



The Parrot

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

Issue #63

Spring 2012

Business Tech's Gloria Godfrey-- Instructional Assistant

Parrot: Hi my name is Maria Salgado. Today I would like to ask you some questions about yourself, but first of all I want to thank you for giving me the opportunity to have this interview with you. Can you tell me your name please?

Gloria: My name is Gloria Godfrey.

Parrot: Okay Gloria, have you ever been interviewed before?

Gloria: Yes.

Parrot: Okay, can you tell me a little bit

about your professional background please?

Gloria: I am an Instructional Assistant at ARC. I have been here for 22 years. I got my degree here at ARC. I came back to school when I was 50 years old to get a degree.

Parrot: Fifty years old? What is the biggest decision you have ever

made in your life?

Continued on page 20



Sleeper Survives Snooze on Train Track

A Russian man who fell asleep between train tracks failed to wake up when a 140-ton cargo train passed over him

Vladimir Rasimov passed out and fell asleep between the tracks as he took a short cut home after going out with some friends to a bar.

The train driver saw somebody on the line and braked sharply. When rescuers tried to pull the sleeper from underneath the carriages, the man was still sleeping. Unfortunately the rescuers failed and the train had to carry on to free him.

Train driver Vladimir Slabiy said: "I saw

a man lying between the tracks and tried to stop, but it was too late. The train went right over him and I thought he must have been killed."

"But when I got out and checked he was still lying there fast asleep."

"If he had woken up from the noise of the train he would have lifted his head and been hit by the undercarriage and that would have been the end of him. It was lucky he was so

drunk."

www.stunning-stuff.com/read-weird-news-stories/130.html?ci=1



Coming to
America!

see page 4

"We should not write so that it is possible for the reader to understand us, but so that it is impossible for him to misunderstand us."

-Quintilian (Marcus Fabius Quintilianus),
rhetorician (c. 35-100)



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Inside this Issue

| | |
|------------------|------|
| Border Crossing | 2 |
| Children's Lives | 3 |
| Kaneko Gallery | 6, 7 |
| Blue | 8 |
| Books to Movies | 14 |
| Environment Art | 15 |
| Eagle Falls | 19 |

Student Chirpings

The Unforgettable Ride

A bicycle is a useful device for getting to any destination. By using it, you save money and maintain valuable health. Many people use bicycles as a device for transportation in my country Moldova. Although the adventurous ride on my bicycle was 10 years ago, it is unforgettable for me till now.

It was a warm, sunny, summer day when I decided to visit my grandparents, who lived in a small, quiet village, Olis-hanka, located in Ukraine. In fact, I had to ride my lovely, blue bicycle from my hometown Soroca in Moldova because I didn't have a car. I checked the bike brakes and wheel because the ride was supposed to be 21 miles one way. I also prepared a bike kit that contained glue and other stuff for fixing the bicycle in case of a flat tire or break down.

When everything was done, I left for my adventurous and unforgettable ride. Indeed, the shoddy roads in my native country, Moldova, are narrow, and they do not have bike lanes or any at all. Furthermore, roads of markings the Republic of Moldova rank second place from the end of the world for bad quality. the Government takes care of those roads that run through the capital of Moldova, Chisinau, because it does not have money for other roads. Therefore, bike riders ride the bicycles circling holes and fleeing from angry drivers. When I rode on my old bicycle in these dangerous, extreme conditions from a big hillside, the bike brakes jammed and for a while I lost control but fortunately in the last second I could control my precious bike.

The next step of my memorable ride was crossing the Moldavian - Ukraine border. Certainly, most people from Post-Soviet Union say that the worst crossing border is the Ukraine - Moldavian one. The cause of this talk is spending the hours for all processes such as waiting in line, paying border fees, filling out a variety of unneeded forms and other new rules that could pop up every time. In addition, there is a river, the Nistru, that divides Moldova from Ukraine, and there is no bridge but only a ferry that is used as transportation for crossing the river. This crossing takes a lot of time because cars and people have to use the same kind of transportation a memorable ferry! On that day, when I arrived at the Moldavian-Ukraine border, the young guard asked me

to show him my passport. When I showed it, he asked to check my bag that I had with me. When I was giving him my backpack, he questioned me, "Are there any drugs? Wow... Why is it so heavy?" and I replied, "No, there are no drugs. There is my clothes and food." After that, he asked me to give him my passport again, and I replied to him, "I already showed you it", but he said to me, "I need it again because I need to register it". I gave him again my passport. When I got my passport back, he said to me, "You must wait till all cars drive to ferry!" His voice sounded to me like an order. It was useless to say anything because he was the guard that had power. As a result, I spent two long hours to cross this unforgettable for my whole life border.



Then, I needed to ride on my bicycle for three long hours on impassible country roads. Somewhere, they were made up of crushed stone, and somewhere there was nothing, just a little grass. The cause of the bad road conditions was that they run among small, quiet villages where nobody takes care of them. People do not have money for repairs, but the government does not want to spend money on these roads. However, it is a pleasure to be away for a while from all civilization routes.

In summary, despite the difficulties and challenges of this ride, I can remember all the details with pleasure which remind me of my childhood and many experiences that I had then.

Oleg Crivoi

ESL W50



Ferry of Moldovian-Ukrainian border

Children's Lives in Two Different Dimensions

Getting a great leader for any nation starts from childhood. All over the world children share many similarities such as being adorable and grabbing number one priority of attention. However, children who live in different countries have many differences in many other perspectives. There are three major differences between the lives of children in my country Iraq and the lives of children in the United States: their lives at school, their lives at home, and their social lives.

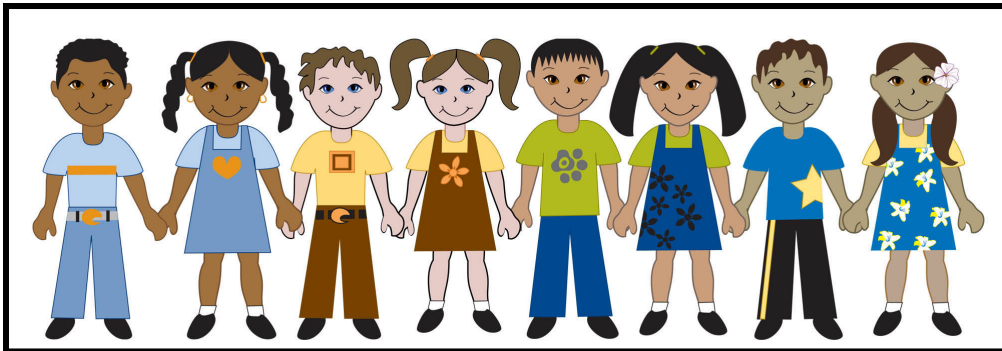
One important difference is children's lives at school. Although in both countries schools offer free education for children (except private schools), there are many differences in their lives at school. In Iraq, after 2003, there are schools that are only for boys and others that are only for girls. In Iraq schools lack playing yards. Furthermore, classes are supplied with a blackboard and one person-desks that are used by two children. There are no libraries that can supply illustrations, charts, and books or stories to read for children.

Schools in my country do not offer tutoring after class for weak children; therefore, weak students stay weak and never get motivated or perform better. In contrast, schools in the US are mixed from the two genders, and students can sit at the same desk. In addition, classes are supplied with a board, a desk for each child, and many illustrations, charts, and maps. In addition, many books and stories that are helpful for children are available in the library. Children in the USA spend many hours studying at school, and the weak ones get help from tutors with homework and assignments, which can make it easier for them to study when they go home. In short, all the help that children get in the United States at school can help them develop study habits, which can make them better learners in the future.

Another difference is children's lives at home. In my country, children cannot ask specific questions about any subject they went because of our culture and traditions, which do not allow them to ask about anything with freedom, and even if they get an answer, most of the times they won't be getting the right answer. Furthermore, children can be left alone without any supervision or parenting. Children also can

stay up with their families till midnight. In contrast, in the US children have the right to ask whatever they want because American people feel responsible toward their children; moreover, parents will answer any specific questions too. American people cannot leave their children alone at home without any kind of supervision, and they can get in trouble if they do. Most American families send their children to bed between eight and nine pm. In sum, children's lives in the USA are more organized, which makes them more socialized when they grow older.

Finally, there is a big difference between children's social lives in the two countries. In my country, children depend a lot on their parents and their will represents their parents' will. Children can play outside the house with their friends in the street for many hours, and without their parent being with



them. In some families, traditions say that children have to stay calm and quit when the father comes home from work after a long day. In general, Iraqi children have no social

life at all. On the other hand, American children are independent because they get exposed to many concepts such as team work, empathy, and freedom of speech, and they can decide their will by themselves. American children never play outside the house without their parents or a family member watching them, and when they do, they always go to the park with their families. Children here do not need to be quiet when the father comes home from a long day at work.

In conclusion, lives are different from one country to another; obviously the difference is big between children who live in my country, Iraq, and children who live in the United States. I want to point out three main points which show that huge difference in children's lives at school, their lives at home, and their social lives. Based on all that I have stated above, I can say I prefer children's lives in the United States.

Hind Hanna

ESL W310

Coming to America

My father is very quiet man. He just loves to take care of flowers and to write poems or short stories. My mother and my sister, however, control everything in my family. They are very imperious. One dictatorial regime has been established by these two women in my family from a long time ago until now. I couldn't do anything without strict monitoring by them. Although they lived in America, and I lived in Vietnam, they always set up everything and made me follow their plans. They wanted me to come to America, so they pushed me do this plan.

One time, when they called me at my home in Saigon, I blurted my plan out. "I am going to Japan to improve my Japanese next year." I just said that, but my mother and my sister didn't believe that it was my dream. They guessed I didn't want to live anymore in Vietnam because I felt very lonely. I didn't know they really hated my plan. After that day, they made a plan and forced me to obey their decision. Their plan was to get me to America as soon as possible. After looking for many ways for one year, they finally found a man who wanted to go back to Vietnam to look for another wife after he divorced his wife. They were not well acquainted with him. That

made me very angry. To persuade me to marry him, they harassed me a lot. They called me anytime, in the middle of the night or very early in the morning. They sent me a lot of emails. They swore at me mightily on the phone. They cried a lot. They compared the happiness of the married life and the unhappiness of the single life. I just stayed silent. My purpose wasn't to quarrel with them. I tried to find a way to upset their plan. The only information I knew about him was that he had lived in Sacramento. I remembered I had a good friend in America. Whenever she wrote me a letter, I saw the name of the city that she was living in was Sacramento too. Maybe that was a clue for me. I called her immediately. "I will help you," she said. After four weeks, she called me back. She had some information about him because that man used to live near her sister's house. She said, "He is very crazy about gambling. He spent all his free time in the casinos. His ex-wife tried to dissuade him from gambling, but all her efforts went to waste. That 's why

he was bankrupt, lost his house, and his wife divorced him." When I heard that, I felt as happy as if I caught a boat after almost drowning. Before he went back to Vietnam, I told my mother and my sister that bad news. They didn't say anything, but I knew exactly that they would never give up their desire easily.

They made another plan. This time they were aiming for the day my father became an American citizen. They knew exactly that the procedure to sponsor me from my father would be processed faster after that day. They compared American life and Japanese life. They said," American life is heaven, and Japanese life is hell." This time I needed to find the proof to demonstrate that their inferences were biased and wrong. While I was working for the Hitachi Corporation as an interpreter

in Saigon, I had the opportunity to meet and to talk to the vice director of that company. When I learned he had studied and worked in America for many years before he became the vice director, I told him my story and my dream. After listening to me carefully, he said, "As a business man, I will offer you a job in my company. You need some money to pay the tuition and to get settled in Japan. Everything in Japan is very



expensive. As a "father," I advise you to go to America. Maybe you and my daughter are the same age. If you choose to go to Japan to study, the future will open only one door for you. If you choose to go to America to study, the future will open many doors for you. My daughter is studying in America now. Go ahead, Thao, don't be scared." I just cried when I listened to his words. I knew he told me those words out of kindness, but I really needed to know another opinion from another person.

I made another decision, to study English, just in case I changed my mind and wanted to go to America. I was very lucky because my English teacher in Saigon was an American. She had taught English in Japan for two years. When I told her I needed her advice for my situation, she didn't give me any advice. She just asked me," Do you know how many Vietnamese people died when they tried to go to America to get political asylum?" "Almost two million," I answered.

“Many, many people around the world dream that they can immigrate America legally like you”, she said. I felt I woke up suddenly after I heard that. Through my father’s petition, I came to America after six months from that day.

Although I had found many ways to fight the plan of my mother and my sister, finally I had to do it. It is very difficult for me to have to start all over in America. That is the reason why I didn’t really want to come here. Now my mother

and my sister feel very triumphant because they think they won and I lost. I don’t care if I won or lost. I remember one philosopher had said, “Life always gives you a lemon. Don’t complain how sour it is. Try to find some sugar and make that lemon become a glass of lemonade.” I just care about how to find “some sugar”.

Thao Tran

ESL W50

My Unforgettable Horseback Ride

Have you ridden a horse? Some people have never ridden a horse. Other people are professional horse riders. People have good or bad experiences while horseback riding. I have liked horses since my childhood, and horseback riding was always my dream. That dream came true two years ago. It was an unforgettable horseback ride.

First of all, it happened in the most beautiful place in the world. It was in Jamaica. We traveled in a big ship. It was with Western Caribbean Cruise. One day we had a stop in Jamaica. In the morning my husband, our friends, and I drove to a ranch from the city to the country. There was a special tour for tourists who wanted to ride horses. The ranch was in the hills. It was a very big property with many stables for horses. There were many workers looking after the animals. They showed us their ranch and explained everything about the horses. After that, we read all the rules and signed some papers. One guy was responsible for our group. He taught us how to ride, and he taught us special commands. We wore helmets and sat on the horses from a special stage. My horse was a black male. He was tall and strong. I liked his soft mane and long tail. This same ranch worker helped me get on the horse. Later, he checked all the equipment, and then my horseback ride began.

When the horse began to move, it was a scary moment for me. I thought at that moment, “Just don’t fall down.” For the first time in my life, I was sitting on a horse and riding it. Then all the horses began to walk. Our instructor rode a horse in the front, and four of us followed him. After a few

minutes, I was surprised because I felt very comfortable on the horse, and my horse listened to my commands when I told him “turn left,” “turn right,” “slow down,” or “stop.” I had a lot of fun when we walked through the jungle. I looked at beautiful trees, bushes, flowers, and birds. Step-by-step our horses came down to the beach. There was a break for everyone. I was very excited after my horseback ride through the jungle.

After a while, I had more fun. We continued our horseback ride, but now it was not through the jungle. We made a few circles on the beach. My horse walked on the sand along the ocean. When our instructor’s horse walked to the water, all the horses followed him. Then we made a few circles in the ocean along the beach. The horses walked slowly in the beginning, but after a while they began to go faster, and finally, they ran into the water. That was the scariest moment for me. I almost fell into the water. When my horse began to move slowly, I felt safe. After our horseback ride in the ocean, we walked through the jungle, crossed the street, and to the village. We returned to the ranch. Our horseback ride was finished.

My horseback ride in Jamaica was amazing! There were times when it was scary and times when it was fun. It was an incredible and unforgettable day for me. My dream of riding a horse came true!

Tatyana Khabyuk

ESL W50



My Visit to the James Kaneko Gallery

When I first went to James the Kaneko Gallery, I had a serious cold so I didn't have strength to stay there for a long time. Because I didn't know where the building was even though I pass through there almost everyday, I followed my teacher and a classmate to go there. After I arrived there, I met other classmates. They seemed to enjoy the display, and one of my classmates was taking notes very hard. I felt that my classmates are more interesting than the display. Because I really felt uncomfortable that day, I only stayed a while. When I saw the display in the James Kaneko Gallery, I recalled many memories, and I felt happy for those students who are studying at ARC.

When I was a teenager, I learned art and painting for four years. Actually, I had learned many kinds of arts since I was a child, but I always studied intermittently. I like art, music, and design. I used to enjoy different kinds of display and shows. I also planned displays when I worked at advertising company. Therefore, when I went to the James Kaneko Gallery,

I recalled many memories of my young years. My dream was to be an artist and live in Paris. I usually liked a specific style boy, who looked like an artist or photographer. I met my first boyfriend at an art studio, and now he is an art teacher and teaching elementary school students. While I was standing in the room at the gallery, I felt I was standing on a familiar street, on which I usually walked back and forth when I studied art near there. I felt the memories were very far away from me, but at the same time it seemed as if they had just passed by.

When I saw the display at the James Kaneko Gallery, I felt touched by their efforts. I didn't think their work was perfect, but they had the chance to display their work and

they did what they wanted to do. The spirit was more important than the production, and students' spirit was reflected in their performances. I saw a student's paintings (Mick Sheldon), and I wondered why he likes to paint similar paintings. I thought those were his assignments. Although the main paintings, which were hanging upon the walls, were similar, I noticed his other paintings in the corner. The little paintings were special and high colored. I like these little paintings, and I thought the student's mind was complicated. After I enjoyed the display a while, the student eagerly introduced his work. He looked very funny and a little strange, but the most artists always look stranger than average people. I should

say that they have a special style so that they are artists.

I have a habit. When I enjoy any displays or shows, I don't like to discuss and comment on them because I think that we can't judge what is excellent or not. Everyone has a different opinion from other people. When I see a beautiful painting, some people may not think it is so. I was impressed by Van Gogh's paintings.

When I went to his show in Taiwan, I also heard that other some people complained about the show while I was enjoying it. Therefore, I don't like to discuss art with other people. I think that doesn't make sense.

Anyway, I felt happy for having the chance to know the place. When I wanted to leave, I took two postcards. These have the schedules of shows at the James Kaneko Gallery. I will go there frequently. I still have some fantasies about art. Although I won't be an artist, I like to get along with artists, and observe what they are doing.

Poya Fu

ESL W50



Experiencing the Kaneko Gallery

I really like gallery paintings and the statues although I don't know any basic principles of them. When I heard that there was an exhibition at the James Kaneko Gallery, I ran there with all of my eagerness after class. I was really disappointed by my visit to that gallery. I don't like those paintings and sculptures because I don't like the color of the

paintings and I don't understand the symbolism of the paintings and sculptures.

There were some paintings outside the room. A baby, a cross and a pumpkin appeared many times in the paintings. I am not a Christian, so I don't understand the relationship between the cross and the baby. "That is a christening when a

baby is born, isn't it?" I asked myself. The pumpkin made me remember Halloween with the spooky movies. I was scared of those paintings, so I ran into the gallery.

I saw many paintings on the walls inside the room. Grey is the main color of the paintings called "Burger Worker". Other colors of those paintings, like orange, blue, purple, yellow, etc., stand out well against the grey background. That is a good point, but I don't like this color. Grey always makes me feel depressed and cold. While I was looking at them again, I saw some men, something like machines, and a hamburger that was continued on many paintings. They were very odd. One of the oddest paintings was the head of one man protruding from a toilet bowl with a toothbrush in his hand. I didn't understand the meaning of this symbolism. What was the meaning that the painter wanted to send to us through the symbolism of these paintings? Maybe the author of those paintings was one of the abstract expressionist artists? I didn't want to compare those paintings with others, but it reminded me of the paintings of Leonardo de Vinci, the paintings of Claude Monet, and the paintings of Edouard Manet. They were colorful and I didn't need to think about the meaning of their paintings. I just enjoyed

their color and their beauty.

While I was thinking about the symbolism of the paintings, I backed into a sculpture. I turned around and saw a white sculpture of a person without a leg. One of the sculptures was a person without arms. They looked like dead bodies. I thought it meant they were antiwar sculptures. When I saw another sculpture of a person with the head of an ox, I guessed that Greek mythology was the pet topic of the author. However, I didn't know how to remove the deaths and the wounds out of my brain. Michelangelo's statues and the statue of "David Killing Goliath with a Slingshot" (English Garden) were white too, but they were really like a real person.

I love art depicting life. The colors of trees, flowers, animal, etc. around us are very bright. Things around us are alive. Grey and white makes me feel sad, and the symbolism of abstract art make me confused about its meaning. The visit to that gallery didn't leave a good impression on me.

Thao Tran

ESL W50

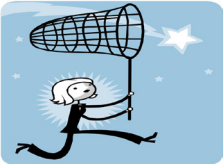


At The Kaneko Gallery



"David Killing Goliath with a Slingshot"

(Not at the Kaneko Gallery)



Nestcape - Articles from the Web

Fugates of Kentucky: Skin Bluer than Lake Louise

Benjamin "Benjy" Stacy so frightened maternity doctors with the color of his skin -- "as Blue as Lake Louise" -- that he was rushed just hours after his birth in 1975 to University of Kentucky Medical Center.

As a transfusion was being readied, the baby's grandmother suggested to doctors that he looked like the "blue Fugates of Troublesome Creek." Relatives described the boy's great-grandmother Luna Fugate as "blue all over," and "the bluest woman I ever saw."

In an unusual story that involves both genetics and geography, an entire family from isolated Appalachia was tinged blue. Their ancestral line began six generations earlier with a French orphan, Martin Fugate, who settled in Eastern Kentucky.

Doctors don't see much of the rare blood disorder today, because mountain people have dispersed and the family gene pool is much more diverse.

But the Fugates' story still offers a window into a medical mystery that was solved through modern genetics and the sleuth-like energy of Dr. Madison Cawein III, a hematologist at the University of Kentucky's Lexington Medical Clinic.

Cawein died in 1985, but his family charts and blood samples led to a sharper understanding of the recessive diseases that only surface if both parents carry a defective gene.

The most detailed account, "Blue People of Troublesome Creek," was published in 1982 by the University of Indiana's Cathy Trost, who described Benjy's skin as "almost purple."

The Fugate progeny had a genetic condition called methemoglobinemia, which was passed down through a recessive gene and blossomed through intermarriage.

"It's a fascinating story," said Dr. Ayalew Tefferi, a hematologist from Minnesota's Mayo Clinic. "It also exemplifies the intersection between disease and society, and the danger of misinformation and stigmatization."

Methemoglobinemia is a blood disorder in which an abnormal amount of methemoglobin -- a form of hemoglobin -- is produced, according to the National Institutes for

Health. Hemoglobin is responsible for distributing oxygen to the body and without oxygen, the heart, brain and muscles can die.

In methemoglobinemia, the hemoglobin is unable to carry oxygen and it also makes it difficult for unaffected hemoglobin to release oxygen effectively to body tissues. Patients' lips are purple, the skin looks blue and the blood is "chocolate colored" because it is not oxygenated, according to Tefferi.

"You almost never see a patient with it today," he said. "It's a disease that one learns about in medical school and it is infrequent enough to be on every exam in hematology."



The disorder can be inherited, as was the case with the Fugate family, or caused by exposure to certain drugs and chemicals such as anesthetic drugs like benzocaine and xylocaine. The carcinogen benzene and nitrites used as meat additives can also be culprits, as well as certain antibiotics, including dapsone and chloroquine.

The genetic form of methemoglobinemia is caused by one of several genetic defects, according to Tefferi. The Fugates probably had a deficiency in the enzyme called cytochrome-b5 methemoglobin reductase, which is responsible for recessive congenital methemoglobinemia.

Normally, people have less than about 1 percent of methemoglobin, a type of hemoglobin that is altered by being oxidized so is useless in carrying oxygen in the blood. When those levels rise to greater than 20 percent, heart abnormalities and seizures and even death can occur.

But at levels of between 10 and 20 percent a person can develop blue skin without any other symptoms. Most of blue Fugates never suffered any health effects and lived into their 80s and 90s.

"If you are between 1 percent and 10 percent, no one knows you have an abnormal level and this might be the case in a lot of unsuspecting patients," he said.

Many other recessive gene diseases, such as sickle cell ane-

mia, Tay Sachs and cystic fibrosis can be lethal, he said.

"If I carry a bad recessive gene with a rare abnormality and married, the child probably wouldn't be sick, because it's very rare to meet another person with the [same] bad gene and the most frequent cause therefore is in-breeding," Tefferi said.

Such was the case with the Fugates.

Martin Fugate came to Troublesome Creek from France in 1820 and family folklore says he was blue. He married Elizabeth Smith, who also carried the recessive gene. Of their seven children, four were reported to be blue.

There were no railroads and few roads outside the region, so the community remained small and isolated. The Fugates married other Fugate cousins and families who lived nearby, with names like Combs, Smith, Ritchie and Stacy.

Benjy's father, Alva Stacy showed Trost his family tree and remarked, "If you'll notice -- I'm kin to myself," according to Trost.

One of Martin and Elizabeth Fugate's blue boys, Zachariah, married his mother's sister. One of their sons, Levy, married a Ritchie girl and had eight children, one of them Luna. Luna married John E. Stacy and they had 13 children.

Benjy descended from the Stacy line.

Modern Fugates Still in Kentucky

ABCNews.com was unable to determine if Benjamin Stacy is still alive -- he would be 37 today. Trost writes that he eventually lost the blue tint to his skin, but as a child his lips and fingernails still got blue when he was angry or cold.

His mother Hilda Stacy, who is 56, appears to still live in Hazard, Ky., but did not answer calls to her home. Other relatives are scattered throughout Virginia and Arkansas.

Most of what scientists know about the family was discovered by Cawein, the grandson of Kentucky's poet laureate, who had done pioneering research on L-dopa as a treatment for Parkinson's disease.

Later in 1965 he was famous for another reason. His wife was murdered by chemical poisoning, but no one was ever indicted.

Cawein heard rumors about the Fugates while working at his Lexington clinic and set off "tromping around the hills looking for blue people," according to Trost's account.

At an American Heart Association clinic in the town of Hazard, Cawein found a nurse, Ruth Pendergrass, and she was willing to assist. She remembered a dark blue woman who had come to the county health department on a frigid afternoon seeking a blood test.

"Her face and her fingernails were almost indigo blue,"

she told Trost. "It like scared me to death. She looked like she was having a heart attack. I just knew that patient was going to die right there in the health department, but she wasn't a'tall alarmed. She told me that her family was the blue Combses who lived up on Ball Creek. She was a sister to one of the Fugate women."

More families were found -- Luke Combs, and Patrick and Rachel Ritchie, who were "bluer'n hell" and embarrassed by their skin color.

Cawein and Pendergrass began to ask questions -- "Do you have any relatives who are blue?" -- and mapped a family tree and took blood samples.

The doctor suspected methemoglobinemia and uncovered a 1960 report in the Journal of Clinical Investigation. Dr. E. M. Scott, who worked in public health at the Arctic Research Center in Anchorage, had seen a recessive genetic trait among Alaskans that turned their skin blue.

That suggested an inbred line that had been passed from generation to generation. To get the disorder, a person would have to inherit two genes -- one from each parent. When both parents have the trait, their children have a 25 percent chance of getting the disorder.

Scott speculated these people lacked the enzyme diaphorase in their red blood cells. Normally diaphorase converts methemoglobin back to hemoglobin.

All of the blue Fugates he tested had the enzyme deficiency, just like the Alaskans Scott had observed.

Their blood had accumulated so much of the blue molecule that it over-powered the red hemoglobin that normally turns skin pink in most Caucasians.

The bluest of the bunch was Luna, and she lived a healthy life, bearing 13 children before she died at the age of 84.

As coal mining arrived in Kentucky in 1912 and the Fugates moved outside of Troublesome Creek, the blue people began to disappear.

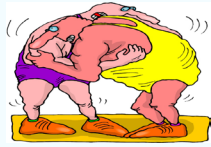
Doctors say Benjy likely carried only one gene for methemoglobinemia, because he eventually had normal skin tones, and the likelihood of him marrying a woman with the same recessive gene would have been small.

By the time reports appeared in the media on the disorder, the Stacy family was upset with insinuations about in-breeding that fed into stereotypes of backwoods Appalachia.

"There was a pain not seen in lab tests," wrote Trost. "That was the pain of being blue in a world that is mostly shades of white to black."

<http://gma.yahoo.com/fugates-kentucky-skin-bluer-lake-louise-200247843--abc-news.html>

Parrot Warbling



Grappling with Grammar

SIMPLE SENTENCE

A simple sentence, also called an independent clause, contains a subject and a verb, and it expresses a complete thought.

- Some students like to study in the mornings.
- Juan and Arturo play football every afternoon.
- Alicia goes to the library and studies every day.

The three examples above are all simple sentences. Note that sentence B contains a compound subject, and sentence C contains a compound verb. Simple sentences, therefore, contain a subject and verb and express a complete thought, but they can also contain a compound subjects or verbs.

COMPOUND SENTENCE

A compound sentence contains two independent clauses joined by a coordinator. The coordinators are as follows: for, and, nor, but, or, yet, so. (Helpful hint: The first letter of each of the coordinators spells FANBOYS.) Except for very short sentences, coordinators are always preceded by a comma. For example,

- I tried to speak Spanish, and my friend tried to speak English.
- Alejandro played football, so Maria went shopping.
- Alejandro played football, for Maria went shopping.

The above three sentences are compound sentences. Each sentence contains two independent clauses, and they are joined by a coordinator with a comma preceding it. Note how the conscious use of coordinators can change the relationship between the clauses. Sentences B and C, for example, are identical except for the coordinators. In sentence B, which action occurred first? Obviously, "Alejandro played football" first, and as a consequence, "Maria went shopping." In sentence C, "Maria went shopping" first. In sentence C, "Alejandro played football" because, possibly, he didn't have anything else to do, for or because "Maria went shopping." How can the use of other coordinators change the relationship between the two clauses? What implications would the use of "yet" or "but" have on the meaning of the sentence?

www.eslbee.com

Idiom-Attic



Actions Speak Louder than Words:

It's better to actually do something than just talk about it.

Sample sentence: You keep saying that you'll do your fair share of the housework. Remember that actions speak louder than words.

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

Beak Speak

- In today's podcast, we're going to learn how to correctly pronounce the difference between can and can't, applying the vowels /ɪ/ and /æ/ from past lessons.
- Some of my students in New York often tell me they have trouble understanding if a native speaker said "can", (affirmative) or "can't", (negative). It can also be difficult for students to communicate that distinction when speaking to native speakers.
- The reason for this, is that native speakers often don't use the sound /t/ when saying "can't". So the first thing I tell my private students, is to not depend on hearing a /t/ sound in order to distinguish between "can" and "can't".
- Native speakers do two things to distinguish between can and can't:
- In full sentences, the two major differences between can and can't :
 - the vowel
 - word stress
- Using the correct Vowel:
- For "can", (affirmative), a native speaker uses the the vowel /ɪ/: can = /kɪn/
- example: I can swim = I /kɪn/ swim. (see podcast #2 for vowel /ɪ/)
- In the negative case, the vowel is /æ/: can't = /kænt/
- example: I can't swim = I /kænt/ swim. (see podcast #6)
- Exercise: Listen and Repeat:
- Affirmative: I can swim = I /kɪn/ swim.
- Negative: I can't swim = I /kænt/ swim.
- Stressing the Right Word:
- In the affirmative: stress the main verb
Yes, I can swim.
- In the negative case: stress the modal verb, can't, as well
No, I can't swim.

www.englishpronunciationpod.com



Some More Parrot Fun Stuff



Human Skeleton & Organs

Find and circle all of the skeletal parts and body organs that are hidden in the grid. The remaining letters spell a secret message.

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

Skeleton:

- CARPALS
- CLAVICLE
- COCCYX
- CRANIUM
- FEMUR
- FIBULA
- HUMERUS
- INNOMINATE
- MANDIBLE

- METACARPALS
- METATARSALS
- PATELLA
- PHALANGES
- RADIUS
- RIBS
- SACRUM
- SCAPULA
- STERNUM
- TARSALS

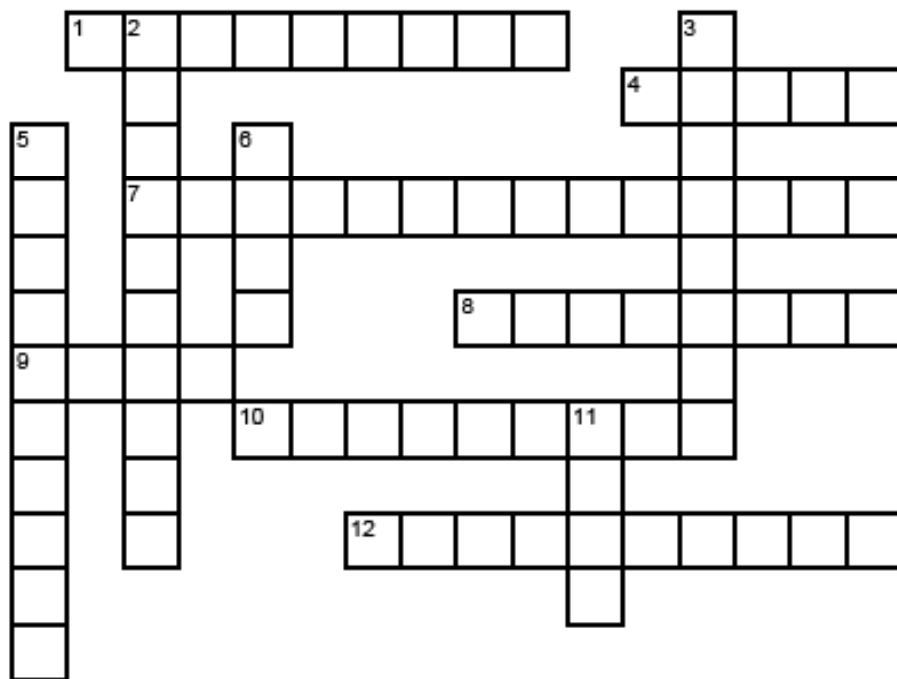
- TIBIA
- ULNA
- VERTEBRA

Organs:

- APPENDIX
- BLADDER
- BRAIN
- GALLBLADDER
- GENITALS

- HEART
- INTESTINES
- KIDNEYS
- LIVER
- LUNGS
- PANCREAS
- SKIN
- SPLEEN
- STOMACH
- VOICE BOX

Math Vocabulary



Across

1. any mathematical process
4. the lowest value in a set of numbers through the highest value in the set
7. a network of lines used for locating points
8. any symbol that could represent a number
9. average
10. graph that displays data using line segments
12. a model or drawing based on a ratio

Down

2. the positions of a single digit in the whole number
3. a graph that uses bars to display data
5. the use of rounding to determine a reasonable answer
6. the number found most often
11. the horizontal and vertical number lines used in a graph

Spring Break

The lazy time of spring break
Is here and just in time
Kids and teachers alike
Are more than ready, I find

Relaxing by the water's edge
Perhaps a waterfall
Dreamy time to ponder
Time to just plain stall

Girls so cute and lovable
With happy spring break smiles
Perhaps a little flirting too
After all, it is a pretty girl's style

Parks are filled with lush plants
And perhaps you'll find as well
A menagerie of lovely birds
With spring break stories to tell

Yes, a special time of year comes
When there is a pause to take
A favorite time for many folks
Who truly enjoy spring break!

Marilyn Lott

Rigoberto's Riddles

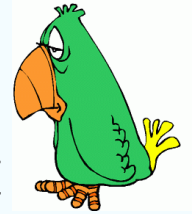
What lives in the corner but travels
the world?

A postage stamp



Silly Vasily's Chuckle Chamber

EXPENSIVE PARROTS



A man goes into a pet shop to buy a parrot. The shop owner points to three identical looking parrots on a perch and says: "the parrot on the left costs \$500." "Why does the parrot cost so much?" asks the man. The owner says, "Well the parrot knows how to use a computer".

The man then asks about the next parrot, to be told that this one costs \$1,000 because it can do everything the other parrot can do plus it knows how to use the UNIX operating system.

Naturally, the increasingly startled man asks about the third parrot to be told that it costs \$2,000. Needless to say, this begs the question "What can it do?", to which the owner replies, "To be honest, I have never seen it do a thing, but the other two call him boss!"

Solutions to Crossword

Across:

1. OPERATION
4. RANGE
7. COORDINAT-
EGRID
8. VARIABLE
9. MEAN
10. LINEGRAPH
12. SCALEMODEL

Down:

2. PLACEVALUE
3. BARGRAPH
5. ESTIMATION
6. MODE
11. AXES

Solutions to wordsearch

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Media Peeps! by Media Mike



From Books to Movie: Making the Most of a Story

According to the Missouri library website “Based on the book”, (<http://www.mymcpl.org/cfapps/botb/year.cfm>), there are over 1,250 books or plays that have been made into movies. It’s no wonder why – a good story is, after all, a good story. Why not **envision** the printed word and transform it into the colors, actions and sounds of a movie? Exactly: Why not!

Popular books are often made into movies simply because a ready audience already exists – the fans of the books. Two of this year’s biggest movies, John Carter and The Hunger Games, are useful examples to show this. John Carter is a classic science-fiction story written by Edward Rice Burroughs in 1917 entitled A Princess of Mars. In it, a Confederate soldier in the American Civil War heads to Arizona, and then mysteriously **ends up** on Mars (this is a very brief summation). Once there, he encounters two different kinds of Martians, the red and the green, and gets involved in their politics by, of course, rescuing a princess who he ends up marrying. The novel **inspired** later science fiction writers and today is still a popular story – popular enough to be made into a movie.

The other book mentioned above is more recent. The Hunger Games Trilogy stories were released between 2008 and 2010 and became a sensation worldwide. In the futuristic story, Earth has suffered through an enormous devastation after which only a few humans survive. They are divided into 13 colonies which then have another war. The 13th colony is destroyed and the remaining twelve are **ruthlessly** ruled by The Capitol. As a punishment and to remind the colonies of the power of The Capitol, each year there is a televised ‘game’ in which two children from the remaining colonies are **pitted** against each other until only one survives. The heroine of the stories is Catniss, a player from District 12. The story itself contains action, love, deception, and an underlying **rebuke** of today’s media and social excesses.

To the students and the philosophers: The big question is: which should come first? The book or the movie? This is a question that people have discussed for years... and it’s

a difficult decision to make. To start, think about what your purpose is. If you want to work on English grammar and vocabulary, then **by all means** read the book first. A great place to start is with any Agatha Christie novel since many of them were made into movies and you’ll be able to borrow them from your local library for free. Another popular series is the Harry Potter series. Now, if you want to practice intonation and listening skills, perhaps you should watch the movie first. But don’t forget to read the book afterwards (and then maybe the movie again!). A similar story portrayed in two different genres (print and visual) is a wonderful way to improve not only your language skills, but also your cultural knowledge. Here’s **the catch**: books and movies are often different. While books have **pages and pages** to describe a scene or discuss theoretical **inquiries**, current movies usually

have to be less than two hours long. Therefore, there will be some differences, and **word to the wise**: don’t use the movie for your book report!

Vocabulary tweets:

to envision: to imagine something

to end up: to come to be in a situation/place that was not intended

to inspire: to encourage

someone to do great things

ruthlessly: to do smthg with determination even if you hurt other people

to pit (against smthg or s.o.) to compete, argue or fight

rebuke (n. or v.): to speak severely about a wrong

‘by all means’: expression certainly

‘the catch’: a hidden problem or difficulty

pages and pages: many pages

inquiry (n.): a question

word to the wise (expression): advice or a warning

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



Rosario Rules

USCIS News

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

1. United States Citizenship and Immigration Services announced on March 20, 2011 the availability of a competitive grant opportunity designed to promote immigrant civic integration and prepare permanent residents for citizenship. The program will offer approximately \$5 million in funding for citizenship preparation programs in communities across the country. Through this grant opportunity, USCIS seeks to expand the availability of high-quality citizenship preparation services. Organizations selected to receive funding will offer both citizenship instruction and naturalization application services to permanent residents. If you are a permanent resident and meet the requirements to become an American citizen, do not let this opportunity pass. These organizations will impart free naturalization classes, as well as will assist you with your application form. Be prepared to take advantage of this program which will start next year and save some money.



ment opportunities that address the questions and concerns of stakeholders, so people have the opportunity to participate. Help USCIS to ensure that group chats cover issues that are relevant to a wide variety of stakeholder groups; in that sense, you can submit suggested engagement topics at public.engagement@uscis.dhs.gov.

USCIS hosts engagements on a variety of issues, including bimonthly engagements hosted by the USCIS Service Centers, regularly scheduled multilingual engagements and quarterly engagements with state, local, territorial, and tribal government stakeholders. So, if you have some concerns, share your thoughts on the topics and languages that may be most helpful to you and the communities you serve.

Obtain this and other information

at www.uscis.gov

Rosario Flores

2. The USCIS Office of Public Engagement provides engage-

Artie's Easel

Dear Artie,

What can you tell me about environmental art?

Yours Truly,

Nat Chural

Dear Nat,

What a great question! This is one of my favorite areas of art. Here we go: environmental art is art produced specifically to blend in with the environment or to enhance the world we live in. For instance, if you go to the UCD Medical Center on Stockton Boulevard, you will find gigantic pieces of sculpture

in front of some of the clinics that reflect the purpose of the medical profession. In fact, some of these sculptures are so large that when I first saw them, I thought that they were real! Inside of one of the clinics, you can also see large paintings that reflect the natural world. These are done in vivid colors that bring a joyous dimension to the clinical atmosphere of the building. Another example of environmental art can be seen on the walls of Kaiser Point West on Heritage Lane off of Exposition Boulevard. Point West's halls are covered with a variety of art pieces, all of which reflect natural elements of our earth. I never get tired of looking at these paintings, collages and photographs. It's like a mini art gallery located in a high clinic. All of these pieces of art change the feeling

inside the clinic to a place of trust and relaxation instead of fear... Take some time to explore Point West's halls when you have the chance.

Another gigantic piece of environmental art is located at the new Sacramento International Airport. All of the sculptures found here have been created from natural elements and reflect the essence of the objects. The size of some of these sculptures is beyond the imagination, too. Most visitors to the airport are really astonished when they look at the new art pieces because they have never thought about the idea that large objects can also be simple in their message to us.

It is always exciting to see the glamorous aspect of environmental art, but think about all of the quiet art that enhances our world. For example, what about town statues, colorful wall murals painted by children, stain glass windows in churches, building faces, ornamental

gardening, plants and arbors, park walk ways that twist and turn, lovely ponds or lakes placed within our parks, special types of trees planted to enhance a building, yard or natural area, ornamental fences that surround yard areas and structures, and many more? Art that enhances our environment can

be found all around us at all times. For instance, whenever you plant a rose bush or a daisy, you are artistically enhancing your natural landscape. Art is everywhere! We only have to open our eyes to see it. I love environmental art!

Tell me what environmental art you can find in your own neighborhood. E-mail me at gaenaw@aol.com. See you next month!

Sincerely,

Artie



Prof White--Artie's Mentor

To contact Artie: whiteg@arc.losrios.edu

Granny Noetal

Dear Granny,

I live with two roommates in a two-bedroom apartment. I consider myself a fairly serious student and try to study at home but my roommates are loud, play music too loud, watch a lot of TV, and have friends over all the time. Do you have any ideas?

Nefe Ricit

Dear Nefe,

The easy answer is to move but I'm sure you've thought of that, and it's probably not possible, right? If that's the case, I have several suggestions. You haven't mentioned if you've spoken to them already so, of course, talking about it first is best. If that doesn't seem to work, you might have to change your behavior, believe it or not. You might need to spend more time on campus and less at home. We have wonderful places, quiet places, to study,



namely the library. The library has cubicles and small study rooms. When the weather is nice, ARC is also a delight for sitting outside in the far reaches of the campus, perhaps near the horticulture department and beyond.

Think quiet, peaceful. Yet another idea is this -- have you considered the public libraries? They're also good places and usually have all the requisite computers available free of charge, too. Finally, for less serious study but a place to sit, wired or not, go to a coffee place. You might even meet a few people, perhaps some more considerate potential roommates! See how close they sit to you and if they pick up their crumbs after a nice scone.

Granny

To contact Granny: braccop@arc.losrios.edu

Parenting the Parrot Way!

Edition's Note: Prof. Moon has been busily parenting, but student editor Ligia Goga found this wonderful article on how to "outdoor" your children!

Getting Your Kids to Plug into Nature



Prof. Moon's kids

Kids have never been so plugged in to electronics, nor so out of touch with Mother Nature. And that's a shame, because studies show that children who explore the outdoors are happier, more alert and curious. Kids who are out chasing butterflies and making mud pies even have more complex brain structures than those who spend hours in front of a computer screen, since experiencing new smells, sounds, sights, textures and terrains actually promotes brain development.

There's another advantage to living a more nature-oriented life: tromping around woods, making backyard forts, even picnicking in the park promotes better health. According to several research reports, spending at least a couple of hours each week outdoors relieves stress and encourages exercise, all the while helping children develop a sense of wonder while they learn how they fit into the world around them.

Despite these many benefits, keeping kids in touch with Mother Nature can fall to the bottom of our priorities, given everything else on our "to do" lists. Here are a few ways to make it easier for everyone in the family to unplug:

Help kids see that nature is all around them. Post a chart within easy reach so everyone in the family can record the birds and animals they see in their yard or neighborhood. (You can get an inexpensive bird guide from your local nature center or a free one from the library.) Have your kids pick an animal, plant, cloud, star or even weather event

that they'd like to be. Whatever it is, observe it together outdoors, then listen as he tells you about it during special "wild" times you create for sharing these stories. Look for animal homes in your neighborhood, like birds' nests or rabbit warrens. Maybe you'll come upon them in time to see bird chicks hatch, or bunnies hopping through the grass. Set up a backyard bird feeder or birdbath high enough off the ground to keep birds safe from cats, but within easy sight of a child who wants to observe and wonder.

Take advantage of the changing seasons. Most of us live in climates that experience significant seasonal changes. The transitions from spring to summer to fall to winter create a perfect opportunity to experience the world's natural rhythms and understand the cycles of life. Use the first day of spring each year to compare your child's growth to a tree or bush, perhaps one your family planted. Collect and press spring buds, summer flowers and autumn leaves. Create a photo montage of your child in the same place in the yard during all four seasons. Have your child draw the same scene on the first day of every new season, then compare the four seasons to note how they're alike, and how they're different.

Be intentional. Make it a goal to spend at least an hour a week on some family outing that connects kids and parents alike to Nature. Rainy day? As long as it's not stormy, get out the boots, raincoats and umbrellas and go for a walk (you'll be amazed at how many worms scurry above ground when it's too wet below!). Don't like the idea of getting wet? Visit a nearby natural history museum or nature center. Take advantage of your state and county parks and our wonderful national park and wildlife refuge system to get to know the natural history where you live. Get your kids into clubs, scouting, and summer camps whose focus is nature-based outdoor activities. Even if you don't have time to spend with your kids outside, there are many organizations that can help.

<http://www.pbs.org/parents/experts/archive/2012/03/getting-your-kids-to-plug-into.html>

To Contact Parenting: moone@arc.losrios.edu

Mim's Cafe

I've been craving muffins lately, so I spent several hours last weekend searching the Internet for some recipes to try. My secret is to find recipes that have many reviews and also contain easy-to-find ingredients. Next, I read at least five to ten of the reviews to see what people have to say about the recipes. Sometimes, I combine the reviewers' advice. Basically, I pick and choose how I want to modify the recipes for my own taste. For example, the recipe below calls for vegetable oil. One reviewer suggested using applesauce and omitting the water by adding an extra half cup of canned pumpkin. Some reviewers suggested adding chopped fruits such as strawberries, blueberries, or peaches to make the muffins moister. The second time I tried this recipe, I added chopped strawberries and dates instead of raisins and nuts. The muffins turned out just the way I like them, moist and delicious. Of course if you like your muffins dense, then stick with the original recipe! (This recipe comes from allrecipes.com.) Next time, I will try adding blueberries and sunflower seeds. Enjoy!



Prof. Montgomery with happy eater.

To contact Mim' Cafe: montgot@arc.losrios.edu

Country Pumpkin Muffins

Ingredients:

2 cups sugar
 ½ cup vegetable oil or applesauce
 3 eggs
 1 ½ cups canned pumpkin
 ½ cup water
 3 cups all-purpose flour
 1 ½ teaspoons baking powder
 1 teaspoon baking soda
 ½ teaspoon ground cloves
 ¾ teaspoon ground cinnamon
 ½ teaspoon ground nutmeg
 1 teaspoon salt
 1 ½ cups raisin
 1 cup chopped walnuts



Mixing and Baking Instructions:

1. Preheat oven to 400 degrees Fahrenheit.
2. In a large bowl, beat sugar, oil, eggs, pumpkin and water until blended.
3. In another bowl, sift together flour, baking soda, baking powder, cloves, cinnamon, salt and nutmeg.
4. Add wet mixture to dry mixture and mix. Don't over mix.
5. Fold in raisins and walnuts.
6. Grease muffin pans and bake for 15 minutes or until toothpick comes out clean.

Pumpkin Fun Facts

- Pumpkins originated in Central America.
- The name pumpkin originated from "pepon" – the Greek word for "large melon."
- Pumpkins contain potassium and Vitamin A.
- Pumpkins are fruit.
- Pumpkin flowers are edible.
- Pumpkin seeds can be roasted as a snack.
- Pumpkins are used to make soups, pies and breads.
- Pumpkins are used for feed for animals.
- Eighty percent of the pumpkin supply in the United States is available in October.
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Colonists sliced off pumpkin tips; removed seeds and filled the insides with milk, spices and honey. This was baked in hot ashes and is the origin of pumpkin pie.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- The largest "official" pumpkin ever grown weighed 1,340 pounds.
- The largest "unofficial" pumpkin ever grown weighed 1,458 pounds, but was not awarded due to damage.
- The Connecticut field variety is the traditional American pumpkin.
- Pumpkins are 90 percent water.
- Native Americans used pumpkin seeds for food and medicine.

<http://www.pumpkinfresh.com/facts.htm>

Boots on the Ground: Get Slick with Trail Mick

Hike from Eagle Falls Parking Lot up to Eagle Lake and Back on the Eagle-Velma Lakes Trail

This the second of three little hikes near Emerald Bay I like to return to again and again. That's not only because they're fairly short. Each of these hikes features great views and a good sampling of glaciated sub-alpine Sierra terrain.

To get to the Emerald Bay area 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. Soon after leaving the city 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 the Eagle Falls parking area on the left. Pull in here if there's room. If not, pull over and park in a safe place along the roadway where you don't see any "No Parking" signs.



Though this hike is short - a little over a mile each way - I wouldn't call it easy. Though it's well marked and well traveled, in places it's steep and rocky. No flip-flops here - wear sturdy shoes! Horses and bikes are not permitted on the trail. The hike is entirely within the Tahoe National Forest. From the west end of the parking lot you will see a signboard with a trail-map. Study this map and note the path to Eagle Lake. The second half of the trail crosses into the Desolation Wilderness area. It's no big deal (unless you want to camp), but one person in your party will need to fill out a brief (free) day use permit and display it on your hike. Forms are provided at the signboard.

The hike follows a deep, glaciated canyon up to Eagle Lake. Impressive granite cliffs rise steeply for thousands of feet on both sides of the canyon. The first portion of the walk follows along the rocky slope on the north side of Eagle Creek before crossing the stream on a wooden bridge. Conifer trees are a bit sparse except where pockets of soil exist among the glacier-polished granite rocks.

In the spring and early summer the water in Eagle Creek is impressive, flowing loud and fast over a series of cascades. Soon after crossing the bridge, the trail climbs steeply away from the stream in a series of rocky switchbacks. You pass a sign marking the Desolation Wilderness Boundary. There are good views up and down the canyon as you continue to climb. After reaching a high point, the trail descends a bit as you make your way back toward tree-lined Eagle Creek. Soon you will see pretty Eagle Lake ahead of you to your right. As you arrive at a fork in the trail, leave the main trail and take the right fork for the short descent to the lake. There are several nice places to rest or picnic along the shore. Retrace your steps out the same way you came in. It's mostly downhill on the return! (Some hardy souls might choose to continue on the main trail for another 3.5 miles to Velma Lake.)

Remember to carry water and sunscreen on your hike, and probably a sweater too. At this altitude (over 6,000 feet), though summer afternoons are warm, mornings and evenings tend to be chilly. This trail is not suited for winter travel due to ice and the threat of snow avalanches.

See you on the trail!

Enjoy the hike!

To Contact Mick: braccop@arc.losrios.edu

Continued from page 1

Gloria: In my life?

Parrot: Yes.

Gloria: To take this job instead of another one I was qualified for. I got my degree as a medical secretary but I decided to take this job instead.

Parrot: Why did you not like it? Why didn't you like the other one?

Gloria: Well, I liked them both but I just had an interview the same day for that job and this, and I picked this job and I'm so glad that I did, because it is a lot. It's not sitting at the desk all day long doing boring typing and things like that.

Parrot: Oh, okay.

Gloria: I work with students.

Parrot: Okay, how long have you been working here at ARC then?

Gloria: Twenty-two years.

Parrot: Twenty-two years? Wow! I think you enjoy doing this job, right?

Gloria: Yes.

Parrot: If not, what would you prefer to do?

Gloria: No, this is my dream job; once I got this job, I knew that it was the job for me. I wish I had done it years ago.

Parrot: What is the most challenging aspect of your job?

Gloria: Getting the students to learn how to type and it makes me feel good when they improve themselves.

Parrot: Really? Actually when they learn to type, how many words do they type per minute?

Gloria: At the beginning, we have different levels. At the beginning they learn to type around 30 words a minute and they go on up to 40, 50, and 60.

Parrot: Really?

Gloria: Mmhm. That's a lot, ha!

Parrot: So when they are learning to type, are they allowed to see the keyboard or not?

Gloria: They are not.

Parrot: So, how do they do it then?

Gloria: Well, they follow the instructions and the instructions on the screen tell them where the letters on the keyboard are located.

Parrot: Oh, okay. That's interesting. If you have to leave this job, what other field would you go into?

Gloria: I don't think I would go anywhere because I'm 77

years old.

Parrot: But you're young right now! Okay, do you ever have students return to you happily successful?

Gloria: Yes, I have had a lot of students write letters to my dean saying how much they appreciate the class, and how well I did. I have a niece who did not have a job and when she finished with her typing class, well, she is the head of her job in an insurance company.

Parrot: Oh, wow!

Gloria: I have a lot of stories.

Parrot: Really! I would like to be one of them. Okay, can you tell me a successfully story that you remember about somebody that you helped by doing your job?

Gloria: One girl, and like I said my niece, she is the top lady in the insurance company and the only class that she took was my typing class. She did not take any other classes. So, that's the success story for me!

Parrot: Oh wow! That's nice. So, what do you like best about ARC?

Gloria: Students! I love my students all the way around. But I think the teachers here are very, very, knowledgeable and they care about their students.

Parrot: Okay. Can you tell me any embarrassing or funny memories that have happened to you right now, or before?

Gloria: Yes, the first week I was here, I was typing labels for folders and I typed every single one of them upside down.

Parrot: Oh, really? Oh, my goodness!

Gloria: Yes, and the instructor was very nice about it. We went the entire semester with upside down labels.

Parrot: Wow, that was funny. Okay, how was your first day of work?

Gloria: I was very nervous; like I said the first week I was here I typed those labels upside down, so I was a mess. I was very, very nervous.

Parrot: But still you got the job right?

Gloria: I still kept the job, yes, because the instructor was very understanding.

Parrot: Oh, wow. That's nice. Actually I'm a little curious about your first check. Do you remember what you bought with that money? Something that you now remember? Shoes, dress?

Gloria: I'm not much of a shopper, so I probably bought groceries. I know me. That's why I think I got groceries. I don't like to shop at all.

Parrot: Why not? Why don't you like shopping?

Gloria: I just don't like to shop. If I need to buy clothes or something, I ask my daughter how many more days she is going to wear that blouse and then I wear it.

Parrot: Are you serious?

Gloria: For another 2 years, 10 years, I just don't like to shop.

Parrot: Oh, that's interesting! I love shopping, you know?

Gloria: I know, you said you like to buy shoes.

Parrot: Oh yeah! Shoes and clothes-that's my favorite. Okay, do you know any other languages?

Gloria: Yes, Italian.

Parrot: Italian? At home or with you family sometimes?

Gloria: I did it when growing up. My mother and father were born in Italy and so was my older brother and sister, and I am the youngest of eight children. So, my mother, father, brother and sister spoke English, but not my mother-she did not speak English at all.

Parrot: So, you had to talk with her in Italian, right?

Gloria: Yeah, my Italian is really bad right now. I haven't used it for so many years.

Parrot: Wow! So, would you like to learn another language or not?

Gloria: Not right now!

Parrot: No, no, you're fine? Okay, I know you are always busy, but I just wondering. What do you do in your free time? Weekends or whatever?

Gloria: I love to cook; I like to go for walks, not much television.

Parrot: Do you like swimming? Do you like anything else? Traveling?

Gloria: Yeah! We do. I do travel. I have a wonderful companion now, and we've traveled. We went to Egypt, to Italy, we went to Mexico! We've been to a lot of places. We're going to Africa this year.

Parrot: Really?

Gloria: yes.

Parrot: Can I go with you?

Gloria: Sure, and next year Greece.

Parrot: Greece next year?

Gloria: Next year I'm going to Greece, with the college. The college has wonderful trips.

Parrot: Really? Wonderful and expensive I think.

Gloria: No. They are inexpensive. We're going to Greece I think for 24 days, or something like that.

Parrot: 24 days!

Gloria: And I think it is three thousand dollars.

Parrot: Oh, really?

Gloria: The trips are unbelievable!

Parrot: Okay. So, you said you went to Mexico. Which part of Mexico did you visit?

Gloria: Chichen Itza, you know where the Mayans were.

Parrot: Oh really? You liked it?

Gloria: It was hot, very hot! But I liked Egypt and Italy better.

Parrot: So, when you were there, how did you feel when people did not speak your language? Did you feel weird?

Gloria: No, actually not because you get along really well. Egypt was the hardest because they don't have any letters like the English language. They have symbols. They look upside down and backwards. That was the hardest place, but other and most of the places were very, very

helpful. We had somebody. We went on a tour. So we had a tour guide explain everything to us.

Parrot: Wow, yeah because I think when you go to other places at least you can see the letters that you can recognize but right there you didn't know anything.

Gloria: You can't in Egypt; in Egypt you cannot.

Parrot: Ooooh! Okay.

Gloria: I think it was okay, and it was fine. It was an interesting place to be able to walk among all the antiquities.

Parrot: Okay, Gloria, I think it's all that I have for you. Thank you very much again and I hope you have a wonderful day.

Gloria: Thank you, too.



Out of the Cage

Online Satisfactory Academic Progress Workshop

Wednesday, April 11, 2012

This workshop is required for students on financial aid dismissal status and want to appeal. The appeal form may now be obtained by completing the Satisfactory Academic Progress Workshop online. If you are completing the online workshop go to <https://d2l.losrios.edu> to complete the workshop and download the required forms.

Posted by: Financial Aid

Resume Development Workshop

Thursday, April 12, 2012 at 9:00 am - 10:00 am

Your resume reflects your uniqueness. This workshop focuses on the physical appearance of a resume, including different types of formats and the kinds of information that should be included. Tips on writing an effective cover letter to send with your resume will be discussed. Please call the Career Center and register for this workshop. 916-484-8492

Location: Career Center in the Student Services Building

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

Fabulous Fifteen Fridays!

Friday, April 13, 2012

2:30 pm - 3:50 pm

Facilitators: Kathleen Cronin, (DSPS) Paulo Afonso (Astronomy) Karen Milam (RAD)

Ever wanted to know a whole lot about a topic in only 15 minutes? Join our panel of ARC col-



leagues as they share their favorite subject in only 15 minutes each. It is a great way to experience a fascinating talk, to see how our colleagues present their lessons, and to learn about the variety of programming at ARC. There will be time for questions and discussion of innovative pedagogy after the presentations. This activity meets state PD guideline A and ARC focus area 2.1. Attendance is limited to employees of the Los Rios Community College District and invited participants.

Location: Davies Hall 211

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 or Professor Elizabeth Moon at moone@arc.losrios.edu

Student Editors: Narineh Mousa, Ligia Goga parrot-arc@live.com

To see the Parrot in color go to http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot/The_Parrot_Newsletter.htm

NEW for FALL!
ESL 311



NEW for FALL!
ESL 311

Put Your ENGLISH into ACTION!

- Combine your Reading, Writing, Listening & Speaking skills!
- Be prepared for future job opportunities!
- Be a leader for other ESL students!
- Meet important people on campus!
- See your name in print!

Register Fall 2012

ESL 311: College ESL Newsletter Production

M/W 5—7 pm

R.E.A.C.H.

Our MISSION:

REACH, short for Realizing Education and Achievement at College can Happen, is designed to encourage college matriculation for disadvantaged junior high school and high school students. These students are those who are identified as having the potential for college success were they to have just a bit more support. The intent of REACH is not only to encourage and inspire, but, to provide insight from someone who has just gone through what they are about to embark upon.

Dear ARC students, if you are looking for an opportunity to participate in community service, to help students, and also to have something that you can put on your resume as a volunteering experience, then this is just for you. We are asking you to help in organizing the REACH program by becoming a mentor for the high school student. These are the dates of the event:

Monday, April 23

and

Wednesday, April 25

9 am - 6 pm

If any of these times work for you, please do not hesitate to be involved.

For more information on the mentor's responsibilities, and on meeting dates, please contact **Lidiya Sypyuk, at lsypyuk@yahoo.com or Rebecca Pearson, at rebeccaloha@yahoo.com**

Activities & Workshops

Admissions: What it takes to get to the university you want.
Transferring: How to do it right, from the start.
Volunteering: What's involved in community involvement.
Internships: Enrichment as introductory employment and more.
Financial Aid: Essential programs and deadlines.
Scholarships: Get paid to be educated.
Resumes, & Curriculum Vitae: What, how, when and why.
Personal Statements: Key points and crucial insight.
Letters of Recommendations: Who and how to ask.
Higher Education Road-Map: Levels of education and degrees' nomenclature.
Career Planning: What career best fits you and how to get there.
Campus Life, Clubs, and Services: What is at school, outside of the classroom.
College Success: Essential tips without learning them the hard way.
Breakout: Be a student in a STEM class lecture, and, or lab best suited to you.
Find a Mentor: Casual questions and answer with college students

A complete and final schedule will be given upon arrival orientation.

For further information and involvement contact Rebecca Pearson at rebeccaloha@yahoo.com or call (916) 899-8040

Or visit our facebook page at: [arsacnas@facebook.com](https://www.facebook.com/arsacnas)

Business-Casual Attire and Professional Attitude Requested

SACNAS



Realizing
Education and
Achievement at
College can
Happen



American River College 4700 College Oak Drive, Sacramento, CA., 95841

Multicultural Festival



May 2 - May 3, 2012
11 A.M. - 2 P.M.

**Library Quad &
 Rose Marks Quad**

Please Join Us to Celebrate Diversity

◆ **Art** ◆
 ◆ **Food** ◆
 ◆ **Music** ◆

◆ **Cultural Exhibits** ◆
 ◆ **Dance Performances** ◆

For more information, please e-mail Oranit Limmaneeprasert at limmano@arc.losrios.edu