



# The Parrot

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

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## Capturing Caputo -- The Sum Total of the Man !

**Parrot:** Good morning. My name is Vo.

**Joe:** I've been a part-time teacher here for about almost six full years

**Joe:** Vo, nice to meet you.



**Parrot:** Nice to meet you too. And your name is?

now. But the last two semesters I've been an LTT. That means I'm part full-time for one semester at a time, so it's not a regular full-time job.

**Joe:** My name is Joe Caputo.

**Parrot:** And what do you teach here?

**Parrot:** Ok, why?

**Joe:** I'm a math professor here at American River College

**Joe:** Why the LTT or why that I'm here teaching?

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

**Parrot:** Why did you take the part-time job here?

*Continued on page 18*

## Rubles For Minutes, Not Mochas, At Russian Cafe Chain

Cafe life has taken hold in modern Russia. From Starbucks to local chains such as Kofe Khaus and Schokoladnitsia, there are lots of places to hang out, see and be seen.

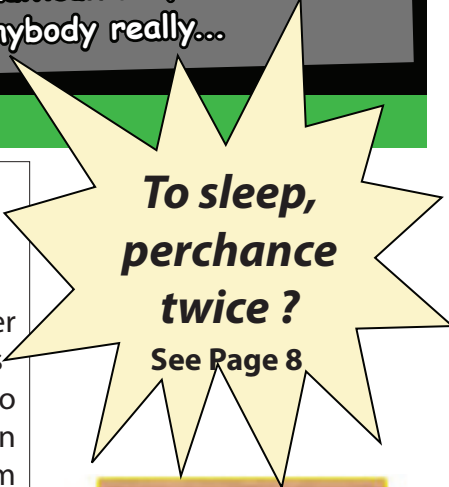


It's a striking change in a country where, in Soviet times, the best an ordinary comrade could expect was a mug of tea in a workers canteen.

The world over, the basic contract between cafe and customer is this: You buy a drink or a snack, and you get to use the premises for as long as it takes to consume it.

But an entrepreneur in Russia is experimenting with ways to change that: At his cafes, money buys time.

*Continued on page 10*



*To a teacher of languages there comes a time when the world is but a place of many words and man appears a mere talking animal not much more wonderful than a parrot.*  
*Joseph Conrad*

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# Student Chirpings

## Problems Between Neighbors

Since the time of settling down and living in groups, humankind has invented neighboring. Since then, now almost everyone has neighbors and they are the neighbors. Having neighbors has good benefits like creating diversity, a large population, growth in the economy and big cities. Unfortunately, everything is not always good as neighbors. Whenever there are neighbors, there is always a problem between neighbors. Whether it's loud noise, dirty pets, messy backyards, parties or lot of cars parked in front of your house, there are three main causes of problems between neighbors that you can never avoid.

The first main cause of problems with neighbors is noise. Whenever there are people around, there is always noise. When there are animals around, there is always noise. Neighbors are people and if they happen to have pets, the animals would eventually make noise that would annoy the neighbor next door. Back in my country, Mongolia, I had a neighbor who would always sing out loud. Every time he sang, I could hear it everywhere around my house. He would sing in the morning while taking a shower, cooking food, and even doing his work. His singing annoyed me so much that I couldn't focus on my studies and couldn't even take a nap. I also had a noise problem with my summer house neighbors in Mongolia. They played loud music almost every day during my summer break. At the beginning it was nice listening to music while having a break. Unfortunately they were obsessed with their music and they would even have parties late at night. It bugged me and other neighbors so much that eventually they stopped the music. The reason was most of the people in my country go to their summer houses to have a nice, quiet, peaceful summer. Another loud noisemaker is the party. It happened to me here in the US. This one time when I was studying at home, suddenly loud music started playing and lot of cars were



driving around the neighborhood. It was hard for me to concentrate on my studies and for other neighbors to have a quiet time. My aunt called the neighborhood patrol and they managed to suppress the noise. Some neighbors always act like they are the only ones that live in the neighborhood and they intend to make loud noises that eventually annoy the other neighbors.

The second cause of problems between neighbors is land disputes. People will always argue over their property and land. Some neighbors will try to steal some of your land and put up a fence. This happened to my grandparents. One day their neighbor tried to steal the land and tried to make my grandparents' land as his own land. There was a big argument and we finally put up our fence to declare that this land was my grandparents'. At summer houses the same thing happens too. Neighbors will always try to steal part of our land. It's probably not a big problem in the US but my friend also told me that the same thing happens in China. In China they

would always argue over their land with their neighbors. Sometimes people use someone else's property without permission. It's theft. Some neighbors use their neighbors' land without permission, and it causes problems between neighbors.

The final cause of problems between neighbors is pets and animals. When there is a pet, there is always some kind of problem with it such as "the dog tried to bite my kid" or "that cat was trying to eat my pet rat" or "that bird is too loud". Pets always make noise. I had a dog, a huge dog, and my dog would bark if someone came close to the door or the phone rang. Neighbors would always complain about the noise, and the barking of the dog, so I had to give my dog to my grandparents. This one time also when I was visiting my friend's house, their neighbor had a parrot and it was annoy-

ing and it was so loud. The bird would make sounds all time. My friend and I were so annoyed we had to leave his house. Another problem with the pets is they are dirty and smelly. My grandparent's neighbor had a dog that usually stayed outside and this dog was dirty and stinky. Whenever I came to visit my grandparents, the smell would ruin the day. Animals could be the cause but the main reason is the pet's owner who couldn't take care of his pets and it caused problems for others.

In conclusion, if we had no neighbors, then there would be no neighborhoods. Unfortunately, neigh-

bors can be a pain in the neck. They could bring problems to your house and to your neighborhoods such as loud noises, property arguments, parties and pets. But neighbors are not some specific people that create problems. We are neighbors too: you, he, she, they, and me are all neighbors. Problems will always exist when humankind still exists and we all have to deal with our problems in the end.

*Bilguun Bayarsaikhan*  
ESLW50

## My Village Roqiyan

Paktiya is one of the biggest states of Afghanistan. It is a beautiful mountainous place, and you can see greenery everywhere. People there are native Pashtuns. In fact, the government is weak there, as it is a tribal area and almost seventy percent of the people are busy working in their own fields, growing different kinds of fruits and vegetables. It has big and some small villages. Fifty five percent of people are educated. Roqiyan is a small village and all the people know each other very well. When a lady wants to go outside her house, she must cover her face, as it is a strict rule there, and if anyone tries to break the rule, she will be punished in a dangerous way that no one can imagine. That punishment is called "sangsar" (throwing stones at a human being till that person dies). Let me tell you about one of the most horrible days of my life which I won't forget till the end of my life.

It was a beautiful summer day and I was sleeping, as I had reached home the night before to my village with my parents. That is why I did not wake up early and did not help the other ladies in preparing breakfast for the men who left home early in the morning for daily work. I woke up at 11:00 a.m, almost noon, and I took a bath. Then I entered a guest room. I saw my mom sitting



with her sister-in-law, chatting. I asked about my dad, and mom told me he was in the guest room, which was on the other side of the house and designated for men. In my village, males and females didn't use the same guest room. I went to the kitchen and my aunt made a very delicious breakfast for me. I drank a glass of water and then ate my breakfast. I asked my aunt lots of questions related to my village because I wasn't there for almost five years. She told me many, many things about the environment, schools, bazaar, and much more which was interesting for me. Then I went to the yard and played with my uncle's dog. Then I started running and playing with the kids. No one asked me anything or stopped me from doing anything because I was a guest and because my uncles loved me a lot. That is why no one dared stop me.

I went to my uncle's library and took an interesting book from there and started reading that. I paid attention to the clock on the wall, and soon it was lunch time. They sent the servant to the library to inform me of lunch time, and he showed me the big room. There all the family members would have lunch together. I could not give a negative answer to the servant. That

is why I told her OK. When I entered the room, I saw all my family members together. I said "Salam (hello)". Then I sat near my cousins for lunch. After a while, I just told my mom, "I'm full. I can't eat, as I had my breakfast late". However, my mom became angry and said, "Stop kidding, just eat a little; if you leave the room and food, it would be a kind of disrespect to your uncles because no one can leave lunch or dinner time without a possible excuse or important work. They place a lot of value on lunch and dinner time. Poor me! I ate a little; however, I was full. Then my uncles asked me about my school and college in the city. I gave some information and then I told them to give my cousins and me, I mean all the girls, no boys, permission to walk around the village and meet my friends. They gave me permission, but told me about the rule. I told them I knew everything about my village and not to worry. We girls left the room and ran to bedrooms to change our dresses and put on big scarves (chaddar).

Now the game had started. We went outside the big house to a small village. All the girls were talented in covering their faces, but poor me, I could not. Everyone was staring at me with a bad and angry look. I mean all the men, not women. However, they knew very well that I was a guest and they knew my complete family background. My friends and my cousins were angry at me and they were tired of telling me and showing me how to cover my face. It was me who did not accept that and I directly ignored them, thinking that I was not a slave that must cover her face like you guys. They started begging me, please, Moon, please, Nemo, please, but I ignored them again in a brave way. Suddenly Breto Mama (Uncle Moustache) saw us, especially me, who was not covering her face and laughing at others for covering their faces.

According to villagers, a bad girl was one who did not respect the rules of the village. Now it was my bad luck that he saw me. He was the one who spied behind each female in the village and gave the news to the chief and others who made these kinds of rules. We were busy chatting and eating dried fruits, when suddenly my cousin Mohammad was calling us and shouting at us to come home. "Hurry up, come on, run, impolite girls, you made the village angry; now you will face the music." We reached home. My mom and other aunts were angry at me, and when the door opened I saw my uncles and dad. They said, "It is not fair. Why why...why did you not think of the rule and most of all

the village?" I replied, "Why are you guys angry at me? What did I do? What is wrong? I'm a human being, not a slave to cover my face like this."

My uncle who was older than my dad, slapped me. Then they told me, "No, you made a mistake and now you are going to be punished". I started crying. Later they went outside for what the rule makers called explanations. That is why all the men went there. Because they wanted to have Jerga (all the men sit and make the decision). The jury sat for the first day and talked a lot, but they did not agree with each other because some of the jury members were my dad's friends. That day ended and my uncles and dad came home. No one talked to me. I was very sad also, but my dad was my best friend and I called him Mr. America all the time. He came to my room and told me, "Don't worry, don't cry. They have to face me if they would punish you." He hugged me. I cried and said, "Dad, please let me talk, please," but he ignored me. "You can't talk in Jerga. It is against the rules. Females can't attend Jerga, especially when they are themselves sinners and guilty. I did not sleep that night. All my family members were sad. The second day, again, the jury sat for Jerga. My dad's friends made two points to the rest of the jury members and convinced them. One, she was a guest and two, she grew up in the city and did know about the village's rules. Before my uncles came home, all my cousins came home and told me about the decision. All of them were crying and hugging me, thank Allah. "You are saved." Then the next morning I left my village, but covered my face till I arrived home.

I tried to fight against those kinds of people and rules, but I could not because I was alone and no one tried to help me. In fact, we can convince a person, but we can't convince a nation. For that we need a lot of time and a lot of people. That is why after that day I did not go again to my own village where my dad spent his childhood and my grandfather spent his childhood. Later all of my school, gym, and college friends came to my home and asked me so many questions for which I still don't have any answers. My friends told me that they would not go to their villages because what happened to me would happen to them and it was a good and clear lesson for them. They learned so many things and got experience from my situation.

*Mahjabeen Moon Zazai*  
ESLW50

## A Funny Experience

I had a funny experience in the USA on July 20, 2010. Raza and I had been married for four years, and it was my first week in Sacramento. I was 25 years old, and he was 34 years old. It happened on a Wednesday evening.

Raza and I planned to watch a scary movie, so we went to the Roseville theater. We got there at 9 PM to see "Paranormal Activity 2." We bought popcorn and Pepsi to enjoy while we were watching. Before it started, my husband said, "You can't watch a scary movie because you are such a scaredy cat," but I was trying to be brave. The movie was about a girl who turned into a ghost and killed her husband. One time during the show, I left the room because I couldn't stand to see some scary parts, but I came back and finished the movie. It lasted two hours, and we got home at 11 PM.

When we returned, I was very sleepy, so my husband and I went to sleep. It was almost 1 AM when I suddenly opened my eyes. What did I see? My husband was standing next to my bedside and staring at me with open eyes! It was very dark in the room, so I could see just his open eyes. I couldn't understand anything and started screaming really loud! He put his hand over my mouth and said, "Sana, stop! Calm down!" but I was so scared. My whole body was shaking.

Finally, Raza calmed me down. Then I asked him, "Why did you do that? Why were you looking at me like that? You wanted to kill me! Why did you want to kill me?" He was laughing like crazy. He couldn't even talk. When he stopped laughing, he said, "Why would I kill you? You are my wife. I was

looking at you because you were making noises and calling my name again and again. That's why I got up and was staring at you."

At last, I understood I was having a nightmare. I was really scared that night because of the movie. That's why I called out to Raza in my sleep. When he told me everything, we both started laughing. That was about 4 AM. When I was wiping away my tears, someone knocked on our bedroom door really hard. I couldn't understand anything and jumped into the closet.

I was scared again, and I hid myself behind the clothes.

Then my mother-in-law, Mrs. Sattar, came in and said, "Wake up, Sana and Raza. This is prayer time. Go and get ready for morning prayers." When she didn't see me, she asked about me. Raza laughed and said, "She is hiding in the closet." His mom asked why, and Raza told her the whole story. A minute later, they both started laughing at me, and I was about to cry in the closet. Finally, Raza came to me and said, "Don't be scared. That was Mom. That wasn't a ghost from yesterday's movie." It took an hour for me to control myself.

After that, I promised myself and Raza I wouldn't watch any scary movies. Even now, whenever Raza reminds me of that night, we all start laughing. I didn't think that was a funny experience at the time, but now it seems funny to me because I am braver now. I stay away from scary movies, too!



Sana Raza  
ESLW30

## Solving the Problem of Teenage Smoking in Omsukchan

My hometown, my nest, my motherland, my cradle, the place where my soul lives... It's located near the Polar Circle in the North-Eastern part of Russia. It's called Omsukchan – a small town in the middle of the wilderness, surrounded by mountains, forests, rivers, and virgin nature. It's a very cold place in winter; sometimes we have from minus sixty to minus eighty Fahrenheit outside, but summer is nice and warm. This place is also heated by people's hearts; they are the best treasure of that area. Because of isolation, you perceive people who live there as your family, as your own small world. However, there are also some problems in Omsukchan. When The Soviet Union was dissolved, the government was too busy to remember such small areas and invest money there in spite of the fact that this area has one of the largest natural occurrences of gold, silver, nickel, and other precious metals. The infrastructure stopped developing, and a decade later, young people didn't have anything to do in their free time. One of the biggest problems there, in my opinion, is teenage smoking.

When I was in high school, there were only 5 students out of 25 in my class who didn't smoke. The other classes had almost the same picture or even worse. In my opinion, the three possible solutions to the problem of teenage smoking in my hometown are the development of different kinds of sport, the organization of students' free time between classes, and the prohibition on sale of tobacco products to children under eighteen.

The first solution to the problem of teenage smoking in my hometown, Omsukchan, is the cultivation of different kinds of sport and the promotion of a healthy lifestyle. I think the biggest attraction of smoking is that it gives you the feeling that you are doing something while you actually are doing nothing; it makes you feel busy. Young people have a great deal of energy and they need to direct it somewhere.

When I was in high school, I spent a lot of time with my friends climbing mountains or hiking in summer, but I also remember long winter evenings we wasted playing cards or doing something else, empty and useless, because of nothing to do and nowhere to go. If someone organized something interesting for us such as athletic competition in those days, we would have gone willingly. I think it would be a great thing to organize a biathlon, which is a combination of skiing and rifle-shooting, or snowboard athletic clubs there. You can't succeed in sport if you have a smoker's cough. Something like a dance club can be a good place for girls to spend their time. We

actually had one center of music, art, and choreography, but it has never been promoted. I would invite some influential sportsman to have some talks with students at schools. It would be good to have performances to show other students the achievements of their athletic classmates. Young people in Omsukchan are very motivated, and the only

things needed, in my opinion, are some management and investments to make Olympic champions out of those young creatures.

The next possible solution to the problem of teenage smoking in my hometown is the organization of students' free time between classes. I had the best school and best teachers ever, but their attempts to struggle against smoking around the school area were in vain. During the recess, students smoked in front of our school, and the bravest of them – even in the lobby. They threw the cigarettes away when some teacher approached and pretended they were just "chilling" there and taking in the air in the middle of a smoke cloud! It was so much fun to hide from teachers, to "bum" for cigarettes from someone, or



just to be among that company. Students claimed to be cool if they'd spent their recess there. I think it would be great to create some clubs in my school where people can prove they're cool without tobacco. Debate club is an interesting example and useful practice for expressing your opinion. It can be also an alternative to fights after school; students would learn how to manage and use their ideas, not only their fists.

The last solution to the problem of teenage smoking in my hometown is the prohibition on sale of tobacco products to children under eighteen. I have no idea why some cashiers think it's normal to sell cigarettes to teenagers; I would make strong regulations for dealing in tobacco and alcohol products. We do have this law in Russia, but it works mostly in big cities. I guess there is not enough monitoring on business in small towns and villages. I believe costly citations would help careless business people follow the law. Sometimes, it looks funny when a cashier asks a forty-year lady buying champagne in a supermarket to show her ID in the United States. However, I think it's better than just selling as much poison as you can by not paying attention who the customer is; in addition, it can be an extra compliment to a

forty-year lady! The sales people, in their turn, can raise prices on tobacco products in order not to lose their revenue. In Russia, the price of a pack of cigarettes is twice or even three times less than in the United States; it's nearly equal the price of a pack of gum and affordable for almost every child who has pocket money. I think raising the price of cigarettes would keep many teenagers from adopting this ugly and unhealthy habit.

In conclusion, I'd say they are not somebody else's children; we can't stay indifferent seeing somebody sells tobacco, drugs, or alcohol to children. Your kids might be in a similar situation one day, so play it forward. In my view, there are some solutions to the problem of teenage smoking in my hometown, Omsukcan. The cultivation of different kinds of sport and the promotion of a healthy lifestyle, the organization of students' free time between classes, and the prohibition on the sale of tobacco products to children under eighteen can help keep many young lives healthier and happier.

*Svetlana Guseva*  
ESLW50

## Smoking in Mother Russia

Do you know when smoking was officially banned in Russia?

It might sound surprising but the first quit-smoking program was launched in Russia in the 17th century. Tsar Alexei Mikhailovich banned smoking on pain of death. But not because of harm to health, but because of the fire.



It was thought that smoking caused the Fire of Moscow in 1634).

The first mention of tobacco in Russia goes back to the end of the 16th century. It came to Russia following two paths: from the West - by visiting foreigners, and from the East - from China, since there

are indications that, in Siberia, people smoked tobacco delivered from China.

Tobacco was legalized by Peter the Great. After his trip to western Europe in the 1690's he returned home as a heavy smoker. It is noteworthy that according to Peter's decree of 1697 it was allowed to inhale and exhale tobacco only through pipes.

Smoking was very popular throughout the 20th century and up to now we have a very high rate of smokers. (About 69% of men and 30% of women are smokers). It's still allowed to smoke in many public places but in most cafes and restaurants there're smoking and non-smoking areas. During your Moscow tours remember this fact while booking a table in a restaurant.

<http://bridgetomoscow.com/curious-fact-smoking-in-russia>

## Nestscape -- Articles from The Web

### Your Ancestors Didn't Sleep Like You

*Ok, maybe your grandparents probably slept like you. And your great, great-grandparents. But once you go back before the 1800s, sleep starts to look a lot different. Your ancestors slept in a way that modern sleepers would find bizarre – they slept twice. And so can you.*

#### **The History**

The existence of our sleeping twice per night was first uncovered by Roger Ekirch, professor of History at Virginia Tech.

His research found that we didn't always sleep in one eight hour chunk. We used to sleep in two shorter periods, over a longer range of night. This range was about 12 hours long, and began with a sleep of three to four hours, wakefulness of two to three hours, then sleep again until morning.



References are scattered throughout literature, court documents, personal papers, and the ephemera of the past. What is surprising is not that people slept in two sessions, but that the concept was so incredibly common. Two-piece sleeping was the standard, accepted way to sleep.

*"It's not just the number of references – it is the way they refer to it, as if it was common knowledge," Ekirch says.*

An English doctor wrote, for example, that the ideal time for study and contemplation was between "first sleep" and "second sleep." Chaucer tells of a character in the *Canterbury Tales* that goes to bed follow-

ing her "first sleep." And, explaining the reason why working class conceived more children, a doctor from the 1500s reported that they typically had sex after their first sleep.

Ekirch's book *At Day's Close: Night in Times Past* is replete with such examples.

But just what did people do with these extra twilight hours? Pretty much what you might expect.

Most stayed in their beds and bedrooms, sometimes

reading, and often they would use the time to pray. Religious manuals included special prayers to be said in the mid-sleep hours.

Others might smoke, talk with co-sleepers, or have sex. Some were more active and would leave to

visit with neighbours.

As we know, this practice eventually died out. Ekirch attributes the change to the advent of street lighting and eventually electric indoor light, as well as the popularity of coffee houses. Author Craig Koslofsky offers a further theory in his book *Evening's Empire*. With the rise of more street lighting, night stopped being the domain of criminals and sub-classes and became a time for work or socializing. Two sleeps were eventually considered a wasteful way to spend these hours.

No matter why the change happened, shortly after the turn of the 20th century the concept of two sleeps had vanished from common knowledge until about 1990.



## *The Science*

Two sleeps per night may have been the method of antiquity, but tendencies towards it still linger in modern man. There could be an innate biological preference for two sleeps, given the right circumstances.

In the early '90s, psychiatrist Thomas Wehr of National Institutes of Mental Health conducted a study on photoperiodicity (exposure to light), and its effect on sleep patterns.

In his study, fifteen men spent four weeks with their daylight artificially restricted. Rather than staying up and active the usual sixteen hours per day, they would stay up only ten. The other fourteen hours they would be in a closed, dark room, where they would rest or sleep as much as possible. This mimics the days in mid-winter, with short daylight and long nights.

At first, the participants would sleep huge stretches of time, likely making up for sleep debt that's common among modern people. Once they had caught up on their sleep though, a strange thing started to happen.

They began to have two sleeps.

Over a twelve hour period, the participants would typically sleep for about four or five hours initially, then wake for several hours, then sleep again until morning. They slept not more than eight hours total.

The middle hours of the night, between two sleeps, was characterized by unusual calmness, likened to meditation. This was not the middle-of-the-night toss-and-turn that many of us experienced. The individuals did not stress about falling back asleep, but used the time to relax.

Russell Foster, professor of circadian neuroscience at Oxford, points out that even with standard sleep patterns, this night waking isn't always cause for concern. "Many people wake up at night and panic," he says. "I tell them that what they are experiencing is a throwback to the bi-modal sleep pattern."

Outside of a scientific setting, this kind of sleep pat-

tern is still attainable, but it does require changing our modern, electric lifestyle. Very cool person J. D. Moyer did just that. He and his family intentionally went an entire month with no electric light.

In the winter months, this meant a lot of darkness and a lot of sleep. Moyer writes "...I would go to bed really early, like 8:30, and then get up around 2:30am. This was alarming at first, but then I remembered that this sleep pattern was quite common in pre-electric light days. When this happened I would end up reading or writing by candlelight for an hour or two, then going back to bed."

Moyer didn't set out to reproduce our ancestors sleep pattern, it just happened as a byproduct of a lot of dark hours.

## *Should We Revive Two Sleeps?*

Although history shows that two sleeping was common, and science indicates that it is (in some conditions) natural, there is no indication that it is better. Two sleeps may leave you feeling more rested, but this could simply be because you are intentionally giving yourself more time to rest, relax, and sleep. Giving the same respect to the single, eight-hour sleep should be just as effective.

Note too that two sleeping needs a lot of darkness – darkness that is only possible naturally during the winter months. The greater levels of daylight during summer and other seasons would make two sleeping difficult, or even impossible.

Perhaps two sleeping is merely a coping mechanism to get through the long, cold, boring nights of the winter. Today, we don't need to cope. So long as we give our sleep the time and respect it needs, getting the "standard" eight hours of sleep should be fine.

But next time you wake up at 2 AM and can't sleep, just remember your great, great, great, great, great grandfather. He did the same thing every night.

<http://slumberwise.com/science/your-ancestors-didnt-sleep-like-you/>

## Rubles For Minutes, Not Mochas, At Russian Cafe Chain

*continued from page 1*

And everything else is free. Welcome to Tsiferblat in Moscow. It's one of two in the city, and in English, it would be known as the Clockface Cafe.

When you enter, Polina Poliakova leads you to a cabinet filled with defunct alarm clocks. "When you come to Tsiferblat, first what you should do is take the clock," she says, explaining what she calls "the ritual."

So you choose a sturdy Soviet model and Poliakova notes your time of arrival.

The clock doesn't actually work — it just serves as a marker for your table and a reminder that you are now "on the clock."

### *A Multipurpose Space*

Clockface is the brainchild of Ivan Meetin, a 28-year-old who got started in the business by experimenting with a cafe that ran solely on donations.

Clockface is different, he says. "You don't have to pay for coffee or tea or cookies," Meetin says. "You should pay for time, and time costs — I hope — [are] not that expensive."

By Moscow standards, it's not.

You pay two rubles a minute for the first hour — slightly less than \$4 an hour — and then one ruble per minute for the time beyond that. Any time after five hours is free — so you can never spend more than about \$12 per person.

Clockface is much larger and busier than it looks from the outside.

The clientele — which seems to range in age between about 18 and 30 — includes students in study groups and business people who crowd around a table that's bristling with computer screens.

Poliakova leads the way through seven good-sized rooms, all decorated with homey furniture, stopping to point out with pride the espresso machine.

"We have cappuccino, latte, espresso, Americano, and

our coffee is not the cheap one," Meetin says with pride, adding that Clockface has its own coffee-roasting operation in the Moscow suburbs.

He says customers can bring their own food, too, so many people use the space for parties and birthdays, as well as lectures and classes. You can bring anything, he says, except for alcohol and drugs, and there's no smoking.

### *'The Social Network In Real Life'*

Clockface provides space for classes and events, board games, books and newspapers — even art supplies such as paper, pencils and brushes for the drawing club that meets on Tuesdays. In fact, Meetin says that for him, the cafe is more of an educational or artistic project than a business. "Sometimes I call it the social network in the real life," he says. "I want people to communicate."

And in that sense, Meetin's idea is a throwback to what people did before there were social media — he may have just figured out a different way to make it pay.

He has nine cafes up and running: seven in Russia and two in Ukraine.

He already has plenty of competition in Russia, from people who have taken the pay-by-the-minute cafe idea and tried to give it wider appeal by providing pop music and video games. Meetin calls that "killing time."

Before he got into the cafe business, Meetin says, he tried his hand at theater, art, music and literature. He had some success, too: One of his novels was short-listed for a Russian literary award, the Debut Prize, but he says he realized that he is "not genius."

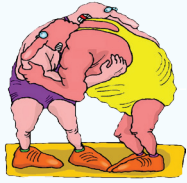
But he also decided that he wanted to do something on the level of genius, to be as good at something of his own as his childhood favorite, Charlie Chaplin, was at comedy.

"It's not Charlie Chaplin, of course," he says about the cafe. "But somehow, it's a good thing, and I can say that I am satisfied with it."

Meetin is thinking of opening his next Clockface in London.

<http://www.npr.org/2013/01/10/168632183/rubles-for-minutes-not-mochas-at-russian-cafe-chain>

# Parrot Warbling



## Grappling with Grammar

### The imperative

We can use the imperative to give a direct order.

- Take that chewing gum out of your mouth.
- Stand up straight.
- Give me the details.

We can use the imperative to give instructions.

- Open your book.
- Take two tablets every evening.
- Take a left and then a right.

We can use the imperative to make an invitation.

- Come in and sit down. Make yourself at home.
- Please start without me. I'll be there shortly.
- Have a piece of this cake. It's delicious.

We can use the imperative on signs and notices.

- Push.
- Do not use.
- Insert one dollar.

We can use the imperative to give friendly informal advice.

- Speak to him. Tell him how you feel.
- Have a quiet word with her about it.
- Don't go. Stay at home and rest up. Get some sleep and recover.

We can make the imperative 'more polite' by adding 'do'.

- Do be quiet.
- Do come.
- Do sit down.

<http://www.englishgrammarsecrets.com/imperative/menu.php>

## Idiom--Attic

### All rolled into one



Charles is handsome, intelligent, talented, clever and witty. He's what some would say would be the perfect man **all rolled into one**. That is to say, he's a combination of things which, when viewed together, form a single -- and complete -- unit. "You, my dear, are greatness and beauty all rolled into one," Charles whispered to Sylvia.

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

## Beak Speak Consonant Replacement

The sounds of some words change, depending on the combination of letters used to form the word. Two such sound changes are the flap (In the previous Parrot Issue 72) and the glottal stop.

### The Glottal Stop

When a 't' is followed by a vowel + n syllable (eaten), the 't' sound is replaced with a glottal stop, which is a complete closing of the vocal cords for a short moment. A glottal stop sound can be heard in the pronunciation of the negative uh uh.



"eaten" becomes ea'n	Have you eaten yet?
"satin" becomes sa'n	Satin sheets are nice to sleep on.
"sentence" becomes se'ence	This sentence makes no sense.
"mountain" becomes moun'n	I'm not much of a mountain climber.
"getting" becomes ge'n	I'm getting to old for this
"button" becomes but'n	Sam lost a button on his shirt.

<http://pronunciationtips.com>

## Some More Parrot Fun Stuff

### Car Parts Wordsearch



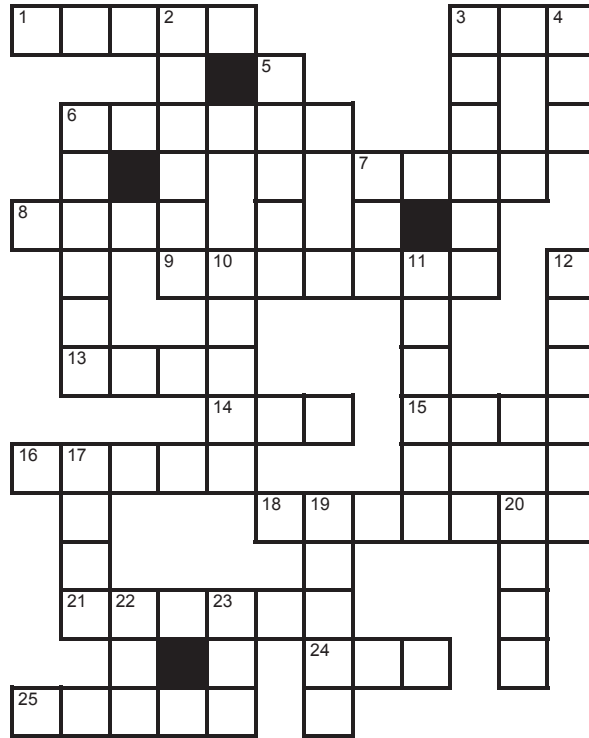
AIR BAG  
AIR CONDITIONER  
ALTERNATOR  
AXLE  
BATTERY  
BODY  
BRAKE  
BUMPER  
CAR SEAT  
CARBURETOR  
CARRIER RACK  
CHILD SEAT

CLUTCH  
COOLING FAN  
CRANKCASE  
CRUISE CONTROL  
DEFOGGER  
DEFROSTER  
DOOR  
DRIVE LINE  
DRIVESHAFT  
ENGINE  
FRAME  
FUSE

GAS TANK  
HEADLIGHT  
HOOD  
HORN  
IGNITION  
MUFFLER  
POWER WINDOW  
RADIATOR  
RADIO  
REAR VIEW MIRROR  
ROOF  
SEAT BELT

STARTER  
STEERING WHEEL  
SUSPENSION  
TAIL LIGHT  
TIRES  
TRANSMISSION  
TRUNK  
TURN SIGNAL  
WHEEL RIM  
WHEELS  
WINDSHIELD

# Parrot Crossword for Cruciverbalists



## Down

- |                                       |  |
|---------------------------------------|--|
| 2 A season that rhymes with king.     | 10 A kind of fruit that begins with A. |
| 3 A type of fruit that begins with O. | 11 A kind of fruit that begins with G. |
| 4 A pet that rhymes with log.         | 12 A kind of bird that begins with P.  |
| 5 The opposite of over.               | 17 Another word for throw.             |
| 6 A place that rhymes with pool.      | 19 The opposite of wrong.              |
| 7 A drink that rhymes with sea.       | 20 The opposite of far.                |
|                                       | 22 Another word for pull.              |
|                                       | 23 The opposite of in.                 |

## Word Skills

### Across

- 1 A kind of flower that begins with D.
- 3 The opposite of young.
- 6 Another way to say 'run fast'.
- 7 Another way to say 'very small'.
- 8 The antonym of thick.
- 9 A synonym for trash.
- 13 Another word for jump.
- 14 The opposite of high.
- 15 A fruit that rhymes with hair.
- 16 Another word for rock.
- 18 A synonym of gift.
- 21 The opposite of weak.
- 24 A farm animal that rhymes with pen.
- 25 The opposite of heavy.



Solutions to crossword on page 14

## The Dog Ate The Bone

The dog ate the bone.  
Don't you think that's kind of weak?

The verb here is "ate"  
But it needs a little tweak.

The dog ate the bone,  
Let's try another verb.

One that's really fun to write,  
One that's quite superb.

The dog could devour the bone,  
Nibble, gnaw, or munch it.

The dog could snark-up the bone,  
Gobble, bite or crunch it.

The dog could consume the bone,  
Oh yes, that dog could do it,  
Inhale the bone, impale the bone,  
Swallow, gulp or chew it.

So when you're writing to impress,  
Don't use a verb that fizzles.  
Think of every word you know,  
And give me one that sizzles!

Melissa Forney

## Rigoberto's Riddles

From the beginning of eternity  
To the end of time and space  
To the beginning of every end  
And the end of every place.  
What am I?



Answer: The letter 'e'

## Silly Vasily's Chuckle Chamber



A three-year old walks over to a pregnant lady while waiting with his mother in a doctor's surgery.

"Why is your stomach so big?" he asks.

"I'm having a baby," she replies.

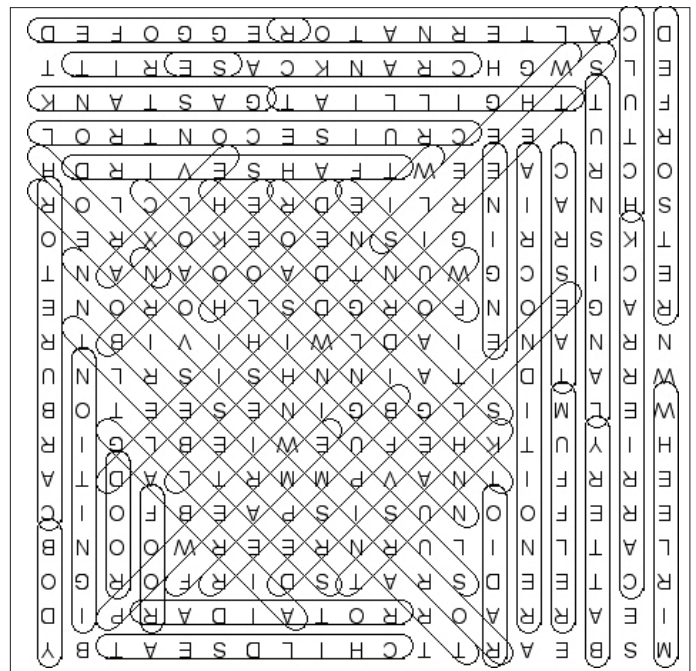
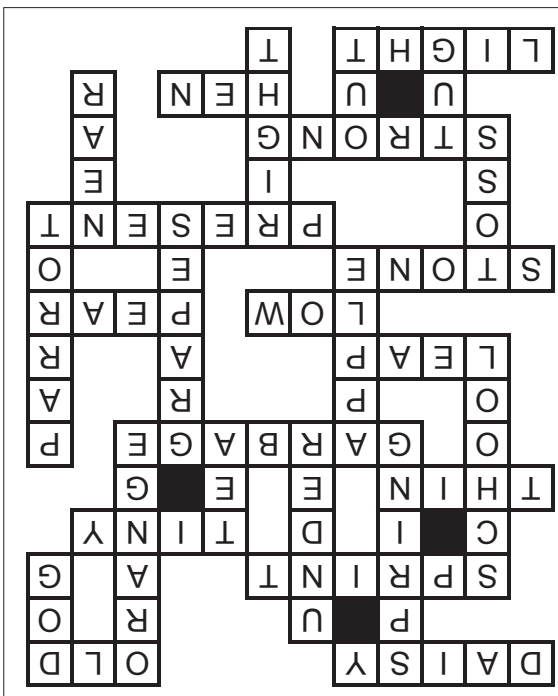
"Is the baby in your stomach?" he asks, with his big eyes.

"Yes, it is," she says.

"Is it a good baby?" he asks, with a puzzled look.

"Oh, yes. A really good baby," the lady replies.

Shocked and surprised, he asks, "Then why did you eat him?"



# Granny Noetal

Dear Granny Noetal,

I really enjoyed my class this summer semester 2013 with Professor C. Ludovina, and I would like to place a small article about that to stimulate other students to learn Spanish.

Due to the vibrant, colorful culture, the deep-rooted history and tradition, and the open, friendly nature of Spanish-speaking people, Spanish courses in ARC are a continuously popular choice among language learners.

There are many reasons why students choose to take Spanish courses: Spanish is like a second language in the US, there's a huge Spanish-speaking community in Sacramento, and learning Spanish is necessary to keep pace with popular culture. For many, learning Spanish is rapidly becoming a business necessity, knowing Spanish will completely transform your travel experience, knowing how to speak Spanish will enable you to help others, learning Spanish will allow you to better appreciate Hispanic cultural contributions, and learning Spanish --it is fun!

If you choose to learn Spanish in ARC summer semester, you will be combining an exotic holiday with lan-

guage education, making an unforgettable experience. In that Spanish course, you will have the chance to practice what you are learning throughout your course in practical situations. As the professors are so friendly, you should feel comfortable using your new language skills to communicate with your classmates during your Spanish course.

Achieve your language-related goals with one of the Spanish courses at ARC!!!

Olesya Beslyk

Dear Olesya,

Gracias for your letter and I agree that we have great Spanish instructors and courses. Some students worry that learning more than one foreign language at a time is too much for the old brain but as far as I know, that's not true. In fact, despite my old age I am now signed up for an Italian class! So, bueno!

La abuela,

Granny Noetal



## How Well Do You Know Your Campus?

→ The Oak Café

- Serves a higher purpose
- Serves Beaver Breakfast Burritos
- Serves absolutely scrumptious food
- Serves students with a 4.0 GPA
- "a" and "c"



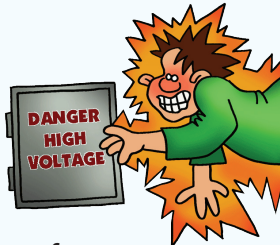
→ The parking garage (structure)

- Is open for picnics
- Is open for tours
- Is open 24 hours
- Is open for skateboarding
- None of the above



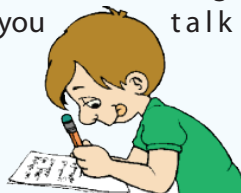
→ The physics department

- Is selling The God Particle
- Believes "a" is the only answer you need to know for a rational existence
- Is highly creative but "a" and "b" are false



→ The Assessment Center

- Tests you and tells you if you're cool or not
- Tests you on English and math
- Detests you
- Is located in the Student Services Building
- "b" and "d" and even "a" if you talk to them nicely



→ Bike racks

- Are many and can be found all around the campus
- Are hard to steal if you want one for your den
- Are taking up valuable parking space for cars
- Are only for people in spandex
- Only "a" is correct, which makes you wonder why there is an "e"



→ Public Telephones

- Actually exist
- Are located in front of the Administration Building and a number of other places on campus
- Require coins – pieces of metal with pictures of dead guys
- All of the above



→ Parking citations

- Are surprisingly easy to get
- Are not awards you can brag about
- Sadden and depress parking officers
- Can be paid for with Beaver Buttons
- "a", "b", and "c"



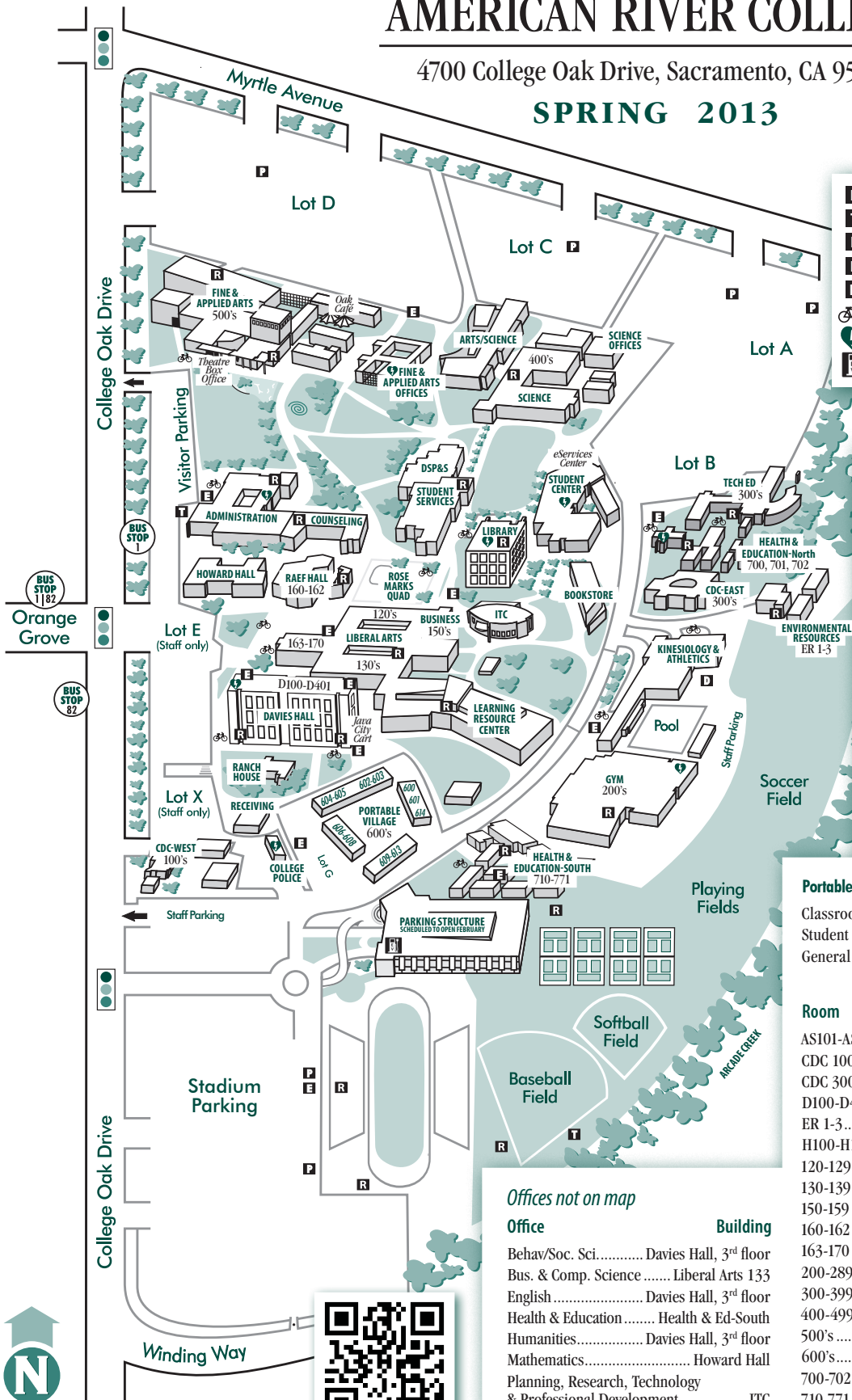
**Campus Map  
on Page 17**



# AMERICAN RIVER COLLEGE

4700 College Oak Drive, Sacramento, CA 95841

SPRING 2013



- P** = Daily parking permit machine
- T** = Public telephones
- E** = Emergency telephones
- R** = Public restrooms
- D** = Paratransit loading zone
- = Bike rack and/or locker
- = Automated external defibrillator
- = Electric Vehicle Charging Station

Service	Building
Assessment.....	Student Services
Business Services	..... Administration
Campus Life Center	..... Student Center
Counseling.....	Administration
DSPS.....	Student Services
e-Services.....	Student Center
Enrollment Services	..... Administration
Financial Aid ..	Student Services
Health Center ...	Administration
Oak Café.....	Fine & Applied Arts
Police.....	south of Davies Hall
Student Development Office	..... Student Center

**Portable Village Key (600's)**

Classrooms.....	600/601/603/606/609-614
Student Services Computer Lab.....	604-605
General Offices.....	607-608

Room	Building
AS101-AS112 .....	Arts & Science
CDC 100's .....	Child Dev. Ctr. (west)
CDC 300's .....	Child Dev. Ctr. (east)
D100-D401 .....	Davies Hall
ER 1-3 .....	Environmental Resources
H100-H171 .....	Howard Hall
120-129.....	Liberal Arts (CS&IT, Bus)
130-139.....	Liberal Arts (CS&IT, Math)
150-159.....	Liberal Arts (CS&IT, Bus)
160-162.....	Raef Hall
163-170.....	Liberal Arts (Mathematics)
200-289.....	KA (PE) & Athletics
300-399.....	Tech Ed
400-499.....	Science
500's.....	Fine & Applied Arts
600's.....	Portable Village
700-702.....	Health & Education (north)
710-771.....	Health & Education (south)

*Offices not on map*

Office	Building
Behav/Soc. Sci.....	Davies Hall, 3 <sup>rd</sup> floor
Bus. & Comp. Science.....	Liberal Arts 133
English.....	Davies Hall, 3 <sup>rd</sup> floor
Health & Education.....	Health & Ed-South
Humanities.....	Davies Hall, 3 <sup>rd</sup> floor
Mathematics.....	Howard Hall
Planning, Research, Technology & Professional Development.....	ITC



## Capturing Caputo

*continued from page 1*

**Joe:** Well, there is not a lot of money nowadays to hire regular full-time instructors. So, I know the department wants to hire more full-time instructors but they don't. They're kind of limited by the budget and so that's what I'm doing right now. The LTT is good in the sense that I get experience, full-time experience. So it's going to help me eventually become a regular full-time instructor.

**Parrot:** Interesting. How can you become a teacher? Especially in math?

**Joe:** Ok. So to teach at the community college in math, you, of course, need, first of all, your bachelors in math, and then every discipline, well not every discipline, but most disciplines, math, English, the big ones, require a master's degree. And so after finishing a bachelor's degree, you would have to get a master's degree. It's a little bit different to teach at high school or something like that where you have to get a credential, so there is a little difference there. I do have a master's degree in math from UC Davis and I knew I wanted to teach at community college because I was a student, not here at American River, but at a community college and I really enjoyed the experience. That's kind of what made me want to do this.

**Parrot:** Had you ever thought you would become a professor some day when you were a kid?

**Joe:** When I was a kid, no, I didn't think about it. My mom was a teacher but I didn't think about becoming a professor. No, not until I got to college. I transferred from Yuba College where I went to junior college. After I transferred to Davis, I started to think what I wanted to do. I really enjoyed my math classes, and I had really good math instructors at Yuba College so that made me want to do that. At that point, I decided I wanted to be a community college teacher

**Parrot:** Some day, I think I will become a math professor too.

**Joe:** Math is a good choice because there are not as

many people that are so into math. While there's still plenty of competition, it's not as rough as English. There are a lot more people that have a degree in English, so the competition for the job is a lot tougher.

**Parrot:** Do you have any interesting stories from your teaching here?

**Joe:** Specifically from here? I have some interesting ones. Mostly, it depends on the class. Some classes are really active and boisterous and some are a little more subdued. But I have had in fact in the MMLC (Math Multimedia Learning Center). One of my former students is now a teacher at a high school and she works as an instructional assistant in the MMLC here in American River. That's kind of fun when I've actually seen one of my students now having their own jobs, careers in math, so that I think that's pretty cool.

**Parrot:** Are you involved in any club here?

**Joe:** I was helping out with the AMATYC (American Mathematics Association of Two-Year Colleges) and I'll probably continue to do that. I have helped out at Mesa here a little bit. I helped out at Mesa more at Yuba College because I also teach there part-time. So as a part time instructor, it's hard to do with my schedule. It changes all the time so it's hard to stick with one club, because they always want to meet at the same time. I'm often teaching at the same time, but I help where I can.

**Parrot:** Would you please tell me something about Mesa?

**Joe:** About Mesa? Mesa is a wonderful program for any student that wants to get into math or science or engineering. There're a lot of like-minded people there. Mesa offers some help with homework or things like this, and also instructors will just talk about their experiences. Not a lot different from what we're doing right now, but students have questions about it. You know, what's it like to take classes at Davis or what I experienced as a student. There's also some help, I believe, for applications for schools

and also applications for scholarships that are offered by Mesa as well, for students that are qualified. They have scholarships and things like that too. So it's really a great program, and I think Will Davis, the director, did an excellent job running the Mesa program here.

**Parrot:** I will meet him next Thursday.

**Joe:** Next Thursday? Will, he's really a great guy. He does a wonderful job of running the Mesa program.

**Parrot:** Usually what do you do in your spare time?

**Joe:** After teaching? Well, a teachers' work never ends. If it's not teaching, it's grading, and if it's not

grading, it's prepping. But in my own spare time, I have a few activities that I have. I play ultimate Frisbee. It's similar to, it's like, a mix between Frisbee and football. Just to get out and exercise and I do some running. I watch movies and hang out with my friends. What I do is not actually not a lot different from what students would do. I guess I'm a little older so my friends are a little more subdued probably, but I like to stay active and it's good to decompress once in-a-while sometimes. That helps.

**Parrot:** Thank you very much, sir. You have a nice day.

**Joe:** Good luck and goodbye.

## Out of the Cage

### Some Song and Dance

Friday, October 4, 2013

7:00 pm

Join us for an ARC faculty recital by Dr. Dyne Eifertsen on trombone/electronic loops with special guests Steve Lishman (sax), Theresa Keene (piano) and ARC student and faculty dancers. There will be projected artwork by ARC faculty and students.

This free recital will be held in the ARC Music Dept. room 547.

For more information, contact Dr. Dyne Eifertsen, 484-8676.

### HAIRSPRAY - The Musical

October 11-27, 2013

Fri/Sat at 8:00pm,

Thurs. at 6:00 pm,

Sun. at 2:00pm.

Ticket Prices: General \$15, Student/Senior \$12 Tickets are available online at [www.SeatYourself.biz/ARCTheatre](http://www.SeatYourself.biz/ARCTheatre). Box Office is open one hour before each performance. For more information: (916) 484-8234.

Location: the ARC Theatre

### Sacramento World Music Festival

Sunday, October 6, 2013

10:00 am

The ARC Latin Jazz Ensemble will perform at the Sacramento World Music and Dance Festival at 10 AM. Admission is free and will be held in Old Town Sacramento.

### Career Fair

Thursday, October 10, 2013

10:00 am - 1:00 pm

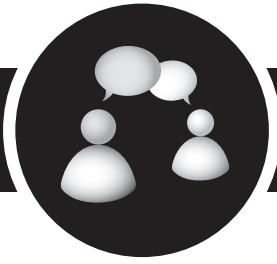
More than 30 employers are participating. Meet with employers and get one step closer to a meaningful career!

Location: Student Center, Community Rooms

## 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](mailto:Braccop@arc.losrios.edu).



## English as a Second Language Center

(916)484-8919

The **ESL Center** in the LRC is designed to help ARC students who are English language learners improve and expand on their language skills.

### The program provides students with:

- ◆ Individualized plans of study chosen from modules in all skill areas.
- ◆ One-on-one explanations and corrections.
- ◆ A flexible attendance schedule based around available study times.

### The ESL Center can help you with:

- ✓ Practice and review the grammar taught in ESLW 30 – 340 and ESL G 50 – 320.
- ✓ Increase your vocabulary and reading skills from ESL R 30 – 350.
- ✓ Improve your listening and speaking skills with computer-based and/or small group conversation-based modules for levels from ESL L 30 – 320.

**NOTE:** Enrollment after the beginning of the semester is allowed if space is available. Look for ESL 34, 44, 54, or 94 in the current course schedule.

### THE ESL CENTER HOURS:

#### Fall & Spring Hours

Monday – Thursday, 8:00 am to 7:15 pm\*

Friday, 8:00 am – 12:30 am\*

CLOSED WEEKENDS

\*Open hours apply to instructional days only.



LEARNING RESOURCE CENTER

### LRC BUILDING HOURS

\*BUILDING HOURS APPLY TO INSTRUCTIONAL DAYS ONLY

#### FALL 2013 HOURS:

Mon - Thurs 7:30 am - 8:30 pm\*

Friday 7:30 am - 4:30 pm\*

Weekends - CLOSED

Individual program hours vary



The LRC is considered an instructional classroom and a quiet learning environment.

### Learning Resource Center

American River College  
4700 College Oak Dr

Sacramento, CA 95841-4286

PH: 916.484.8693

[www.arc.losrrios.edu/LRC](http://www.arc.losrrios.edu/LRC)

