



The Parrot

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

Issue #65

Fall 2012

Learning Vocabulary

Last week, an ESL student (Pat) asked the Parrot about the best way to learn vocabulary. Here's what the Parrot thought:

Pat: How can I learn English vocabulary better?

Parrot: Every day you hear or read many new English words. You also find them in your dictionary when you are translating from your own language. You can't possibly learn all these new words, so your first problem is to decide which ones to concentrate on. Here are some suggestions:

- learn the words that are important to the subjects you are studying
- learn the words that you read or hear again and again
- learn the words that you know you will often want to use yourself
- do not learn words that are rare or not useful (your teacher can help you with this)

Pat: But, HOW do I learn them? There are SO MANY!

Parrot: Once you have chosen which words to learn, you next have to decide how you are going to learn them. Here are a few ideas:

- write the words in a notebook (with their translations or definitions)
- write the words and definitions on small cards
- say the words many times (if you have an electronic dictionary you can hear how the word is pronounced)
- put the words into different groups (you could use a graphic organiser)
- make associations (in pictures or with other words)
- ask someone to test you

- write them in a file for use with a computer program
- use the words in your own speaking or writing

Pat: oh... I see. Sometimes, I put a tick or cross in my dictionary next to every word I look up. The next time I turn to a page with a marked word, I quickly check to see if I remember the meaning of that word. Do you think that's a good idea?

Parrot: Definitely. Whatever works for you! Remember, the way you learned very many of the words in your own language was by meeting them in the books and magazines you read. The context of a new word in a sentence or story was often enough for you to guess the meaning. Meeting the word again and again in your reading helped you learn it for use in your own speaking and writing. Doing lots of extra reading for pleasure - both fiction and non-fiction - is an excellent way to learn new English words, too. But choose books that you find quite easy to read. Difficult stories or texts that you struggle to understand will not help you to develop your vocabulary the natural way. But remember: to learn new words from reading you have to read A LOT!

Pat: Thanks, Parrot! I think I'll have to keep reading! I could even read the closed captioning on my TV while I watch television shows, right?

Parrot: Definitely! Reading closed captioning helps with vocabulary, spelling AND with faster reading speed. And - you'll enjoy the activity because you've picked the television show yourself. You just want to find the best way to learn vocabulary that works for you!

(See also this website: <http://esl.fis.edu/learners/advice/vocab.htm>)

New Article:
Nutritional
Nuggets!

See Page 13

*Everything is
funny as long as
it is happening
to somebody else*

Will Rogers



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Student Chirpings

What Others Don't Know About My Culture

There are a lot of different cultures in the world. All of them are unique in their own way. Depending on the geographic location and on religion, cultures can be extremely different and difficult for one to understand and accept. In addition to that, every country has many subcultures that differ from town to town, from east to west, from north to south. In this essay I would like to introduce you to the culture that I grew up in and that not so many people happen to know about.

Many centuries ago a clan of Seljuq Turks that was trying to avoid inter-tribal conflicts with other Turks migrated to the Balkans, which is now the east of Bulgaria. This clan of Oghuz Turks converted from Islam to Orthodox Christianity. During the wars between the Russian Empire and Ottoman Empire (which Bulgaria was under) the Oghuz clan was forced to leave. The Gagauz people settled in Orthodox Bessarabia, which is now known as Moldova. Within several years, village by village moved to the compact area they inhabit today in the south of Bessarabia.

The Gagauz people, which I am one of, are descendants of Turks but for many centuries our culture and

language was assimilated with the neighboring cultures of Bulgarians, Russians and Moldovans. Today the Gagauz language is considered a dialect of Turkish. It has a lot of similar structures and words that are characteristic of Turkish.



Gagauz People

But even though we have so many similarities to Turks, our culture is unique. Today we have our own autonomous land in the South of Moldova. We have a capital city called Comrat, the place where I was born.

Besides the president of Moldova, we have a head of our autonomy who is called "bashkan" (*bash* means head in Gagauz). We even have our own museum and university where people can study subjects

in the Gagauz language. Even though majors in Gagauz language are not very popular and students prefer to study in Russian or go to the capital and study in Romanian, the fact that we have all this shows that we haven't lost our identity and that we are proud to be different and to be called Gagauz.

Sveta Uzun
ESLR320

Monster Store

During my childhood I was always told in school that people in America don't have enough food and children go to school with old clothes and shoes. I felt sorry for them because I knew only one side of the story, which was told in Moldova, my home country, one of the happy 15 Soviet republics. There was also another secret opinion of those who managed to escape from the Soviet Union and emigrated to the U.S. They would say that America is the land of the rivers with sour cream and the trees with meat balls. You have to pick the meat balls and dip them in the river and there is

your lunch or dinner.

In 2008, after fifteen years of waiting, we finally arrived on American land. One month later I had a great experience with my relatives who took me to Winco Foods. When I entered the store I immediately remembered the river I was told of in my childhood. I had never seen so much food in a store. I didn't feel anything like that even when I went for the first time to the zoo, which happened when I turned 14. My relatives were busy and I decided to discover alone the hidden places of

the monster store. Suddenly I entered the department where they had big cans of dried fruits, pasta, cereals, etc. I was checking every can so carefully that some customers started to wonder from which planet I came from. Finally I saw a can with some brown sticks with black stuff inside them. They looked so good and eager to give me a new fragrance. Without hesitating, I slipped my hand inside and grabbed one. The taste was sweet and sour, chilly and new. I had never tasted anything like that before. However, I couldn't associate this taste with sour or meatballs.

In the next minute I heard a loud laugh behind



me. I turned around and I saw the smiling faces of my relatives. They offered to buy me some of the amazing food that I had discovered. They also told me that there would be a big difference in who is supposed to eat the food, especially when the can says "dog food".

Many times when I go to the store today I can still feel the taste of the dog food in my mouth. It is a strange feeling that I don't like. Later on, I came to the conclusion that in this land even dogs have their own food.

Veaceslav Bojonca
ESLR320

Camping with a Bear

My family loves to go camping every summer. Last summer was our best camp ever. On the first day, when we got there, we were notified that a bear came every night and stole food from the campers. That was the most exciting news for our kids. During the day we got piles of wood for the campfire, so we could stay up all night long and wait for the bear to come. We waited until 5a.m. and unfortunately the bear didn't come. We all went to sleep. The bear was smarter than us. As soon as we all felt asleep, I heard some noise. At first, I thought that it was my husband looking for some chips in a bag. I had forgotten that our tent was standing right next to a kitchen tent. I called my husband, but he was asleep. I realized that it was our guest, whom we had waited for all night long. I ran out from our tent and there he was. The bear grabbed a bag of muffins and slowly walked away.

We didn't have muffins for breakfast that morning. During the day our kids were discussing who was going to stay awake and how they were going to keep the bear away. As soon as it got dark, we all gathered by



the camp fire. The bear had decided not to wake us up during the night, so he came right then. He wasn't shy; he went straight to our coolers and started to enjoy fresh fish that we had caught during that day. My older brother ran after that bear. He came back shortly and told us, "The bear won't come back soon..."

He didn't even finish telling us, when his wife screamed "Alex, look behind you!" The bear came back. Everyone was screaming very loud, so the bear got scared. He climbed a tree. He stayed there all night and all day long. Of course, we all stayed up that night. During the day we didn't want to go anywhere because we thought that the bear would get down and would eat our food. He got tired sitting there, so as soon as it got dark he got down from the tree and ran away. We stayed there for three more nights, but the bear didn't come back to our campsite. He didn't want to mess with us again.

Natalya Stepanyuk
ESLR320



Netscape - Articles from the Web

Woman gets Chinese accent in rare case of Foreign Language Syndrome

Most migraines are a pain for as long as they last but, after her most recent attack, Sarah Colwill has been left with an even bigger headache: she now speaks with a Chinese accent.

Mrs Colwill, a regular migraine sufferer, is attracting the attention of medical experts from around the world who have diagnosed her as suffering from a rare condition known as Foreign Accent Syndrome.

Changes in the brain that occurred during the migraine attack have affected her patterns of speech so severely that even her closest friends are unable to recognize her voice.

The Devon burr that the 35-year-old IT project coordinator has had since she was a little girl has been replaced with a sing song, high-pitched intonation that they say makes her sound Chinese.

Mrs Colwill, from St Budeaux, in Plymouth, has been suffering from severe headaches for about a decade. The latest attack was so severe that her husband, Patrick, dialled 911 and she was taken to hospital by ambulance.

She has since had sporadic hemiplegic migraines diagnosed, which cause the blood vessels in her brain to expand, resulting in symptoms similar to those of a stroke, including paralysis down one side of the body.

The effects normally last no more than a few days but the attacks had become more frequent.

Mrs Colwill said: "When the ambulance crew arrived they said I definitely sounded Chinese. I spoke to my stepdaughter on the phone from the hospital and she didn't recognize who I was.

She said I sounded Chinese. Since then I have had my friends hanging up on me because they think I'm a hoax caller.

I speak in a much higher tone now; my voice is all squeaky. I am frustrated to sound like this. The first few

مرحبا العالم! **Hallo Welt!**
Hej Värld! **Hello World!**
Ciao Modo
ハローワールド!
iOlá mundo! **世界您好!**
Salut le Monde!

weeks it was quite funny but my voice has started to annoy me now. It is not my voice."

No more than 20 people in the

world are believed to suffer from Foreign Accent Syndrome. They include a Scottish woman who sounds South African, a 46-year-old American who began speaking in a French accent after a car crash and a British man who sounds Mexican.



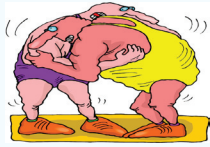
The first case of Foreign Accent Syndrome was reported in Norway in 1941 when a young woman suffered a shrapnel injury to the brain during an air raid and began speaking with a strong German accent.

The brain injury replicates the speech patterns of different accents by the lengthening of syllables, a change of pitch or the mispronunciation of sounds.

After researching the syndrome on the internet Mrs Colwill has been in contact with doctors in the US and at the University of Oxford who are interested in studying what has happened to her.

John Coleman, a professor at Oxford who conducts research into Foreign Accent Syndrome, said: "[Foreign Accent Syndrome] is extremely diverse, almost certainly not 'one thing', not a well-defined medical phenomenon, and therefore not the kind of problem that there are any easy generalisations about."

Parrot Warbling



Grappling with Grammar

Going to or Will

When we want to talk about future facts or things we believe to be true about the future, we use 'will'.

- The President will serve for four years.
- The boss won't be very happy.
- I'm sure you'll like her.
- I'm certain he'll do a good job.

If we are not so certain about the future, we use 'will' with expressions such as 'probably', 'possibly', 'I think', 'I hope'.

- I hope you'll visit me in my home one day.
- She'll probably be a great success.
- I'll possibly come but I may not get back in time.
- I think we'll get on well.

If you are making a future prediction based on evidence in the present situation, use 'going to'.

- Not a cloud in the sky. It's going to be another warm day.
- Look at the queue. We're not going to get in for hours.
- The traffic is terrible. We're going to miss our flight.
- Be careful! You're going to spill your coffee.

At the moment of making a decision, use 'will'. Once you have made the decision, talk about it using 'going to'.

- I'll call Jenny to let her know. Sarah, I need Jenny's number. I'm going to call her about the meeting.
- I'll come and have a drink with you but I must let Harry know. Harry, I'm going to have a drink with Simon.

<http://www.englishgrammarssecrets.com>

Idiom-Attic



Be a Cut Above Something/Somebody

To be better than other things or people. For Example:

- *This dark chocolate contains 70% cocoa solids. It's a cut above ordinary chocolate.*
- *Our new luxury apartments are a cut above the rest.*

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

Beak Speak

English Dictionaries Facts

English dictionaries are older than you think: The first English dictionaries included words in other languages with their corresponding English meaning. Richard Mulcaster's *Elemantarie*, a nonalphabetical list of 8,000 words (sounds, uh, helpful), showed up in 1592.



The first purely English dictionary appeared in 1604: It was called *A Table Alphabeticall*, and it was written by a schoolteacher named Robert Cawdrey. It was far from a complete guide to the language, and it would take a century and a half for the next step to be made.

The first major dictionary showed up in 1755: Samuel Johnson's *A Dictionary of the English Language* was nine years in the making and remained the most popular and trusted dictionary until the Oxford English Dictionary arrived 175 years later.

The first major thesaurus arrived in 1852: Peter Mark Roget created his now-famous reference guide in 1805 but didn't release it to the public until 50 years later. The first edition contained 15,000 words.

<http://www.onlinegraduateprograms.com>

More Fun Stuff



Family Ties

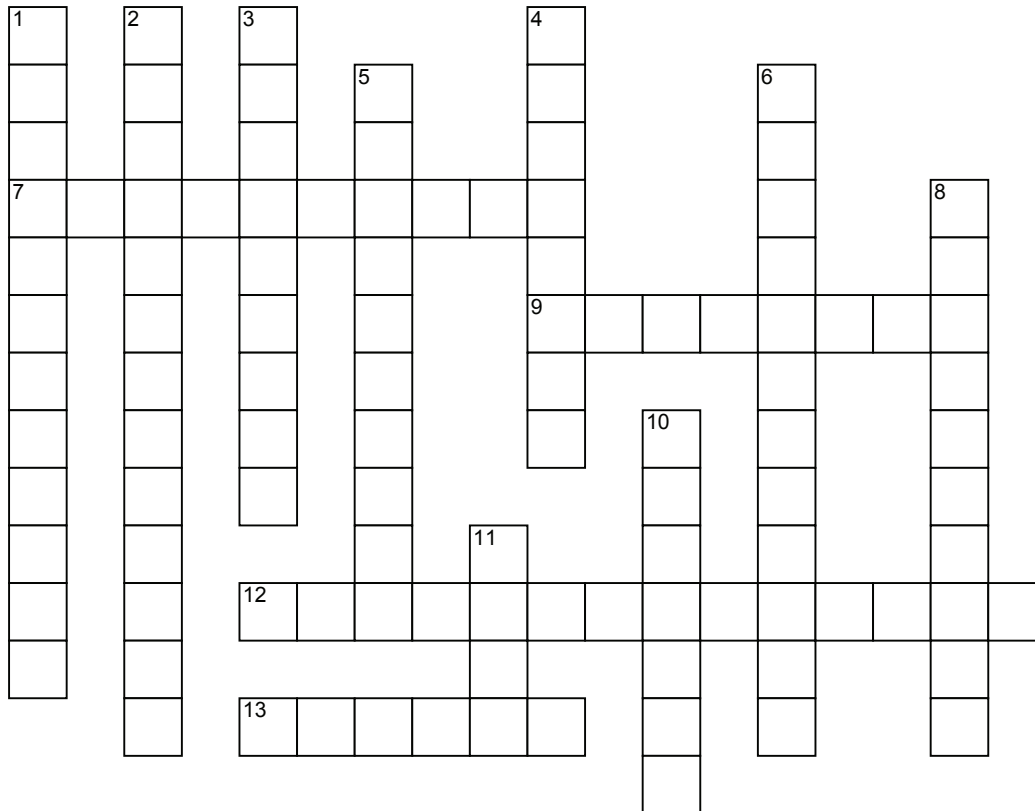
Find and circle all of the words that are hidden in the grid. The remaining letters spell a special occasion for families. See page # for solutions

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

ANCESTOR	FATHER	MARRIAGE	RELATIVES
AUNT	FOLKS	MOM	SIBLING
BOND	GENEALOGY	MOTHER	SISTERS
BROTHERS	GRANDPAR- ENT	NEPHEW	SON
CHILDREN	HALF BROTH- ER	NEWLYWED	SPOUSE
CLAN	HALF SISTER	NIECE	STEPPARENT
COUSINS	HUSBAND	OFFSPRING	TRIPLETS
DAD	KIN	PARENTS	TWINS
DAUGHTER		PROGENY	UNCLE
DESCENDANTS		RELATIONS	WIFE

U.S. Voting Amendments

15th, 19th, 24th, 26th



www.elcivics.com

ACROSS

- 7** amendment that says women can vote
9 an organized event where people vote for someone or something
12 voting is a both a right and a _____
13 people who vote

DOWN

- 1** amendment that says 18 year-olds can vote (____ - ____)
2 amendment that says citizens don't have to pay a poll tax to vote (____ - ____)
3 amendment that says citizens of any race can vote
4 age when citizens can start to vote in United States elections
5 changes to the Constitution
6 document that sets up the government and protects the basic rights of Americans
8 people who are running for a political office
10 you must be a U.S. _____ to vote
11 number of amendments to the U.S. Constitution about who can vote

Autumn Fires

In the other gardens
And all up the vale,
From the autumn bonfires
See the smoke trail!

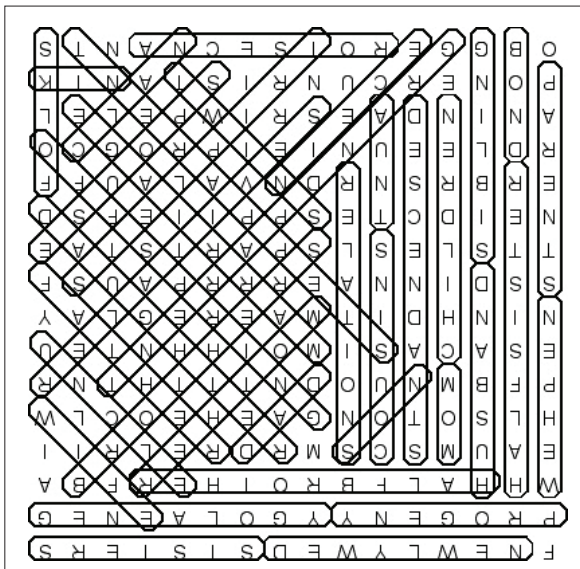
Pleasant summer over
And all the summer flowers,
The red fire blazes,
The grey smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!

By: Robert Louis Stevenson

<http://www.apples4theteacher.com>

Solutions to wordsearch on page 6



Rigoberto's Riddles

You heard me before, yet you
hear me again. Then I die, 'til
you call me again. What am I ?



Answer: An echo

Silly Vasily's Chuckle Chamber



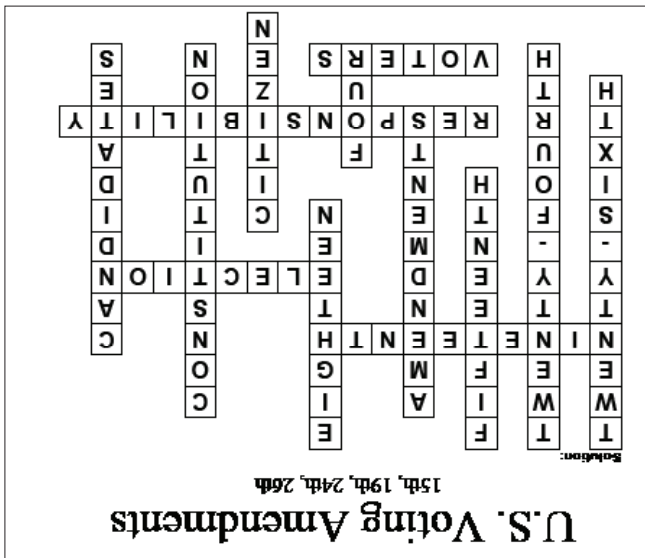
Fifteen minutes into the flight from New York to Phoenix, the captain announced, "Ladies and gentlemen, one of our engines has failed. There is nothing to worry about. Our flight will take an hour longer than scheduled, but we still have three engines left."

Thirty minutes later the captain announced, "One more engine has failed and the flight will take an additional two hours. But don't worry, we can fly just fine on two engines."

An hour later the captain announced, "One more engine has failed and our arrival will be delayed another hour. But don't worry, we still have one engine left."

Vasily, a young passenger, turned to the man in the next seat and sighed, "If we lose one more engine, we'll be up here all day!"

Solutions to crossword puzzle on page 7



Solutions to wordsearch on page 6

Solutions to crossword puzzle on page 7

Granny Noetal

Dear Granny Noetal,

I'm an international student taking a full load of classes. The classes are not so easy because my English is not perfect, although it's getting better every day. My problem is this. Some of my friend from my country want to visit and stay with me (I share an apartment with another student not from my country) and have a good time seeing California. I think they expect me to show them everywhere and also speak English for them, etc. because their English is not so good. I'm worried because I'm really concerned about my classes and studying – I don't want to do badly but I also don't want to disappoint my friends. Do you have any advice?

Signed,

When to Party?

Dear When to Party,

"When to party" is one of those age-old questions that has probably befuddled man since the beginning of



recorded time. I'd like to think one of our fascinating philosophy courses addresses this question and that maybe a guy like Aristotle or Plato wrestled with this dilemma. However, you need advice right away so Granny's got a few immediate ideas for you to ponder.

First, write (OK, text) your friends to tell them how happy you would be to see them. Ask them if they have any concrete ideas about when they would like to come. Explain what the best times are for you (and your roommate, as I assume your friends will be camping on your living room floor). Perhaps the best time for a visit would be the semester break or the summertime? You have to explain that your time is precious because your classes are hard and that you won't be available for them as much as you'd like. If they are friends, they will understand. And if they are real good friends, they will start working on their English so they can help you with your homework!

Good luck,

Granny

The ESL department has
a **FACEBOOK PAGE!**

► ARC ESL DEPARTMENT ◀



Check it out! "Like" us!

Get updates about campus activities, ESL classes, and community events.

GOT CERT?



Now offering!!

New!!

**Get an English as a Second Language
CERTIFICATE!**

**Get a certificate to put on your
resume, use for your job, show to
your relatives and add to your list of
accomplishments!**

See the Humanities Office for more information.

Classes starting at the ESL 50 level count towards the certificate.

The Cyber Bum--Bogdan Komlyk



Have you ever dreamed of being like one of those super heroes? You know: to have stuff like X-ray vision, super strength, and all other “cool” features. If the answer is yes, then I have good news for you! Of course, I can’t promise you the strength yet. Nevertheless, you all are about to experience augmented reality which is way better than X-ray vision.

So, let’s find out just how deep the rabbit hole goes.

First of all, augmented reality (AR) is a fancy term for a way to improve our senses and skills by adding all sorts of information to the real-world environment. In other words, it’s the ability to put information labels on all you can see around yourself. But you also can do much, much more. It all might sound like science fiction, but augmented reality is already here. Those of you who own a fairly new cellphone can check my words by just typing word augmented reality word in your application store. Some of those apps are just games, but some of them are very useful. Like the one I used a few

times in my astronomy class. I just pointed the phone to the sky and immediately I could see the constellations above me on the screen of the phone. There are many more different applications that may and can be useful.

Another interesting implementation of AR is a project from Google called Project Glass. It’s a pair of glasses with a built-in cellphone. The device will be able to project incoming phone calls, directions, and useful information right in front of your eyes. Imagine yourself walking on the street and being able to see the directions appearing in the air or on the road or video-chatting with your friend while you’re doing shopping. And how about the reviews that pop-up as you approach different places...? Well, just google it and see it for yourself.

Of course, eventually we all may end up with implants augmenting our body. Instead of having improved reality we will have improved bodies with better eye-displays, brain microchips, and synthetic muscles. That is how deep the rabbit hole really goes. But it’s totally different story. As usual use this: geek.for.parrot@gmail.com to send me any questions or propositions you have.

Have you ever thought about working on a newsletter?

The American River College ESL department is looking for students interested in helping to produce the ESL newsletter “The Parrot.”

You can join the Parrot team by enrolling in the course this spring!

- 3 unit class: Monday & Wednesday 5-7:20pm (you could add one unit of ESL 97 to make 4 units)
- Learn & practice your typing & computer skills!
- Practice listening & speaking – working in groups to produce a newsletter!
- Improve your grammar and spelling in a real world environment!
- Work on your ‘people’ skills!



SIGN UP FOR ► ESL 311 – an integrated skills class

(you must have passed/completed the equivalency of R50, L50 & W50)

email: moone@arc.lasrius.edu for more information!

Artie's Easel

Dear Readers,

Welcome back to school and to the Parrot! After a long, relaxing Summer, it's time to take up the pen once more and support art. I thought that I would fill you on an interesting community event for which I recently volunteered.

Last Sunday, I helped out a friend who is the secretary of my organization's Board of Directors. She and her husband own a house on the corner of 22nd and T streets in the Poverty Ridge Neighborhood area (one of the highest ground areas in Sacramento). My friend's house, which is considered to be historic, was constructed in 1908 by Remmick family. Mr. Remmick was a leader in the grocery business.

Once a year, there is a Poverty Ridge Neighborhood home tour open to anyone who wants to tour historic houses in this neighborhood. My friend Alex and her Husband, John, often open their home for this tour. How did I get involved in house tours? I became involved because Alex needed some volunteers to stand outside and inside of her home to both greet and guide tours around her house. We made sure that her home was treated with respect, that people did not touch



Prof. White-- Artie's Mentor

things and that no one crossed any taped off areas in the home. Since her home has three full floors, at least eight volunteers were needed every two hours. I, myself, greeted people entering the house and checked to see if everyone had paid for the tour. I really enjoyed myself and recommend volunteering for this event as long as you go through the orientation with the "House

Captain" first. Anyway, I hope to help with this event again next year. By the way, if you want to tour several historic houses, you can purchase a tour ticket for \$20.00. It's well worth the price. In addition to the home tour, there is also a small neighborhood craft information fair set up in the streets of the neighborhood where you can browse and buy!

The Poverty Ridge Neighborhood Association is very active. Besides sponsoring its historic homes tour, it is also going to offer an artist studio tour in October of this year. The second weekend is scheduled for the studio tour. Keep your eyes open and read your Sacramento Bee in order not to miss this great upcoming event. It should be terrific!

See you at the Poverty Ridge artist studio tour!

Artie

Sacramento Register Eligibility Criteria for Historic Properties

To be eligible for listing in the Sacramento Register, the property must meet one or more of the following criteria:

- It is associated with events that have made a significant contribution to the broad patterns of the history of the City, the region, the state or the nation.
- It is associated with the lives of persons significant in the City's past.
- It embodies the distinctive characteristics of a type, period or method of construction.
- It represents the work of an important creative individual or master.

- It possesses high artistic values.
- It has yielded or may be likely to yield, information important in the prehistory or history of the City, state or region.
- Additionally, overall issues related to integrity of location, design, setting, materials, workmanship and condition are also considered.

There is also additional eligibility criteria for designation of historic districts and contributing resources in historic districts.

Mim's Cafe

Welcome back to Mim's Café. I hope your summer was relaxing and productive. Over the summer, I tried many vegan soup and stew recipes. The main ingredients for these included pumpkins and sweet potatoes. The best flavored stew I found is the one I'm sharing in this issue. Yes, this Moroccan Bean Stew requires a lot of spices, so be attentive when you sauté them with water. Stir often so the spices don't clump up and burn. Those spices give this stew a very fresh and aromatic taste. This stew is best served with some kind of bread. I hope you take the time to try this recipe. This recipe was downloaded from: <http://www.forksoverknives.com/moroccan-bean-stew-with-sweet-potatoes>.



Prof. Montgomery with happy eater.

Moroccan Bean Stew with Sweet Potatoes

Ingredients

- 1 tablespoon water (to sauté)
- 1 teaspoon cumin seed
- ¾ teaspoon ground cumin
- 1 ½ teaspoon cinnamon
- 1 teaspoon ground coriander
- ½ teaspoon turmeric
- ½ teaspoon fennel seeds
- 1 teaspoon dried basil
- ¾ teaspoon sea salt
- Few pinches cayenne pepper (optional; kids may find it too hot)
- Freshly ground black pepper to taste
- 1 ½ cup onion, diced
- 3-4 medium-large cloves garlic, minced or grated
- 3 – 3 ½ cups yellow or orange-fleshed sweet potato, diced
- 1 can (14 oz.) black beans, rinsed and drained
- 1 can (14 oz.) chickpeas, rinsed and drained
- 1 cup dry red lentils, rinsed
- 3 cups vegetable stock
- 3 ½ cups water
- 1 ½ tablespoon freshly grated ginger

Cooking Instructions



1. In a large pot over medium heat, add the water to sauté the spices and salt.
2. Cook for a couple of minutes, and then add the onion, garlic, and sweet potato.
3. Stir through, cover, and cook for about 7-8 minutes, stirring occasionally, until the onions have started to soften.
4. Add all remaining ingredients except ginger, and increase heat to high to bring to boil.
5. Once at a boil, reduce heat to medium-low, cover, and cook for 20-25 minutes, until lentils are fully dissolved.
6. Add fresh ginger, stir through, and serve.

Nutritional Nuggets

Are you Getting Enough Vitamin B12?

As we get older, our need for vitamin B12 often increases. This is mainly due to changes in the digestive tract (atrophic gastritis), which is seen more after the age of 50 and makes it harder to absorb. It can also develop due to an iron deficiency or infection with *Helicobacter pylori*, a bacterium associated with ulcers. Since the body stores some in the liver and recycles this vitamin, it can take years to develop. Knowing your status is important, because results can be very serious, even fatal. Fatigue and anemia are the initial symptoms, but as the deficiency progresses, the nervous system can be permanently damaged! In fact, researchers have found that low B12 status is associated with balance issues, as well as symptoms of dementia, lower scores on tests of cognitive function, perceptual organization and speed, plus episodic and semantic memory. In addition, total brain volume decreases.



can to check the B12 level in your next blood panel. Make sure that you consume foods enriched with B12, naturally high in it, and/or a daily supplement. B12 in enriched products and supplements (cobalamin) is easier to absorb than the natural vitamin. Foods naturally containing B12 are from animal sources, like meat, seafood, eggs, and dairy products. Therefore, vegans need to be aware of their B12 levels at all ages. For some individuals, monthly injections or other methods may be necessary to bypass the digestive tract. You need not be too worried about overdoing it, there are no known toxicity symptoms for this vitamin.

One footnote, vitamin B12 is stable under regular cooking methods, but is destroyed by microwaves. Therefore, to get the most from your food, don't "nuke" everything.

What should you do? If you are 50 or older, ask your physi-

Irene Roltsch, MS
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The ESL club *invites you to*

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Support one another

Participate in interesting events

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for more information please contact Nigora at
916-871-8224 or n_nasafit@yahoo.com

Out of The Cage

GLBTQ History Month: Celebrate the History of GLBTQ In Film

Wednesday, October 10, 2012

12:15 pm - 1:15 pm

Join members of ARC Fierce and review selections from the documentary film *Celluloid Closet* (1995), a "documentary surveying the various Hollywood screen depictions of homosexuals and the attitudes behind them throughout the history of North American film." Fierce members will discuss how these media depictions have changed in the last 20 years and whether progress has been made in the treatment of characters and issues depicted in films and television.

Location: Raef Hall 160

Author Series: Search for Meaning at the Broken Places

Thursday, October 18, 2012

12:15 pm - 1:15 pm

Come and hear author, and ARC professor, Harvey Shrum as he discusses his book! A synopsis of the novel: *Search for Meaning at the Broken Places* is a synthesis of Logotherapy, the Intensive Journal, and the stages of grief. It addresses critical life issues and provides an opportunity for healing, growth and strength at the broken places, places full of paradoxes and unexpected gifts.

Location: Raef Hall 160

Sweeney Todd

Friday, October 12, 2012

8:00 p.m.

The Demon Barber of Fleet Street - A Thriller Musical. Music and Lyrics by Stephen Sondheim. Book by Hugh Wheeler. From an Adaptation by Christopher Bond

Chilling, suspenseful, heart-pounding masterpiece of murderous barber-ism and culinary crime tells the infamous tale of the unjustly exiled barber who returns to



19th century London seeking revenge against the lecherous judge who framed him and ravaged his young wife. His thirst for blood soon expands to include his unfortunate customers, and the resourceful proprietress of the pie shop downstairs soon has the people of London lining up in droves with her mysterious new meat pie recipe!

Sophisticated, macabre, visceral and uncompromising, SWEENEY TODD nevertheless has a great sense of fun, mixing intense drama with howlingly funny moments of dark humor: audiences find themselves laughing hysterically one moment and gasping in surprise the next.

Ticket Prices: General \$15, Student/Senior \$12 Tickets are available online at SeatYourself.biz/arctheatre. Box Office is open one hour before each performance. For more information: (916) 484-823

Location: ARC Theatre

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 Specker's office D389 (Davies Hall), call (916) 484-8013, or e-mail SpeckeE@arc.losrios.edu.

To see the Parrot in color go to:

http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot.htm

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