



# The Parrot

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

Issue # 67 Fall 2012

## Rockin' with Robyn



**Parrot:** Hello, Robyn. I would like to ask a few questions.

**Robyn:** OK.

**Parrot:** Can you introduce yourself?

**Robyn:** My name is Robyn Huetter

and I'm a nurse here ARC Health Center.

**Parrot:** How did you choose the career to be a nurse?

**Robyn:** I think it was something that I knew I wanted to be in my young age, when I helped my mom take care of her mother. And it just seemed that I liked the idea of helping people. It just came naturally! So that's how I got into the career of nursing.

**Parrot:** I see you like to work with people, to be useful in their troubles and see their happy smiles on their faces. What qualities should a nurse have?

*Continued on page 15*

## Linguist Considers 'What Language Is' — And Isn't

In his book, *What Language Is: And What It Isn't and What It Could Be*, John McWhorter, a professor of Linguistics and Western civilization at Columbia University, debunks<sup>1</sup> some of our most persistent myths about language.

The written word is relatively new. Humans have been putting words on tablets, textiles and paper only for approximately the past 5,500 years. Yet many assume the written word is superior to how humans actually speak. If a language isn't fixed on a

page — like English, French, Spanish or Chinese — it isn't "real." And while many English speakers consider the English language to be relatively advanced, linguist John McWhorter says it's actually profoundly<sup>2</sup> simpler than many ancient languages.

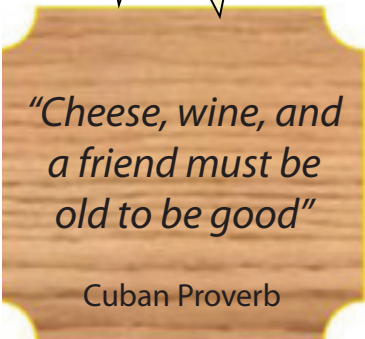
Languages are anything but pure, he writes; they are complex, intermingled and, as he tells NPR's Tony Cox, constantly morphing "like a lump in a lava lamp."

*Continued on page 7*



**How to Lose Your Boyfriend!**

**See Page 3**



*"Cheese, wine, and a friend must be old to be good"*

Cuban Proverb



### Inside this Issue

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# Student Chirpings

## Why the Drinking Age Should Be Lowered to 18

How do you define the legal drinking age? Of course, it's not an easy matter to do that. People have absolutely different opinions about this topic. Despite a minimum legal drinking age of 21, many young people in the U.S. consume alcohol under this age. Although such consumption is officially prohibited, many young people under 21 still find opportunities to procure alcohol. I can notice from my own life experience that many things which are prohibited become very attractive, especially for young people. So I strongly believe that the drinking age should be lowered to 18.

First, the legal drinking age should be lowered to 18 because this action can eliminate some questions that seem very unfair for many young people. For example, young people ask questions very relevant for them: "Old enough to be married? Old enough to be in the military? Old enough to drive a car?

Old enough to have sexual relationships? Why can't I legally drink alcohol?" cancel the legal drinking age to 18 completely change these questions and change young people feelings like adults that have all rights and freedom. I've seen several times when young people ask their older friends to buy alcohol. For example, my friend Ivan sometimes buys alcohol for his son-in-law, who is just 20 years old.

Second, the legal drinking age should be lowered to 18 because this action would reduce alcohol-related harm such as alcohol poisoning and drunk driving. I've read that the U.S. has more problems with alcohol poisoning and drunk driving than countries in Europe. According to statistics, most countries all over the world accept 18 as the legal drinking age.

Young people of this age are able to realize and know the harmful consequences of alcohol poisoning and drunk driving. Most of my classmates will never drive a car when they are drunk because they know about the harmful consequences of that. We discussed this problem once during a break time.

Finally, and most importantly, the legal drinking age should be lowered to 18 because this action can improve responsible drinking among young people. Of course, responsible drinking should be



taught through special educational programs. Different educational institutions have to pay attention to this problem and help young people to be informed. For example, in my native country, Belarus, the legal drinking age is 18. My close friends' children know about the harmful consequences of alcohol consumption very well. They can drink a little bit and stop

drinking in time. The schools of my native country provide special educational programs that contain information about different aspects of adult life. People believe that such classes are really helpful for youth.

In my opinion, the drinking age should be lowered to 18 because this action can help young people, so they can get answers to their questions and prevent or reduce alcohol-related harm improving responsible drinking. Of course, our society has to help and educate young people, so they will use their rights fully and sensibly.

Aksana Shyrochyna  
ESLW50

## How to Lose Your Boyfriend

If you are in a loving relationship and you really like the guy you are with, then you probably want to keep him around. However, while what keeps someone around is different for every person, there are some actions that are almost sure to make someone leave. So, if you want to know how to lose your boyfriend, then follow these steps below.

The first major step is to be as selfish as possible. Ask for expensive gifts every week. Then, act depressed if he won't buy you anything or he replies that he doesn't have money for you. However, when it is your turn to buy him something for his birthday or Valentine's Day, tell him that you spent all your money on yourself. Don't say, "I am sorry". Next, avoid his phone calls and text messages. Tell him that you were at your friend's party and you didn't hear the phone ringing. Next, interrupt him when he is talking with his friends or when you are at someone's house. When he reacts with frustration, act like you are about to start crying because he hurt your feelings. Again, make him "the bad guy," not you, in front of his friends.

The second major step is to nag him about every little imperfection you can find. If he has a pimple on his face or he snores when he sleeps, tell him that you find this to be the worst thing you can even imagine. When you are at a party with your mutual friends, take a napkin and grab his nose, and command that he blows his nose with the words "little snotty". During a football game, start crying in the middle of the game, and tell

him that you want to go home, like a little girl. Next, call him several times during the day, even at night or when he works. Show him that you are insecure about yourself. No man would like an insecure woman that needs him all 24 hours.

The third and final major step is to make sure his family hates you. His parents' influence on your boyfriend will help you leave. When you are visiting his family, ask his mom if she gained weight. No woman likes questions about weight or age. Next, tell his dad that he is losing too much hair. His father will be thinking about how to help his son get rid of you as soon as possible. To spice things up, eat like a pig at the table. Clutter your plate with different food, dessert, meat, and salad, and eat it all together. Chew as loud as you can. Try to use your hands and not your silverware as often as possible while eating. The last step you can take is to laugh out loud even if no one said anything funny. That will make you look silly and immature or maybe even unbalanced. Your boyfriend will regret that he brought you to meet his family.

For sure, no man will want to date a sloppy girl like that. When he sees you, he will shun you like a cat when it sees a dog. If you follow these easy steps, your boyfriend will pack his bags and leave you for good.

Olecea Diacenco  
ESLW50

### The Domestic Crusaders



A dramatic-comedy about a Pakistani-American Muslim family grappling with their own internal trials and tribulations, the changing dynamics of American society and a globalized, post-9/11 world. It officially premiered as a 2005 showcase production at the Tony Award winning Berkeley Repertory Theatre. "The Domestic Crusaders is fast, funny, whip-smart and both constantly surprising and deeply edifying. If you see only one irreverent, hilarious, profound, furious and big-hearted play about a Pakistani-American family living in a post-9-11 world, make it this one."

Friday, December 7

8:00 p.m.-10:30 p.m.

ARC Theater

## Dad's Car

Sometimes fate saves us from an embarrassing situation that happens in our lives. I believe that "what has passed you by [and you have failed to attain] was not going to befall you, and what has befallen you was not going to pass you by". I recognized that saying from an experience that occurred to me when I promised my Dad to exchange his old car for a new one. The automotive market was so expensive in Baghdad while it was approximately 50% cheaper in southern Iraq, in particular in Basra City. I never imagined that my promise to my Dad would make me experience the most dangerous event in my entire life.

I woke up early that day to be ready for a long trip from my city, Baghdad, to Basra. Usually the trip takes about 6-7 hours. My Dad gave me three thousand dollars and that amount was cash because the war in 2003 had just ended and people didn't trust dealing with banks or any financial institutions at that time. I was worried about holding cash with me because the security situation in my country wasn't stabilized yet. There were a lot of crimes and robberies, so I hid a part of the amount in my belt and put the rest in my shoes. Then, I took a crowded public bus. I looked at all the passengers' faces in a suspicious way. I passed fourteen checkpoints and some of them were militia checkpoints and I thanked God that they didn't note my hidden money. Finally, I arrived in Basra in the afternoon.

As soon as I arrived in the city, I booked a bedroom in a hotel and I had my lunch. Then I started looking for a suitable car to buy. I was afraid because the cash was still with me. However, I went to many car dealers in the city but I couldn't find a good car at a reasonable price. The next day I checked the rest of the car dealers in the city but unfortunately I didn't find a car either. In the evening, one of the dealers advised me to go to Safwan, a small town located south of Basra, near the border of our country with Kuwait. The next day I went there. There were really a lot of cars and they were really cheap compared to cars I saw in Basra. So I bought a nice Toyota and I thought that I was safe because there is no hidden cash money with me anymore.

I spent my last day in the hotel and I was happy and excited to see my Dad with his new car. The next day I left the hotel early. I was driving my Dad's new car and the weather was nice and it was a sunny day. I predicted that my return trip would be easy. I was driving and I reached the part of the way that was almost isolated and I didn't see anything, only my car's shadow in the desert, and a mirage on the horizon. I tried to convince myself that this way would be over with no trouble, but at the same time there was a strong inner feeling that something will happen to me soon. It was the right prediction. When I was driving in the miserable isolated zone, there wasn't any car on the way, only my car. Then, suddenly, I saw a car behind me. My first impression that it was good to see a car to share the way with me, but after a few seconds later the other car tried to cross in front of me. When the other car was beside my car, I turned my face and I saw three armed people. They shouted, "Stop... stop now". Then I realized that those guys were robbers and they wanted to steal my car and to kill me.



There was no choice but to run away and that is what happened. I pressed the car's gas pedal to the limit. They tried to catch me but they couldn't because my car's speed was unbelievable, it was over 135 mph.

Although I didn't see the robbers' car behind me, I kept driving at the same speed until something happened to my car, making me lose control. My car sidetracked from the main way as I was driving the wrong way. I was hugging the steering wheel so tightly and tried to stop the car and at last it stopped. It was such a crazy moment I couldn't see anything, only the dust, and then I found a few people around my car. I said to myself "that's it, they caught me and this is my end", but I was lucky; there were just a few villagers who watched me when I lost the control of the car. I explained to them what happened to me. At the same day, I fixed my car at that village to continue my crazy trip to my house. I arrived at my Dad's house late; he was so happy when he saw me and his new car. I didn't tell him what happened to me in order not to spoil his happiness. His smile at that moment made me forget all that had happened to me on that day.

## Maddy and I

“Love me, love my dog”. This was my situation when I made a decision to marry a man who loves dogs very much. After our wedding, I moved to my husband’s house. I didn’t have any problems with Max, the male dog, because he was very friendly. I just gave him a hotdog, and he accepted me in this house easily. However, with Maddy, the female dog, I didn’t know how to get along with her, because she always gazed at me very carefully and coldly. After Max died, Maddy didn’t want to leave the backyard. She just wanted to lie down inside the house, or to follow me everywhere in the house to watch me. Day after day, month after month, finally I found some similarities between her and me although she is a dog.

The first similarity between Maddy and me is we like to walk. We walk to the hill or the park near our house. Whenever my husband opens the door, Maddy likes to run out the door as fast as she can. She jumps up and down, and barks when she sees some squirrels or rabbits. She likes to hunt. While she feels excited about some animals, I feel relaxed. Any season, spring or winter, the view of this hill is very peaceful, and the air is fresh. Some cows chew grass very slowly on the hill. We like to walk around the park, too. There are many big trees in the park. In the spring, flowers bloom around the park. Some little boys practice football with their fathers or their coaches. Although we walk until we feel tired, Maddy doesn’t want to go back. She usually stops walking and turns her head to look at the view behind her. I always say, “Come on, Maddy. We will come back tomorrow or next weekend.” We go home with nostalgia after our wonderful walk.

The second similarity between Maddy and me is we

don’t like fast food. Before I moved to this house, Maddy ate dog food that my husband bought at Costco everyday without complaint. After tasting the food I cook such as beef sauté, grilled chicken, or shrimp tempura, she didn’t eat her food again, unless I didn’t have anything for her throughout the day. If I didn’t make any food for her, she was very happy with a boiled egg. Whenever I threw an egg to her, she caught the egg cleanly before the egg fell on the floor. Now she always waits to eat the food I make. If she doesn’t get any food from me, she walks forward to her bowl that is full of fast food sadly and despairingly. Like Maddy, I really love my meals, too.



I prepare breakfast and dinner for my husband and me. Sometimes I don’t have enough time to cook something because I go to work after my classes. I buy some fast food such as Healthy Choice, instant pizza, or instant noodles, but I rarely eat that

food. Like Maddy, I have a boiled egg with a cookie when I am in a hurry.

The third similarity between Maddy and me is we try to communicate with my husband. Believe it or not, Maddy tries to talk to us with her language. After Max died, Maddy seemed very bored because nobody fought with her to get a bone, nobody ran around the house with her, and nobody shared her games again. That’s why she tries to talk to us. The first time I heard her voice, “whoop, whoop, whoop”, I recognized that that voice was totally different from her voice when she barks. I told my husband, “Listen honey, Maddy is trying to talk”. My husband didn’t believe that, and he laughed at me a lot. After listening to her many times, my husband said, “You’re

right. Maddy is trying to talk." She listens to our conversations carefully, and tries to explain her idea with the voice "whoo, whoo". She uses this word with different tones, high, deep, short or long. Last Saturday, when I asked my husband, "Hi honey, would you like an omelet for breakfast?" Maddy lay down next to me, and she said, "Whoo whoo whoo whoo". She had us in hysterics. My husband said, "It means she wants an omelet, too". Although my English vocabulary is more copious than the "whoo, whoo" of Maddy, to communicate with everyone around me is very difficult for me. Usually everyone that I meet such as my teachers, my classmates, my boss, my co-workers, or my neighbors speak English. In addition, my husband is American. Therefore, I don't have another choice. I have to speak English whether or not I want to. I have to speak English to my husband every day although my English is terrible. Maybe for my husband, it is difficult to understand my English because I always make errors. If I try to finish a sentence without any grammar errors, my pronunciation is not correct. If I try to pronounce very clearly every word, I use the wrong words. My husband has to try to guess the right pronunciation, the right word, or the correct grammar



to understand me. Although Maddy and I use different languages, our purpose is the same. That is how to make my husband understand us more.

Since finding some similarities between Maddy and me, I get along with her, and she loves me a lot. Now my husband is very happy when he sees Maddy lie down next to me and lick my hand and I scratch her head. I remember one of my aunts believed that trees and plants have spirits and need the love. She believed that after my grandfather died, some of those trees died too, although she took care of the trees around my grandfather's house very carefully. My aunt said, "Those trees missed your grandfather and died." I don't believe that. I just believe the smart animals such as monkeys, dogs, elephants or dolphins not only need food, but they also need love. I hope with my love, Maddy doesn't feel alone again. Now I can walk with Maddy without my husband. I know with her love for me, Maddy will fight any animals or a bad person to protect me.

Thao Tran  
ESLW50

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a **FACEBOOK PAGE!**

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# Nestscope -- Articles from The Web

*continued from page 1*

## Linguist Considers 'What Language Is' — And Isn't

**McWhorter talks about a few interesting facets of language:**

### On the relative simplicity of English

"You often think that ... because we've got tall buildings and airplanes and depression, that somehow English must be more complicated than a language spoken by a small group who do not have what we might call civilization. In fact, as languages go, English is pretty user friendly. If you look at a tiny language spoken somewhere that most of us have never heard of, chances are it's going to be so complicated that you have a hard time imagining how people can walk around speaking it without having a stroke. I find massive wonder, and just fun, in that."

### On why the English language lacks genders

"There is no other Indo-European<sup>3</sup> language in Europe that doesn't have gender ... it's really peculiar. And the reason is because, as far as we can tell, it was the Viking<sup>4</sup> invasion ... Those people came speaking something that wasn't English. It was Old Norse<sup>5</sup>. And there were no Berlitz courses to teach them Old English ... so they learned it. They learned it badly. And one of the first things that would have gone was these pesky<sup>6</sup> genders. Who cares whether a fork is a man or a woman? They didn't. And so next thing you know, English became this user-friendly language ... And here we are speaking it today.

"It's odd, we're speaking a tidied-up, broken Old English. That's what we've got ... and that's what we think of as the height of civilization. While most of the world's 6,000 languages have been going on about their business in normal fashion — normal being hideously marvelously complicated..."

### On the influence of hip hop culture on language

"Some of the changes [in languages over time] are driven by the fact that there is social identity ... People split off into their groups, and changes will be different in one group as opposed to another group. And then certain groups acquire a certain dominance in society. And, next thing you know, people are following their lead. And in this case I don't mean rich white people. I mean that in society now, especially in America, on the popular level it's black English — or Ebonics as many people are calling it — which is the coolest way of speaking. And now it's popularized especially through hip hop.

"And so a lot of the changes that are taking place among characters on *The Wire*<sup>7</sup>, in a way, are the ones that younger Americans are now taking on as part of their speech."

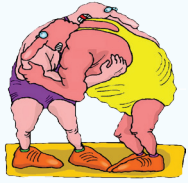
### VOCABULARY:

- 1- debunk – expose as incorrect
- 2- profoundly – much more (deeply)
- 3- Indo-European – a family of languages including English, French, German, Russian, Farsi, Hindi and many more.
- 4- Viking – Scandinavian culture, explorers from the area in the 8th to 11th centuries
- 5- Old Norse – a language spoken in Scandinavia
- 6- pesky - annoying
- 7- *The Wire* – a popular television show

click on <http://www.npr.org/2011/08/04/138991581/linguist-recasts-what-language-is-and-isnt> to hear the original interview – you can read AND listen at the same time!



# Parrot Warbling



## Grappling with Grammar

### Helping Verbs

Helping verbs have no meaning on their own. They are necessary for the grammatical structure of a sentence, but they do not tell us very much alone. We usually use helping verbs with main verbs. They “help” the main verb (which has the real meaning). There are only about 15 helping verbs in English, and we divide them into two basic groups:

#### ◇ Primary helping verbs (3 verbs)

##### 1. be

- to make continuous tenses (He is watching TV.)
- to make the passive (Small fish are eaten by big fish.)

##### 2. have

- to make perfect tenses (I have finished my homework.)

##### 3. do

- to make negatives (I do not like you.)
- to ask questions (Do you want some coffee?)
- to show emphasis (I do want you to pass your exam.)
- to stand for a main verb in some constructions (He speaks faster than she does.)

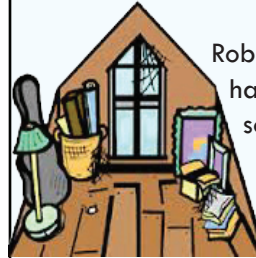
#### ◇ Modal helping verbs (10 verbs)

- can, could
- may, might
- will, would,
- shall, should
- must
- ought to

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

## Idiom-Attic

### Turn night into day



Robert certainly has strange working habits! But being a genius isn't easy, so when he is in a creative mood he **turns night into day**. You don't really have to be a genius to turn night into day, though, for this idiom means to **stay up at night working or playing, and sleeping during the day**. “You just reverse the order of doing things,” Robert explained. “I work all night and sleep until noon.”

[www.englishdaily626.com](http://www.englishdaily626.com)

## Beak Speak

### Fun English Trivia

**The “Devil’s Advocate” was, well, just that:** Although “playing devil’s advocate” now means to take a position just for the sake of argument, the spiritually tinged phrase has its origins in the Roman Catholic Church. When considering someone for sainthood, the Promoter of the Faith, aka the Devil’s Advocate, would take the opposing view and try to poke holes in the case supporting that particular canonization.



**It’s “hear, hear.” Trust me.:** The phrase is short for “hear him, hear him,” meaning you want people to be quiet and pay attention to someone saying something important. It’s not — repeat, not — “here, here.” Everyone knows where you are.

**“Irritate” and “aggravate” are different words:** “Irritate” means “to annoy”; “aggravate” means “to make worse.” A lot of word pairs are easily mixed up, but most people don’t even know this is an error. But take it from a militant grammarian: it is. Oh, it is.

**“Checkmate” is more literal than you think:** The chess term is an alteration of “shah mat,” a Persian phrase that meant “the king is ambushed.”

<http://www.onlinegraduateprograms.com>



## Some More Parrot Fun Stuff

### Wordsearch

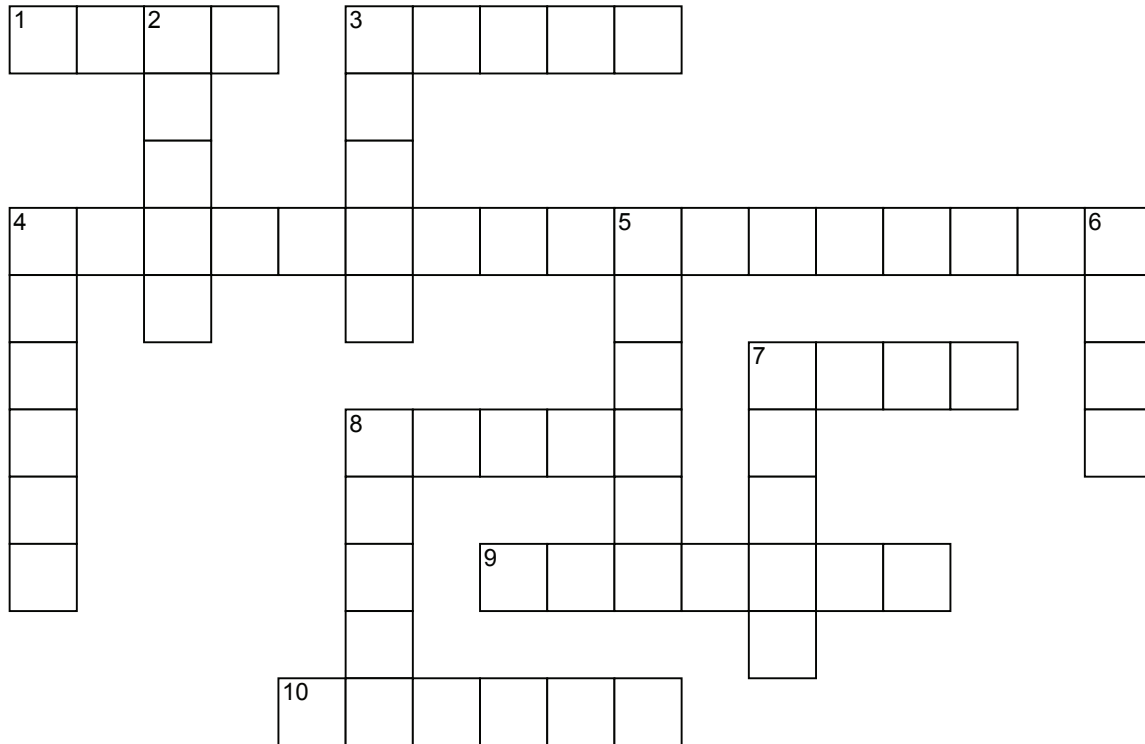
Find and circle all of the computer words that are hidden in the grid. The remaining letters spell an additional word.



APPLICATION	DOS	LCD	SAVE AS
BACKUP	DRAG	LOGIN	SCANNER
BINARY	EMAIL	MEMORY	SECURITY
BLUETOOTH	ENCRYPTION	MONITOR	SHAREWARE
BOOT	FILE	MOUSE	SOFTWARE
BYTE	FIREWALL	NANOSECOND	SPAM
CHAT	FOLDER	NETWORK	TASKBAR
CLICK	GIF	PARTITION	THUMBNAIL
COOKIE	GOOGLE	PASTE	UNIX
CURSOR	HTML	PDF	WALLPAPER
DATA	ICON	PIXEL	WIRELESS
DEFRAGMENT	INTERNET	POWER SUPPLY	
DIRECTORY	JAVASCRIPT	PROGRAMMER	
DISK DRIVE	KERNAL	ROUTER	

# American Bald Eagle

National Bird of the United States



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## ACROSS

- 1 bald eagles dive in the water to catch these
- 3 the color of most of the feathers on an American Bald Eagle
- 4 national bird of the U.S.A. (3 words)
- 7 average number of pounds male American Bald Eagles weigh
- 8 birds move these up and down when they fly
- 9 American coin with a picture of an eagle on the back
- 10 the color of a bald eagle's feet and beaks

## DOWN

- 2 wingspan of female bald eagles in feet
- 3 the color of eagle talons
- 4 sharp items held by the eagle on the Great Seal of the United States
- 5 U.S. state with the most bald eagles
- 6 female eagles lay 2-3 of these per year
- 7 eagles build these with twigs
- 8 the color of the feathers on an American Bald Eagle's head

Solutions on page 11

**I'm nobody! Who are you?**

*I'm nobody! Who are you?*

*Are you nobody, too?*

*Then there's a pair of us -- don't tell!*

*They'd banish us -- you know!*

*How dreary to be somebody!*

*How public like a frog*

*To tell one's name the livelong day*

*To an admiring bog!*

Emily Dickinson

**Rigoberto's Riddles**

Where do you find roads without vehicles, forests without trees, and cities without houses?

*dnw v uo* •



**Silly Vasily's Chuckle Chamber**



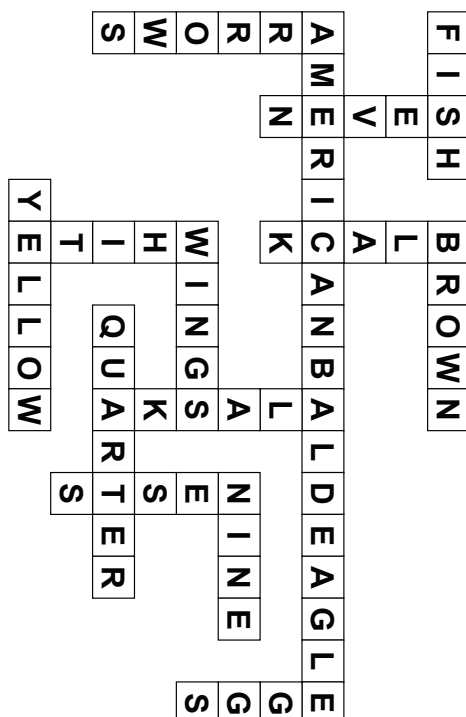
**All-You-Can-Eat-Bufferet**

At a all-you-can-eat restaurant Josh came back to the table, his plate full for the fifth time. "Josh!" exclaimed his mother. "Doesn't it embarrass you that people have seen you go up to the buffet table five times?" "Not a bit," said Josh, "I just tell them I'm filling up the plate for you!"

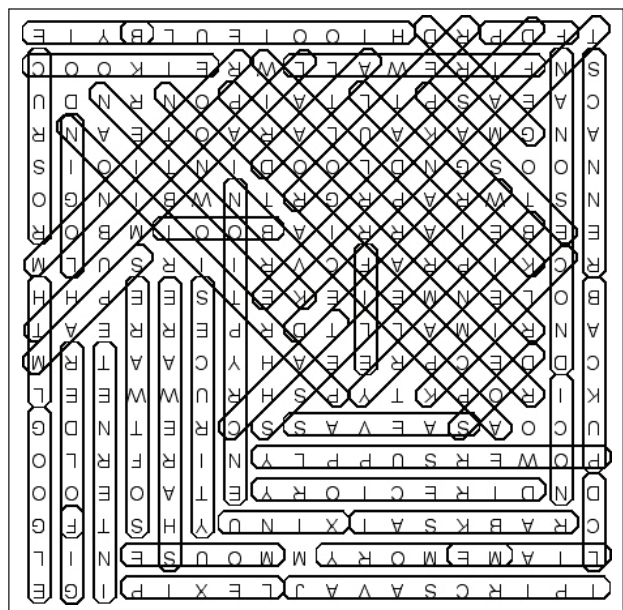
**The Boss Joke**

The owner of a large company went down to check out how everything was going. He noticed some guy just chilling in the coffee room. "Just how much are you getting paid a week?", "Two hundred bucks!" replied the young man. Taking out his wallet he give him two hundred bucks and said, "here is a week's pay and don't come back!" Turning to one of the supervisors, he asked, "how long was that lazy bum working here anyways?" "He doesn't work here," said the supervisor. "He just walked in to ask directions!"

Solutions to crossword puzzle on page 10



Solutions to wordsearch on page 9



# Nutritional Nuggets

## Hail to Kale!

We've all seen it, that dark green frilly leaf adding to the presentation of our entrees. But, have you ever considered eating it? You really should, because kale deserves a lot of respect. It's the kind of vegetable that nutritionists wish more people were aware of. It packs a great nutritional punch, with only a pinch of calories. One and a half cups of chopped raw kale provide over the RDA of vitamins A and C, is an excellent source of vitamin E, manganese, copper, and iron, while a good source of calcium, magnesium, B6, and folate, with only 50 calories. The antioxidants lutein, zeaxanthin, and beta-carotene, as well as fiber, also make it noteworthy. In addition, it is also very high in vitamin K. This vitamin is essential for blood clotting. Although very important, if you are on anticoagulant drugs, having a lot of kale at one time may reduce their effectiveness. This doesn't mean that it needs to be totally avoided, but its intake (along with that of all other high vitamin K sources) should be moderate and consistent from day to day.



As for preparation, kale holds up well to cooking. It will wilt, but not as much as some of the more tender greens, like spinach. Kale complements strong flavors like garlic, tomato sauces, and Asian seasonings. Try adding it to soups, casseroles, pasta sauces, or sauté it with other vegetables.

Kale can also be eaten in the raw. The following salad recipe shows you a great way to start. I have served this to several guests and it has been a hit every time. The original recipe was published in the Sacramento Bee a few months ago. Whole Foods carries several types of kale, as well as bags of mixed baby kales from Earthbound Farms. The latter would be more tender than the standard kales and speed the preparation time by eliminating the need for removing the ribs and tearing into bite-sized

Irene Roltsch, MS  
Arden Hills Nutritionist

### Fun Kale Trivia

- Kale (*Brassica oleracea* var. *acephala*) resembles 'wild' cabbage, and may be the ancestor to all of our modern common cabbage varieties.
- Kale is a hardy and hearty green, and has been cultivated for over 2,000 years.
- Like other greens, kale descends from wild cabbage that originated in Asia Minor though it is known for its popularity in Scandinavia, Germany, Holland and Scotland. Kale was brought to the United States in the 17th century by English settlers. It is now a favorite in the southern United States where, like many cooking greens, it has been considered a poor man's food.
- With long ruffled leaves that resemble large parsley sprigs and hues that vary from lavender to chartreuse, kale has a mild cabbage-like taste and delicate texture.
- Like most cooking greens, kale can grow in colder temperatures and withstand frost — which actually helps produce even sweeter leaves. Kale can also grow well in the hot weather in the southern United States and in poor soil.



<http://www.foodreference.com/html/fkale.html>

# Mim's Cafe

## What to do with over-ripe bananas?

This old recipe was a favorite in our household when I was a child... and it's still a favorite in my household with my new family today. New experiences of teaching my step-son to measure, mix, and chop nuts have been added to the fond memories of my mother helping me measure those same ingredients. The best part was always mashing the over-ripe bananas. If you're looking to make your whole house smell wonderful, try the following recipe. (Adapted from the 1976 Better Homes and Cook Book). < guest writer: Elizabeth Specker >



## Banana Nut Bread

### Ingredients



- 1/3 cup shortening (or butter)
- 1/2 cup sugar
- 2 eggs
- 1 3/4 cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup mashed ripe banana
- 1/2 cup chopped walnuts

### Preparation

1. Cream together the butter (shortening) and sugar Add eggs and beat well.
2. Sift together the dry ingredients (flour, baking powder and soda, salt).
3. Add the dry ingredients to the creamed mixture in batches – alternate some of the dry ingredients with a small batch of the mashed banana. Blend well after each addition.
4. Stir in the nuts (feel free to add more nuts!)
5. Pour into a well-greased 9x5x3-inch loaf pan (you could use spray here if you want).
6. Bake at around 350F for about 45 to 50 minutes until done.
7. Remove from pan and cool on a rack.

### Final Notes

Many people take their over-ripe bananas, strip the peels, and store them in the freezer. It takes about 2 – 2 1/2 bananas to make 1 cup mashed. There are also recipes that use whole wheat flour (better for you than white processed flour) and ones that add sour cream! Check out <allrecipes.com> or <epi-curious.com> or <foodnetwork.com> for other ways to serve up some wonderful memories and to delight your family's taste buds.

## Granny Noetal

Dear Granny,

I was looking at the schedule of classes and saw that I could take a regular class or a hybrid class. Which is better for me?

Un Sicher

Dear Un,

The moon or the sun? Pepsi or Coke? "American Idol" or "The Voice"? Decisions, decisions ... Who are you? That is what you have to ask yourself. Are you the type of student who enjoys working at your computer a lot or are you the type of student who enjoys face-to-face contact with other students? With



a hybrid class you see your teacher and class only once a week. You save on gas and save yourself the trouble of getting dressed and driving to school. You meet on-line instead. You really can "attend" class in your jammies. However, if you enjoy listening to your teacher's old jokes and enjoy learning in the physical presence of others, then an old-fashion class would be the best for you. Talk to other students to get some good advice. I may not be seeing some other advantages or disadvantages. In my day, a hybrid class meant they placed studious young women with less than studious young men in the hope that the "studious" part would take over. It rarely worked!

Granny

## The Cyber Bum -- Bogdan Komlyk

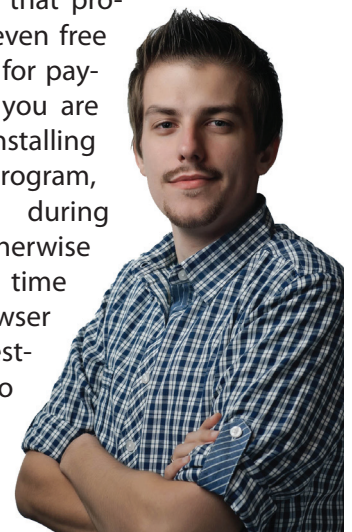
So today I'll give you some advice on how to make your PC run faster and better.

**Keep it clean:** The first piece of advice is simple. Keep it clean - especially if it is a desktop computer. You will be surprised how much dust is collected inside and how bad it is for the computer. So, next time you go shopping, pick up a can of compressed air duster. And don't even think about vacuuming the gadget! It may damage it.

**Storage:** The next piece of advice is to do some research on Solid State Drives (SSD's). Those are storage devices to store your data that can be quite fast. If you are looking into speeding up the booting process then an SSD might help. Of course, there are other restrictions that apply, so either do a thorough look-up or find someone who will do it for you. Things might get geeky.

**Virus protection:** The last but definitely not least piece of advice is to get yourself an anti-virus program and pay attention to what's going on with your device. Let start with virus protection. First of all, the Internet pages that once in a while pop-up saying you already have a virus or that you should "perform" a virus scan on the computer are NOT good sources of anti-virus software. Usually they are viruses or something close to it themselves! There

many companies out there that provide free virus checks and even free software for private use. As for paying attention - make sure you are paying attention. If you are installing a new "very nice and cool" program, read everything carefully during the installation process. Otherwise you will be surprised next time you start your internet browser and find their new "the-best-search-in-the-world" bar. Also make sure you know WHY are you installing or doing something. Otherwise you will end up with the very slow and unsafe computer. If you not sure what are you doing or why - just stop and perform a little background search on the web. More information never hurts.



So, if you take good care of your computer, it will serve you well for a long time. Otherwise, you might find yourself in a situation where you not only lost your PC, but also your private information or your bank account. Be safe!

Rockin' with Robyn  
*Continued from page 1*

**Robyn:** I think a nurse has to be, of course, very patient, very compassionate and kind. They have to be intelligent enough to know how to do assessments. Someone who is a strong person themselves because you have to deal with a variety of different personalities and so, you have to be strong in yourself to be able to do that. And I think it has to be a real passion. You have to have that passion. Someone couldn't, shouldn't be into just the money. It has to be really enjoyable for you.

**Parrot:** It sounds good because I would like to be a nurse. It's a dream from my childhood. Robyn can you tell me, please, what kind of help do people get in your Health Center?

**Robyn:** The Health Center is run by nurses with Master's degrees, so that's what I am. We have two nurses. We don't have a doctor on staff so we can't prescribe medication or really make diagnostics, but we are able to do something if someone comes in who isn't feeling well. We can provide them with self-care options. And if they do need to see a medical provider, we are able to send them to area resources. We are able to provide minor emotional support, counseling, we do immunizations, we do smoking cessation counseling and just education about health, and wellness and chronic illnesses. And we also go out and do presentations on campus.

**Parrot:** Sounds good. You have a lot of responsibilities for people. How expensive is your service?

**Robyn:** Most of our services are free. The only services that require a charge are immunizations or TB testing. Otherwise, everything else is free.

**Parrot:** What does 'TB test' mean?

**Robyn:** It's a test to see if someone had exposure to the disease of tuberculosis. So, it's a skin test to determine if they had exposure and if they currently have a disease and could spread it to other people.

**Parrot:** It sounds good because many people don't have much money for insurance. How long have

you worked at ARC?

**Robyn:** I'm new to ARC. I have been working here since August 11th, 2010, but I have been a nurse for twenty years.

**Parrot:** Wow! You have a lot of experience! Sounds good! How did you get this job at ARC?

**Robyn:** You mean how did I find this job? I was running an HIMI clinic, and I heard Janet, who is the current nurse. She was mentioning to someone how she was retiring and she needed someone to replace her. So, I gave her a call, and found out about the job. It sounded very interesting. Then I applied and got the job.

**Parrot:** Sounds nice! Other than your work in the office, what do you also do?

**Robyn:** I'm married and I have a four-year old little boy and he keeps me busy. I like to exercise and ride my bike or just spend time with my family and friends.

**Parrot:** Could you, please, tell a little bit about your ethnic background?

**Robyn:** Well, I guess my ethnicity is I'm Polish and Italian.

**Parrot:** Really? It's interesting...

**Robyn:** I don't know how to speak those languages, but that is my background. I don't think I have anything else to share about that.

**Parrot:** Where were you born?

**Robyn:** I was born in the U.S. I was born on the East coast in Connecticut, and work and marriage brought me out to the West coast.

**Parrot:** Aha! I would like to see the East coast. I know it's very green. Could you please tell me ...I know you have family? Please tell something about them?

**Robyn:** About my family? ...

**Parrot:** About your husband and son...

**Robyn:** My husband's name is Mike and he is a golf

professional and also does real estate. My four-year boy, he's in pre-school and he will start kindergarten next year, and he loves to play all sports already.

**Parrot:** Wow! You said about your husband Mike – he is professional. Has he ever participated in huge competitions? Does he have any awards?

**Robyn:** Yes, he has a lot of awards for playing golf. Well, I guess he has won tournaments. In the golf world if you win a tournament, they give you money.

**Parrot:** Wow! I think you were very happy at that time! Have you traveled recently?

**Robyn:** The last real travel was to Hawaii, but that was for our honeymoon. We do little trips around California. We went to Carmel, and just to Tahoe to get away on the weekend. And every year, every summer, we go to Connecticut to visit my family.

**Parrot:** That's cool! Wow! I like to travel with my family but I don't have the possibility now. I'm going to save money for travelling. Do you have any advice about which place will be interesting for travelling?

**Robyn:** Oh, I think out next trip we are going to go to Disney Land.

**Parrot:** Excellent choice! I've heard about this. I think

it is a nice place where you can have fun with family and spend your money... Thank you for your advice. I certainly will use your advice. What do you like to do when you have free time?

**Robyn:** I guess I like to read, go for a run, and maybe just call friends that I don't go to talk to.

**Parrot:** Reading and talking by phone with friends is a good deal. Tell me, Robyn please, if you had ten million dollars what would you do?

**Robyn:** Ten million dollars...!?! I guess I would invest it? Or I would help my family first pay off whatever debts they had, invest it wisely and go on a trip. Pick out some type of charity that was important to me.

**Parrot:** Thank you so much. It sounds like you love your family.

**Robyn:** I do, I do, so do you, I can tell.

**Parrot:** Thank you a lot for the interview.

**Robyn:** You're welcome.

**Parrot:** Bye.

Valentina Pankina

## 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!