



The Parrot

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

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The Fun Won't Cease with AR's Denise!

Parrot: Can you introduce yourself?

Denise: Sure. My name is Denise Engler and I teach English at ARC. I teach writing and reading and critical thinking and literature.

Parrot: Wow, that's a lot.

Denise: I know. We combine them all. I've been here for four and a half years. I enjoy teaching; I enjoy my students. People grading is a pain, but I love it.



Denise: Well, when I was in college, I went to Santa Clara University, which is in the South Bay area of San Francisco. I had a such good time in college; I loved it! So much fun! Learning was fun and making friends was fun. I wanted to live in the college atmosphere forever.

Parrot Really?

Denise: Yeahhhh! But I can't be a student forever, so I decided to become a teacher.

Parrot: You love your job. How did you get into the teaching field?

Parrot: That's really interesting. OK.

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Russian Military Ordered to Switch to Socks

Near the end of World War II, Soviet and American soldiers met at the Elbe River in Germany. Lacking a common language, they compared their boots.

The Americans wore socks and lace-up boots. The Russians wore something that boggled the minds of their allies from the West: pieces of cloth twirled around their feet and inserted into bulky, knee-high boots.

The cloth strips, called "portyanki", have been a signature element of the Russian military uniform since the 16th century.



On Monday, Russia's Minister of Defense issued an order for a militarywide switch to socks.

"I have an instruction for you," the minister, Sergei K. Shoigu, said to a gathering of the equivalent of the chiefs of staff and regional commanders in comments broadcast on NTV television news. "In 2013, or at least by the end of this year, we will forget foot bindings. I'm asking you, please, if there is need we will provide additional funds. But we need to finally, fully reject this concept

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Student Chirpings

Problem in My Hometown

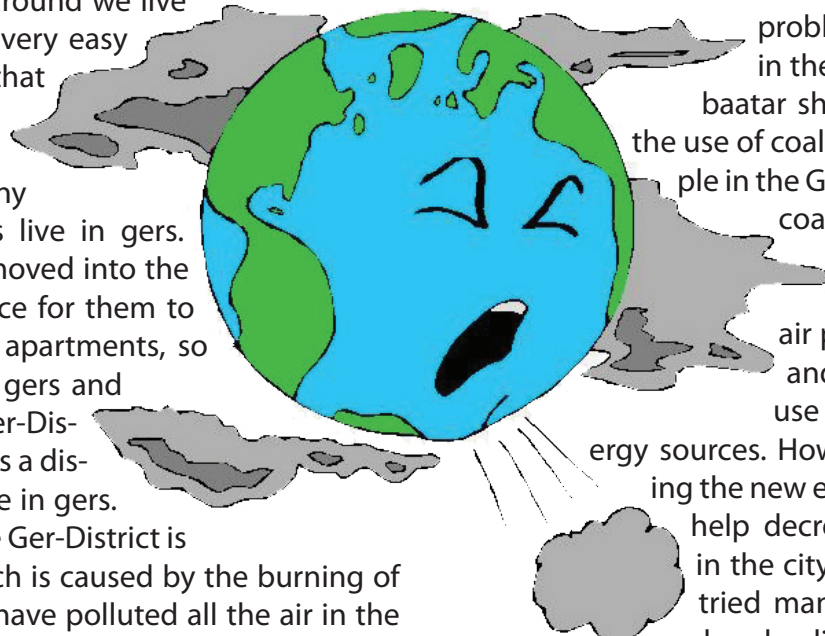
The place that I grew up in is called Ulaanbaatar. Ulaanbaatar is the capital city of Mongolia and has a population of around one million, five hundred thousand people. Since the time of revolution in 1989 against communism, Mongolia has had major problems in many places, problems such as poverty and unemployment. Due to poverty and unemployment, many people moved to the capital city and settled there. We Mongolians are nomadic people and when we move around we live in "gers". The ger is a very easy constructible shelter that we used to live in back in the past and is similar to a yurt. Many people in rural areas live in gers. When many people moved into the city there was no place for them to live and not enough apartments, so they started living in gers and they created the "Ger-District". The Ger-District is a district where people live in gers. One problem with the Ger-District is the air pollution, which is caused by the burning of coal and wood. Gers have polluted all the air in the city, mostly during winter. Several achievable solutions to the air pollution include introducing heating system, eliminating coal and wood, and improving electricity.

The first solution to the problem of air pollution in Ulaanbaatar is to introduce a uniform heating system around the Ger-District. During winter in Mongolia it gets extremely cold. In fact, Ulaanbaatar is the coldest capital city in the world. During winter, when people get cold, they burn coal and wood to get warm, which causes air pollution. To fix this problem, one of the possible solutions can be a comprehensive heating system. In Ulaanbaatar only the apartments and the houses have heating systems, not the Ger-District. If we put a heating system in the Ger-District people who live there would burn

less coal and wood. The heating system can be run by a heat pump system. The heater can be put under the floors or be placed against the walls. This way the heat can travel around the walls and warm up the gers. The energy for the heater will come from electricity which will be produced from wind or sun energy.

The government isn't the only one that must work towards the solution to the air pollution problem. People who live in the Ger-District of Ulaanbaatar should start eliminating the use of coal and wood. Many people in the Ger-District prefer using coal and wood instead of energy sources that could produce less air pollution because coal and wood are easier to use than those other energy sources. However, if they start using the new energy sources, it could help decrease the air pollution in the city. The government has tried many solutions that people who live in the Ger-District refused because they were not familiar with them. If the residents give it time and learn how to use them, changing energy will help their health and finance.

Another solution is improving the electricity around the Ger-District. Many areas in the Ger-District have got no electricity at all, which causes air pollution. People have to cook to eat and because of that they will burn coal and wood, which causes air pollution. To stop this problem we could put electricity in the ger-district by erecting electricity poles and electricity wires and getting more people involved. We also can get energy from the sun and the wind. In order to do this we will use big fans and a sun energy observer. If we could do this, then people would stop burning coal and wood; instead they could start us-



ing electricity to cook and heat the gers. They could use the money on electricity instead of using it on coal and wood.

There is no doubt that the air pollution in my hometown needs to be addressed immediately. The only way to prevent further air pollution throughout the city is for all parties to work together towards a solution. There are many things that government and

each individual can do to help fight against the air pollution in our city. A new heating system, the elimination of coal and wood, and electricity improvement are a few possible solutions. Everyone living in our city should help lessen the air pollution in Ulaanbaatar.

Bilguun Bayarsaikhan
ESLW50

Second Car

Every person has problems in his family, and we usually think about solutions to resolve our problems. In my family there is one problem that bothers my husband and me: we don't have a second car. We have to share our Ford Focus between the both of us. Because of that, I can't go to visit a friend or stay longer in school. I have to hurry to pick up my kids from day care and after that I have to pick up my husband from work. It's very difficult to manage everything with one car, especially in Sacramento. Sacramento is a big city where a car is a must to have. If you don't have a car, it is like being without hands. That's why I thought about three solutions to this problem: taking out a loan from the bank, buying a car from a dealer, or buying a bicycle.

Taking out a bank loan can be a solution to our dilemma. The Ukrainian bank offers low interest, and the monthly rates are affordable and you can easily qualify. In addition, it is also a good alternative for people with bad credit. This may be good solution in order to purchase a car. However, my husband thinks that living on credit isn't a good alternative. He doesn't like to lend or borrow money. He says that he would sleep better at night if he wouldn't have money to pay to the bank.

The second solution to our problem is that we can go to a dealership and buy a brand new car, or have the dealer choose the right car for us. Eventually if you have money for a down payment, your monthly rates will be lower. In addition, if you change your mind about the car and don't want it anymore, the dealership can take it back from you at no charge. In three years we can be

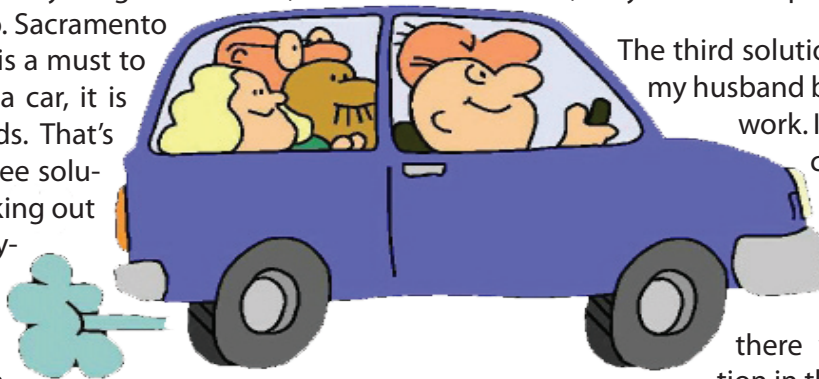
done paying off our car. This can be a good solution to our problem too. However, my husband doesn't think so. He doesn't want to pay double price for the car because of the clean title. He says that the dealer wants too much for the car. Our friends bought a Toyota Highlander from a dealership and after two years of paying, they ended up losing their car. They didn't think of the high bills that come every month for the car. Besides that, they had house payments too.

The third solution to our problem is if my husband buys a bicycle to get to work. It is healthy to ride a bicycle and also good for the environment. In my opinion, if more people rode bicycles to work or stores, there would be less pollution in the air. Also, the bicycle

doesn't require insurance, gas, and an oil change. It is a good alternative to save money. My husband is happy with the idea of buying a bicycle because he used to ride a bicycle in Moldova. He says that some people would want to exercise, but they don't have time for it. "Riding a bicycle keeps me in shape and helps me get to work," he says. As long as I don't have to ride the bicycle to school, I am OK with the idea of buying a bicycle.

In conclusion, all three solutions are good; however, we decided to stick with the third one because it is cheaper and faster to achieve and also we will sleep better at night because we won't have high bills to pay to the bank or dealership.

Olesea Diacenco
ESLW50



YY and I

One of my wife's friends, Sue, had a dog. When her boyfriend came over, that guy sneezed and coughed endlessly. He was allergic to dogs. Sue's boyfriend didn't show up for two months after telling Sue to choose between him or the dog. Sue wiped her tears and came to see my wife. As a result, my wife got a dog. YY is a beautiful ten-pound Maltese, and he has been living with us for three months. My wife, Michelle, treats him as part of our family. She spends a lot of time and energy taking care of him, and she truly enjoys doing so. Every evening at the dinner table, Michelle tells us some interesting story about YY. Last evening, she bubbled excitedly about her latest discovery—YY and I are alike in several ways.

One obvious similarity is that, according to Michelle, YY and I both eat a lot. I confess that I like food and eat a little more than I need. My appetite is about two times my son's and three times Michelle's. It is always me who finishes up all the food on the dining table at the end of the meal. When I went to Europe and Australia, I couldn't eat enough in the restaurants, even if I ordered a full course. Michelle says the U.S is the right country for me because the dish size in restaurants is extremely huge. "You must be an American, and I worry that you eat too much," Michelle said to YY, patting him on the head. She prepares him two meals a day, one in the morning and the other in the evening, but YY always asks for an extra meal at noon by barking continually. Whenever he eats, YY acts like he hasn't eaten for a week. YY eats too much dog food and he snatches people's food. One day, Michelle came home and found YY was eating on the counter. He already ate a half loaf of bread and one extra-large bagel. Really, too much food has caused both YY and me to be a bit overweight.

Another similarity between YY and me is we share the same hobby—we both love books. I have many books. All the tall shelves in my study room are

crammed with books. I put books in the garage, bedroom, living room, and everywhere. I have tried many times to put some books in my wife's clothes closet, but with no luck. Whenever I have a little time, I always read something. Some books entertain me; some books challenge me; some books spark my imagination. Good books really enchant me. I love books, and YY does, too. He loves books in his unique way. He eats books. One day I was just home from school. YY was eating one of my books left on the floor. That was a brand new dictionary, costing twenty eight dollars. Another morning, when I was in a hurry for school, I couldn't find my reading text.

While I was looking around, YY was chewing some paper. Finally, I found my book in a corner, torn to many pieces. I saw YY eating my books, and my wife says YY eats her fashion magazines, too. My son claims he suffers as well. Whenever I ask my son if he did his homework, he often answers, "Yes, I did, but YY ate it".



The last similarity between YY and me is we both like to learn new things. People often say you can't teach an old dog new tricks. I am not that old but most students in my class are much younger than me. I am studying English in a college. I am not a

fast learner at my age, so I have to study harder. My teacher always tells me I'm doing pretty well. Besides learning English, I am taking a computer science course. Actually, I never thought I was too old to learn something new. I always want to explore new things. I think I have a talent for economics. I am going to take economics courses. Although YY is only two years old, it seems as if he is more responsible than my son. I want to learn. Likewise, YY wants to learn. Every day, YY practices new tricks and never gets bored. My wife uses small treats and praise to reward him. Sometimes YY has trouble learning a new trick, but he rarely gives up. Mostly after some more practice, he will play properly. Now YY knows how to fetch, wave, shake hands, turn around, go

back, and play dead.

In conclusion, humans and dogs are significantly different. However, that does not interfere with them becoming friends. The comparison between YY and me reveals some amusing similarities: we eat a lot,

share the same hobby, and love to learn new things. We all love YY, and he needs us. YY is our friend and our family member now.

Ninghua Zhang
ESLW50

Solving the Traffic Jam Problem in my City

My teacher used to say, "Time is golden. If time passes, you can not get it back." In fact, this statement is always true. Everybody should know how to control his time and save time. If you use your time cleverly, you will have more chance to succeed than other people. However, life is not always like your expectations. I grew up in Ho Chi Minh City, Vietnam. This is a beautiful city. It is one of the most crowded cities all over the world. Ho Chi Minh City has a population of nearly ten million. In my opinion, traffic jams are the biggest problem in the city. One time, I was stuck in a traffic jam for about three hours. It was a waste of time and money. In my point of view, there are some possible solutions to solve the traffic jam problem in the city: improving the road network, developing the public transportation system, and limiting the heavy vehicles in rush hour.

The first possible solution to the traffic congestion problem is to improve the road network. Ho Chi Minh City is an old city. The road network was built for about fifty years. Today the city's population is nearly ten million. Many people own motorcycles so the density of vehicles on the roads has increased. As a result, the roads become narrow and small and traffic is worse than the previously. For this reason, the city government should make the roads wider in the central city. Another way to improve the road network is to develop the freeway system for the city. It will help the traffic flow faster and the economic development of the city increase.

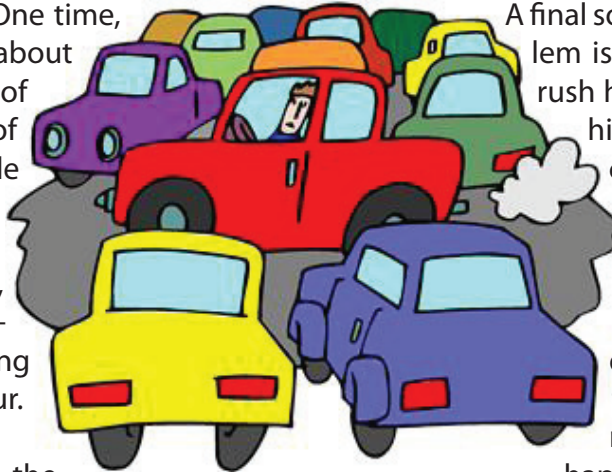
Developing the public transportation system is the

second possible solution to the traffic jam problem. In my opinion, the city government should encourage people to use public transportation. It will help this problem because the density of vehicles on the roads will decrease considerably. If the city government wants people to use the public transportation, they have to improve it by developing more bus routes and by building a subway system. I believe if my city has a good public transportation system, people will be happy to use it.

A final solution to the congestion problem is to limit the heavy vehicles at rush hour. In my view, the heavy vehicles in rush hour are the main cause of the traffic jams in my city. Therefore, the city government should arrange the time for the heavy vehicles to go to the central city. In addition, the heavy vehicles cause the most traffic accidents in my city. When traffic accidents happen, the traffic jams get worse and worse. For this reason, I think that limiting heavy vehicles at rush hour is a possible solution to the traffic jam problem.

In conclusion, I think the traffic jam problem will constrain the development of the economy and the travel industry in my city. Solving this problem is a high priority that the city government should consider. In my opinion, I have some solutions to deal with the traffic jam problem: by developing the road network, by improving the public transportation system, and by limiting the heavy vehicles.

Thach Nguyen
ESLW50



How My Mom Taught Me to Not Give Up

Some people are very purposeful; even if they meet the wall, they just break it and move farther. However, other kinds of people, such as I am, sometimes need a good kick to start acting. These people usually don't even want to try hard things, but, after their goal is reached, they're happy about daring to do this. Fifteen years ago, when I went to high school in Russia, I met this kind of "wall" and decided not to break my forehead on it. I let things go, but my mother didn't. I'll never forget the time when my mom forced me to pass my chemistry exam.

I almost failed my final exam in chemistry. The question was if I would receive C or D. It was my ninth grade in Russia, and I had never had a C before. However, that year there was a hard time with work in our small city in the Magadan region, and my mom had to work as a geologist in the middle of the tundra very far from home. When she was home, she didn't have enough time to check on all of my grades, and, of course, I told her I didn't have any problems at school. In fact, I had them. I didn't understand something in chemistry at the beginning of the year, then something else, and finally, I just gave in up and began to get D's on chemistry. I was fourteen and my relations with friends were more important for me than whichever grades, and I knew that my mom wouldn't let me breathe freely until I fixed my grades, so I kept silent. By the end of the school year, I'd decided the result was clear and told her about it.

I saw the fire come out of my mom's eyes, ready to burn me to ash. Both my parents majored in chemistry at university. "It's not going to happen! You must take an exam and get an A to fix the final grade!" In ninth grade we had two required exams of math and Russian, and two or three we could choose from twelve subjects. Of course, students chose music, art and physical education, but not chemistry. I tried to argue with my mom, telling her that it was just two

weeks before finals, and I didn't have enough time even if I could understand some of that crazy stuff. I didn't open the book during the whole year; how could I make it in two weeks? My mother was unshaken. Then I told her I would be the only student from the entire school who would take this exam, and how embarrassed I would feel in front of the committee of several teachers. Nothing worked! My mom divided my topics for ten days and threatened that I wouldn't have summer vacation unless I got an A on my chemistry exam. Although she explained a lot to me, it was a terrible time for me anyway; I almost broke my brain with all those tasks, numbers, formulas, and terminology, but I had to learn everything.

Several days before exams in Russian schools, we usually have counseling with the teacher. Students can ask questions they have about the exam or the material they've learned, and the teacher checks their preparation. My teacher met me with sarcasm in her gaze, but fifteen minutes later she didn't know what else she could ask me. I knew all the formulas, solved any task she gave me, and was able to describe the Mendel Table of Elements with my eyes closed. The last question was who my tutor was. "My mom and her belt," I replied. My teacher was delighted. A couple of days later I came and got an A on my exam, and I've never had any problem in chemistry since then.

Today I'm very thankful to my mom for that experience. I've learned not to give up if you can't do something on the first try. We can always fix most of our mistakes instead of letting them go. It's always hard when someone makes you do something you don't want to do, but the result is often worth all the energy and time you've spent to reach the goal.



Grandfather's Farm

There are places stuck in people's minds that are unforgettable. Whether those places remind us of happy or sad moments, they are still memorable. I remember well my grandfather's farm in a small town called Haditha, in Iraq. I spent forty days there studying to prepare for my final high school exam because in Iraq the high schools used to give their students that period of time for resting and studying. Up to now, I imagine each second and each tiny detail of that paradise starting from the road that led me to it and the nature surrounding it, ending with the farm itself and what was on it.

The way to the farm was really wonderful. I used to wake up early at my home. My grandma used to prepare my rich breakfast. It consisted of meat, eggs, cheese, and honey. As soon as I had my delicious breakfast, I held my small black bag that contained my books and lunch. The way to the farm was about 30 minutes on foot from my house. There was only one road and it was really narrow. I enjoyed my time

by watching the nice green farms on both sides of the road. Most of them had palm trees. It was really stunning to see the sunshine came through the trees. I greeted the farmers who were working on their farms; they were so excited to start a new day. The way to the farm made my early morning really happy and blessed.

Then, I arrived at my grandfather's farm, on the left side of the road. It was located exactly in the middle of the other farms. The gate was small and it faced the main road. On the other side, at the back of the farm, was the Euphrates River, one of the two great rivers in Iraq. There was also a very

nice bridge on the back side; that small wooden bridge was a floating bridge on which only one car could pass and was used by the pedestrians too. The most beautiful thing on the back side was the "Water Wheel", a circular machine, also made of wood and containing buckets to carry the water from the river to irrigate the farms.

When I reached the farm, I opened a very big lock; it was a really old one and made of copper. I hid the key under the fence which was made of palm



My Grandfather's Farm

fronds. I did that because the key was so long and had a big ring; I didn't like to carry it with me every day. The farm was huge and it contained many fields. There were fields of lemons, oranges, dates, pomegranates, and olives. My favorite place was the fig tree at the end of the farm. It was the oldest tree. I liked to sit beneath it, study, and look at the river in front of me, listening to water ripples and the gulls singing. It was a piece of heaven on earth.

Have you ever imagined studying at a farm? It was so pleasant to do that on my grandfather's farm. Perhaps that's why on the high school final exams I got a high score. A magical thing happened to me in the exam hall; I could remember each tiny detail when I was studying, even the page numbers and the places where I was sitting. We need as human beings to be away a bit sometimes from our complex modern lives and relax from the stress. The farm helped me to do that.

Bassam Breesam
ESLW50

Nestscape -- Articles from The Web

Bad Grammar or Language Change?

What is happening to the English language? *NBC Nightly News* recently aired a criticism of English speakers, accusing us of misusing the grammar of the language. This is a criticism we have heard from editors, publishers, and readers for at least 300 years. But is it fair? Are we battering English grammar or is English grammar simply changing, as all languages do, over time? Linguists have been struggling with this question for ages.

Take, for example, the plural number in English. English traditionally distinguishes one or more objects by a distinct form, the plural, e.g. one table, two tables, many tables. Lately, however, a series of problems has arisen in the language that suggests this distinction is in trouble. For example, have you heard people say things like this:

A **large amount** of pigeons flew by.

We found **less pigeons** than we expected.

English once distinguished nouns referring to substances that are always in the singular by using amount for singular substances and number for countable objects in the plural:

A **large amount** of Kool-Aid, ambition, coffee, or crawfish gumbo.

A **large number** of pigeons, bullwhips, armadillos, or blueberry pies.

The same distinction was made by less and fewer. Less was used only if the noun were uncountable: less Kool-Aid, less coffee, fewer crawfish but less crawfish gumbo. Fewer was applied to countable objects: fewer bullwhips, fewer armadillos, and fewer blueberry pies. This distinction, too, seems to be swooshing out the window these days. Is that a natural or unnatural process?

One final bit of evidence. Kay Bock, one of the nation's leading psycholinguists, has been researching the plurals of nouns and finding that we are confusing singular and plural more and more.

In English, the noun that is the subject of a sentence agrees with its verb. Roughly, if the noun has an the plural -s on it, the verb doesn't (The pigs run) but if the noun doesn't have one (is singular), the verb does (The pig runs).

What Professor Bock is finding is that agreement is not always between the subject noun and the verb, as grammar dictates, but between the noun nearest the verb, whatever its function in the sentence. For example:

A rootery of pigs were running through the barn yard.

As the problem of rooting pigs grow, we have to address them.

In these sentences, the subject nouns are group and problem, so the verb should contain the -s:

A **rootery** of pigs **was** running through the barnyard.

As the **problem** of rooting pigs **grows**, we have to address it.

What Bock is finding, is that agreement is often between the verb and the nearest noun to it, which is not necessarily the subject of the sentence. She thinks language is changing but such sentences sound a lot like bad grammar.

By the way, this has nothing to do with the difference between British and US English, where the British use the plural with what linguists call 'collective nouns' (as opposed to our use of rootery above): nouns that are singular in form but refer to a plurality of objects:

The Parliament are in session

The crew are on alert

The team play well together.

The British are consistent in this usage. In the US it seems that our grasp of the sense of plurality is diminishing and, if that is the case, we could see the plural disappear from the language in a relative short linguistic period—perhaps, fewer than 200 years!

Before summing up, let me alert you of one final symptom that seems to fit the pattern of the other three. To understand it, you have to be aware of another loss in English: the number of suffixes for marking grammatical functions like number, person, tense, is dropping rapidly. Suffixes like -dom, -ery, -ess and many others are no longer being added to new words.

The result of this is that the suffixes we are left with have



to serve more and more functions. For example, the suffix **-s** is used to mark the following:

The plural: ant-s, launching-s, door-s

The 3rd singular Present tense of verbs: He/ she/ it run-s, smell-s, plunge-s

Making nouns out of adjectives: linguistic-s, acrobatic-s, mathematic-s

Possessive: George's, Bush's, the anaconda's (ignore the apostrophe since you can't hear it)

This brings us to the fourth bit of evidence that at least US English-speakers are losing their grasp of the plural: plural number is often confused with nonplural uses. You have probably heard things like these:

Boscov's are having a big sale this week.
Logistics are not my forte.

These would be just speech errors if they didn't fit the pattern created by the first three bits of evidence: we are losing our grip on the plural of words.

So, how will we be able to communicate if the plural disappears? Would you believe that many languages get away without the singular-plural distinction today and

have been doing so for millennia?

Oriental languages like Vietnamese and Chinese have no singular-plural distinction at all. The reason these languages do without plural number suggests that it might be redundant in English: we generally use the plural with some modifier that makes plural obvious:

Many Cadillacs	Many Cadillac
Five toads	Five toad
A few warts	A few wart

Do we really need **-s** when we already have many, five, few in the sentence? The Chinese and Vietnamese have built advanced civilizations on languages limited to phrases like those in the second column above. English could be getting more like Chinese!

If the plural is abandoning English, it is too early to be sure. However, if the process has begun, there is no stopping it, so tormenting your kids with constant grammatical corrections will not work. Only time will tell and, as we all know, time takes its time.

—Dr. Goodword is Robert Beard, PhD Linguistics, and President, *The Lexiteria*

http://www.alphadictionary.com/articles/bad_grammar.html

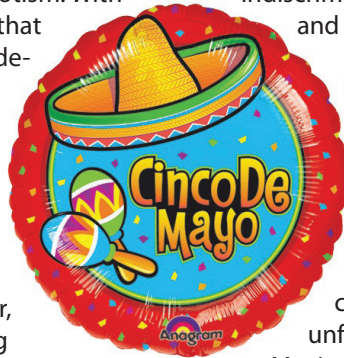
Cinco de Mayo

Cinco de Mayo is a date of great importance for the Mexican and Chicano communities. It marks the victory of the Mexican Army over the French at the Battle of Puebla. Although the Mexican army was eventually defeated, the "Batalla de Puebla" came to be a symbol of Mexican unity and patriotism. With this victory, Mexico demonstrated to the world that Mexico and all of Latin America were willing to defend themselves from any foreign intervention, especially those from imperialist states bent on world conquest.

Cinco de Mayo's history has its roots in the French Occupation of Mexico. The French occupation took shape in the aftermath of the Mexican-American War of 1846-48. With this war, Mexico entered a period of national crisis during the 1850's. Years of not only fighting the Americans but also a Civil War, had left Mexico devastated and bankrupt. On July 17, 1861, President Benito Juarez issued a moratorium in which all foreign debt payments would be suspended for a brief period of two years, with the promise that after this period, payments would resume.

The English, Spanish and French refused to allow President Juarez to do this, and instead decided to invade Mexico and get payments by whatever means necessary. The Spanish and English eventually withdrew, but the French refused to leave. Their intention was to create an empire in Mexico under

Napoleon III. Some have argued that the true French occupation was a response to growing American power and to the Monroe Doctrine (America for the Americans). Napoleon III believed that if the United States was allowed to prosper indiscriminately, it would eventually become a power in and of itself.



In 1862, the French army began its advance. Under General Ignacio Zaragoza, 5,000 ill-equipped Mestizo and Zapotec Indians defeated the French army in what came to be known as the "Batalla de Puebla" on the fifth of May.

In the United States, the "Batalla de Puebla" came to be known as simply "5 de Mayo" and unfortunately, many people wrongly equate it with Mexican Independence, which was on September 16, 1810, nearly a fifty year difference. Over the years *Cinco de Mayo* has become very commercialized and many people see this holiday as a time for fun and dance. Oddly enough, *Cinco de Mayo* has become more of a Chicano holiday than a Mexican one. *Cinco de Mayo* is celebrated on a much larger scale here in the United States than it is in Mexico. People of Mexican descent in the United States celebrate this significant day by having parades, mariachi music, folklorico dancing and other types of festive activities.

<http://cnet.ucla.edu/cinco.html>

Top Ten Healthy Summer Snacks for Kids

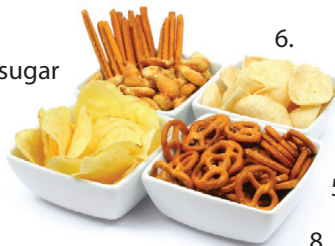
1. Fresh fruit, including apples, bananas, grapes, orange slices, and watermelon. If you have been following the news and you are concerned about the ominous reporting on high-fructose corn syrup, be assured that the detrimental effects of corn syrup are due to its concentration--and "high" fructose corn syrup is not pure fructose corn syrup. This industrial sugar is actually more glucose than fructose. A single piece of fruit provides only a small amount of fructose that will not interfere with a child's metabolism. Organic fruit and berries, of course, are safer for children
2. Canned fruit, as long as it is packed in water or fruit juice. Fruit packed in heavy syrup is not a good idea for either kids or adults.
3. Raw vegetables in interesting shapes and colors. If you were to visit a breakfast buffet in Japan, you might see little children passing up the doughnuts and Cheerios and loading up on green, red, yellow, orange, and purple seaweed
4. Nuts (for children who are not allergic to them). Almonds, pecans, and walnuts are good sources of anti-inflammatory n-3 essential fatty acids, which are just as essential for children as for adults.
5. Dairy products such as cheese and fruit-flavored yogurt. It is not essential to choose low-fat products if servings are limited to one or two a day.
6. Trail mix. Not a low-fat food, trail mix is one of the best readily available sources of total antioxidant power (ORAC) and n-3 essential fatty acids. Avoid trail mix that contains sugar-coated milk balls, M & M's, and similar high-sugar candies. One serving a day is the limit.
7. Healthy cookies and pastries, in small amounts. In North America, parents often choose products like Mini Cookies by Health Valley. They are not entirely organic, but they are free of high-fructose corn syrup, dyes, colorants, and preservatives. Organic Toaster Tarts are a kid-friendly alternative to Pop Tarts. The makers of the Clif Bar make a kid-friendly ZBar and Twisted Fruit, both treats free of the most dangerous sweeteners and preservatives. Even healthy cookies and pastries, however, should be eaten no more than once a day.
8. Pretzels. Whole-grain pretzels, made without high-sugar fructose corn syrup, can provide both energy and electrolytes kids need for summer play.
9. Popcorn. Fun to make, popcorn is a kid-friendly treat as long as it is not doused with margarine or butter or rolled in chocolate or melted caramel. If you have to add an additional flavor to popcorn, however, consider drizzling melted semisweet chocolate chips over popcorn after it has been popped.
10. Healthy-protein sliders. Due to decades of advertising, kids all over the world know about and like hamburgers. You can make your own mini-burgers to tide your kids over until their next meal. Just use turkey, soy burgers, or even bean burgers for the protein, and avoid the mayonnaise.



<http://www.steadyhealth.com>

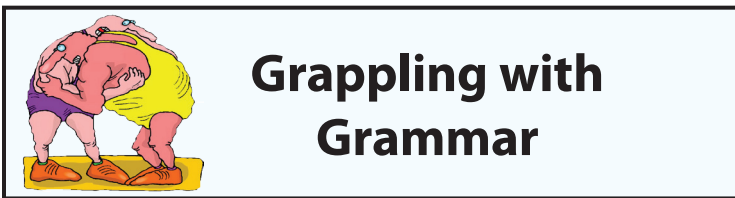
9 Kids' Snacks to Avoid

1. Baskin Robbins' Reese's Peanut Butter Cup Sundae (one size): 1,250 calories, 81 grams fat, 91 grams sugar.
2. Cold Stone Creamery Dark Chocolate cone (large): 800 calories, 47 grams fat, 68 grams sugar
3. Fried Macaroni and cheese (one serving): 572 calories, 33 grams fat, 1,840 milligrams sodium. (These numbers are for a home-made recipe, but fair versions would likely be comparable.)
4. Cherry Slurpee (16 ounces): 240 calories, 64 grams sugar.
5. Corn dog and fries: 770 calories, 1,600 milligrams sodium. (That's 560 calories and 1,070 mg sodium for a 7-ounce order of fries, plus 210 calories and 530 mg sodium for a corn dog.)
6. Fried dough (3 ounces): 360 calories, 20 grams fat.
7. Dunkin Donuts Blueberry Muffin: 510 calories, 16 grams fat, 490 milligrams sodium, 51 grams sugar.
8. Nestle Chocolate Chip Ice Cream Sandwich: 500 calories, 24 grams fat, 40 grams sugar.
9. Lemonade (16 ounces): 198 calories, 51 grams sugar.



<http://www.webmd.com>

Parrot Warbling



Grappling with Grammar

The Comma

There are some general rules which people can apply when using the comma:

A. Using the comma to separate phrases, words, or clauses in lists

1. a series of phrases:

On my birthday I went to the cinema, ate dinner in a restaurant, and went dancing.

2. a series of nouns

The meal consisted of soup, fish, chicken, dessert and coffee.

3. a series of adjectives

She was young, beautiful, kind, and intelligent.

Note: if an adjective is modifying another adjective you do not separate them with a comma - e.g. *She wore a bright red shirt.*

4. a series of verbs

Tony ran towards me, fell, yelled, and fainted.

5. a series of clauses

The car smashed into the wall, flipped onto its roof, slid along the road, and finally stopped against a tree.

B. Using the comma to enclose insertions or comments. The comma is placed on either side of the insertion.

China, one of the most powerful nations on Earth, has a huge population.

C. Use the comma to mark off a participial phrase

Hearing that her father was in hospital, Jane left work immediately.

D. Use the comma in 'tag questions'

She lives in Paris, doesn't she?

We haven't met, have we?

E. Use to mark off interjections like 'please', 'thank you', 'yes', and 'no'

Yes, I will stay a little longer, thank you.

General note: Misplacing a comma can lose friends!

Putting a comma in the wrong place can lead to a sentence with a completely different meaning, look at these two examples:

I detest liars like you, I believe that honesty is the best policy.

I detest liars, like you, I believe that honesty is the best policy.

<http://www.edufind.com/english/punctuation/comma.php>

Idiom-Attic

A Bag of Wind



- "I wonder why people say Howard is such an interesting man," Lily yawned. "To me he is nothing more than a big bag of wind." Lily is either very unkind or she is awfully honest because a bag of wind is someone who talks a lot. "Especially if he boasts and tells exaggerated stories that are hard to believe," Lily added.

www.englishdaily626.com

Beak Speak

Consonant Clusters & Pronunciation

Sometimes in certain consonant clusters (a string of two or more consonants in a word) the sounds may be reduced or dropped. Below are some of these reductions.



The th cluster

In the consonant cluster 'th', the /th/ can be changed or dropped.

There are twelve months in a year.	(munts)
------------------------------------	---------

The nt cluster

In the consonant cluster 'nt', if it is followed by a vowel sound, the /t/ sound may be dropped. A flapped 'n' is used in its place.

The center of town is that way.	(cen'ner)
The renter of the house couldn't pay the rent.	(ren'ner)
That shirt costs twenty dollars.	(twen'ny)

Assimilation

Sometimes the sounds of words are changed by assimilation, which is linking two sounds to make a new one.

"t + y" becomes /ch/	Don't you parents like music?	(don't chur)
"d + Y" becomes /j/	Could you tell me a story?	(could ja)
"s + y" become /sh/	Do you miss your mother?	(miss shore)

<http://pronunciationtips.com/>

Some More Parrot Fun Stuff

Wordsearch about Armed Forces

Find and circle all of the computer words that are hidden in the grid.



AIRCRAFT CARRIER
ALLIED FORCES
ARMY
ASSIGNMENT
AVIATION
BASIC TRAINING
CADET
CAPTAIN
CHAPLAIN
COAST GUARD
COLONEL

COMMANDER IN CHIEF
CORPORAL
CUTTER
DESTROYER
ENLISTED
ENSIGN
FINANCE CORPS
FOXHOLE
GREAT WAR
HELICOPTER
INFANTRY

LIEUTENANT
MAJOR
MESS HALL
MILITARY POLICE
OFFICERS
PARADE
PATROL
PENTAGON
PROTECT
RADAR
RATIONS

ROTC
SATELLITE
SERGEANT
SERVICE
SIGNAL CORPS
SKIRMISH
TOMCAT
UNIFORM
VEHICLES
WASHINGTON
WEAPONRY

My Teacher Took My iPod

My teacher took my iPod.
She said they had a rule;
I couldn't bring it into class
or even to the school.



She said she would return it;
I'd have it back that day.
But then she tried my head phones on
and gave a click on Play.

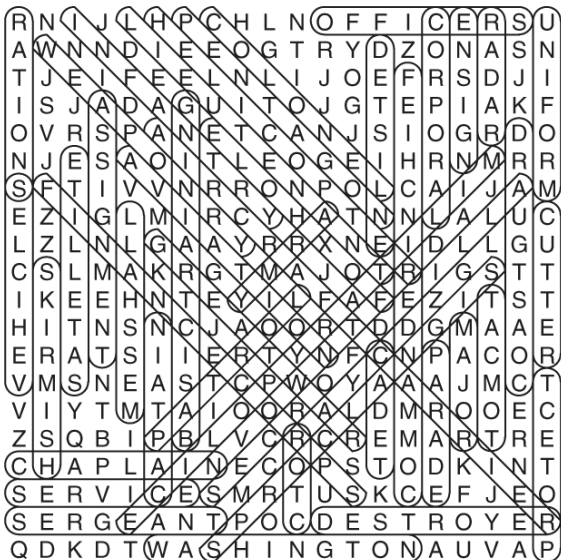
She looked a little startled,
but after just a while
she made sure we were occupied
and cracked a wicked smile.

Her body started swaying,
Her toes began to tap.
She started grooving in her seat
and rocking to the rap.

My teacher said she changed her mind.
She thinks it's now okay
to bring my iPod into class.
She takes it every day.

Kenn Nesbitt

Solutions to wordsearch on page



Rigoberto's Riddles

What's the best day of the year to
monkey around with your friends?



Ape-riil Fool's Day

Silly Vasily's Chuckle Chamber

Classic Glass Problem



One day in philosophy class they spent a great deal of time debating whether the glass was half full or half empty. After the class, one student was feeling pretty good about himself and what he was learning at university, so when he went home he tried to continue the discussion

with his family. With maximum drama, he took a 12 ounce glass from the cupboard and poured in 6 ounces of water. Then took it into the dining room and placed it in the middle of the table. He proudly asked his family, "can anyone tell me whether this glass is half full or half empty?" Without missing a beat, his grandmother replied, "depends if you're drinking or pouring."

Money Math

"If you had a dollar," quizzed the teacher, "and you asked your father for another dollar and fifty cents, how much money would you have?" "One dollar," answered little Johnny "You don't know your basic math," said the teacher shaking her head, disappointed. Little Johnny shook his head too, "You don't know my Dad."

Fair Price

A professor handed out the test to his students and returned to his desk to wait. When the test was over, the students filed over and handed in their papers. As the professor was going through the submissions, he noticed one student had taped a hundred dollar bill to his test. On the bill the student had written 'A buck a point'. The next day the professor handed back the tests. The student who had attached the hundred also received an envelope containing sixty-four dollars. On it was written 'Here's your change'.

Granny Noetal

Dear Granny,
Have you got an I-pad?

Curious,
Gert von Giekmeister



Gert von Giekmeister,

Are you trying to sell one? If so, you are barking up the wrong tree. I've got an elbow pad and a knee pad. Unless I can sit on it and it affords me some physical comfort, I don't want an I-pad. I have enough pads. For now, I'm content with my typewriter.

Socks (Continued from page 1)

in our armed forces."

It is hardly the stuff to alarm a Central Intelligence Agency military analyst. But it sheds light on the Russian military all the same.

NTV in Russia, reporting the change, noted that foot bindings were a common solution in militaries predating industrial looms, though "Russia is just about the only country where new enlisted men still learn to twirl portyanki."

The bindings are not unique to Russia. Such foot coverings were known as "puttees" when they had wide-scale use in the United States, Canadian and British militaries before and during World War I. Then, they were worn wrapped around the calf, above the boot.

In the Russian version, a swath of cloth about a foot wide, cotton in the summer, flannel in the winter, is inserted into the boot, effective against trench foot and frostbite alike, if bound correctly.

In basic training, even before breaking down a Kalashnikov, a Russian conscript learns to twist the portyanki around his feet to form mummylike cocoons, fit for the inside of the standard-issue Russian infantry boots, made today, as they were a century ago, of blackened canvas on a sole of rawhide. Running in these heavy boots, former soldiers say, is all but impossible.

This system of footwear had its principal advantage in military-industrial planning and logistics, freeing up Soviet factories from sewing millions of socks and allowing soldiers to tear wraps from old sheets in the field, if needed. During the

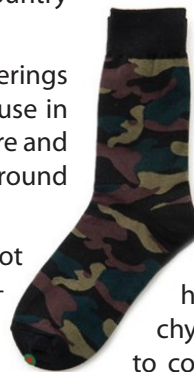
Afghan war, however, Russian soldiers soured on the heavy boots; officers allowed soldiers to shed them for nonregulation running shoes.

The switch to socks began during the never-completed military reform in 2007, so some units march at parades in socks and lace-up boots, others in portyanki and boots without laces.

The minister's statement on socks to the assembled generals may also have carried a deeper meaning, said Ruslan Pukhov, an analyst with the Center for Analysis of Strategies and Technologies. The cloth strips, almost a symbol of the Russian enlisted man's life, are also emblematic of outmoded practices, he said.

Deeper changes, with higher stakes, are under way in the Russian military. Since 2007, the political leadership has systematically thinned the top-heavy officer ranks to alter the "egg-shaped" hierarchy of the army into a pyramid form. Mr. Shoigu's order to complete the switch to socks, Mr. Pukhov said, signaled to the generals that they would not be exempt from following through with the reforms begun by his disgraced predecessor, Anatoly E. Serdyukov, who is under investigation for real estate deals involving the ministry's property.

"We cannot fight the wars of the 21st century with the equipment we used 35 years ago in Afghanistan," Mr. Pukhov said. "That is impossible to think about."



<http://atwar.blogs.nytimes.com/2013/01/14/russian-military-ordered-to-switch-to-socks/>

So do you think ARC is a good place to work?

Denise: Yeah, I do. There are a lot of fun people; there is a lot of cool kind of newness. We don't always agree on stuff in our areas; I don't like that part. But in general I really like the area and people.

Parrot: Great. If you could create the ideal school, what would it be like?

Denise: Oh, it would be like when I went to college. Oh, gosh, that's a good question. I think this school is a perfect school for a basis. I think I'd add types of classes, umm smaller classes, like 10 people in each, so we could just talk together, go for a coffee with your class and have conversation about literature or stuff like that. Formal classes are awesome, but I think to have an opportunity to have small classes is great.

Parrot: I agree with you. But we do have some classes when we bring food and talk informal, that's also fun.

Denise: Yeah, we do.

Parrot: What qualities do you think a teacher must have?

Denise: Teachers have to be prepared. They should know what they going to do in class. I think the teacher must know the material. If you are not an expert in what you are teaching, you shouldn't be teaching. And I think the teacher must be very open-minded. Like I hear sometimes stories that if students don't agree with a teacher's opinion, then they base the students' performance on that disagreement. But I think it shouldn't be like that, a students' opinion is his own.

Parrot: Yeah, unfortunately sometimes it happens. What are your strengths and what are your weaknesses?

Denise: Oh, boy, I'll start with weaknesses. Sometimes I spend time with students and it's too long. Like I get involved and I get excited; I think I need to help them with everything. When there are other students who need help, I'm late for it. Sometimes I need to let them go. I let them figure it out by them-

selves.

Parrot: Do you ever feel angry toward your students?

Denise: I do get upset when students don't try hard. Like, you know, when they are lazy. But if they try, I am totally there for them. But I do have many students that, I think, are academically lazy. When I have students that just don't try, that's really bothers me.

Parrot: How do you encourage your students to learn?

Denise: I want them to do their homework. They need to come to class. My students get points, when they come to class. I encourage them to come and see me, so I can help. And I give them extra credit, if they take classes in the ESL center or writing center or reading center. All those things we have on campus that is extra, I give them extra credit for that.

Parrot: Wow, you really encourage students to learn.

Denise: Yes, I try.

Parrot: How do you feel if a student doesn't meet a deadline?

Denise: Uhhh...not a good thing. If it's a major paper, we have 4 major papers, they will lose their points every day.

Parrot: Did it ever happen?

Denise: Yes, of course.

Parrot: How do you feel about noise in the classroom?

Denise: I should feel worse about it, but I let it happen.

Parrot: Really?

Denise: Yeah, unless they're interrupting someone, or unless I'm talking. But if we're just working on stuff, I let them share that.

Parrot: What do you like/dislike about teaching?

Denise: I love English and literature and I love

students that try hard. That's just awesome. I get sick of getting papers. Only because it takes so long and there are so many of them. I need to focus on everything: spelling, grammar, the idea, the paragraphs, the resources, the research. Like that's a lot. It takes me like half an hour to grade each paper.

Parrot: Each paper?

Denise: Yeah, each paper.

Parrot: So what do you like to do in your free time?

Denise: I have a horse, so I like to ride. I like to read for fun and I like watching TV. I LOVE TV.

Parrot: What do you like to watch?

Denise: I don't like reality shows, but I like contest shows because I like competition. I love sports. I love watching football, baseball...I like Top Chef, when they cooking.

Parrot: I like those also.

Denise: Yeah, I love that stuff.

Parrot: What's your dream vacation?

Denise: I've got two. Disneyland.

Parrot: You've never been there?

Denise: I've been there. I go there like once or twice a year, and then Maui. It's beautiful.

Parrot: I've never been there, but I want to go.

Denise: You really should go. It's a tropical island. You should go. Let's go now !

Parrot: Yeahhh!

Parrot: What will you be doing in five years?

Denise: I wish I knew. Hopefully, it'd be nice to be married and have children and it should be done very quickly. Hopefully, I will still be teaching English maybe here, maybe in the Bay area, where all my family lives.

Parrot: Could you speak a little bit about your family?

Denise: I have a brother and a sister, older sister, younger brother.

Parrot: I always wanted to have a brother. You're lucky.

Denise: Yes, I am. My sister is married. She has two little girls; they are ten and seven. And I love them ! They are so cute ! My brother is also married; they don't have any kids yet; they just got married a year ago. I'm sure they will. I have a lot of cousins also. I am really close to my dad.

Parrot: Do you like to travel?

Denise: I do. I went to Ireland probably 10 years ago. I stayed there when I was a student. I've been to Canada, Switzerland, France. Also I go to different states. It's awesome.

Parrot: It was really nice talking to you.

Denise: Me too. Thank you.

Parrot: Thank you.

Iana Shumeiko
ESLL320

Questions/Comments?



Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D337 (Davies Hall), call (916) 484-8013, or e-mail Braccop@arc.losrios.edu.