



# The Parrot

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

Issue #62

Spring 2012

## Prof. Jorgensen: He's Got the Right Chemistry

**Parrot:** Hello Dr. Jorgensen! Thank you so much for letting me interview you. I have a few questions for you about your job at ARC. When did you start your teaching career?

**Prof. Jorgensen:** In the fall of 2000.

**Parrot:** at ARC or...?

**Prof. Jorgensen:** That was at ARC. I guess I started my teaching career probably in graduate school in 1993 being a teacher assistant.

**Parrot:** Why did you choose chemistry, not biology or math?

**Prof. Jorgensen:** Chemistry for me had a lot of math. I liked math, also liked mixing things together and there is an element of dan-

ger and fire explosions. I like that kind of stuff!

**Parrot:** Chemistry experiments look like a mystery. What do you like most when you show some experiments for students?

**Prof. Jorgensen:** What I like most... I like when they give an unexpected reaction.

**Parrot:** Students?

**Prof. Jorgensen:** Yeah, with the students. I like to know what the experiment is going to be when they see something that is not expected like a bright color or you know a beautiful flame, or an explo-

sion, or fire or something like that, so if it's exciting for them, it makes me happy.

Continued on page



## Why Parrots are Preferable:

### Free-Roaming Feline Causes 4-Hour Flight Delay

A curious cat led to a major flight delay for passengers of one Air Canada Flight from Halifax to Toronto. Ten year-old Ripples was put back in his carrier after going through airport security but his owner, Debbie Harris, failed to realize that one of the latches on the carrier was improperly done.

As Harris got on the plane, the latch on Ripples' carrier gave way and the cat ran through the aisles to first class where passengers tried and failed to catch him.



Ripples then made his way to the cockpit, diving under the pilot's feet into a small inaccessible wiring compartment.

Passengers were forced to leave the plane as technicians worked to take the compartment apart and free the cat. Ripples was extracted from the compartment and the flight took off for Toronto, more than four hours behind schedule.

<http://abcnews.go.com/blogs/lifestyle/2012/01/cat-in-the-cockpit-free-roaming-feline-causes-4-hour-flight-delay/>

cockpit-free-roaming-feline-causes-4-hour-flight-delay/

**Scholarship Money for Newcomers!**

see page 8

**Education is learning what you didn't even know you didn't know.**

Daniel J. Boorstin  
[www.brainyquote.com](http://www.brainyquote.com)



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# Student Chirpings

## A Risky Business Trip

During the Soviet Union era, Moldova and Ukraine were parts of the biggest country in the world, call the USSR. There were no visible borders between them and travelling was freely allowed. In 1991 the USSR broke up and all 15 republics, including Moldova and Ukraine, became independent. In 1994, Moldova was in a deep economical crisis and everybody was trying to buy things like electronics, clothes, shoes, etc. from other countries to sell them in Moldova at double or triple the price. For the first time, my 19-year-old friend Ruslan and I went to Kharkov, Ukraine to buy bicycles. It was a risky business trip where I experienced the most dangerous moment in my life.

The trip to Kharkov, which was the most industrial city in Ukraine, was going to be interesting.

There was a really big factory which produced all kind of bicycles, starting with small ones for kids and finishing with professional bicycles for sportsmen. Ruslan and I planned to buy four bicycles there and sell them in Moldova at triple the price. I borrowed six hundred dollars from my parents and took a train from Chi-

sinau, Moldova to Odessa, Ukraine, because there wasn't a direct train to Kharkov. It was a sunny summer morning and we visited a few historical places in Odessa such as Deribassovskaya Street, Primorsky Boulevard, Potemkin Stairs, and the Naval Station, while waiting for the express train to Kharkov. We got on board at 11 p.m. in a very comfortable two-seat compartment. There were two clean soft couches. Soon, after we had a quick improvised dinner, we went to bed.

We got to Kharkov the next morning at 5 a.m., left the train station, and went to a market place called "black market" to exchange our money in order to buy bicycles from the bicycle store where only Ukrainian currency called Hrivna was allowed. We could exchange our US dollars in a bank, but there were really only good exchange rates on the "black market". We found a man who offered the best exchange rate. He asked us where we came from and what we were looking for. Ruslan, who was a little bit older than me, said

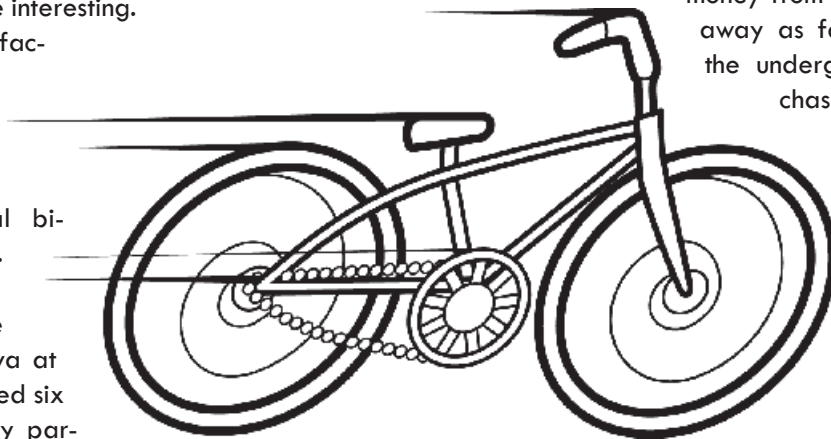
that we came from Moldova and we were looking for bicycles. It was a little suspicious that the marketer offered his help to find the cheapest bicycles, but we hadn't realized that. I'll never forget what happened next. The man took all our US dollar banknotes and started to count slowly, looking over each banknote. After one minute, Ruslan and I realized that three husky men in very good physical shape formed a semicircle behind us. There were two other men walking fast towards us. I looked into Ruslan's eyes. He understood very well what the situation was. He didn't look panicked, though. The men behind us were ready to grab us, if we would panic. In a fraction of a second, Ruslan signaled with his eyes

to run away. Somehow, he grabbed the money from the marketer and we ran away as fast as we could towards the underground station. Two men chased us, but we were able to hide in a subway train.

After that, we found a bank near the subway, exchanged all our US dollars there, and bought four bicycles from the bicycle store. There were four or five youths at the

entrance looking at us. They store asked us to stop, but we behaved as if we didn't hear them. Thank God, the store was near the subway station and we got fast on board into the subway train. At the train station, we sent our bicycles with a special transport train to Odessa. We felt "safe" then, so we went to buy tickets to get back home. Unexpectedly, we realized that there were no tickets to Odessa for that week. All the tickets were bought by the "ticket mafia" and were sold at double the price. Because of that, we didn't have enough money to buy two tickets. So, we went to collect glass bottles from the train station in order to get some money. After a couple of hours, we got sufficient money just to buy two cheap tickets from a broker.

The return trip was miserable. The train was very slow because it had to stop at each small station. We also got a common compartment, sharing the same space with four other people. Soon, we ran out of food. In addition, we had to sleep in the top berths in very dirty sheets. The "bed" was



so hard that I couldn't sleep at all. After 20 hours, finally, we got to Odessa. Our bicycles were already delivered and were ready for pick up. After that, we got on board a train to Chisinau. We had to stand up in a special place between wagons called a vestibule and keep an eye on our bicycles. After a couple of hours, we finally arrived at Chisinau, tired, dirty, hungry, but alive.

In conclusion, it was a risky business trip because we put our lives in jeopardy several times. We also didn't have passports or visas because they weren't required to travel

in Ukraine at that time. We had just Moldovan IDs which weren't valid in Ukraine. Because of that, we couldn't ask the Ukrainian police for help. That time was a "wild" period in the history of ex-soviet Republics. There were different kinds of gangs called "mafia" which kidnapped people for ransom or even to sell them into slavery. Looking back at that time, I could say pretty sure that was the most dangerous moment in my life, because my friend and I were just one little step from being kidnapped.

Alexei Ciocina

ESL W50

## My Craziest Experience in a Shopping Mall

I always think that shopping is a pleasant thing for people and it is for me too. I love fashion, so I loved to be in different stores to see new brands and new styles. In my opinion, shopping is also a good way to relax and spend a pleasant time. Sometimes I feel like I am at a museum when I am in the mall because like at a museum, there are a lot of colors, designs, and brightness. In the mall, it seems like you're surrounded by art work. For these reasons, I spent many interesting days in shopping malls but I'll never forget one of them when I had my craziest experience.

Last month was my brother's engagement party. All my family prepared for that exciting event. Of course, the first thing we would do was buy nice party dresses, shoes, and jewelry. It seemed that it would be very interesting and pleasant. We hoped that we would enjoy it. So that day the women of the family went from home early in the morning, hoping to buy everything they wanted.

At last, we were in the mall. There was the first store. We entered and began to look for things we wanted. There were many beautiful dresses, shoes, purses and many other accessories. I approached and began to choose. Here is the first, the second, the third... What an amazing thing! There was nothing to buy. "Let me



go to another store," I thought. I was moving to the door when I saw my daughters, who didn't buy anything either. "Okay! Let's go to another store, maybe we'll find something interesting." No, nothing! And that continued for a very long time.

Finally, we noticed that it was dark already. It was about nine o'clock. "Oh my God! We forgot to go to Nordstroms. Let's go there; hurry up!" I said to my daughters and my mom. We quickly entered the store and began to scan clothes carefully. Unluckily, the store was closing. "Can't they close the store at ten?" I cried angrily. "We didn't manage to find anything!" And so, our unsuccessful shopping day ended. We were very tired, hungry, and nervous. As a result, we returned home with empty hands. It was a new record. We were at the mall for about ten hours.

Since that crazy day, I have hated shopping. Now I really prefer to buy something on the Internet at home. I have changed my opinion about shopping, and now I don't understand how people say that they enjoy shopping.

Gayanne Mirzoyan

ESL W50

## My Bad Fishing Day!

I love fishing. I go fishing three to four times a month. Salmon is my favorite fish. November is the season for salmon. Usually I like going fishing with my friends, but yesterday I went fishing by myself, and it was not a successful day.

I woke up in the morning at 6 a.m. The first thing I did was

I looked out the window to check the weather. The weather looked great. I quickly brushed my teeth, ate breakfast, took my gear for fishing, and left my house. I drove to the American River in my car. I came to the river, parked my car, and walked for about ten minutes to get to the space by the

bridge. The reason why I picked to fish by the bridge was because it had a lot of fish.

When I came, I was really disappointed because about 15 people were already there, so there was no space for me! After a few minutes, I saw that an old man caught a second fish and he would leave soon because the limit is two fish. After the man left, I took his space and started fishing. After a few tries, I broke my line. When I turned to get a new line from my backpack, my backpack was gone. I tried to find my backpack. I couldn't find it, so then I realized that someone stole it.

When I didn't find my stuff, I met a guy whose name was Daniel, and he gave me a new hook and weight, and I started fishing again. In a few minutes, I caught a huge fish, about 20 pounds. I put it on my rope and put it in the water and started fishing for the second fish. After about five minutes, I caught a second fish, but when I tried to get it out of the water, my line broke again because the fish



was too big. I looked for Daniel to get a new hook and new weight, but I didn't find him because he left. After that, I decided to go home since I had one fish already. When I came to the place where I put my first fish, it wasn't there! I didn't know what happened. Maybe someone stole it or maybe the rope got untied and the fish left. I was very disappointed because my fish was very big, about 20 pounds, and I was very happy when I caught it.

When I came home, my parents asked me about the fishing. When I told them everything, my parents said, "It's too bad, but don't worry." My father said that I could use his stuff for fishing and go fishing the next day. Maybe that trip was going to be successful.

Davyd Semeniuk,

ESL W30

## My Favorite Restaurant

Everybody likes to eat good food and is willing to pay a high price for it, especially when the food is outlandish or new to one. My family and I like to go to Macaroni Grill. It is a long drive but if there is something to celebrate, Macaroni Grill is everyone's first choice because of three reasons: the friendly staff, the clean rooms, and the whole atmosphere that reminds us of Germany.

When we arrive at Macaroni Grill, the friendly staff is already waiting at the door to greet us and lead us to our table. There is already water for everyone poured into glasses and the waiter is ready to take our orders. Only after being there for three times the staff knew our names. They are very concerned about their customers and provide great customer service. We are able to order food that is not on the menu. We leave Macaroni Grill always highly satisfied and our bellies filled with delicious food.

If you go to Macaroni Grill, you will notice how clean the restaurant is. We really like that the rooms are very light and friendly. The table cloths and curtains are white and

clean. It seems to us they wash them every day. The dishes are also very clean and you will find no spots or fingerprints on them. People of every age feel comfortable at Macaroni Grill.



We noticed that the design and style of Macaroni Grill is very European. The furniture, the paintings on the wall, and the fireplace give a warm welcoming atmosphere and I feel as if I traveled to Germany for two hours. When you've been to Macaroni Grill you'll think you are in Bavaria or some German city. The silverware is also placed in the European way. My kids say that even the fries taste the same as they taste in Germany.

My family and I like to eat and celebrate in Macaroni Grill because we enjoy the whole atmosphere in this restaurant. I highly recommend everyone to go there for any occasion.

Wjatscheslaw Derjabin

ESL W40

## The Best Restaurant in the Sacramento Area

Home Town Buffet on Florin Road is the best restaurant in the Sacramento area for many reasons. I go many times because it has a diversity of delicious food and good service at an affordable price in a no-pressure environment.

First, you can eat what you want and as much as you want for a reasonable price of less than ten dollars. You have many choices of food and drinks. For example, you can choose from salads, soups, fruits, meats, fish and different kinds of desserts as well as soft drinks, juices, coffee, milk, teas and water. Discounts are available for seniors and kids, also.

Second, they have excellent service. Usually you don't have to wait too long in line to get your food whether you have a small or large party. The people in charge of cleaning are always making sure everything is very tidy. The servers

keep the food hot, fresh and ready. Who wouldn't want to be served that way?

Third, there is no pressure of any kind. For instance, the children don't get impatient or bored because they don't have to wait for the waiters to bring the food. Also, you don't have the stress when ordering when you don't have a clear idea of what you want to eat. The people are always happy because everybody gets what they want when they want.

Home Town Buffet is like Disneyland for people who like food. You get good food, good service and an enjoyable time. If you want to

enjoy the best restaurant in Sac Town I recommend Home-Town Buffet.

Mario Hermosillo

ESL W40



## Red Lobster: One of the Best Restaurants

Red Lobster is one of the best restaurants in the Sacramento area. It is located on Howe Avenue. It's a convenient location because it is near the mall, other restaurants, bike trails, the university and several churches. I go to Red Lobster three to four times a year on special occasions. I can't frequent this restaurant because it is expensive. This is one of my favorite restaurants for three important reasons.

The first reason is because I love seafood. In my country, I have always lived near the coast. The most popular food in Lima, Peru is made of seafood, for example, *ceviche*, *perihuela*, *jalea*, and many other kinds of seafood. Seafood is good for the body because it is very healthy and nutritious. For example, seafood is high in the omega 3 fatty acids and it's good for the skin. It is also good for your heart and for your immune system. That is why we enjoy going to the Red Lobster Restaurant.

Secondly, I have many beautiful memories at this restaurant. One of the more significant memories is when my husband proposed marriage to me. It was a complete surprise and I was not expecting this. I just thought we were celebrating my future mother-in-law's birthday. It was a very emotional moment that I will never

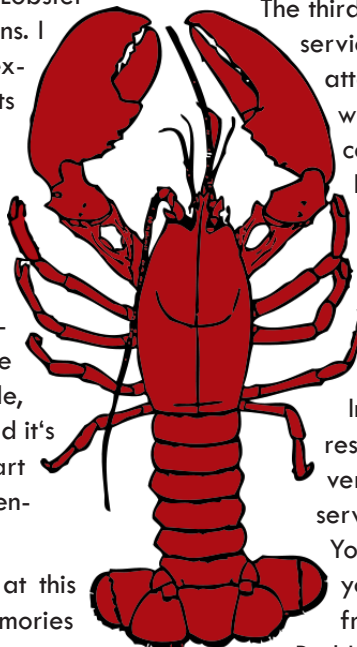
forget. Another special memory is when we celebrated my parents' and my in-laws' birthdays. This makes it a special moment because the whole family spends time together.

The third reason is because Red Lobster gives excellent service to their customers. The employees are very attentive, patient, and very friendly. For example, when they know it's a birthday or anniversary celebration they welcome us. They ask whose birthday or anniversary it is. Then the waiters come over and sing us a song for the occasion. This makes it very special. Another example is when we want to change something on our food order, they do it without complaining. This is why their service is very good.

In conclusion, Red Lobster is one of the best restaurants in the Sacramento area. The food is very good and the plates look very elegant. The service is excellent, and the waiters are friendly. You always come out with beautiful memories. If you want to have a good time with family and friends and enjoy good food, I recommend the Red Lobster Restaurant.

Ana Elizabeth Gonzalez

ESL W40



## Mother's Tears

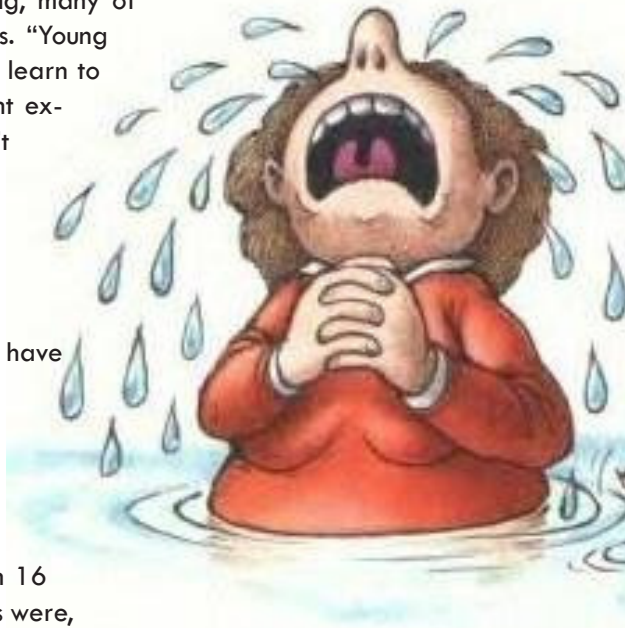
There was a funeral service in our church a couple of years ago. We said goodbye to two young people, Vitaliy and Svetlana. They crashed in the mountains when they were riding on a scooter. Many good words were said and many tears shed. They were so young, and they so absurdly ended their lives. I am a very sensitive person, and it was very difficult for me to restrain my tears. When the mothers of the killed came up to the pulpit and began to talk about their children, I couldn't hold the tears back. So much grief was in those words... One of these families lost their second son. Then Alex Shevchenko, one of the most popular pastors in our community, gave a speech. We expected another touching speech and good words about the killed, but we didn't get it. When he started speaking, many of those present bowed their heads. "Young people," he said, "When do you learn to cherish your mothers? If you want extreme, think of them if you don't think about yourself. You break their hearts. Do you know how your mothers worry about you when you do not listen to them? I don't believe that it was the destiny of these young people. What have they managed to do in their lives?" He spoke only a few minutes, but it was true.

He was still speaking when one episode in my life came to my mind. It happened more than 16 years ago. My two older brothers were, if to say mildly, risk-taking guys. They were looking for easy money and got into trouble many times. One day I was at home when somebody knocked on the door and asked for Sergey, my oldest brother. There were two guys who presented themselves as Sergey's friends. They looked nice and were very polite. I explained to these guys where to find Sergey. He had gone to visit our grandparents in a different town with our mother. In my mind I could not assume that Sergey could have enemies. That's why I gave the address to these nice guys. As it turned out, Sergey and his two partners were in the business of selling precious metals. Somehow the deal never took place, and his "friends" decided to get the money and interest back from my brother. He returned all the money to them without interest. This was not enough for his partners and they began to harass him. Sergey didn't say anything to us, and I inadvertently helped his enemies to track him down. The next events unfolded in

a very sad way.

My family came back home the next day. The hair of my mom was gray; her hands and knees were scraped. My heart throbbed with foreboding. When I asked my mom what happened, she looked at me reproachfully. "Why did you give to the strangers our address? These people tried to kidnap Sergey. It was evening when they came to grandma's house and asked Sergey to come out of the house. I went after Sergey, seeing the anxiety in his face. When he approached them one of those guys pulled out a gun and put it to Sergey's head. They pushed him into a car and tried to drive away. I rushed to the car and grabbed the right front door. 'I won't give

you my son!' I screamed. The car started to speed up, but I ran alongside as best I could. Then my legs gave way and the car just dragged me." Mama didn't unclench her hands... "People saw what happened and called the police. The guy in the car pulled my hands off the door and the car sped away. The police stopped the car in 20 minutes. All issues were resolved." "You don't take care about your mothers," said one officer to my brother and those guys. We have never seen these guys anymore, but the scars on mom's knees are visible until now.



These memories flash through my mind like so many others. I remember my mother's tears, and how many times she waited for my middle brother at night. How many scars were on her heart through our fault? My brothers and I understand it now. Extremes and our stupid advantages aren't worth mom's tears, and even more our lives. I would like to ask young people to look into the eyes of their mothers and say, "I'm so sorry for making you sad." While they are alive, are close to you, and love you, please, take care of your mothers. Or one day you'll reap these tears.

Natalie Paripa

ESL W50



## Nestcape - Articles from the Web

### Why the Spring Makes us Feverish

Ah, sunshine. Longer days. Shifting hormones may underlie the giddiness that bubbles up as winter fades.

Spring fever, that reputed and seemingly infectious malady that strikes when the days lengthen and temperatures begin to climb, has been blamed for feverish bouts of house-cleaning, restless behavior in the classroom, distraction in meetings and love struck dazes.

Some scientists think spring fever is more than just a colloquialism -- they think it's a constellation of symptoms brought about by hormonal changes in the body.

In winter, the body secretes high levels of melatonin, a hormone that governs sleep-wake cycles. Come spring, the increasing amount of daylight is registered by light-sensitive tissue in the eye, which signals the brain to stop secreting so much melatonin. As the hormone's levels drop off, greater wakefulness results.

On the other hand, levels of another chemical, serotonin, rise in spring. This mood-elevating neurotransmitter may be at the root of the giddiness, energy boost, and enthusiasm that characterize spring fever.

Anthropologists have suggested that spring fever may have developed over the course of human evolution. They point out that early humans often spent winter in a state of near-hibernation. Then, when spring arrived, they would enter an active period of intense hunting, gathering and procreating.

Attractive though that theory may be, it doesn't quite explain the state of the early American colonists come spring. Historians think the colonists coined the term spring fever to refer to the weakness, fatigue and irritability many felt after a long winter without fresh fruits or vegetables. (Technically, the colonists' symptoms were that of scurvy.) Such etymology suggests that the term spring fever is a remnant of times past that's been co-opted to mean something different today.

But there's no doubt that the body's internal chemistry and susceptibility to illness changes with the seasons. Just as scurvy outbreaks once peaked in spring, so did measles and rubella before wide-scale vaccinations became available.

Attacks of the painful joint inflammation known as gout peak in April.

Dermatologists notice more cases of dermatitis and rosacea, and allergists, not surprisingly, field surges of complaints about hay fever in spring. Also, obstetricians have reported spring to be a season of exceptionally high rates of unplanned pregnancies. (Scientists are uncertain as to what's behind this last effect, though unusually high springtime sperm counts in men offer some clue.)

Spring also is marked by higher rates of suicide, a trend psychologists have struggled to explain.

On the plus side, spring is also the season in which people bid a temporary farewell to flu, seasonal affective disorder and heart attacks, all of which peak in winter. People also experience a springtime drop-off in catching sexually transmitted diseases, which goes hand in hand with the rather paradoxical fact that people tend to have less sex in spring.

In fact, many of spring's effects on the human mind and body are seemingly contradictory. Hormones do a partial job of explaining the seasonal epidemic of impulsive, giddy and amorous behaviors observed as the memory of winter fades, but much about the season's influences remains mysterious.



# College Money Available for Immigrants!

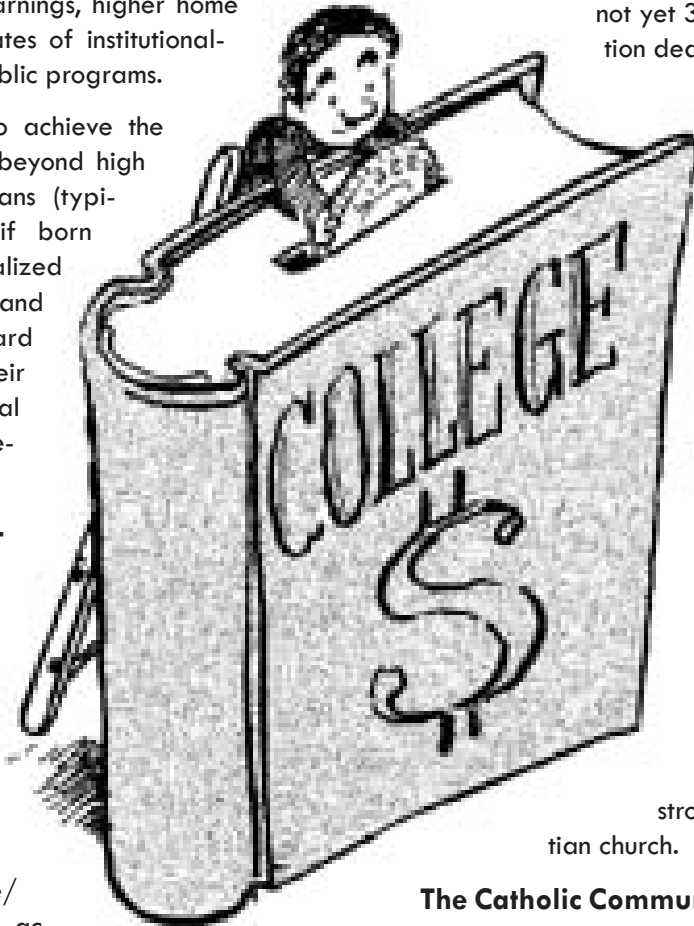
By Scholarship America | U.S. News & World  
Report LP – Thu, Feb 2, 2012

The United States of America has long been thought of as the "land of opportunity," and no opportunity is greater than that of a college education. College graduates will earn 66 percent more during their career than a high school grad--and more education correlates with higher rates of employment and annual earnings, higher home ownership rates, and lower rates of institutionalization and dependence on public programs.

It's important for everyone to achieve the advantages of an education beyond high school, including new Americans (typically a naturalized citizen if born abroad, or a child of naturalized citizens if born in this country) and permanent residents (green card holders), who can pursue their American Dream through several scholarships available exclusively to them:

**The Western Union Foundation's Family Scholarship Program** is a new initiative for immigrants and their families. This program is intended to help two members of the same family move up the economic development ladder through education. Scholarships may be used for tuition for college/university education language acquisition classes, technical/skill training, and/or financial literacy. For example, one family member may request assistance to attend college and the other family member may request assistance to attend an English as a Second Language (ESL) course.

Recipients are eligible to receive scholarships in amounts of \$1,000 to \$5,000 per family. To be eligible, all applicants must be 18 years old or older, must have lived in the United States for seven years or less and must reside in one of the following cities at the time of application: Los Angeles, San Francisco, Denver, Chicago, New York, Washington, or Miami.



**The Paul and Daisy Soros Fellowship for New Americans** was established in December 1997 with a charitable trust of \$50 million. Each fellowship supports up to two years of graduate study in the United States and each award is worth up to \$25,000 in maintenance grants and up to \$20,000 in tuition support for each year of graduate study supported (for a total of as much as \$90,000). To be eligible for these awards, one must be a new American;

not yet 31 years old, as of the application deadline; a college senior or holder of a bachelor's degree; and, if already enrolled, not beyond the second year in the graduate degree program for which support is requested.

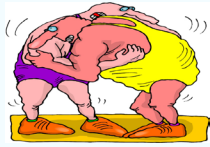
**The New Immigrant Scholarship**, in the amount of \$1,500, is presented by the National Network of Presbyterian College Women to new immigrant women pursuing a college education. This award is available to women ages 18 to 25, living in the United States for five years or less, regardless of immigration status. This essay contest also requires full-time student status and a strong involvement with the Christian church.

**The Catholic Community Foundation has formed the Dream Scholarship Fund** to help immigrant students in the United States pay for their college education. This award is reserved for high school seniors who have a cumulative 2.0 GPA and those who live in the same state for which they are applying for college. Please note that applications are currently being taken for the fall semester, and the application deadline is May 1.

<http://news.yahoo.com/college-money-available-immigrants-154717047.html>



## Parrot Warbling



### Grappling with Grammar

**Basic Principle:** Singular subjects need singular verbs; plural subjects need plural verbs. *My brother is a nutritionist. My sisters are mathematicians.*

The indefinite pronouns "anyone", "everyone", "someone", "no one", "nobody" are always singular and, therefore, require singular verbs.

Everyone has done his or her homework.

Somebody has left her purse.

Some indefinite pronouns — such as "all", "some" — are singular or plural depending on what they're referring to. (Is the thing referred to countable or not?) Be careful choosing a verb to accompany such pronouns.

Some of the beads are missing.

Some of the water is gone.

On the other hand, there is one indefinite pronoun, "none", that can be either singular or plural; it often doesn't matter whether you use a singular or a plural verb — unless something else in the sentence determines its number. (Writers generally think of none as meaning not any and will choose a plural verb, as in "None of the engines are working," but when something else makes us regard none as meaning not one, we want a singular verb, as in "None of the food is fresh.")

None of you claims responsibility for this incident?

None of you claim responsibility for this incident?

None of the students have done their homework.

(In this last example, the word "their" precludes the use of the singular verb.)

Phrases such as "together with," "as well as," and "along with" are not the same as "and." The phrase introduced by "as well as" or "along with" will modify the earlier word (major in this case), but it does not compound the subjects (as the word "and" would do).

The mayor as well as his brothers is going to prison.

The mayor and his brothers are going to jail.

[www.grammar.ccc.commnet.edu](http://www.grammar.ccc.commnet.edu)

## Idiom-Attic



### Add Fuel To The Fire:

Whenever something is done to make a bad situation even worse than it is.

**Sample Sentence:** If people add fuel to the fire, they make a bad situation worse.

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

### What is good English pronunciation?

There are three levels of English pronunciation:

Level 1: People often don't understand what you want to say. You use the wrong sounds in English words.

Level 2: People can understand what you want to say, but they have to concentrate to understand you.

Level 3: People can understand you easily. Your pronunciation is clear and pleasant.

#### More about Level 3

#### (clear and pleasant pronunciation)

There are only two widely understood accents of English:

General American (GenAm)

Received Pronunciation (RP), spoken in Britain

If you speak GenAm or RP, you will be understood by native and non-native speakers of English from all parts of the world. GenAm and RP are used on TV, in movies and in English teaching materials — that's why they are familiar to everyone. (Which one should you choose? Here's some advice on that.)

It should be noted that not all native speakers of English speak GenAm or RP, and not all have Level 3 pronunciation. If you were born and raised in Scotland, you are likely to talk something like this. This accent would be easily understood by anyone in Scotland, and probably anyone in the UK, but not necessarily by an American — and certainly not by a non-native speaker of English. Speaking like that, you would probably have some difficulty communicating with an English speaker from Houston, Berlin, or Seoul.

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



## Some More Parrot Fun Stuff



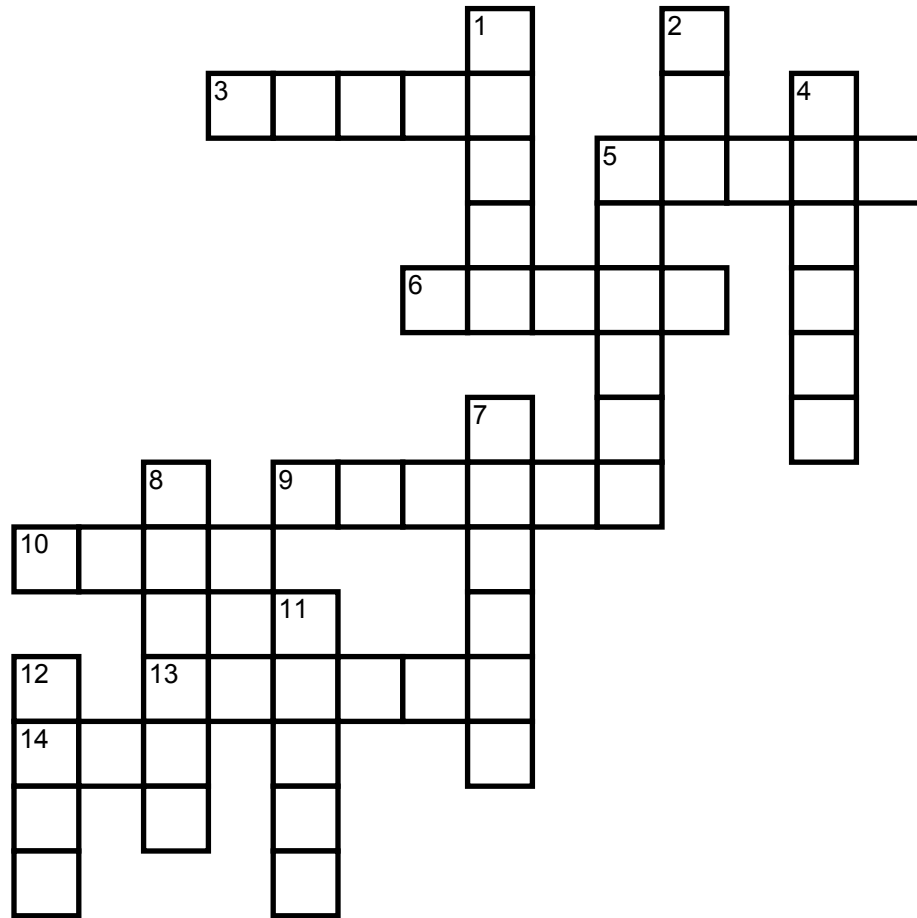
### Old TV Shows

Find and circle all of the old TV shows that are hidden in the grid.  
The remaining letters spell the name of an additional old TV show.

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

ADDAMS FAMILY	COSBY SHOW	HIGHLANDER	MANNIX	ROSEANNE
AVENGERS	CYBILL	HOGAN'S HE-	MASH	STAR TREK
BATMAN	DRAGNET	ROES	MCLOUD	THE SAINT
BEWITCHED	FAMILY TIES	HOTEL	MONKEES	TWIN PEAKS
BRADY BUNCH	GET SMART	I LOVE LUCY	NIGHT GALLERY	WINGS
CHARLIE'S AN-	GOLDEN GIRLS	KNOTS LANDING	PRETENDER	WONDER YEARS
GELS	GUNSMOKE	KUNG FU	QUANTUM LEAP	X FILES
COACH	HAPPY DAYS	LONE RANGER	QUINCY	
COLUMBO	HARRY O	MAGNUM P.I.	ROCKFORD FILES	

## Homophones 3



## Across

- 3. isle
- 5. brewed
- 6. nose
- 9. bold
- 10. fowl
- 13. coarse
- 14. awl

## Down

- 1. rain, rein
- 2. heir
- 4. forth
- 5. bald
- 7. flour
- 8. mussel
- 11. guessed
- 12. pale

## Mother Parrot's Advice to her Children Ganda, Africa Translated

Never get up till the sun gets up,  
 Or the mists will give you a cold,  
 And a parrot whose lungs have once been  
 touched Will never live to be old.

Never eat plums that are not quite ripe,  
 For perhaps they will give you a pain:  
 And never dispute what the hornbill says,  
 Or you'll never dispute again.

Never despise the power of speech:  
 Learn every word as it comes,  
 For this is the pride of the parrot race,  
 That it speaks in a thousand tongues.

Never stay up when the sun goes down,  
 But sleep in your own home bed,  
 And if you've been good, as a parrot should,  
 You will dream that your tail is red.

A.K. Nyabongo

[http://www.theparrotsocietyuk.org/index.php/Poem\\_11/125](http://www.theparrotsocietyuk.org/index.php/Poem_11/125)

## Rigoberto's Riddles

The more you take, the more you  
 leave behind.

Footsteps •



## Silly Vasily's Chuckle Chamber

BRUTUS

Mrs. Broomfield's dishwasher quit working, so she called a repairman. He couldn't accommodate her with an evening appointment, and since she had to go to work the next day, she told him, "I'll leave the key under the mat. Fix the dishwasher, leave the bill on the counter, and I'll mail you the check. By the way, don't worry about my Rottweiler. He won't bother you. But, whatever you do, do not under any circumstances talk to my parrot!" When the repairman arrived at Mrs. Broomfield's apartment the next day, he discovered the biggest and meanest looking Rottweiler he had ever seen. But, just like she had said, the dog just lay there on the carpet, watching the repairman go about his business. However, the whole time he was there, the parrot drove him nuts with his incessant squawking and talking. Finally the repairman couldn't contain himself any longer and yelled: "Shut up, you stupid bird!" To which the parrot replied, "Get him, Brutus!"



<http://www.plannedparrothood.com/jokes.html>

### Solutions to Crassword

#### Across

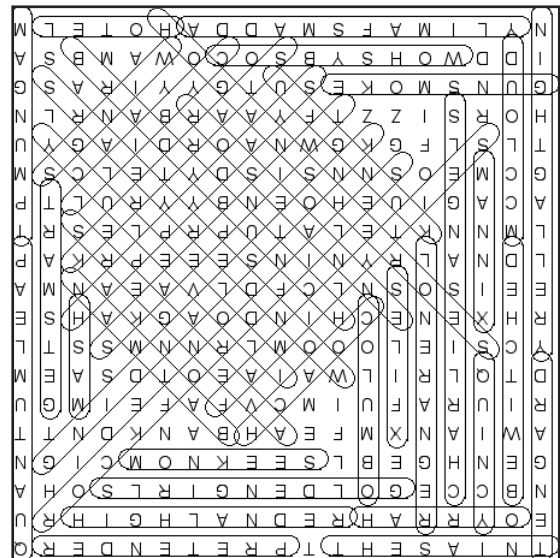
3. AISLE
5. BROOD
6. KNOWS
9. BOWLED
10. FOUL
13. COURSE
14. ALL

#### DOWN

1. REIGN
2. AIR
4. FOURTH
5. BAWLED
7. FLOWER
8. MUSCLE
11. GUEST
12. PAIL

[WWW.abcteach.com/directory/fun\\_activities](http://WWW.abcteach.com/directory/fun_activities)

### Solutions to wordsearch



## Media Peeps! by Media Mike

### Twenty, No, Ten Movies Every Educator (... and student!) Should See



The following are the top ten movies that high school teacher Nick Provenzano\* thinks that every teacher should see... Media Mike thinks that here are ten movies that all STUDENTS should see.

This group of movies, available on Netflix, Amazon.com, Hulu – or from your local public library for free! - are full of cultural tidbits about American schools. They include snapshots of student/teacher relationships, teacher/administration relationships, cliques, politics, academia, teenage problems, and in general, all things related to the American school system. A few are dramas (look for serious problems that will be resolved by the end), a few are comedies (look for ridiculous situations that satire American culture) and a few are a bit of both. <Note: this list has been shortened to ten... for the entire list of twenty movies, see <<http://www.edutopia.org/blog/20-must-see-movies-educators-nicholas-provenzano>>).

#### Summer School

Mark Harmon tries to be the teacher he is not and only succeeds in reaching his students when he is the teacher they need him to be. Be true to yourself and the students will listen.

#### Lean on Me

Morgan Freeman plays Joe Clark, the principal who is willing to do anything it takes to help make his school safe and create an environment for all students to learn. Sometimes doing what's tough is what's best for kids.

#### Dead Poet's Society

One of the main reasons I wanted to be an English Teacher my captain, my captain.

#### Stand and Deliver

This is a great movie about reaching students who feel like they have no hope of success in their life. Looking at it now, it also has something to say about standardized testing.

#### Mean Girls

Tina Fey does a great job with this script showing how high

school gossip and overall cattiness plays out. It is a funny take on a serious issue in some high schools.

#### Heathers

It might seem like a bit dated for today's schools, but Heather's commentary on cliques is still relevant. Heathers is an excellent movie that still packs a punch today.

#### The Breakfast Club

A movie that is a must-see for everyone. When I watch the movie now, it reminds me that no matter how I might perceive a student to be, there is a good chance they have some darker parts they are just waiting to share. Sometimes they just need someone to ask.

#### Finding Forrester

One of Sean Connery's last movies before he retired and he is magnificent. A young man gets into a fancy prep school on a basketball scholarship, but it turns out he is a great writer who butts heads with his tyrannical English teacher. Connery is reclusive writer who helps the student find his voice. There is more to students than we realize at times.

#### The Mighty

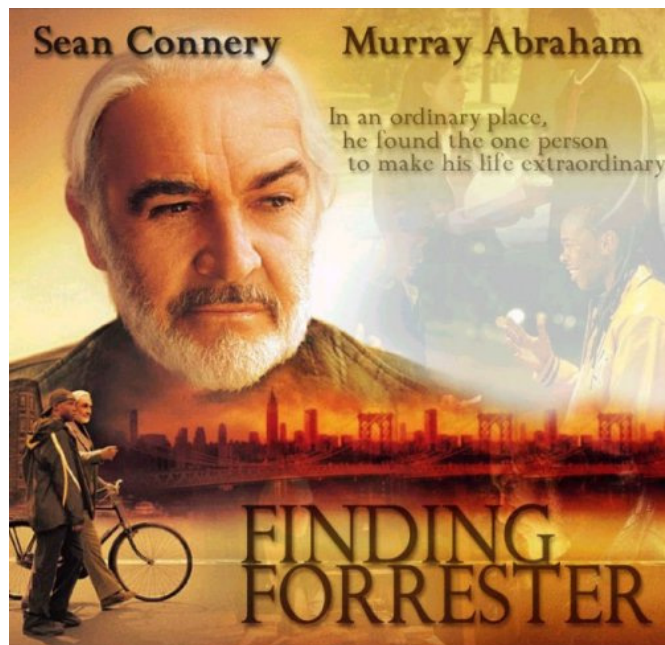
This is a story about two unlikely friends that have much to learn from one another. I stumbled upon this movie a few years ago and loved it. I will always stop and watch it.

#### School Ties

This has an all-star cast dealing with bigotry during the 1950's. Even though it deals with anti-Semitism, the story truly applies to all types of discrimination students might face in schools.

\* Nick Provenzano (@thenerdyteacher on Twitter) teaches high school English at Grosse Pointe South High School in Grosse Pointe, MI. He also blogs at TheNerdyTeacher.com.

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



## Artie's Easel

Dear Artie,

Are there any Spring arts and crafts show coming up in March or April?

Sincerely

Melody

Dear Melody,

I know of two at the moment. There will be a rather local, medium-sized craft show off of Latrobe Road at the Four Seasons Retirement neighborhood in March. I don't have the exact date yet, but it will have jewelry, gourds, plants, photography, ceramics, woodcrafts, and some homemade clothing items. It's quite fun even though it is small. Check for it.

A second show will be connected to a Garden Tour given by the Land Park Catholic School located in Land Park. It is a bit larger than the Four Seasons show and hosts a variety of



Prof White--Artie's Mentor

artists and craftspeople. I particularly like this show because all of the money from the garden tour and tea goes to the school that hosts the show. The school earns about \$10,000 from the tour/tea and this is put toward its art program. Without this money, the students would not have any art projects during the school year. The fair is free to the public, but the garden tour and tea cost about \$25.00. When I know the exact dates, I will let you know them, or you can call the Catholic Church schools and ask for them yourself. (It's a good way to practice your English.) Spring is full of small arts and crafts shows, so take some time and go to a few.

Sincerely,

Artie

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

## Granny Noetal

Dear Granny Noetal,

Who's responsible for all the crazy spelling in English?

Pere Plects

Dear Pere,

Lindsay Lohan. OK, that was a cheap shot. The truth is there's a long history as to why there are some mysteries in spelling in both American and British English. I, obviously, know it all, but I found a wonderful text (British spelling!) that makes for good reading and explains how things happened. So, see below and best of luck with your spelling woes (or wows).

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



## How English Spelling became so Irregular

The first English writing system was developed in the 7th century, after St. Augustine brought Latin to England in 597. The language and spelling have both changed a great deal since then. They did not start to resemble current usage until 1348, when a series of plagues helped to end French domination over England and the English language. The system from which current English spelling conventions have developed was established mainly by the poet Geoffrey Chaucer, who died in 1400.

Sadly, his orthography began to be diluted almost as soon as he had created it. English became re-instated as the offi-

cial language of England around 1430, after the 100 years war with France ended, and many of the scribes and clerks of court, who had hitherto written only French or Latin, had trouble switching to it. Their difficulties are chiefly responsible for most of the still surviving French spellings in words of French origin (table, double, centre) and spelling inconsistencies, such as 'label - table', 'bubble - double', 'enter - centre'. Most words of French descent have been respelt to show their changed, anglicised pronunciation (e.g. 'beef, batter, battle, count, government, mountain' - from 'boeuf, batre, bataille, compteur, gouvernement, montagne')

Chaucer's spelling system became even more seriously corrupted after 1476, when Caxton returned to London after 30 years on the Continent, to set up the first English printing press. To help him in this enterprise, he brought with him printers from Belgium who spoke little or no English and

made numerous spelling errors (e.g. 'any, busy, citie' for 'eny, bisy, cittie').

They were also paid by the line and fond of lengthening words to earn more money, or to make margins look neater. Many words with earlier simpler spellings became more complex and longer (frend – friend, hed – head, seson – season; fondnes – fondnesse, bad – badde, shal – shall).

The biggest dilution of English spelling patterns, however, occurred in the 16th century, during the printing of the first English bibles. They were printed abroad, because English bishops supported the Pope's ban on translating the holy writ from Latin into native languages. After Martin Luther's public questioning of the Pope's infallibility in 1517 in Germany, many English people began to want to know exactly what the bible said, instead of just hearing about it from priests in their Sunday sermons. William Tyndale translated it, but he had to leave England to do so.

Tyndale had to live in hiding, moving between Germany, Holland and Belgium, because spies in the employ of Sir Thomas More were constantly trying to track him down. His writings were therefore also printed abroad by people who spoke no English.

They were also much reprinted, because English bishops kept having them searched out, bought up and brought back for public burning outside St. Paul's cathedral in London. With repeated copying, from increasingly corrupt copies, bible spellings became more and more varied. Yet they were the first and only book that many families ever bought, and learned to read and write from too.

When Sir Thomas More's spies did finally manage to track Tyndale down and have him hanged and then burnt at the stake near Brussels in 1536, printers began to change his spellings even more, along with his name, in order to disguise his authorship. By the second half of the 16th century English spelling had consequently become very chaotic, with hardly anyone knowing what its rules were. Elizabethan manuscripts consequently became full of different spellings for identical words, on the same page, even including the Queen's own writings and the first authorised bible of 1611.

The spelling mess created during the first 100 years of English printing, mainly by foreign printers without any knowledge of English, led to calls for the standardisation of English spelling. The first step towards this was taken by teachers who began to compile spelling lists for their pupils. One of them, Edmond Coote, published his in 1595 and called it 'The English Schoolemaister'. It saved others the trouble, became very popular and also highly influential.

Coote cut many surplus letters inserted by printers (e.g. hadde – had, worde – word). He was greatly assisted by pamphleteers of the English Civil War (1642-9) who liked words to be shorter in order to pack as much information onto a page as possible.

Unfortunately, they did not get rid of all surplus letters, and nearly all that escaped their 17th C culling survive still (e.g. have, well, fuss, friend, build). Coote also paid no heed to the regularity of English spelling or ease of mastering it. His main aim was to help establish a single spelling for each word, opting for the one most often used.

When Samuel Johnson began work on his famous dictionary of 1755, quite a few English words still had more than one spelling, such as 'thare, there, thair, ther, their'. He decided to link several hundred alternative spellings to differences in meaning, as was already beginning to happen, and thereby helped to make learning to spell English even more difficult. Mercifully, he did not apply this to at least 2000 others, such as 'arm/arme, mean/mene'.

<http://englishspellingproblems.blogspot.com/>

## American English

Immigrants from Southeastern England began arriving on the North American continent in the early 1600's. By the mid-1800's, 3.5 million immigrants left the British Isles for the United States. The American

English language is characterized by archaisms (words that changed meaning in Britain, but remained in the colonies) and innovations in vocabulary (borrowing from the French and Spanish who were also settling in North America). Noah Webster was the most vocal about the need for an American national identity with regards to the American English language. He wrote an American spelling book, *The Blueback Speller*, in 1788 and changed several spellings from British English (colour became color, theatre became theater, etc.) In 1828, he published his famous *American Dictionary of the English Language*.

Dialects in the United States resulted from different waves of immigration of English speakers, contact with other languages, and the slave trade, which had a profound impact on African American English. A dialectal study was done in 1920 and the findings are published in the *Linguistics Atlas of the U.S. and Canada*

<http://www.ielanguages.com/enghist.html>



## Mim's Cafe

# The "It's Easy to Be Green" Smoothie

By Myles Montgomery, Guest Writer



Prof. Montgomery with happy eater.

As many readers know, because I am Mim's husband, I have been the primary tester/ beneficiary of the recipes included in this column. After years of reading and editing for Mim's Café, I have decided to include one of my own favorite recipes. Today's selection is from one of my favorite cookbooks, Whole Food Recipes (which was included with my Vita-Mix). In my opinion, the beauty of this drink is its simplicity: it is a creative combination of fruits and vegetables, and it is absolutely delicious. Moreover, this smoothie is a wonderful idea for those who are interested in including more nutritious foods in their diets, as it is satisfying and filling. The recipe is quick to make and includes items that may be already sitting around your kitchen. However, it should be noted that you will need either a Vita-Mix or a powerful blender to complete it. Also, the ingredients should be added to the blender in the order they are listed below. This smoothie does well as a snack or it can be used as a quick meal replacement.

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

### Ingredients

½ cup grapes, red or green  
 1 orange, peeled and halved  
 2 cups spinach, packed or frozen  
 1 carrot, halved  
 1 banana, frozen\*  
 2" slice pineapple  
 ½ apple, seeded

\*If you do not have frozen fruit, simply add



one (1) cup of ice to the top of the mixture.

If you are using a Vita-Mix, simply turn it on and gradually increase to the setting of 10. Then, activate the "high" blend switch and allow it to process for about 1 minute.

If you are using a high-power blender, begin by mixing the grapes and orange first. Then, add two ingredients at a time until all of the ingredients have been added. Finish by blending all of the ingredients together for about 1 minute.

I hope that you enjoy it as much I have.

## The History of Smoothies: Smoothies Evolve as Nutrition Awareness Increases

The history of smoothies dates back to the 1930's, about the time that the first blenders were made. Early smoothies were made mostly out of fruit, juice, and ice and resembled somewhat of a "sorbet" or "fruit slushy" that you could drink.

In the early days, fresh fruits were seasonal. Additionally, a smoothie blender was considered a luxury item. Banana, strawberry and pineapple fruit smoothies were among the favorites.

That said, you couldn't go down to the local juice bar or smoothie shop and order up your favorite; just wasn't going to happen.

The history of smoothies is somewhat vague during WWII, but the post war years saw dramatic change in the American way of life. Life had been hard for many. It was time to kick it up a notch.

And so the real explosion in popularity of smoothies did not take place until the 60's and 70's. By this time, you could pretty much purchase fresh fruits from around the world. Now, families had freezers and all the other modern appliances. You could purchase seasonal fruit when it was cheap, and freeze it for later use.

California juice bars sprang up, and the new tropical flavored smoothies were a hit!

The 60's and 70's also saw a rise in fitness and nutrition awareness. Woman's and men's fitness groups viewed smoothies as a natural way to increase their metabolism without all the calories. Major food companies seized on this trend and began promoting the smoothie, which increased it's popularity.

<http://www.smoothieinsider.com/history-of-smoothies.html>



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

### Hike Down to Emerald Bay and Back from Highway 89

*There are three little hikes near Emerald Bay I like to do again and again. That's not only because they're short and accessible. Each of these hikes features great views and a good sampling of glaciated sub-alpine Sierra terrain.*

To get to the Emerald Bay from the Sacramento area, drive east on U.S. Highway 50 for about an hour and a half to the Lake Tahoe Basin. Once in the basin, keep driving on Highway 50 to the City of South Lake Tahoe. When you arrive at a "Y" junction surrounded by strip malls, leave Highway 50 and take State Highway 89 North for several miles.

Once past the city limits you will enter the Tahoe National Forest, passing through Camp Richardson and several forest service recreation sites. The road then narrows as you climb high above Lake Tahoe in a series of switchbacks. Upon reaching a high point at a site called "Bay View" you will see Emerald Bay far below on your right.

Keep driving on as the road descends somewhat above the Bay. When you are directly west of Emerald Bay you will see a parking area (Eagle Falls) on the left. A short distance farther, on the right, is the parking lot for the Emerald Bay trail. If there is space available, park there. If not, pull over and park in a safe place along the roadway where there are no signs prohibiting parking.

Emerald Bay State Park encompasses Emerald Bay and a strip of land bordering the shore. The parking lot is within the national forest. There's no public access by motor vehicle down to Emerald Bay State Park. (No pets are allowed there either.) There are some nice white-sand beaches on the Bay, but to access them you'll have to hike, bike, horse-ride, or boat in. However, it's only a mile from the parking lot down to the lakeshore. The exceptionally wide trail (actually a closed road) starts at the parking lot and winds down-

ward, dropping perhaps 400 feet in elevation to the shore of Emerald Bay. Along the trail you will have good views of Emerald Bay and the ridges on both sides, which millenniums ago were excavated, sculpted, and deposited by the glaciers. Once on the Bay you'll see the emerald water, sand beaches, picnic tables, and interestingly, a "castle". Actually, Vikingsholm is a large (38 rooms) stone home built in 1928. It served as a summer place for a very wealthy lady who admired the stone houses along the fiords of Norway. Emerald Bay reminded her of the fiord country, so she had

an architect design and build a Norwegian-style home for her use as a summer home. Now it's owned by the State of California. During the summer (for a fee) you can take a guided tour of the home.

Emerald Bay beach is a great place for a picnic, but don't over-eat, for you have to walk back all uphill to the parking lot! And, did I forget to mention

there's a waterfall? From Vikingsholm you can hike up to the base of Eagle Falls, or hike a short distance down to the falls from the parking lot.

During the summer, the nights tend to be chilly and the days warm at this altitude (over 6,000 feet). When weather permits and Highway 89 is open, this trail can also be used in the winter months. Then, snowshoes and cross-country skis become popular means to hike down to Emerald Bay. If you do go there in winter, you'll want a warm parka and some sunglasses and sunscreen to protect against the sun and snow.

See you on the trail!

**Happy Hiking!**

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



**Sierra Munchkins?**

Continued from page 1

**Parrot:** What do you dislike about your job?

**Prof. Jorgensen:** Grading, grading is kind of tough sometimes.

**Parrot:** Grading students?

**Prof. Jorgensen:** Yeah, Yeah...

**Parrot:** Why?

**Prof. Jorgensen:** For instance, I grade my students' lab reports as they are doing them. It seems like sometimes I will have directions written on the board, I will talk about those directions, and all the students will make the same mistakes. Over, and over, over again even though I talked about it a few times. That's a little tiring I would say. So, some of the grading is tiring. Other than that, I like my job. Even the grading is not too bad.

**Parrot:** OK. You're saying that students have mistakes, yes?

**Prof. Jorgensen:** Yes.

**Parrot:** How about - Do you have some funny mistakes in your job?

**Prof. Jorgensen:** Just some simple mistakes.

**Parrot:** Which?

**Prof. Jorgensen:** We had an exercise a couple of weeks ago. I gave my students the symbols of some of the elements and they had to write down the name of the elements, so I gave them "Fe" for iron but somebody guessed : they didn't know what "Fe" was, so they called it "feeliem". That was kind of funny and "Cr" for chromium and several people put down for "chromium" - "c-h-r-o-n-i-u-m" - it's pretty funny.

**Parrot:** What have you learned from your mistakes?

**Prof. Jorgensen:** Ok, from my mistakes? I guess I've learned that we all make mistakes and to be more accepting of myself when I make big mistakes because you know it doesn't hurt to be less hard on ourselves if we make mistakes, and I believe more compassionate and understanding with our mistakes - that's something I guess I've learned.

**Parrot:** When was the last time you were angry? What happened?

**Prof. Jorgensen:** I don't get angry very often, let see... when was the last time I got angry... I can't really remember...

**Parrot:** It's good.

**Prof. Jorgensen:** Yeah, I guess that is good. I cannot get

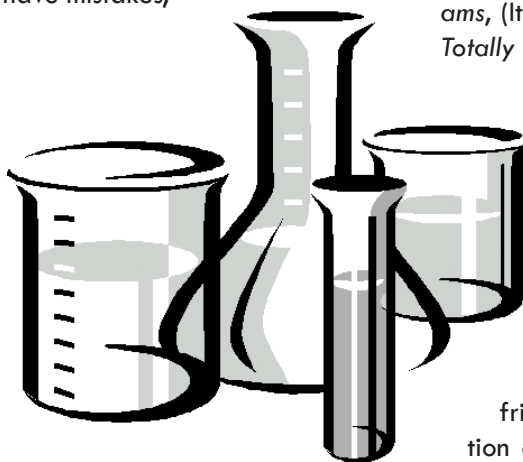
very angry. I get frustrated once in a while but not real angry, so I guess that's good.

**Parrot:** You know that chemistry isn't an easy class. Can you give some advice on how to prepare for important tests or exams?

**Prof. Jorgensen:** I'd say the most important thing for preparation is to start preparing early. Most students wait until the last minute and it's hard to learn.

**Parrot:** Or last night...

**Prof. Jorgensen:** Right, the night before the test, and it's basically impossible to really understand and learn everything, so the best piece of advice is to start working on things early and getting help if a student starts to struggle or has a problem or doesn't understand something.



**Parrot:** I have an interesting book "*F*" in *Exams*, (It's a national bestseller,) *The Very Best Totally Wrong Test Answers*, and this is a chapter about "Chemistry", and a question: What is the meaning of the term "activation energy"? and the answer was "It's what is needed to get up in the morning".

**Prof. Jorgensen:** (smiling) Yeah, Yeah, that is a great answer and I use that analogy sometimes with friends and other people, high activation energy to get out of bed. It's easier to stay in bed, because it takes a lot of energy to get out of bed!

**Parrot:** Some people say that grades are a good indication of student academic achievement. Do you agree or disagree with that? Why?

**Prof. Jorgensen:** I agree and disagree... that is a tough one... I don't quite know how to answer that. I think in general I agree but I think there are some really bright people that do not know how to take exams, possibly, and because our grades are based solely on exams, there are some people that may not do so well in that type of setting that could excel in another setting.

**Parrot:** That it is not an indicator?

**Prof. Jorgensen:** I think it is, in general.

**Parrot:** How does chemistry relate to daily life?

**Prof. Jorgensen:** Oh, chemistry is around us all the time.

**Parrot:** Where?

**Prof. Jorgensen:** Our body is a bunch of chemical reactions,

allowing us to see and move, and feel, and taste, and sense things. That's all chemical reactions and it's getting energy from our food – that is chemical reaction, sunlight providing energy to plants, so they can grow – that is chemical reaction, all the things around us, the clothes we wear, the things in our house, the things we use, computers, all that is just products of chemical reactions. So, chemistry is truly around us all the time.

**Parrot:** How can this knowledge help me, a student, to live better, to have a better life?

**Prof. Jorgensen:** I think it's fascinating to understand the chemistry around us, so I think that is interesting and if people could, I think people could get more excited about chemistry if they realized that chemistry is all around us. One thing I try to talk about is like this can of spam here. Bring this in the class and talk about the chemistry, not really the chemistry of spam but some of the chemicals in spam and I think that helps students relate chemistry to real life.

**Parrot:** When I go to the store, my husband always tells me "please read the labels", but sometimes I don't do that.

**Prof. Jorgensen:** Yeah, that's where chemistry helps out. You know, as you take more and more chemistry you can read the labels and start understanding more about what is in the container.

**Parrot:** I have a can "Macaroni with Beef in Tomato Sauce" and on the label is written monosodium glutamate also knows as sodium glutamate and MSG. Sometimes, food from natural stores - on the label – is "no added MSG." Is it important, MSG?

**Prof. Jorgensen:** For some people, MSG, I believe causes headaches and it makes them feel bad, so some people are very sensitive to MSG, other people are not. So, MSG is added to food to try to make it taste better, so it's not necessary that it's there since it gives, produces, bad reactions for some people. Other people think that it is a benefit to advertise their food does not contain any MSG.

**Parrot:** It's good to know about that?

**Prof. Jorgensen:** Yeah, it's good to know about that. Yeah... Then you can make a choice what you want to buy, what you want to eat, so if you know a little about chemistry then it allows you or empowers you to make a decision about what

you want to put in your body.

**Parrot:** When I was a child, my mother often told me, "Don't eat apple seeds", but I liked to eat apple seeds.

**Prof. Jorgensen:** Oh, yeah.

**Parrot:** What is dangerous in apple seeds?

**Prof. Jorgensen:** Apple seeds have a chemical in them, a class of chemicals called cyanogenic glycosides and they're found, these chemicals are found in peach pits, cherry pits, bitter almonds, and lots of other foods. Eating an apple seed isn't going to be a problem, but it's been documented that if you eat a whole cup of them or whole bunch of them, you are getting close to enough cyanide from the seeds from the apple that it could kill you or make you very sick.

**Parrot:** And one question about food: What's the difference between regular salt and kosher salt?

**Prof. Jorgensen:** Texture.

**Parrot:** Texture?

**Prof. Jorgensen:** I think kosher salt has more surface area, I think it's flatter and dissolves faster. It's still salt. It's the same stuff – sodium chloride. I think it's a slightly different physical form, not chemical.

**Parrot:** Physical form, not chemical?

**Prof. Jorgensen:** Not chemical.

**Parrot:** And the last question: Each of your students has a dream about a future job. What should we do so that our dreams come true?

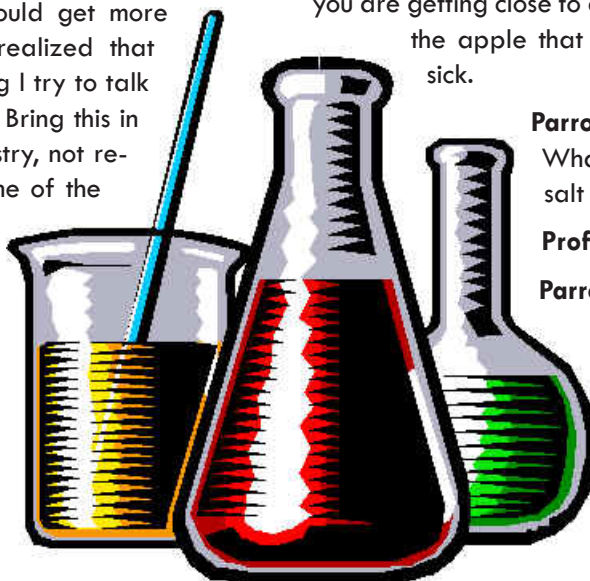
**Prof. Jorgensen:** Identify the steps that a student would need to get through in order to make that dream come true, so I would say a student needs to be proactive and think about their planning for the future in terms of classes and extracurricular activities outside the classroom. That would help them achieve their dreams.

**Parrot:** Thank you for your time and your answers to my questions. Thank you. Have a good week and good students all the time!

**Prof. Jorgensen:** You are welcome! Thanks.

Halyna Samiylenko

ESL L320



## Out of the Cage

### The Last Boy: Mickey Mantle and the End of America's Childhood

Thursday, March 22, 2012 at 10:00 am - 2:00 pm

What "brought this onetime golden boy from the zinc mines of Oklahoma to center stage at Yankee Stadium and made him into America's quintessential tragic hero, a freakily gifted athlete haunted by a deadly genetic inheritance, including alcoholism"? (Publisher's Weekly). The R.A.D. Book Club will present a thought-provoking presentation and discussion on the amazing story of this great athlete and the book that reveals both his stunning career and his rise, fall, and survival into recovery.

**Location:** Raef Hall 160

### Stress--Balancing Work, School & Life Workshop

Wednesday, March 28, 2012 at 11:30 am - 12:30 pm

Stressed out? Struggling to keep up with the demands of school, work, and a personal life? You are not alone. Life in the 21st century has brought in a whole new set of stressors we all must deal with. Although stress is a normal part of life, it can take a toll on our health and ability to succeed if it becomes excessive.



In this workshop you will learn about the nature of stress, some of its causes and how it often surfaces in physical and emotional symptoms. You will learn experiential ways to cope with stress in your daily life. Life can't be stress-free, but we can change how we relate to stressful situations so we are not as adversely affected.

\* This workshop is presented by a Career Counselor.

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

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

### Women of the Middle East: An Update

Thursday, March 29, 2012

12:15 pm - 1:15 pm

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



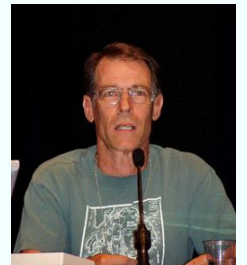
**Location:** Raef Hall 160

### Science Fiction in the Twenty-first Century

Thursday, April 12, 2012

12:15 pm - 1:15 pm

The certainty of climate change and the likelihood of ten billion people on Earth by the year 2050 mean that the future of today's students will take place in a swiftly changing world. Science Fiction writer and winner of Hugo and Nebula Awards, Dr. Kim Stanley Robinson will discuss how science fiction envisions potential scenarios in novelistic detail in order to create strategies and feelings about how people construct life projects and what we should do now.



**Location:** Raef Hall 160

### Questions/Comments?



Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D337 (Davies Hall), call (916) 484-8988, or e-mail [braccop@arc.losrios.edu](mailto:braccop@arc.losrios.edu) or Professor Elizabeth Moon at [moone@arc.losrios.edu](mailto:moone@arc.losrios.edu)

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