be a bit more difficult to relax. More than likely, you will be under the direct supervision of managers.

3. Make friends with other employees. This way, if they are unhappy with your job performance, they are more likely to keep it to themselves or tell you personally, rather than report you to a manager.

4. Make friends with your managers. Make them think that

you actually care about the business and its customers. Ask managers how the hourly sales have been; greet them when you walk in; always smile when they're watching you. Sometimes, a lower ranking manager will work with you and not against you.

5. Work on your reputation. If, for example, a customer says that they are pleased with your service (perhaps you slipped them a free soda or fries, or made them laugh), casually suggest that they put in a good word to your boss for you. This will really impress your boss, mainly because the only things customers usually call about is to complain. So, the next time that someone calls to complain specifically about you, your boss will dismiss it as an irrational customer because he knows "how good of an employee you are," with all the compliments that he gets about you.

6. Take short breaks out of the manager's sight. If you need to eat something, or if you need to take a quick break while you're on the clock, you'll need to find a spot out of sight. The front of the restaurant is usually not good for this; there are too many people that can see you, including managers. Your best bet is to go to the stock room to get some supplies, such as ketchup packets or cup lids.



Nestcape - Articles from the Web

Editor's Note: Miriam Bormann, ARC professor of Italian, was instrumental in bringing about this special bilingual Spanish/English language program in Davis. The following article is from the Davis Press.

Breaking through the Language Barrier

Twice a week for the past two months they've gathered in the multipurpose room at Montgomery Elementary School after dropping their children off at class. As many as two dozen parents come to chat over coffee and muffins while their toddlers and preschool-age children play nearby.

Perhaps not the most unusual scene in Davis at first glance, but spend a little time here and you'll see otherwise.

The gathering is actually composed of two groups: Spanish-speaking parents come to work on their English alongside English speakers who come to learn Spanish. With the help of a few professionals, they are not just helping teach their native tongues to each other, they are bridging a barrier that often extends well beyond language to the community at large.

Parent Miriam Bormann came up with the idea. Her family had had experience with both the Spanish Immersion program at Montgomery as well as the traditional program, and she knew many of the Spanish-speaking parents wanted to learn English, while many parents with children in Spanish Immersion wanted to learn Spanish.

What if a single program, she wondered, were to bring them all together?

She was soon put in touch with Kate Snow, a Montgomery parent who works with Mel Lewis, the school district's coordinator of school climate activities.

Together they presented a plan to Montgomery Principal Sally Plicka, as well as the school district, for creating a twice-a-week intercambio program for parents interested in working on their Spanish or English.

Lewis' office agreed to fund an eight-week pilot program, which would meet twice a week for an hour and half at a time. District funding would cover a pair of teachers, assisted by UC Davis students earning credit, and Snow and

Bormann would volunteer their time.

The two put the word out on the Montgomery campus and very soon they had a steady stream of students come to practice their language skills together.

Each class period, the English learners have a small group lesson while across the room, the Spanish learners meet with their teacher. Then the students divide up into small groups composed of both Spanish-speakers and English-speakers, working cooperatively on a particular task. All of the tasks are designed to improve basic conversational skills that parents need regularly.

"We use a participatory method," said Spanish teacher Christen Parker. "What they need and want, like small talk with other parents."



On Thursday, for example, they worked on writing get-well cards to a classmate who was ill. The English-speakers wrote their card in Spanish with the help of their Spanish-speaking classmates, while the Spanish-speakers wrote theirs in English with similar assistance.

Other lessons have focused on how to call people on the phone — how to ask, for example, "Would you like to go

to the park?" or "Did your child receive the birthday party invitation?"

"There's a hands-on application," noted Parker.

For Parker, whose past includes teaching Spanish to high school and college students, this is a particularly easy group to teach.

"They're so self-motivated and receptive to everything we give them," Parker said. "Most of the (English-speakers) have kids in Spanish Immersion and want to practice at home and help their kids. Same with the (Spanish-speakers) who want to be able to talk to their children's teachers."

"This model is very unique," Parker added, "as far as the simultaneous language instruction."

It's also very effective, participants said.

Shari Hughes has a daughter in Spanish Immersion and originally joined the program as a way to try to keep up with the Spanish her daughter is learning. She's found it provides so much more, especially in the community building.

"It's been very effective," she said.

She used to be intimidated by the idea of approaching Spanish-speakers and practicing her own Spanish. Now, she said, when she sees those parents on the playground, she feels much more comfortable just walking over and jumping in.

"It's not alone going to build community," Snow said, "but it allows us to move forward."

Snow noted that the class doesn't just break down the language barrier between two groups of parents that might otherwise have struggled to connect, "it breaks down the discomfort barrier ... we have a playfulness now — I'm supposed to be practicing my Spanish and you your English."

"Humans want to connect," she said. "People want to get

started in conversations but don't know how to start. This gives them a chance. It builds the channels of communication."

It's also a very effective method of learning, said UC Davis Spanish major Kirollos Gendi, who has been volunteering as a teacher.

"It addresses the conversational needs of students," he noted. "And because you get to engage with (native) speakers, you get better insight. Another good thing is you're learning with someone who is learning your language ... it's a safe haven, without the fear of making a mistake."

Student Mercedes Arambula agrees.

"This has helped me a lot with pronunciation," she said. "I help the Spanish learners and they help me in English. I really like the group.

"I hope next time we can do three or four days a week," she added.

Snow and Bormann hope to start the program up again for another eight-week session beginning in January, though they still need to secure funding from the district.

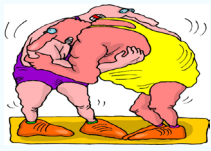
www.davisenterprise.com

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

1. Percentage of American men who say they would marry the same woman if they had it to do all over again: 80%
2. % of American women who say they would marry the same man: 50%
3. % of men who say they are happier after their divorce or separation: 58%
4. % of women who say they are happier after their divorce or separation: 85%
5. Number of different family relationships for which Hallmark makes cards: 105
6. Cost of raising a medium-size dog to the age of eleven: \$6,400
7. Average number of people airborne over the US any given hour: 61,000.
8. Percentage of Americans who have visited Disneyland or Disney World: 70%
9. Average life span of a major league baseball: 7 pitches.
10. Portion of ice cream sold that is vanilla: 1/3
11. Portion of potatoes sold that are French fried: 1/3
12. Percentage of Americans that eat at McDonald's each day: 7
13. Percentage of bird species that are monogamous: 90%
14. Percentage of mammal species that are monogamous: 3%
15. Number of US states that claim test scores in their elementary schools are above national average: 50%
16. Portion of Harvard students who graduate with honors: 4/5
17. Chances that a burglary in the US will be solved: 1 in 7.
18. Portion of land in the US owned by the government: 1/3
19. Only President to remain a bachelor: James Buchanon
20. Only first lady to carry a loaded revolver: Eleanor Roosevelt
21. Only President to win a Pulitzer: John F. Kennedy for "Profiles in Courage"
22. Only President awarded a patent: Abe Lincoln, for a system of buoying vessels over shoals
23. Only food that does not spoil: honey
24. Only person to win \$64,000 Challenge and \$64,000 Question: Dr. Joyce Brothers (subject is boxing)
25. Only bird that can fly backwards: Hummingbird



Parrot Warbling



Grappling with Grammar

Prepositions of Time: at, in, on

We use:

- at for a PRECISE TIME
- in for MONTHS, YEARS, CENTURIES and LONG PERIODS
- on for DAYS and DATES

at	in	on
PRECISE TIME	MONTHS, YEARS, CENTURIES and LONG PERIODS	DAYS and DATES
at 3 o'clock	in May	on Sunday
at 10.30am	in summer	on Tuesdays
at noon	in the summer	on 6 March
at dinnertime	in 1990	on 25 Dec. 2010
at bedtime	in the 1990s	on Christmas Day
at sunrise	in the next century	on Independence Day
at sunset	in the Ice Age	on my birthday
at the moment	in the past/future	on New Year's Eve

Look at these examples:

- I have a meeting at 9am.
- The shop closes at midnight.
- Jane went home at lunchtime.
- In England, it often snows in December.
- Do you think we will go to Jupiter in the future?
- There should be a lot of progress in the next century.
- Do you work on Mondays?
- Her birthday is on 20 November.
- Where will you be on New Year's Day?

When we say last, next, every, this we do not also use at, in, on.

- I went to London last June. (not in last June)
- He's coming back next Tuesday. (not on next Tuesday)
- I go home every Easter. (not at every Easter)
- We'll call you this evening. (not in this evening)

www.englishclub.com

Idiom-Attic



All Greek to me:

Meaningless and incomprehensible like someone who cannot read, speak, or understand any of the Greek language would be.

Sample Sentence: That math test was so hard. It was all Greek to me.

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

How does Phonemic Transcription Work?

Suppose we have two different English sounds. Should we give them separate symbols in transcriptions? In phonemic transcription, the answer is "yes" only if there is an English word where saying one sound instead of another changes the meaning.



For example, saying "d" instead of "t" in the word bet changes the meaning (the word becomes bed), therefore we use separate symbols for "d" and "t" in phonemic transcriptions. In other words, we say that "t" and "d" are two separate phonemes.

On the other hand, the flap t (in this pronunciation of the word letter) and the regular "t" (in this one) are two very different sounds. However, there are no English words where saying the flap t instead of the regular "t" (or the other way around) changes the meaning. Therefore, in phonemic transcription, we use the same symbol for the flap t and the regular "t". In other words, we say that the flap t and the regular "t" are the same phoneme.

www.antimoon.com

Some More Parrot Fun Stuff



Find and circle all of the United States Presidents that are hidden in the grid.

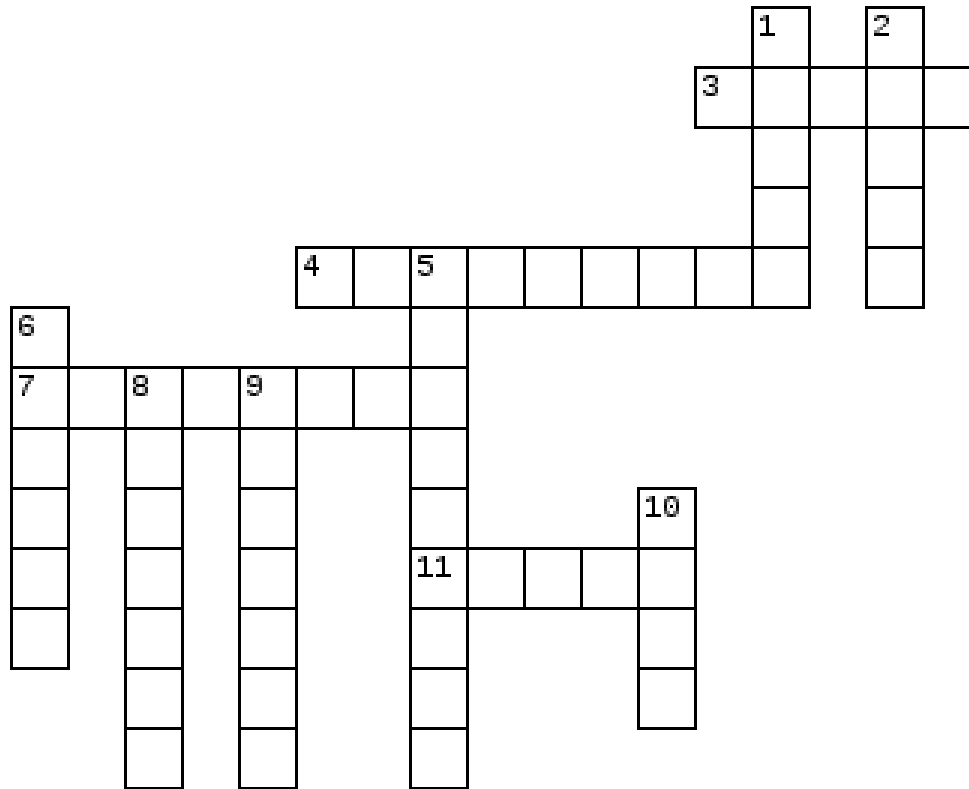
The remaining letters spell an Abraham Lincoln quotation.

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

WASHINGTON	TAYLOR	B HARRISON	KENNEDY
J ADAMS	FILLMORE	MCKINLEY	L JOHNSON
JEFFERSON	PIERCE	T ROOSEVELT	NIXON
MADISON	BUCHANAN	TAFT	FORD
MONROE	LINCOLN	WILSON	CARTER
J Q ADAMS	A JOHNSON	HARDING	REAGAN
JACKSON	GRANT	COOLIDGE	G H W BUSH
VAN BUREN	HAYES	HOOVER	CLINTON
W HARRISON	GARFIELD	F D ROOSEVELT	G W BUSH
TYLER	ARTHUR	TRUMAN	OBAMA
POLK	CLEVELAND	EISENHOWER	

Solution to Wordsearch on page

Going Against the Grains



Across Clues

3. Type of grain products that contain all three parts of the kernel.
4. The class of grain that can come in puffed, shredded, flaked, or rolled varieties.
7. These types of products have added nutrients such as thiamin, folic acid, and iron.
11. The class of grain that is made of dough and comes in many different shapes.

Down Clues

1. Type of flour used mostly for baked goods.
2. Class of grain that comes in many varieties. Any grain can be made into this.
5. The part of the kernel that has no vitamins or minerals and contains mostly starch.
6. A whole seed of a cereal.
8. Type of grain product that has had the bran and the germ removed during processing.
9. The common name for grains.
10. Type of flour that feels soft and satiny and is used for making cakes and baked products.

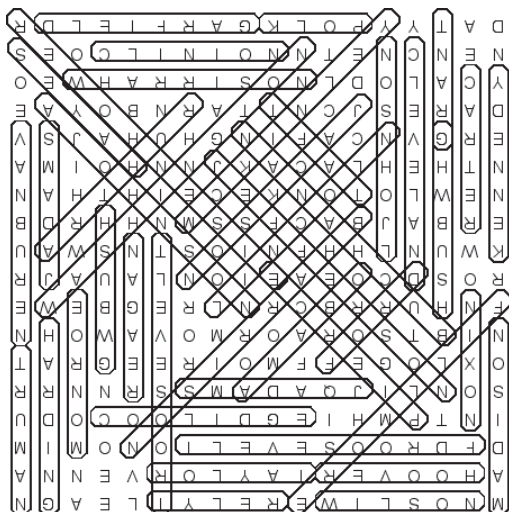
Editor's Note: Ziaeddin Torabi is a renowned poet in Iran currently attending ARC's ESL program

Legend

Let me write this, only
 Let me write this
 Let me write this, only:
 One day the storm will come
 A storm that no ship can stand
 and no human can control
 And when the storm is over
 from each bird, just one will remain
 from each grazer, just one
 from each reptile, just one
 and from the plants, also the same
 from the humans, but only a name will
 remain
 in the legends
 that will be spoken by the animals
 under the shadows of plants

By: Ziaeddin Torabi
 Translated by: Parisa Samadi

Solution to Wordsearch



Rigoberto's Riddles

I am a box that holds keys without
 locks, yet they can unlock your soul.
 What am I?



A piano.

Silly Vasily's Chuckle Chamber



A magician was working on a cruise ship in the Caribbean. The audience would be different each week, so the magician allowed himself to do the same tricks over and over again. There was only one problem: The captain's parrot saw the shows each week and began to understand how the magician did every trick. Once he understood he started shouting in the middle of the show:

"Look, it's not the same hat."

"Look, he is hiding the flowers under the table."

"Hey, why are all the cards the Ace of Spades?"

The magician was furious but couldn't do anything; it was, after all, the captain's parrot. One day the ship had an accident and sank. The magician found himself on a piece of wood in the middle of the ocean with the parrot, of course. They stared at each other with hatred, but did not utter a word. This went on for a day and then another and another.

After a week the parrot said: "OK, I give up. Where's the boat?"

Solution to Crossword

- Down Answers
- 1. WHEAT
 - 2. FLOUR
 - 5. ENDOSPERM
 - 6. KERNEL
 - 8. REFINED
 - 9. CEREALS
 - 10. CAKE

- Across Answers
- 3. WHOLE
 - 4. BREAKFAST
 - 7. ENRICHED
 - 11. PASTA

Granny Noetal

Dear Granny Noetal,

I am not taking a writing class. I couldn't get in. How can I get some writing practice?

Ohne Ecriv

Dear Ohne,

That's a great question. I'm sorry you weren't able to get into a writing class. The class work is extremely useful and the ESL department and the English department have some great writing classes, so keep it in mind for next semester. In the meantime, what I'd do is something we did in the old days – find a writing partner. Find someone willing to write you on a daily basis in English. These days, people are in a hurry and write three-line e-mails at best, but if you find a friend who likes to write, you can get lots of practice; perhaps a friend from out of town would be best, someone whom you wouldn't call or even Tweet. We used to call such corre-



spondents "pen pals". You can actually go on-line and find yourself a listing of pen pals around the world! So, while the writing may not be academic writing, it is, nonetheless, authentic communication and will keep your hand and mind busy in English. Doing a lot of reading will also help pre- for later writing. You learn both grammar and vocabulary when you read. If these ideas do not appeal to you, then you can do for your family what my late fourth husband used to do – write me a honey-do list, a list of chores he wanted me to do while he was away on business. Of course, he didn't get much of a response out of me (he wasn't a very effective writer and I didn't want to be his pen pal), but it did keep his mind busy and his yapper shut – but that's another story.

Granny

To contact Granny: braccop@arc.losrios.edu

How Well Do You know Your Campus?

1. The Library

- a. Is bringing back the Dewey Decimal System for a limited time offer
- b. Will have Starbucks and hookahs for faculty members only
- c. Has plush seats and flush toilets
- d. Will both fine you if you have an overdue book and laud you for having at least borrowed one
- e. All of the above

2. Financial Aid

- a. Is a nice idea
- b. Is no longer for students
- c. Is to be run by Timothy Geithner in 2013
- d. Will be in the form of Greek government bonds

3. True or false – there is a Department of Good Grades where you can apply for good grades without actually doing any work

4. Paying for a parking permit

- a. Permits you to park at the 99 Cent Store parking lot and hoof it
- b. Guarantees you a parking space between the hours of midnight to 5 a.m.

- c. Guarantees you no parking space but provides you with a sense of belonging
- d. Is like getting on a class wait list – no spaces for the first few weeks
- e. All of the above

5. The ARC Bookstore

- a. Stores your books for you
- b. Welcomes books returned by 2025 if most of the chapters have not been read
- c. Lets you buy books with food stamps
- d. Sells "The Parrot" lingerie
- e. None of the above

6. Beaver Stadium

- a. Is named after the thousands of beavers who live under the track
- b. Is a great place to walk your untrained, Guinness-lapping Irish Wolfhound
- c. Has tutors who will chase you around the track harassing you if your grades are poor
- d. All of the above
- e. a, b, and c but not d

Rosario Rules

A Ray of Hope for Many American Immigrants

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

The United States Citizenship and Immigration Services –USCIS -- on January 6, 2011 posted a Notice of Intent in the Federal Register to make changes that would minimize the amount of time that American citizens are separated from their families while they are in process of becoming legal residents of the United States. Nowadays, children and spouses of American citizens who have overstayed their visas and are illegal in the United States must leave the country if they want to become legal permanent residents; however,

once they are outside the United States, they are banned from returning to this country for a period of 3 or 10 years. Spouses and children of United States citizens can apply to obtain a waiver which would allow them to return to their families before that period. All this process is outside the United States and could take months or years, and in order

to be approved, these unlawful family immigrants need to show that their American citizen family member would face extreme hardship as a result of the separation, which is very difficult to prove. Trying to solve this problem, the USCIS

proposal would allow eligible immediate relatives of American citizens to apply for and receive provisional waivers while they are in the United States, in other words, before they leave the country, so American citizens and their family would be less time separated from each other. If this proposal

passes, it would have a huge impact on our society if we take into account that family unity is the heart of our society.

More information at www.uscis.gov.

Rosario Flores



Did You Know? (The Parrot does)

Popinjay: a strutting, supercilious person

"Who does that guy think he is?" Amanda asked, referring to a popinjay who strolled into the crowded restaurant, demanding to be seated instantly.

Did you know?

Popinjays and parrots are birds of a feather. "Popinjay," from the Middle French word papegai, is the original name for a parrot in English. (The French word in turn came from the Arabic word for parrot, *babgha'*. and "parrot," which English-speakers adopted later, probably comes from Middle French *perroquet*.) In the days of Middle English, parrots were rare and exotic, so it was quite a compliment to be called a "popinjay." But by the 1500s, parrots had become more commonplace, and their gaudy plumage and vulgar mimicry helped "popinjay" develop the pejorative sense we use today.



Artie's Easel

Dear Artie,

I'm having trouble explaining the personal benefits of being an artist to my parents. They want me to be a doctor or dentist, but I want to be an artist. Can you help me out with some reasons why art is a wonderful profession?

Yours,

Needing Reasons

Dear Needing Reasons,

Wow! Your question is what we in English call a "loaded question." However, I'll give you my personal answer. Here goes:

1. Art will allow you to explore your inner creativity in relationship to the world around you.
2. Being an artist will bring you into contact with a variety of people, all of whom are interesting and worth meeting.
3. Art will make you see the world and its people in a different way. It makes you see people and objects in depth and not superficially.
4. You will begin to see the world in color and perspective, with both of these becoming part of your daily life.
5. You will become a great chemist and mathematician by doing art.
6. You will find yourself helping other people who need an emotional boost in their lives. Most artists end up teaching in



Prof White--Artie's Mentor

schools or special programs because they want to contribute to their communities.

7. Art keeps the artist healthy, both mentally and physically, because it demands time and energy from you.
8. Artists are usually quite self-confident people because they have to interact with galleries, shows, art supporters, and other professional types.
9. Artists are also historians as they have to learn the history of whatever they are making.

10. Artists make very good friends, too. They are always helping others out and offering to help each other out when necessary.

I could go on forever about artists and art, but, as you can see, if your parents want you to be a true friend, a good and honest person as well as an educated person, they will want to support you in your artistic studies. They would be offering the world a person of beauty and integrity. I believe that we need more artists in our communities in order to create a more

unique world. Good luck with your parents!

Until next month,

Artie

To contact Artie: whiteg@arc.losrios.edu

The Parrot Dares You to Make Art!

Draw Here!



Media Peeps! by Media Mike



Taxes! Old School or New School: Pen & paper – or efile on the internet?

It's almost that time of the year – not a minor holiday such as Valentine's Day or St. Patrick's Day – but April 15th! This date has become synonymous with the last day to file your taxes, the last minute rush to the post office in order to get your mailing envelope date-stamped, and the stress of crunching those numbers "old school"-style. Actually, this year, we get a small break since April 15th falls on a Sunday and April 16th is a holiday (Emancipation Day is celebrated in Washington, D.C., see <http://octo.dc.gov/DC/OS/Programs/DC+Emancipation+Day> for some interesting information). This year, your 2011 taxes are due by April 17th, 2012.

Btw: The information in this article is purely for information – no tax advice is included here. If you need tax advice or help filling out your taxes, free help is offered on the ARC campus! Income Tax assistance services are provided by ARC students and faculty advisors in conjunction with the Internal Revenue Service on the following days: 2/24, 3/2 & 3/9 from 2-8pm in Liberal Arts Room 122; and 2/25, 3/3 & 3/10 from 10am – 4pm. Appointments are advised, but walk-ins welcome. Call 568-3100 ext 12334 or email arcvita@losrios.edu. Bring your Social security card and picture ID, along with any forms that you've received in the mail (example: W2 from your employers).

Here's the BIG question: should you file your taxes by filing out the paperwork with a pencil OR should you file electronically on the internet (e-file)?

Good question – and it depends on how comfortable you are with the internet. There are many EASY, simple internet programs that you can either purchase (for example, H&R Block or TurboTax), or use FOR FREE! With both options, you will have the chance to save your file once you start. This means that even if you have to leave in the middle of completing the questions on the forms because your dog started barking or you need to go to dinner, you can take as much time as you want and finish later. Many free online programs are available on the IRS.gov website (<http://www.irs.gov/efile/>), but you can only use them if you have an AGI (Adjusted Gross Income) less than \$57,000 in 2011. AGI means after any deductions. Also, all green-card holders are 'tax residents' and must file taxes on any income.... but you may also receive money back! The EITC (Earned Income Tax Credit) "is a tax credit for certain people who

work and have low wages. A tax credit usually means more money in your pocket. It reduces the amount of tax you owe. The EITC may also give you a refund" (taken from the IRS.gov website).

When you start surfing the IRS.gov site, you may want to look up the following: form 1040. Many people use a 1040 form or a 1040EZ (think: 'EZ' stands for 'easy', and means a simpler form). Use the 1040EZ if you don't own a business or have stocks, etc. However, if you are a student, you may be able to deduct (and deduct is a good word when doing your taxes!!) your tuition costs; in that case, you might want to use a 1040. [See http://www.ehow.com/about_5316570_differences-ez.html for the differences between the forms – it's really not difficult once you do it once...]. But here's another reason why e-filing is nice: the computer program will choose the correct form FOR you AND figure out the math for you. Nice, eh?

OK.... here's a tip (not advice!): If you're afraid of filing taxes because the whole thing is overwhelming and the language is complicated and confusing, then try the free efile programs (if you're eligible). Honestly, many people who don't file taxes because they think they don't earn enough money to bother with it are missing out on getting a refund! They just lose that money. Getting a little money back is always a nice treat – you could splurge and go to the movies AND buy popcorn AND practice your English skills!

MEDIA TWEETS:

Old school: slang for an older, traditional way of doing things

btw: texting/shorthand for 'by the way'

crunch numbers: to do lots of math

emancipation day: see <http://octo.dc.gov/DC/OS/Programs/DC+Emancipation+Day>

ext 12334: after dialing a number, sometimes you need to enter additional numbers, or an 'extension' number.

to splurge: to spend extra money (or something) frivolously or without care

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

Parenting the Parrot Way!



Prof. Moon's kids

Why do I love to read? Reading lets me escape to lands, people and times that I can never experience first hand. It also lets me re-evaluate my beliefs and perceptions. This love of reading and escaping, comes from my mother's side of the family.

My grandmother was a lifelong reader and my mother, at 83, reads at least 3 books a week. From an early age my mother took my siblings and me to the library every week. I became the "voracious" reader, reading one or two books almost everyday. My older brother, however, was never caught with a book (even his school text books), until he turned 15 years old. At that time he became very interested in medicine, specifically paramedic emergency medicine. He read those manuals all the time, which helped him find a career in that area. Now in his 40's, he reads lots of books, but loves a good mystery or spy adventure the most. So, the article below by Melanie Myatt shows what we can do as parents to raise readers; but do not worry if your child takes some years to find the desire. Eventually it will happen if he is surrounded by those who love books.

Parenting Guru: How to raise a reader

By Melanie Myatt | Yahoo! Contributor Network – Thu, Feb 2, 2012 5:26 PM EST

I can't imagine life without reading. We have bookcases filled with books, and we still don't have room for them all. At our house, one can easily find books stacked next to the bed, stashed between the couch cushions and even, (shh!) in the bathroom.

Yet I still found myself worrying: how do I translate my love

of reading to my kids without forcing it down their throats? I have four kids, ages nine to one, and, so far, they all seem to gravitate pretty naturally to spending at least a part of their day reading books. Here is what I've learned that I think has facilitated that outcome.

1) Keep a wide variety of reading material readily available.

We have a basket with library books in the bedroom. Bookshelves overflowing with books are in the toy room. The kids generally keep at least a couple of books at the end of their bed in case they wake up early in the morning (even my toddler has a book or two in her crib). We even encourage them to take a book to the bathroom with them, if they think they are going to be there for awhile. At nap time, or room time, as the case may be, we encourage the kids to read in bed for about an hour. We even have books stashed in the seat backs of our minivan so they easily have something to grab if we find ourselves in the car for an extended period of time.

2) Don't rule out "pop culture" books that kids show interest in...

I just brought home another Barbie book for my first grader. While these aren't the best literature around, these are the kinds of books she is "into" right now, so I'm trying to keep her supplied with them. For my son, he loves anything that has to do with superheroes so I have exhausted our library's supply of the Batman, Spiderman, and Superman books. I support the theory that reading anything is better than reading nothing, however ...

3) ...but keep introducing the classics.

...I also keep bringing home books that I know are quality. Sometimes we return them to the library unread, but every so often, the kids pick one up and find themselves engrossed before they know it. I have finally gotten my older daughter interested in *The Phantom Tollbooth* and *Harriet the Spy* using just this tactic. My son claims he doesn't want anything without a superhero on it, but I have caught him perusing some Eric Carle and Tomie dePaola books when he thought I wasn't looking.

4) Books make great "special treats" or "rewards for a job well done."

When we have a summer day with nothing much going on, or after a particularly grueling day of chores, our kids look forward to a trip to the thrift store to pick out a special (or even not so special) book. The school book fair is another great opportunity to reward kids for a good report from the teacher. Reading books aloud together, preferably with

Mim's Cafe

Before my family settled in the United States, we lived in several refugee camps. One of the camps was in Thailand. We lived in houses made of bamboo strips and dried palm leaves. Armed guards and barbed-wire fences kept us inside the camp and isolated from the rest of the world. We weren't allowed to work because that would mean leaving the camp. As a result, we relied on the government's generosity. Every week a truckload of dried, salty fish called "platoo" and thousands of kilos of soybeans arrived at the camp. My mother and older sister learned how to turn soybeans into tofu. We had tofu almost every meal. Sometimes my mother would get creative and slice the tofu in just the right way to make them look like strips of chicken. I would dig into the bowl with excitement only to be disappointed when I got a mouthful of tofu. Consequently, for years, whenever I saw tofu, I would cringe and gag. My relationship with tofu has since taken a new twist. Nowadays, I seek out tofu to use in soups or stir-fries. My siblings can't understand why I would want to eat something that reminds us of our refugee camp days. In hindsight, tofu probably contributed a lot to my growth. So, for this issue, I'm sharing with you my favorite tofu and eggplant recipe. This recipe is published in a Weight Watchers' book called *Make it in Minutes* (2001). The recipe makes four servings and goes great with white, brown, or wild rice.



Prof. Montgomery with happy eater.

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

Tofu Fo' You Eggplant

Ingredients:

2/3 cup reduced-sodium vegetable broth
 3 tablespoons red wine vinegar
 3 tablespoons reduced sodium soy sauce
 2 tablespoons sugar
 1 tablespoon cornstarch
 2 teaspoons Asian (dark) sesame oil
 3 garlic cloves, minced
 1 teaspoon grated peeled fresh ginger
 1 teaspoon canola oil
 4 small eggplants (about 1 pound), halved lengthwise
 6 scallions, cut into 2 inch slices



1 pound firm tofu, cut into 2 inch chunks

Cooking Instructions:

1. In a bowl, combine broth, red wine vinegar, soy sauce, sugar, cornstarch, sesame oil, garlic, and ginger. Mix thoroughly.
2. In a nonstick pan, heat the canola oil. Add eggplants and cook for ten minutes or until they are softened.
3. When the eggplants soften, add tofu and broth mixture. Stir one minute or until broth thickens.
4. Garnish with scallions right before you serve.

Eggplant Me On!

Eggplants belong to the nightshade family of vegetables, which also includes tomatoes, sweet peppers and potatoes. They grow in a manner much like tomatoes, hanging from the vines of a plant that grows several feet in height. While the different varieties do range slightly in taste and texture, one can generally describe the eggplant as having a pleasantly bitter taste and spongy texture.

Health Benefits

In addition to featuring a host of vitamins and minerals, eggplant also contains important phytonutrients, many which have antioxidant activity. Phytonutrients contained in eggplant include phenolic compounds, such as caffeic and chlorogenic acid, and flavonoids, such as nasunin.

Brain Food

Research on eggplant has focused on an anthocyanin phytonutrient found in eggplant skin called nasunin. Nasunin is a potent antioxidant and free radical scavenger that has been shown to protect cell membranes from damage. In animal studies, nasunin has been found to protect the lipids (fats) in brain cell membranes. Cell membranes are almost entirely composed of lipids and are responsible for protecting the cell from free radicals, letting nutrients in and wastes out, and receiving instructions from messenger molecules that tell the cell which activities it should perform.

<http://whfoods.org/genpage.php?dbid=22&tname=foodspice>

Boots on the Ground: Get Slick with Trail Mick

Sacramento Riverwalk - Sacramento & West Sacramento

This hike is another "urban stroll" kind of hike. A couple of weeks ago I met my youngest daughter at her downtown home. Together we drove over and parked in the multi-level parking garage in nearby Old Sacramento. From there we began a pleasant two mile, two-city loop walk that features both sides of the Sacramento River.

From the parking garage, we walked out onto Front Street and immediately onto the gold-painted Tower Bridge. Built in 1937 to move auto traffic, recently fine pedestrian walkways have been added on both sides of the roadway crossing. We decided to remain on the north side walkway as we made our way across the span. From the Bridge we enjoyed a great view upriver. On the river's east bank, we could see many of the historic buildings of Old Sacramento and the Delta King, an old paddlewheel riverboat that once

roamed up and down the Mississippi. Now permanently moored along Old Sacramento's riverfront, the Delta King contains a hotel and restaurant and even a theater. On the river's west bank we could see the paved Riverwalk pathway and two adjacent large towers -- the pyramid-style Ziggurat building and the newer, glass enclosed Cal-STRS Building. Directly ahead to the west, we could see the light-

ing towers of Raley Field, home of the Triple-A Sacramento Rivercats baseball team. Once on the West Sacramento side, we made a sharp right turn through an archway and onto the paved Riverwalk path. Along the way we stopped briefly at a number of glass-enclosed exhibits constructed for visitors' enlightenment. These exhibits contain interesting bits of the area's history, flora, and fauna. In several places along the Riverwalk are stairways leading down to the shaded riverbank. Though we didn't leave the main path, we could see a number of inviting picnic tables along the waterfront. Just before reaching the "I" Street Bridge, the paved pathway ended abruptly*, and we were obliged to walk up an ancient, steep set of iron stairs to the bridge. The sidewalk on "I" Street is quite narrow and is right next to the eastbound traffic lane. For our safety we decided to walk



single file, hugging the bridge railing! Once at the east end of the bridge, the sidewalk ended at a traffic signal and a painted crosswalk. Once the signal turned in our favor, we crossed "I" Street and continued along the narrow walkway provided on the other side. We followed the sidewalk as it ramped down into Old Sacramento, where we passed near the entrances to the Discovery Museum and the California State Railroad Museum. Peering through the Railroad Museum's windows and tall, wrought-iron fences, we were able to view many of the old railroad displays without actually having to go in. As we made our way back toward the Sacramento River and Front Street, we soon found ourselves on the boardwalk that extends out along the waterfront. The sun was beginning to set and we were getting hungry and thirsty. We decided to go into an eatery called "Joe's Crab Shack". At a table next to the restaurant's window, we

enjoyed a cocktail, a brilliant river sunset, and a dinner of shrimp and crawfish. When I paid my bill, I remembered to have the cashier validate my parking voucher. (In the parking structure, parking is free with a stamped validation from one of Old Sacramento's businesses.)

To get there from American River College, take College Oak Avenue south and turn right onto

Winding Way, then left on Auburn Blvd. to Watt Avenue. Once there, take the I-80 west ramp. Merge onto the Capitol Freeway (Business 80) west toward Sacramento. Once near downtown Sacramento, stay on Business 80 west to Interstate 5. Merge onto I-5 north, then take the J Street exit to Third Street, where you make a right turn. Make a right turn onto Capitol Mall, then make the first right turn you come to onto Front Street. (Do not drive across the Tower Bridge.) You will see the entrance to the parking garage as you enter Old Sacramento on Front Street.

Enjoy the hike!

* At present, the Riverwalk is wheelchair accessible from the Tower Bridge northward to this point, only.

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Parrot: Okay. And what's exactly your job at the administration office?

Marquette: Number one: Be on time. Have knowledge of the campus; know where everything is on campus. I work for an administrator named Regena Tiner. And with Regena, I answer the phone calls, sometimes I take pictures of school I.D.'s, I do student I.D.'s, I take messages, I check the school mail for Regena, I do school tours.

Parrot: Wow, a lot of jobs.

Marquette: Yes, we take time and we learn- we do cross train, we learn all the jobs that we can do in information.

Parrot: Okay. So do you work part-time or full-time at the administration office?

Marquette: Actually, I'm a classified temp. Classified temp and I'm an SPA, which means Student Personnel Assistant. So my contact is 110 days.

Parrot: 110 days...

Marquette: So it's part-time but I just have 110 days and we have to stretch them. And usually, I get picked up twice. So you get to be picked up twice in one year.

Parrot: I have a question about your job. What irritates you about other people? And how do you deal with it?

Marquette: Okay, irritation... um, when you have a person that comes to the college and they ask about Financial Aid, they're only asking about money.

Parrot: Oh, okay.

Marquette: And then when you say "Have you signed up for school yet?" cause they don't know how to sign up, so it drives me crazy when people come to the school asking for the money, and not signing up for one class. How I deal with it is I try to help them get signed up for one class. I send them to Financial Aid to show them the proper way. But I just wish they went to school.

Parrot: So you do help them to sign up for classes?

Marquette: Yes, I put them to the right direction. But that's the only thing I think that's irritating.

Parrot: Yeah. Cause you know some students when they come first they don't know anything about school, how to sign up for classes, what to do, etc.

Marquette: Definitely. But what's nervewracking like I said is they ask for the money. Like "okay um, I need to sign up for Financial Aid" and they don't say anything about school.

Parrot: Yeah, they just need money.

Marquette: Yes.

Parrot: Yeah that's irritating. Where would you like to be in your career five years from now?

Marquette: Actually, I hope to be working for the school as

a professor. Because I graduate in one year from Sac State, then I'm going to move to Los Angeles for two years. And I'm going to get my Master's Degree at the New York film academy. Believe it or not it's in L.A., in Los Angeles. But it's called the New York Film Academy, where you make movies. So I'm going to come back and teach at American River College.

Parrot: Good, good for you. Maybe you're going to teach me five years from now.

Marquette: That's possible.

Parrot: Yeah, everything's possible. What is the most exciting and most boring part of your job?

Marquette: Exciting, um I love the first week of school. You have, like, new faces there, people are returning, they're happy to be there. And you're getting the new stickers on their cards. So I guess their first week of excitement and new freshmen for the first time here in college. And it just turns me on, I really like it. I like it when the kids are smiling when they get their first I.D. that's what I really like about it. Boring parts about the job... goodness... cause in information we always have something going on. I don't usually get bored. Because I have a great team of people around me. And we have student assistants also that are actually working and learning how to do it. So it's pretty much interesting. I would say some days we have slower, but usually they're not boring, that's when we laugh and converse.

Parrot: Do you study at A.R.C. as well?

Marquette: Yes, I'm taking women's history this semester. It's a Sac State requirement for me. So I'm taking that with Professor Davis and I think its history 330.

Parrot: Do you like it or not?

Marquette: I really like it. I'm happy, I'm really happy that it's a requirement. Because I'm starting to learn what women have done for this country. 'Cause usually it's all about men. So it's an emphasis on women studies, and you learn from different cultures and different races on women. So, I really like that.

Parrot: So not only women from America?

Marquette: Well it's pretty much like world history. So you learn about every woman- every woman that's done something. It's starting out with U.S. civilization. It's starting in the 1500's. And it's talking about Mexico, it's talking about France, it's talking about the expansion how they come to America. So that's been very interesting.

Parrot: So can you identify one woman that you learned about and you were interested in her story?

Marquette: Okay before I only knew at the time of the cartoon character named Pocahontas. I didn't know that was a real person. Like, I didn't know her story. Um, Nevada has a

place called Winnemucca. That's Sarah Winnemucca. That's a real Native American woman. And I had no clue. There's a place called Truckee, California, and it's name after Captain Chief Truckee. I learned that in class.

Parrot: Wow.

Marquette: It's very interesting.

Parrot: If you had to choose another profession, what would you choose?

Marquette: If I wasn't involved in school... of course film making. I love making videos, weddings, parties. I like putting videos together.

Parrot: What's the most difficult decision you've made in the last two years? And how did you come to that decision?

Marquette: Oh goodness... taking out a student loan. 'Cause no matter what, you have to pay that loan back. And you ask yourself now, "Do I really need this loan?" and making decisions like that cause as I'm getting closer to my senior year, I'm working more, which is great, but taking student loans, cause I have to make a decision to get my Master's Degree. It costs \$50, 000 to complete a two-year program. So that's been really challenging just thinking about it. I made a decision not to go into the military to pay for school. I was thinking like, "How am I going to pay for this Master's Degree?" and I guess the decision I made was not to join the U.S military to pay for school. So I didn't do that last semester.

Parrot: Okay what are your life-long dreams?

Marquette: Life-long dreams. Uh, goodness, I'm a father. I hope to just grow old, put my baby through college, giving her an opportunity to do something great.

Parrot: Okay, how many children do you have?

Marquette: I have one. Kaily Michele.

Parrot: How old is she?

Marquette: Oh goodness, Kaily is eight now. We just had a birthday.

Parrot: Wow...So you dream of ---

Marquette: Her doing something great, fatherhood, getting married someday... having more kids... and teaching, so.

Parrot: Hope your dreams come true.

Marquette: Yes. I don't ask for much.

Parrot: Yeah... What do you like to do for fun?

Marquette: For fun, I like making videos; I'm active in my community. I actually like jump rope and watching the interaction of the younger people because they're going to be controlling the world. So I'm very active. I volunteer. I pick up paper around the American River, Sac State, they have a lot of volunteer work. I like to pretend that I play golf. I like to go out with the boys and play golf.

Parrot: Okay now list five words that describe your character... five words.

Marquette: Goodness... Honest, consistent, proud, happy, and blessed. I feel blessed.

Parrot: Yeah... if you would be anywhere in the world right now, where would you be?

Marquette: If I can go anywhere in the world? Probably right here. I really like California, I love California. It's diverse, a lot of different races and nationalities. And I like to live in it now. Cause some people are like "Oh I wish I was there", but I like here. Well, yeah, I want to visit other places, but right now I'm just happy to be here.

Parrot: Good, do you like reading?

Marquette: Yes, yes, goodness. I mostly read motivational books; books that

make you feel good. Like how to be happy, how to release stress. I read uplifting books, everything's spirituality to help you perform better. I love books like that.

Parrot: Yeah. What was the last book you read?

Marquette: Goodness, I read - Tony Robbins, he writes books how to get out of debt. I think it's one of his free of debt books, that was the last book I think I picked up. It is basically how to get out of debt. That was the last book.

Parrot: What would you do if you won the lottery?

Marquette: If I won the lottery? I wouldn't tell- I wouldn't tell many people. I guess I like to work. And I work most of the time. And if I won the lottery, I would still go to work because I'm afraid I might spend it on vacations with my little girl.

Parrot: Car? Luxury car?

Marquette: Oh no, pay off the student loan. And, I'm not ready to buy a house yet even if I won the lottery. Because I'm not sure where I want to stay permanently. So I'll probably still go to work. And yeah, I would buy a car- but not a brand new one.

Parrot: Have you visited other countries?



Marquette: Have I visited other countries? Yes. I've been to Canada, I've been to Mexico, I've been to Australia, and I've been to Europe.

Parrot: Europe... which country did you like the most?

Marquette: In the United Kingdom... London is great but I like Manchester. I really love Manchester. Let's see... I like Mexico. Most of the places I've been to I've had great experiences. But Manchester stands out.

Parrot: So you like them all?

Marquette: Yes. And what made me like them is the people. Everybody was very nice, very helpful, very friendly. That's what helped me like the country the most.

Parrot: Do you prefer to live in a big city or a small town?

Marquette: Big city.

Parrot: Why?

Marquette: The big city is because if I need to get to the airport to travel, I noticed in bigger cities the airports are cheaper. Because for example, when I travel I go to San Francisco because all the airlines are there. And in a small, small town, you deal with the one who wants to charge you more money. That's the – really the reason I like big cities. And there's more to do. Because sometimes you drive yourself crazy if you live in a small town forever...

Parrot: What are your top three T.V. shows?

Marquette: Goodness... I do have cable... but what do I watch... The News, KCRA, that's the one. Um, football, football, and that's every once in a blue moon, football, the NFL.

Parrot: Do you like only football? Sports?

Marquette: Yes, I would say sports in general but yeah- right now football. My third show... I kind of rent movies. I don't really watch television. I will rent a movie if I want to see it. If I rent a movie it's Steven Spielberg. I like big budget movies, like "Wow, that's great!" So.

Parrot: Yeah... okay is there anything else that we should know about you?

Marquette: Oh! I should say this, my biggest breaks in life...

like when it comes to jobs, have come from women. American women, American River College, I've been hired by ALL women, no men. No men, at all. And I signed up at the Career Center, it was Araceli Badilla and Jennifer Garcia who hired me. Information Service, it was Regena Tiner. So all the people that have hired me have been women. Jobs that pay better and treat you real good have come from women. So I praise women, I praise women.

Parrot: Okay, Mark, I enjoyed talking to you. Thank you so much.

Marquette: Thank you.

Muntaha Sachet

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PROFESSORS DIETER KIEFER, CPA AND ROBIN REILLY, CPA
SUPERVISE THE PROGRAM

Parenting continued from page 16

much dramatic inflection, is another great "reward" for finishing one's supper or just for getting pajamas on without too much trouble.

5) Let your kids catch you reading.

Finally, don't underestimate the power of your own example. When my kids see me curled up on the couch with my book, it seems more natural for them to curl up on the couch with a book. One of my favorite Sunday afternoon memories is when my daughter and I snuggled together on the

sofa, each of us with a deeply engrossing book in our laps.

Obviously kids will have different interests at different times in their lives, but I hope that I have made reading such an integral part of our lives as a family that my kids will continue to cherish the habit as much as I do.

Melanie is a Shine Parenting Guru. You can also find her raving about books at her personal blog, Tales From the Crib.

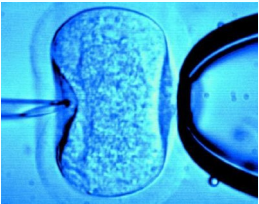
To Contact Parenting: moone@arc.losrios.edu

Out of the Cage

Infertility and Its Treatment:

Myth and Reality

Thursday, March 1, 2012 at 12:15 pm - 1:15 pm



Infertility in the United States is growing every year. Estimates are that one out of six couples are unable to naturally conceive a child on their own. What is exactly involved in ART (Assisted Reproductive Technology)? What are the options for couples and individuals who want to build a family? What kind of questions should you know to ask? What kind of diagnostic tests should be run? A psychologist/professor will share her story and offer information and resources on fertility treatment in order to separate fact from fiction on infertility

Location: Raef Hall 160

A Lifetime of Activism: 40 years of Protesting and Why it is Worth It!

Thursday, March 15, 2012

12:15 pm - 1:15 pm

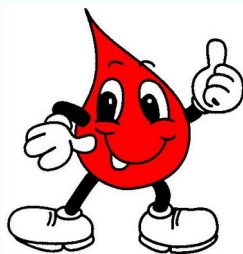


Have you been a part of the "Occupy" movement, getting involved in political activism for the first time? Have you ever wondered if protesting or activism makes a difference? Professor Dolores Delgado Campbell has been politically active her entire adult life, marching for such causes as peace during every war since Viet Nam and alongside other great activists such as Cesar Chavez and Dolores Huerta for the UFW (United Farm Workers). Most recently, Professor Campbell has marched to the state capitol for students' rights and against the raising of fees. Duane Campbell, Professor of Bilingual/Multicultural Education at CSU-Sacramento, states, "[Activism] develops a critical perspective on U.S. politics. Certainly, the UFW work helped to establish Chicano Studies at American River College and CSU-Sacramento." In many situations at great personal expense and facing hostility from opposing forces, Dolores Delgado Campbell has stood firm with her philosophy of non-violent protest, her union activism, and her generosity of spirit to all who are for democracy and against corruption and violation of basic human rights and labor rights. In addition, Professor Campbell wrote the course curriculum for History 330 (Women in American History) and has coordinated celebrations of Women's History Month on ARC's campus. Join us for a celebration of Women's History Month and this determined woman activist.

Location: Raef Hall 160

Spring Blood Drive

ARC's spring blood drive is scheduled for Tuesday, March 6 and Wednesday, March 7 from 9:00am – 3:00pm in the



Blood Source Bloodmobiles which will be parked in the stadium parking lot by the tennis courts near campus police.

Donors are asked to eat and to drink plenty of fluids prior to donating. Please bring a photo ID. All participants will receive a free t-shirt. For more information contact the Health Center at 484-8383 (dial last 4 digits from campus phones).

Questions/Comments?



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