



# The Parrot

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

Issue # 66 Fall 2012

## Listening to Leatherman



**Parrot:** Hi, how are you?

**Prof. Leatherman:** Fine, thanks.

**Parrot:** You teach ESL classes, right?

**Prof. Leatherman:** That's right.

**Parrot:** First of all, I want to thank you

for participating in this interview and my first question is how did you get interested in your area of expertise?

**Prof. Leatherman:** Well, I was majoring in Latin American Studies in Mexico and my classes were all in Spanish. But when I went to look for a job, it was very difficult to get a job in Latin America teaching Latin American studies. I wanted to stay longer in Mexico and I found a wonderful British Institute, took a teaching training course there and started working, teaching English to children, adolescents, and adults. I continued doing that for about eight and a half years. I finished my university degree, my BA in Mexico, and then I stayed to teach for another eight or so years.

*Continued on pages 15 & 16*

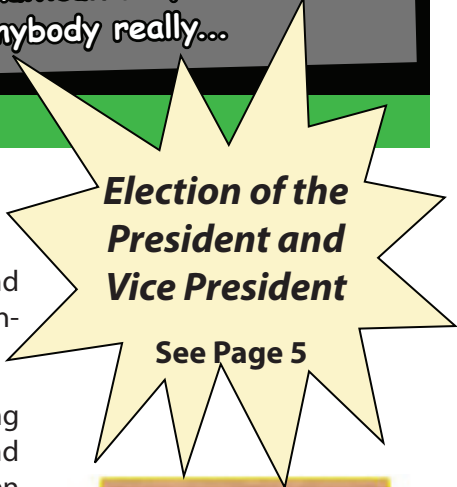
## My Old and New Friends

Are you a friendly person? It doesn't matter if you are an extrovert or introvert, you probably have some friends around you. I don't like to change my friends, but sometimes it happens. When you move to another country, you need to have friends in that place. I came to the US one year ago, and I made new friends here. My old friends are very different from my new friends. There are several differences between my old and new friends.

The first difference between my friends is that my old friends had time for me every day, but my new friends are busy the whole week. When I was living in Ro-

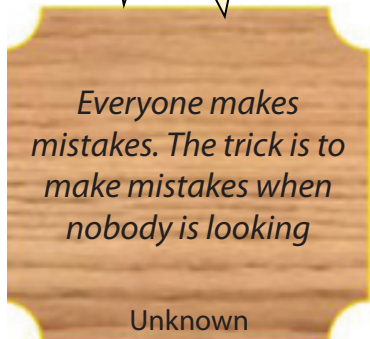
mania, my home country, my best friend, Emily, lived very close to my house, about five minutes walking. We were in the same class in high school and university. It was nice to spend time with her every day after school. If I wanted to take a walk in the evening, I'd just call her, and she would come and we would spend time walking, or if I wanted to go shopping we would meet and go shopping together. Sometimes when she didn't feel well, time didn't matter, I would visit her and spend time with her. Sometimes after we were done studying, we would review the topic together and explain

*Continued on page 2*



**Election of the President and Vice President**

**See Page 5**



*Everyone makes mistakes. The trick is to make mistakes when nobody is looking*

Unknown



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## Student Chirpings

### My Old and New Friends *Continued from page 1*

to each other how we understood it. When I came to the United States for the first time, I met some cousins in Los Angeles. I noticed a big difference between my friends back in Romania and them. When my friends and I said that we are busy, that meant that we had some problem solve, that we had to study for a test the next day, or that we had to do something very important. In Los Angeles, my cousin, Eunice, told me that she was very busy the whole the week. I was so surprised to see how busy she was. She worked only until three o'clock, and sometimes she visited her mom after work. Also, she would go out somewhere on the weekends. In my opinion, the difference is really big. We were used to say that we were busy if we worked, but she now says that she is busy either when she works or relaxes.

The second difference is that my old friends were open and we knew everything about each other, however, my new friends have very reserved lives and all you know about them is that they are physically present. I believe that the culture influence us a lot. In my home country, it isn't impolite to ask somebody how much he or she earns, however that subject is very private here. If you want to have an idea of how much a person makes, you can look up for his job's payment rate on the internet. I was also surprised to see that when teachers return tests to their students, they hand out the papers turned down. One day I asked my teacher why are grades so private, she answered me that it is the law and students' grades are kept private. In Romania teachers sit in front on the class and read the grades out loud, then you know what grade you and your classmates had. I feel the same happens when it comes to relationships – people are very private. Now I'm more careful of what I say or what kind of questions I ask because I don't want to bother anybody.



In my country, we loved and were happy to share everything. We were so close that sometimes we knew what each other would say or do. We were like sisters. I have some Romanian friends who were born here; when we joke they don't understand me or I don't understand them. I think this happens because we have different pasts and grew up in different cultures. If I stay here longer, I'll be able to understand my friends better.

The third difference between my new and old friends is that my old friends weren't bothered when I called them and they helped me in every situation. On the other hand, my new friends help me only if they have time or if I helped them before. I feel that they won't change their schedules for my plans.

In Romania, I could call Emily in the middle of the night and she would never feel bothered by me. Sometimes, not so often, I would just drop by her apartment in Oradea, the city where we studied, at midnight and she would be so happy to open the door for me, she even gave me her apartment key in case I need to come in when she was not

there. One time I had an emergency at the hospital and when I called her she immediately changed her plans of going to her parent's town and came to the hospital to help me. My friends in the U.S. aren't so close to me; they are more independent, so I can't tell them about every situation. Probably, as time goes by, we will be closer to each other because time can change many things.

To conclude, the old friends you grow up with are your best friends because they have time for you, they are not bothered by your calls, and you know everything about each other. It is possible to make best friends when you are an adult like in your childhood, but it will take you a longer time to find them. To have good friends means to be blessed!

Dorotyia Pop  
ESLW50

## Hoc Mon Calls

Most of us must have gone several places during our lives for different purposes. Each place, more or less, reminded us of a period of time in our lives when we worked there and we can't find it again. For me, I'll never forget Hoc Mon, a small village where I spent almost three months one summer as a volunteer of a charity organization.

It was a small, quiet village about twenty miles away from Saigon, one of the biggest cities in Viet Nam. At that time, I was young and a member of a charity organization which used to go to remote villages to help teach poor children. Like many other villages in the Vietnamese country side, this village had a beauty of nature with green trees, rivers, fresh air, and golden fields of rice. Besides rice, the villagers also grew vegetables of all kinds and provided them to Saigon and its surroundings. Most houses there were made of simple and light materials such as thatch leaves, clay, and pieces of steel. Some of them, especially government offices, were made of brick and red tiles, so they looked more powerful and beautiful. There were also schools, a hospital, and stores in the central area of the village where villagers could come to see a doctor or buy everything they needed. The government officials there arranged some rooms for us in the largest school to sleep at night and to teach their children in the afternoon. Before arriving there, all of us completed a short-term training course so that we could teach the children how to read and write. Everything was all new and strange to me, a girl who was born and grew up in the big city.

People there were simple, friendly and hospitable to us. At first, they welcomed us, but I felt there was something cautious in their attitude towards us. I heard some villagers asked each other "What are they doing here?" "and " How can they live a country life like us ? They are city guys". I told our group leader about what I had heard. She smiled and encouraged me "Don't worry about it. Let's do our best what we need to, and then they will understand us." Actually, we didn't disturb them during that time. We did everything by ourselves and never asked them for anything. We spent most of our time teaching their children to read and write, talking to them, or playing with them. We sometimes helped our students with their farm work. As a result, the villagers' attitude towards

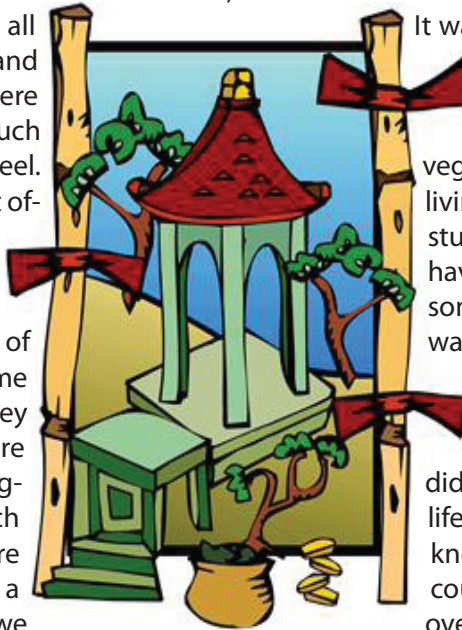
us changed remarkably after a few days. They treated us as friends and members of their families. Every day, many of them brought us vegetables they grew or eggs they got from raising chickens to add to our meals. We understood that they wanted to show us their gratefulness. On weekends, they used to invite us to come to their houses, made some special food, and we ate together. Our students were boys and girls the age of eight to ten. Most of them came from poor families and couldn't read or write. They wanted to study, but they didn't have enough time or a good chance to go to school. After school, they had to help their parents growing and selling vegetables.

I learned a lot during that period of time in Hoc Mon. It was the country life and people there that taught me many lessons. I knew how hard they had to work to provide us, city people, delicious rice and fresh vegetables. I learned how to overcome bad living conditions and live happily with it. My students taught me what to do in order to have bigger tomatoes or what to do to keep some vegetable fresh longer. Three months was not a long period of time, but it was enough for me to understand and sympathize more with people. They were simple, honest, and hard-working. They didn't ask for more than a steady, peaceful life with their families always by their side. I knew that there were a lot of people in my country who needed to be helped. Moreover, I felt happy because I had done some-

thing good and useful for poor people, especially poor children. All the boys and girls whom we taught were no longer illiterate. Although I had to live and worked in poor living conditions for almost three months in that village, and I didn't get paid for my job there, I was still pleased. I received a big benefit that was not easy to have: the love of and the trust in the goodness of my students. Many of them cried when we finally left the village.

In short, Hoc Mon is really a special place to me. Although it is only a small village with its simple, friendly people and quiet life, it's always on my mind. It taught me a lot of things that no other school could do. I'll remember the period of time I spent there forever. I hope I'll go back to Hoc Mon to see it again in the near future.

Huong Hoang  
ESLW50



## Should My Teacher Get A Wig?

I am really excited at costume parties. Everyone becomes a new person that I've never seen before, people with colorful wigs. You can see people wear different kinds of wigs, from curly to straight, long or short, with many colors like blue, green, yellow, red, pink, white, or purple at costume parties. However, I can't imagine one day my teacher going to class with a wig. In my opinion, my teacher should not get a wig.

First, a wig is only used for some special situations. I've heard that in the USA only the first five presidents, from George Washington to James Monroe, wore wigs. Nowadays, only actors, actresses, singers, movies stars wear wigs for their special performances. Nowadays, only patients who are being treated by their doctors for special diseases must use wigs every day. Sometimes we see many people use wigs, but they only use wigs at parties. My teachers is not an actor, a singer, or a movie star, so why does he need to get a wig? My teacher goes to school with his regular schedule. He doesn't go to school for a special costume party, so why does he need a wig? I don't want people guessing that my teacher has brain cancer when they see him go somewhere with a wig.

Second, I am against the idea of my teacher getting a wig because a wig will be uncomfortable for him. I've heard that a wig is made of feathers, horse hair, buffalo hair, yak hair, human hair, of wool, or of synthetic materials. If my teacher gets a wig that is made of wool or synthetic materials, it will make his head very hot in the summer, and he will feel very itchy with his head. You know exactly what will happen when his head is very hot and itchy. He will get angry easily with any of our writing mistakes. That situation won't be good for him or for any of us. If my teacher gets a wig that is made of feathers or of one kind of hair that I listed above, it will become a nest of fleas and lice. You ask me how will it become a nest of fleas and lice. Are you sure you never forget anything? Everyone sometimes forgets something. My teacher is not an exception. One day my teacher will leave his wig on his couch and forget to wash it after class. When he doesn't pay attention, his dogs or cats will catch that wig and play with that wig the whole rest of the day. Then those dogs or those cats will leave that wig in his backyard. When he finds his wig out in the backyard, he will dust off his wig and wear it on his head and go to school. I know he will

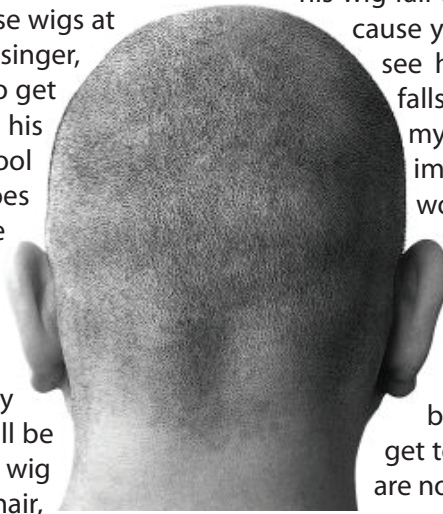
never want to be late to school because of washing and drying his wig. After classes, when he goes back home exhausted and with a lot of journals from his students, he will forget to wash his wig again. After a couple of weeks, his wig will become a thriving nest of fleas and lice. You remember that we cannot find fleas or lice easily, and my teacher is not an exception. He cannot find fleas or lice as easily as he finds the mistakes in our essays. He will just wear that wig and go to school after correcting our essays. He won't know fleas and lice are dancing in his wig and that they are very hungry. When driving to school, he will feel very itchy on his head. I am sure he will take his wig off and scratch his head. After parking his car in the parking lot, he will wear his wig carelessly and go into class. You will look up at his head and ask yourselves, "Will

his wig fall or not fall on the floor of our class?" because you see his wig move a little bit. You will see how everything changes when his wig falls on the floor! For those of us who love my teacher lot, nothing on this planet is as important as whether fleas and lice will or won't bite my teacher again, nothing on this planet is as important as yes or no to the question of if his wig will fall on the floor of our classroom. I am certainly sure those who love my teacher like us will never agree to his getting a wig because we are not sure when he will forget to wash and dry his wig, and because we are not sure where fleas and lice live.

Finally, and most important, I believe that students love my teacher whether or not he is bald. We love him because he is crazy about teaching, because he has good teaching methods, and because he will be happy if our writing skill improves a little. For me, if all of the hair on the head of my husband falls out and he will be bald, the love for him from me will never lessen. I believe that my teacher's wife and all members of her family love him whether or not he has a beautiful wig.

For all of those reasons, I think my teacher doesn't need a wig. I remember a proverb, "A cassock cannot make a man become a priest". A wig cannot make my teacher become another man. We cannot value a person simply through his/her outfit or appearance. Wise friends told me, "The real beauty of a person radiates from a warm heart".

Thao Tran  
ESLW50



# Netscape -- Articles from The Web

## Election of the President and Vice President

### Primary Election

According to the United States Constitution, a presidential election is to be held once every fourth year. The process of electing a President and Vice-President begins long before Election Day. Candidates from both major and minor political parties and independent candidates begin to raise money and campaign at least one year in advance of the general presidential election. In order to officially represent a political party, a candidate must be nominated by that party

This primary nomination process is a contest that often produces factions within political parties. These divisions impact the policy stances and agendas of the candidates running for nomination as they attempt to garner the support of party leaders and activists. The nominating process officially begins with the first state primaries and caucuses, which usually occur in the month of February of the election year. It is at these local events that voters are given their first chance to participate in electing the nation's next President.

There are many factors that influence who will ultimately become the candidate for a party. The public's perception of the candidates is influenced by such things as media reports, public opinion polls, candidate preference surveys, and advertising. These factors will help determine the perceived strengths and weaknesses of the candidates in the months leading up to the caucuses and primaries.

The spring of an election year is characterized by vigorous campaigning for primaries and caucuses all over the nation. This process reaches its crescendo at the national conventions of the political parties.

Once at the national party conventions, the delegates from the states cast votes for the person who will represent the political party in the November general election. In order to secure a party's nomination, a candidate must receive a majority of the votes from the delegates. It is not unusual for delegates to vote several times before one candidate secures the majority of the votes and officially becomes that party's candidate for the election to determine the next President of the United States. The candidate for President then must choose a vice-presidential candidate. Generally, a running mate is chosen that will in some way balance the party's ticket for the general election. This balance may be geographic (choosing a running mate that is very popular in one region where the Presidential candidate is not) or ideological (choosing a running mate with a different ideological framework than the presidential candidate), and the balance is intended to make the overall general election ticket of a political party acceptable to as wide a range of voters as possible.

If a President is running for re-election, this nomination process must be completed. Even if the President does not face any opposition from within his own political party, the national convention will still occur. The conventions are extravaganzas, full of pageantry and showmanship. They serve to help jump start the general election campaign for the presidential candidates.

### General Election

The national conventions of the political parties are the culmination of the primary election process. Once the national conventions have been held, and the candidates from the political parties have been



nominated and chosen, the presidential election begins in earnest as a contest between the candidates from the political parties. Any divisions or factions that have surfaced within a political party up to the nomination process tend to be set aside and the entire party becomes unified behind its candidate and begins to work to get that person elected.

Some people choose to run for president without being affiliated with a political party. Such independent candidates need not concern themselves with getting nominated by a party, but must meet other requirements. For example, such candidates are required to collect a large number of signatures to support their nominations. The sources of funding used by independent candidates comes from personal funds and loans as well as fundraising campaigns.

An independent candidate for President must file a declaration of candidacy and a certification of the candidate's selection for vice president with the secretary of state prior to circulation of the candidate's nominating petitions. The candidate and the candidate's selection for vice president must sign the certification before it is filed. No petition or certificate of nomination may be circulated prior to the first day

of January of the year in which the election will be held. Once the required number of signatures is received by the person, s/he is able to run in the general election.

The candidates campaign right up until Election Day, when the nation finally votes for its President. The candidates travel throughout the country, making public appearance and giving speeches. The parties and the candidates use media advertising, direct mailings, telephone campaigns, and other means to persuade the voters to choose one candidate over the other(s). Often, these measures also serve to point out the weaknesses of the candidates from the other parties involved in the general election.

In this national presidential election, every citizen of legal age (who has taken the steps necessary in his/her state to meet the voting requirements, such as registering to vote) has an opportunity to vote. However, the President is not chosen by direct popular vote. The Constitution requires that a process known as the Electoral College ultimately decides who will win the general election.

<http://bensguide.gpo.gov>



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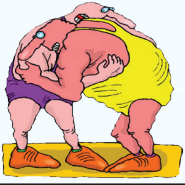
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# Parrot Warbling



## Grappling with Grammar

### Uncountable Nouns

Uncountable nouns are substances, concepts, etc. that we cannot divide into separate elements. We cannot "count" them. For example, we cannot count "milk". We can count "bottles of milk" or "liters of milk", but we cannot count "milk" itself. Here are some more uncountable nouns:

- music, art, love, happiness
- advice, information, news
- furniture, luggage
- rice, sugar, butter, water
- electricity, gas, power
- money, currency

We usually treat uncountable nouns as singular. We use a singular verb. For example:

- **This news is** very important.
- Your luggage **looks** heavy.

We do not usually use the indefinite article a/an with uncountable nouns. We cannot say "an information" or "a music". But we can say a "something of":

- **a piece of** news
- **a bottle of** water
- **a grain of** rice

We can use **some** and **any** with uncountable nouns. For example:

- I've got **some** money.
- Have you got **any** rice?

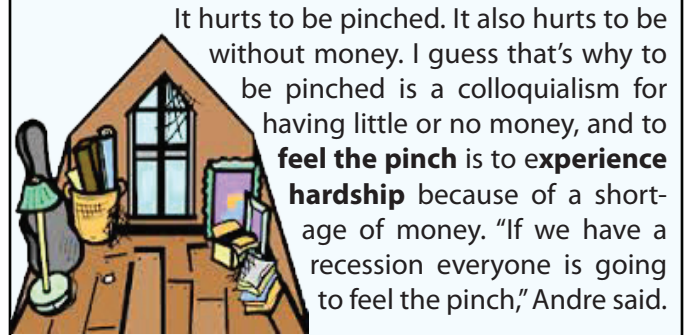
We can use **a little** and **much** with uncountable nouns. For example:

- I've got a little money.
- I haven't got much rice.

<http://www.englishclub.com>

## Idiom-Attic

### To Feel the Pinch



It hurts to be pinched. It also hurts to be without money. I guess that's why to be pinched is a colloquialism for having little or no money, and to **feel the pinch** is to **experience hardship** because of a shortage of money. "If we have a recession everyone is going to feel the pinch," Andre said.

## Beak Speak

### Fun English Phrases Facts

No one knows who came up with "**the whole nine yards**." The most widely cited story to explain the origin of this phrase, which means "completely" or "using everything," is that soldiers in World War II started using it in reference to firing the entire length of an ammunition belt on an anti-aircraft gun. Yet there are no written instances of the phrase before 1962, and many other stories and theories have been advanced. Everyone knows what it means; no one knows how it got here.



"**Five by five**" isn't measuring anything: At least, nothing physical. The phrase refers to the two separate five-point scales, one for signal strength and one for clarity, used to refer to radio communications. "Five by five" means you're getting the best of both, and it's used to mean you understand someone's point.

"**Kangaroo courts**" have nothing to do with Australia: Despite the linkage with Australia's most famous animal, the phrase "Kangaroo court" is 100% American. The term sprang up (ha) shortly after the California Gold Rush, referring to sham trials where justice proceeds with giant, kangaroo-like leaps that skip over facts and due process.

<http://www.onlinegraduateprograms.com>

## Some More Parrot Fun Stuff

### Wordsearch

Find and circle all the United States presidents that are hidden in the grid. The remaining letters spell an Abraham Lincoln quotation.

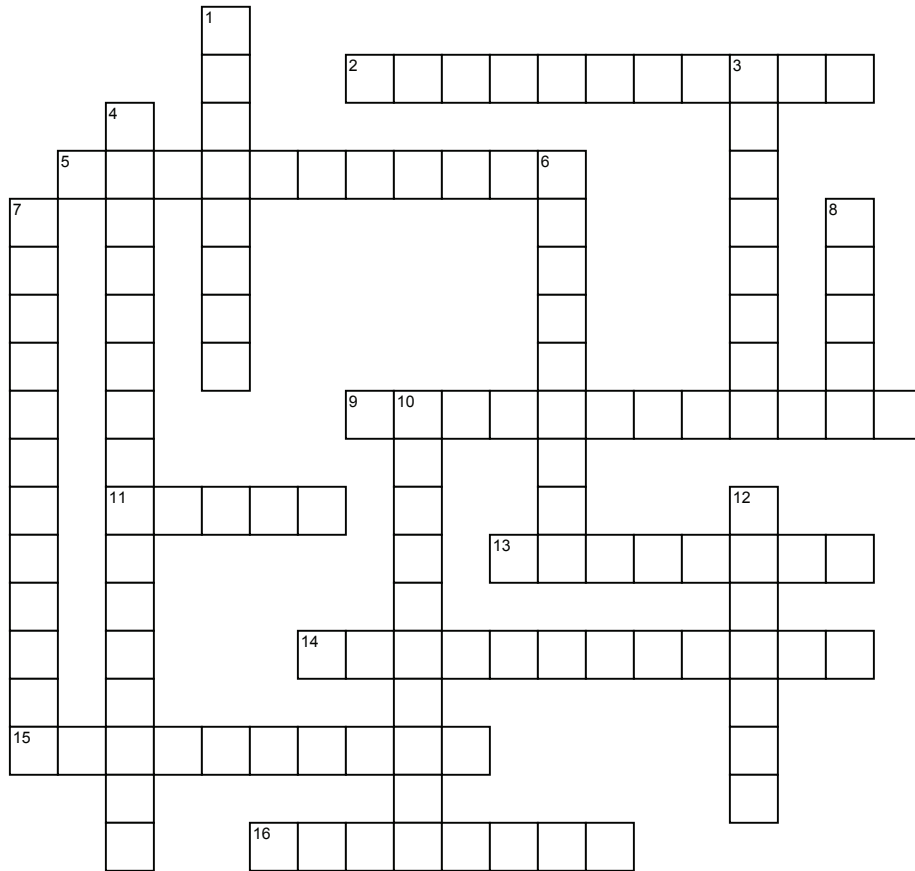


|            |           |               |            |
|------------|-----------|---------------|------------|
| WASHINGTON | TAYLOR    | B HARRISON    | KENNEDY    |
| J ADAMS    | FILLMORE  | MCKINLEY      | L JOHNSON  |
| JEFFERSON  | PIERCE    | T ROOSEVELT   | NIXON      |
| MADISON    | BUCHANAN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



# Constitution of the United States

## Supreme Law of the Land



www.elcivics.com

### ACROSS

- 2** first three words in the Preamble (3 words)
- 5** branch of government that makes national laws
- 9** 27 ( \_\_\_\_ - \_\_\_\_ )
- 11** number of articles (sections) in the Constitution
- 13** first state to ratify the Constitution
- 14** supreme law of the land
- 15** changes to the Constitution
- 16** last name of the oldest member of the Constitutional Convention

### DOWN

- 1** branch of government that applies and interprets laws when deciding legal disputes
- 3** a short statement that comes before the Constitution and states its purpose
- 4** a group of essays that supported the Constitution (2 words)
- 6** branch of government that enforces national laws
- 7** city in Pennsylvania where the Constitution was written
- 8** number of branches in the United States government
- 10** last name of the man who served as president of the Constitutional Convention and later became the first President of the United States
- 12** last name of the Father of the Constitution

### The Poor Voter on Elections Day

*The proudest now is but my peer,  
The highest not more high;  
To-day, of all the weary year,  
A king of men am I.  
To-day alike are great and small,  
The nameless and the known  
My palace is the people's hall,  
The ballot-box my throne!*

*Who serves to-day upon the list  
Beside the served shall stand;  
Alike the brown and wrinkled fist,  
The gloved and dainty hand!  
The rich is level with the poor,  
The weak is strong to-day;  
And sleekest broadcloth counts no more  
Than homespun frock of gray.*

*To-day let pomp and vain pretence  
My stubborn right abide;  
I set a plain man's common sense  
Against the pedant's pride.  
To-day shall simple manhood try  
The strength of gold and land  
The wide world has not wealth to buy  
The power in my right hand!*

*While there's a grief to seek redress,  
Or balance to adjust,  
Where weighs our living manhood less  
Than Mammon's vilest dust, —  
While there's a right to need my vote  
A wrong to sweep away,  
Up! clouted knee and ragged coat!  
A man's a man to-day!*

By John Greenleaf Whittier (1852)

### Rigoberto's Riddles

The man who invented it doesn't want it. The man who bought it doesn't need it. The man who needs it doesn't know it. What is it?

A coffin



### Silly Vasily's Chuckle Chamber



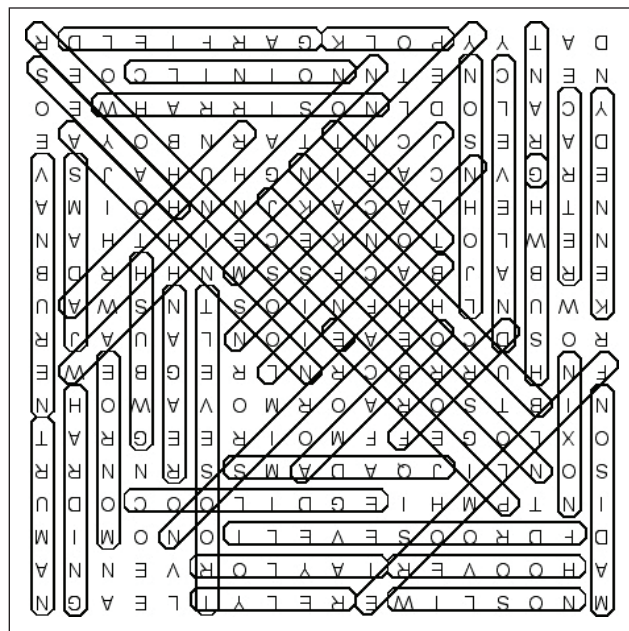
It was at the end of the school year, and a kindergarten teacher was receiving gifts from her pupils. The florist's son handed her a gift. She shook it, held it overhead, and said, "I bet I know what it is. Some flowers." "That's right" the boy said, "but how did you know?" "Oh, just a wild guess," she said.

The next pupil was the candy shop owner's daughter. The teacher held her gift overhead, shook it, and said, "I bet I can guess what it is. A box of sweets." "That's right, but how did you know?" asked the girl. "Oh, just a wild guess," said the teacher.

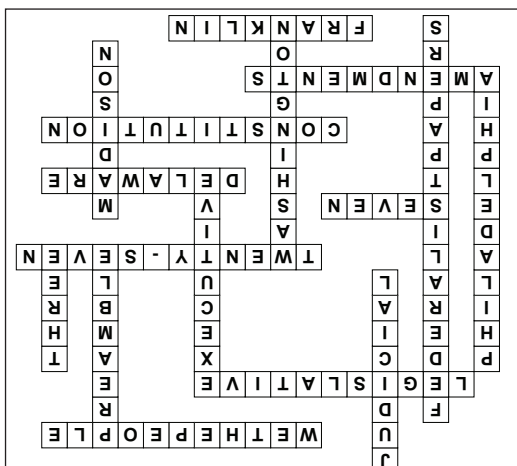
The next gift was from the son of the liquor store owner. The teacher held the package overhead, but it was leaking. She touched a drop of the leakage with her finger and touched it to her tongue. "Is it wine?" she asked. "No," the boy replied, with some excitement.

The teacher repeated the process, taking a larger drop of the leakage to her tongue. "Is it champagne?" she asked. "No," the boy replied, with more excitement. The teacher took one more taste before declaring, "I give up, what is it?" With great glee, the boy replied, "It's a puppy!"

### Solutions to wordsearch on page 8



### Solutions to crossword puzzle on page 9



## Mim's Cafe

Fall is a great time for homemade pumpkin soup since there are plenty of pumpkins to choose from. Make sure to ask your local grocers or farmers for edible pumpkins since some are not grown for cooking. I downloaded the recipe below from: <http://dairyfreecooking.about.com/od/hotsoups/r/crmpmpkns.htm>. It is a vegan recipe and requires two kinds of milk, coconut and soy or almond milk. If you're not a vegan, you can substitute regular milk for soy milk and use chicken broth instead of vegetable stock for more flavors. Since I am not a fan of canned products, I always try to use fresh pumpkin flesh. I peel the skin off the pumpkin, cut it into two inch chunks and boil the chunks in one cup of water until the flesh is tender. Then I dump the pumpkin flesh into a pot with the sautéed apples and onions. I like texture in my soups, so I don't usually puree the finished product. This recipe is best served with crackers. It takes twenty minutes to prepare, twenty minutes to cook, and it serves four to six people.



### Pumpkin Soup

#### Ingredients

1 Tablespoon olive oil  
 1 cup finely chopped onion  
 1 clove garlic, finely chopped  
 1 medium-sized leek, white parts only, chopped  
 1 cup chopped apple or pear  
 3 Tablespoon sugar  
 $\frac{3}{4}$  teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon ground ginger  
 $\frac{1}{4}$  teaspoon ground nutmeg  
 $\frac{1}{2}$  teaspoon salt, plus more to taste  
 1 15-ounce cans low-sodium vegetable broth  
 2 cups water  
 2 15-ounce cans pumpkin purée  
 $\frac{1}{2}$  cup coconut milk  
 $\frac{1}{2}$  cup almond milk or soymilk  
 Pepper, to taste  
 Cayenne, for garnishing  
 Fresh herbs, such as dill or parsley, for garnishing



#### Preparation

1. In a medium-large stock pot (3-5 quarts), heat the olive oil over medium-high heat. Add the onion and garlic, and cook for 3-4 minutes, or until the onion is translucent. Add the leek, apple, sugar, spices and salt, and cook for 1-2 minutes, stirring constantly, until the leek is softened. Add the vegetable broth and water. Bring the mixture to a boil and then turn down to a simmer for about 15-20 minutes, or until the apple pieces are very tender.
2. Stir in the pumpkin purée. Working in batches, puree the mixture in a blender until smooth, adding a bit of the coconut milk and almond milk to each batch until all has been added. Return the soup to the pot and heat over low heat, stirring constantly, to desired temperature. Add salt and pepper to taste. Garnish with a sprinkle of cayenne pepper and fresh herbs or your choice.

# Nutritional Nuggets

## Questions About Quinoa

The Guidelines for Americans and ChooseMyPlate.gov recommend that at least half of our grains should be whole grains. You are no doubt familiar with brown rice, oatmeal, and 100% whole wheat products, but have you ever stepped out of your comfort zone to try any new sources? You may be surprised that there are many out there. Millet, brown rice, whole barley, bulgur, and quinoa have been around for some time. The latter has even inspired a cookbook devoted wholly to its consumption. "Quinoa 365" by Patricia Green and Carolyn Hemming (Whitecap Books, 198 pages) shows you creative ways to incorporate it into your diet. Now that quinoa has been brought to your attention, you may have some questions.

What is it and where did it come from? This "super food" originally came from South America. The Incas called it "the mother grain" for its benefits to pregnancy, lactation, and the growth of children. It usually comes as a small blonde grain that looks similar to millet, but there are various shades, including red and black. It is almost always organic.

Why would one grain cause such a stir? Primarily, it's due to quinoa's nutritional value. It is high in protein. One cup (cooked) will provide slightly more protein than one egg or an ounce of meat. In addition, it contains all the 9 essential amino acids, which makes it a great choice for someone on a vegetarian diet. As for vitamins and minerals, that cup is a good source of thiamin, riboflavin, B6, iron, and zinc, while being an excellent source of folate, copper, magnesium, and manganese. You will also get 5 g of fiber to help you feel full longer and aid in digestive tract health. The calorie count is similar to that of brown rice and is easy to digest.

How is it prepared? Many whole grains take longer to cook than their refined counterparts, but if you have 10-15 minutes, you can make quinoa. The ratio is 1:2

of quinoa to water and that will yield about 3 times the original dry amount. Use a rice cooker to make it just right, without the worry of burning. You may wish to rinse it first to remove the saponin from the seed coat that may cause it to taste bitter, though most of it is usually removed during commercial processing. I have made it without this step and it turned out just fine. If you do rinse it, purchase a very fine sieve so none is lost any during the process. As with rice and other grains, you can flavor it by replacing some or all of the water with your favorite broth and use it as you would any other grain in recipes. Another tip is to make a large



batch, store it in the refrigerator, and use it throughout the week. Add it to other things that you are making, like soups, pancakes, muffins, etc.

What about the taste? It has a mild, nutty flavor that allows its use in many recipes. The more colorful varieties may taste a bit stronger. The texture is fine, something like couscous (a pasta, not a grain). The amount of

water determines how fluffy it turns out. Make it as a hot cereal for breakfast with dried fruit and nuts, as a side dish with meat, or add it to soups. Yes, your children will probably love it.

Where can I find it? It can be located in any grocery store either in the bulk foods area, grain/bean, health food, or baking aisles.

Are there any other benefits? If you suffer from celiac disease or gluten-sensitivity, quinoa is fine for you. Whole Foods has quinoa flake cereal, quinoa pasta, quinoa flour, as well as many shades of whole quinoa.

For more information and some sample recipes, go to [www.quinoa365.com](http://www.quinoa365.com). There are tips for using quinoa flour and comparisons with other grains. The site also lets you order the cookbook if you are interested.

Irene Roltsch, MS  
Arden Hills Nutritionist

# Granny Noetal

## Dear Granny Noetal,

I take the bus to ARC. One time, when getting off the bus, a guy who had been on the bus asked if he could use my cell phone. I didn't know him. I didn't know what to do so, I said no. Later I felt bad. What is the American custom? Should I let someone use my phone?

## Mai Win

### Dear Mai Win,

Thank you for your question – it's a good one. It's also a difficult one to answer. What would you do in your culture, in your society? Sometimes that's a good place to start because the way we respond to strangers is often the same around the world in this day and age. Sometimes it is not, so it's wise that you are thinking about this.

The easy answer for me to give you is to make a decision like that on a case-by-case basis using your instinct. We don't have a "national rule" about lending out our cell phones. You have to judge for yourself if



that person really needs to make a phone call urgently. If you decide to yourself that it is not the case and you value your cell phone, you may simply say, "I'm sorry. I have to go." Why? Sadly, some people could ask for your phone, take it, and run. Maybe that's what you felt.

Although confident in my answer, I asked several students and got a range of answers. One student said that in your case maybe the guy asked for your number and not your actual phone! Another student suggested that you could say yes to the request but by holding on to your phone and dialing the phone number for the person yourself. Then you'd get a better idea of the seriousness of the request.

Learning the customs and practices of your new country is not easy, but I like the fact that you realize that there are, at times, differences. To lend your phone or not to lend your phone is not as hard a question as Hamlet faced (to be or not to be) but he was lucky – he didn't take the bus and he didn't own a cell phone.

## Granny

## 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.losrios.edu](mailto:moone@arc.losrios.edu) for more information!

## Artie's Easel

**Dear Artie,**

What's happening as far as shows and craft fairs in the upcoming weeks? I'd like to plan to do something.

Signed,

**Question**

**Dear Question,**

I'm certainly glad that you are thinking about the holidays because I've been too busy to think about them at all. However, your question made me check into some arts and crafts fairs coming up soon. The first and most important one is the Crocker/Cals Christmas Art and Crafts Fair that's going to take place on Thanksgiving weekend on Friday, Saturday and Sunday. The hours will be from 12:00 p.m. to 5:00 p.m. on Friday, November 23rd, 9:00 a.m. to 5:00 p.m. on Saturday, November 24th and from 9:00 a.m. to 4:00 p.m. on Sunday, November 25th. As usual there will be a variety of artists and crafts people at this fair (106 of them) selling their wares at the Scottish Rite Center which is located on the corner of Carlson and Fair Oaks Boulevard (across from Freemont Presbyterian Church). There will also be food cooked by the Ambrosia Café's chef – all excellent, by the way. Don't miss this wonderful fair and its fine hand-made products as a special shopping place for Christmas. I'll be there helping out all three days, so stop by and say hello!



The second important craft fair will be held at the Freemont Presbyterian Church on the weekend before Thanksgiving. Freemont's Christmas Fair is called an "Alternative Christmas Fair" because proceeds from everything you buy go to support missions and local organizations like the Sacramento Food Closet, Mustard Seed School and medical programs overseas. Money earned also goes to support a girl's school in Africa. I like this fair because I know that each dollar I

spend is used to help someone. Freemont Presbyterian Church is located on the corner of Carlson and H streets across from the Scottish Rite Center. Go on Saturday at 9:00 a.m. so you'll find a good selection of gifts.

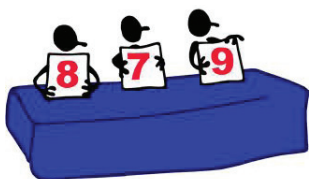
Finally, another great Christmas Craft Fair will be held at Trinity Episcopal Cathedral, located on the corner of 27th street and Capital Avenue (just off of the I-80 freeway in Downtown Sacramento) on Decem-

ber 2nd and December 9th (Sunday mornings). There will be a variety of vendors there as well as some non-profit helping organizations participating. You will find a variety of Christmas gifts there, some environmentally made. I'll be participating in this fair, so I hope to see you there.

Well, I believe that these three fairs will keep you busy over the next five weeks. Have fun and shop wisely. As I always say "Buy directly from the artist or crafts person as this cuts the middleman costs out." See you around!

**Artie**

## Grammar Bowl -- Fall 2012



See teams of students compete in a demonstration of their knowledge of grammar

Thursday, November 29

12:15-1:15 p.m.

Raef Hall 160

Listening to Leatherman  
*Continued from page 1*

**Parrot:** And how did you get into the teaching field?

**Prof. Leatherman:** Well, I didn't ever want to be a teacher because my mother was a teacher, my grandma had been a teacher and I thought "I don't want to do the same thing"; however, when I needed money, it was a very convenient and easy way to find a job. Working in another country, there are a lot of jobs teaching English.

**Parrot:** That's sounds interesting to me! Where did you get your education?

**Prof. Leatherman:** Well, my BA is from the University of the Americas and in Mexico. It's a Mexican-American University. The reason I came back to the United States after many, many years - almost 12 years - was to get my MA. Since I had done most of my literature courses in Spanish and Latin American Literature, I had to take a lot of classes in English in American literature, so I did a double major in English and TEFL, teaching English as a foreign language. After I graduated, I began teaching in San Francisco.

**Parrot:** Do you like working as a teacher?

**Prof. Leatherman:** Oh, I love it! I think I like teaching immigrants more than teaching foreign students, because they have such motivation and a need to learn and they are interested in the classes. I've also taught foreign students in the United States when I worked at UC Berkeley Extension and also Davis, there are some very nice students but some students are very rich; they don't care as much. When I work in community colleges, I find that I get people from so many different countries. When you teach English as a foreign language, it usually is one culture and one language, so it's very easy for them to talk in their own language. Here at ARC, I've had students from all over the world; it's just fascinating because I always learn something from my students.

**Parrot:** How long have you been teaching?

**Prof. Leatherman:** Oh, too many years to count. I started in 1976, I guess. It's over thirty years

**Parrot:** A lot!

**Prof. Leatherman:** Yeah.

**Parrot:** Big experience... What advice do you think is

most important for your students or students in general?

**Prof. Leatherman:** Well, I always tell my students that they are not just learning language in a vacuum. They are learning the language with the culture and how to use it in different social settings and situations. I also teach my students that Sacramento is one of the most racially diverse and racially integrated cities in the U.S. Immigrants here tend to mix with other immigrant groups, and I try to teach them and encourage them to take advantage of this because when they are here, they can take ESL classes and go to college. They can make so many connections and network for future jobs. By becoming friends with people from other countries, they are also learning to get along with the people who live here. I think that's so important because it's a good step in the right direction and I think for the world too: people coexisting in peace. So I try to encourage that in my classes and teach them to be open-minded and be open to other peoples' ideas.

**Parrot:** When you call on students to answer questions, do you target the ones who sit in the front, the middle, or the back?

**Prof. Leatherman:** I try to mix it up. If I call on a student, I try to pull the students out of their shells, the ones who don't talk as much, because if they are asked point blank "do you know this answer", they will open up, but if I just put a question out to everybody, the students in the front row or the most vocal students will answer. If you don't call on some students, their voices will get lost; but we have so many other tools now in teaching. We have the computers, so students will send me emails. They can ask me to help them with problems. Sometimes they call. In listening classes. I make students do voicemails and recordings. I think it's very important. In higher level classes, I have them record and I listen to what they say. They can do it on the computer or phone or whatever. It's how I get to listen to each of them and that way I hear everybody's voice and comments.

**Parrot:** If you've got twenty minutes of free time and have a choice to read People magazine or The Parrot, which would you choose?

**Prof. Leatherman:** I don't like People magazine; that's an easy one. I definitely choose The Parrot because there is always really good writing. It's interesting to see what students choose to write about. It's a fantastic ESL newsletter. I've worked on other newsletters and, in my opinion, the Parrot really is for the students. I think it's great.

In fact, when I worked at Woodland Community College, I started up a newspaper for the ESL students there because I liked *The Parrot* so much.

**Parrot:** What comes to you naturally?

**Prof. Leatherman:** What comes to me naturally? Definitely, music. I love music! I've had it in my blood for a long time. Yeah, I think part of it is a family thing. My great grandmother had a very beautiful, deep voice. She sang all the time she was working. So my grandfather grew up singing and joined the church choir; he passed a love of music on to my mother. Then my mom was taught how to play the piano and tried to learn the violin, but it was very hard. She made me take piano lessons when I was in kindergarten and I just hated it. You know, I was only five and I hated doing all the practicing, so finally I refused to practice. When I was eight, my mom said "Okay, everybody in our family is musical and you have to study an instrument. You choose." I said immediately, "The violin!" I knew what I wanted to play and I have been playing the violin for many years off and on. I really like it, and I love to sing, too. I am singing in a choral group in Davis. It's really a lot of fun.

**Parrot:** Really!?

**Prof. Leatherman:** Yeah. It's just been a part of my life, my whole life. I went to church with my great aunts. I had three great aunts who were a trio and they sang gospel music. They went around to different churches all through the South and to what they called "revival tents" during the 1920's and 1930's. In the summer, they would put up big tents and everybody would come to hear special music and preachers. My great aunts would travel around and sing. They were very famous. They actually became the first group of singers to record, commercially record, the song "Amazing Grace." I have some of their recordings on those big old records or 78s. I grew up with a lot of music around me and I like to use it in my classes, too.

**Parrot:** What are you most proud of?

**Prof. Leatherman:** Well, first I think of my children of course. I am not a proud person, really. But, right now I am proud of all the teaching I do. I really like it and I think my mom was proud of me too. She was a language teacher also and we understood each other professionally as teachers. I am also proud of a lot of work that I had been doing in elementary schools in Davis. For quite a few years, I worked as a recycling coordinator, teaching environmental education. Just this year I took up another

coordinator job and became a gardening coordinator as well for the school. I work with children teaching them how to do organic gardening. This is something that also comes from my past because I grew up gardening with my grandmother, who had a huge vegetable garden. They lived on a farm with chickens, pigs, cows and goats; it was just a wonderful place and I loved gardening with my grandma. It's a joy to teach these children because they love getting their hands in the dirt. They love digging and planting, and of course eating what they harvest. They love everything about it, even compost and worms, and we teach them how to do it in an organic way. I think the highlight this year was working with a team of master gardeners from UC Davis to plant a California Native Garden at the school. All the native plants and trees are drought tolerant, that is they need only a little water and can survive without rain in the summer. I am proud of that because I was able to bring the right people together to make it happen. It was a great learning experience. I think it's important to keep learning new skills.

**Parrot:** What advice would you give to your younger self?

**Prof. Leatherman:** My younger self? Oh my gosh! Let's see. I would say to go with the flow and learn to accept things you can't change and be patient. The things you want to do come to you, but they take time. It takes time to grow up and get what you want from life.

**Parrot:** What's your dream vacation?

**Prof. Leatherman:** I love to be in the woods. I love to go camping, hiking, just be outdoors in nature. I think more than anything, that's where I would like to be on vacation. It would be perfect if it were in the woods and if I could also easily get to the ocean as well. But we can't always have the best of both worlds, so I would choose the forest.

**Parrot:** Well, those are all my questions. Thank you so much for your time!

**Prof. Leatherman:** It's my pleasure

**Parrot:** Good luck to you and thank you for talking to me.

Svitlana Maystryuk  
ESLL320