



# The Parrot

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

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## The Psychology of Prof. Andrea Garvey

**Parrot:** You are from Brazil. Could I ask why you came to live in the United States?

**Prof. Garvey:** Yes, I moved to the United States in 1994, to go to graduate school. I was twenty-one years old and I applied at the University of Utah, in Salt Lake City, Utah. So, I went there to get my master's degree in Psychology and my PhD in Psychology as



well. That is why I moved to the United States.

**Parrot:** What do you miss most about Brazil?

**Prof. Garvey:** My family. The food I can make. But it's becoming easier to get ingredients. It's just the family really. The family is the hardest thing.

**Parrot:** What was your first job in the United States?

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## How Black Jockeys Went From Common to Rare in the Kentucky Derby

Each year, along with hat shopping, forecast watching, and amateur handicapping, the Kentucky Derby brings with it a sense of the state's rich history. But whose



history is it?

Today's thoroughbreds are piloted around the racetrack by jockeys who are mostly white and Latino. But in the early days of racing, black jockeys dominated.

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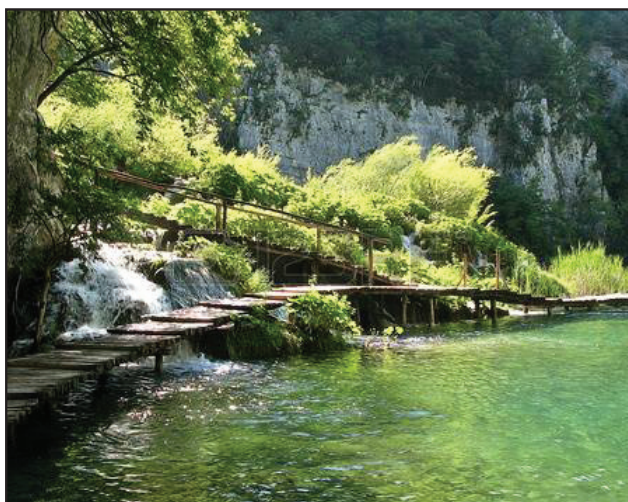
## Student Chirpings

### The Place that Made Me Happy

All people have a favorite place where they can be alone, away from their every day problems. Just a few hours in that place help you to relax the mind and soul, to gain strength, and to be happy. The place also can be very meaningful for a person. Maybe something important happened there, like finding love for the first time, or learning some news that changed all of life. My favorite place is also very important for me because it's part of my native land. It doesn't have such powerful memories connected with it, but, nevertheless, I miss it a lot.

I discovered this place in my native country, Moldova, about five years ago. My family bought a new apartment in the new area of the city Kishinev. The district of the city was completely unfamiliar to me. Day by day I was discovering new, interesting places around my new home. One sunny day, I was walking along the street, when I saw a beautiful green park on the right. It was amazing! It's hard to describe in words all the beauty of the spring park. From all sides I was surrounded by wonderful flowering plants. I felt dizzy from such bright colors and rich scents of flowers. Many beautiful butterflies were fluttering and the bees were buzzing around me.

Winding gravel paths were leading into the depths of the park. For a while, I was walking down the pathway and enjoying the splendor of nature. Soon I felt tired, and decided to take a rest. I was looking around for a place to relax when I saw a big, old oak and a little bench under it. When I came closer, I saw that oak was growing on the shore of a small lake. Sitting on the bench, I realized how beautiful and lovely the place was. Since that moment this became my favorite place to visit and where I felt most comfortable. I didn't want to leave this piece of paradise. The lake was located in the depths



of the park, so just a few visitors went so far. There was no sound that would violate the peace and quiet of this place. It felt like the world stopped. Only the rustle of leaves and the chirping of birds above my head reminded me of reality.

Since that day, I spent most of my free time at this place. On the lake different kinds of birds, such as ducks, geese, and herons lived. It was interesting to watch their life and behavior. I especially liked the ducks. They seemed to me a little funny because of their clumsy gait. I often brought food and fed the birds during the day. Every time I came there, I had a feeling like my place is glad to see me again. The old oak branches were bending to the ground as if welcoming me. The birds were swimming immediately to the shore, waiting for their food. It was so pleasant for me. I liked to prepare for exams under my beautiful tree, when home was too noisy. The air was so fresh and clean, and it helped me to focus on my work.

This place was amazing at any time of the year. During winter time, the trees' branches were brimming with white, heavy snow. I imagined the oak as a hero guarding the lake and its inhabitants. In the summer, the tree saved me from the heat in the shade, in the autumn – from the rain. It was the place where I could get away from all my troubles and find inner harmony. Nature always helps us to understand ourselves. That's why there was always a desire to return again and again to a favorite place. I could sit there forever enjoying life, dreaming about the future, and looking at the blue sky. This place is meaningful to me because it's a part of the country I love, part of my homeland - Moldova. I'm sure I will visit this place again when I return home. It will remain in my heart forever.

*Arina Romanciuc  
ESLW50*

## Communication Patterns in Slavic and Western Cultures

Why is it weird for somebody to see how George W. Bush is holding hands with the prince of Saudi Arabia, but nothing seems wrong when Michelle Obama breaks royal protocol by giving the Queen Elizabeth II a hug? There is a lot of nuance in these kinds of gestures that can be misinterpreted and can also be performed incorrectly by people unfamiliar with certain customs. In fact, holding hands in Middle Eastern cultures and a hug in Western culture are signs of general respect and affection. Cultural diversity makes communication difficult as the mindset of people from other cultures is different; the meaning of words, behavior, and gestures may vary around the world. Particularly in such a multicultural place as the US, "culture" is often at the root of communicational challenges. No matter how well we understand each other, communication is hard. As an offspring of Slavic culture and an American dweller, I would like to highlight some of the differences in communicational patterns in Slavic (Russia, Belarus) and Western (US) cultures. From my own observations, they have to do with personal space, expression of emotions, conversational features, and eye contact.

Americans prefer more personal space than Slavs do. In the US, when friends or families greet each other, they shake hands or give a short hug and immediately step aside to have some distance for conversation. "In Slavic culture, personal space is not an option; your space is also a space of your interlocutor", says Dr. Deborski (Cultural Differences between Americans and Russians, 2012). In Russia, people are comfortable talking right on top of each other with very little personal space between them. Americans are very uncomfortable with "close talkers" so they start to back away. Slavic people do not like too much personal space and would rather speak sitting or walking quite close to each other.



As conversation proceeds, they tend to come closer and closer. I have a friend from Russia and consider him a close talker. Often I catch myself stepping back during conversation until he has me cornered, and I have nowhere else to go. Moreover, in Slavic culture it is considered rude and unfriendly to keep a large distance during the conversation, while in Western culture it is preferred.

Emotional expression during conversation is also quite different within these cultures. American folks are open and less formal, with society interacting casually and debating in a friendly manner, discussing personal and non-personal issues. In contrast, Slavs are more formal and reserved; there trivial or casual behavior is considered a sign of disrespect. They also

tend to be suspicious of strangers. Nobody here asks an unknown person a question like, "How was your weekend?" As a result, any American traveler entering Russia or Belarus will be surprised at the number of gloomy and unwelcoming faces. Nevertheless, on closer acquaintance, he/she will see sincere smiles. You can also compare emotional expression of TV broadcasters. While American presenters look relaxed and often joke during the live broadcast, Russian representatives, in turn, are very formal and strict.

Conversational features are another interesting distinction I've observed. Nancy Masterson Sacamoto, in her article "Conversational Ballgames", explains the difference between Japanese (Eastern) and American (Western) conversational styles. She found out the root of conversational problems in different speaking styles. Despite the fact Sacamoto spoke Japanese, her Western way of speaking was incomprehensible to local people. She brings the analogy of a tennis game for Western and bowling for Eastern styles of speaking (Sacamoto, 3). Ac-



According to this model, I would say that Slavic style is the mix of Eastern and Western conversational "games". This is a team game. Everyone is involved in conversation; everyone knows its place and significance here. The rules are simple: be polite and return the ball to your opponent. However, if you are the youngest participant, your voice is less important. Interruption is equal to a missed ball. I also noticed that like in bowling, the topic (ball) can be chosen by the person who is holding the ball. Besides, it is inappropriate for Americans to discuss some "taboo" topics (like religion, race, etc.). Slavic people are free to talk about such things straight from the shoulder, forthright. How about eye contact? I found this way of interaction is very similar in both Slavic and Western cultures. In Russia as well as in the US, eyes are considered to show a central point of a person's focus. So, if somebody doesn't give you any eye contact during a conversation, it may be considered insulting. In both cultures, people would think that they weren't interested,

and take wandering eyes as a sign of distraction. At the same time, in other, more formal circumstances, a lack of eye contact can be read in another way. For instance, in an interview situation, strong eye contact by the interviewee is seen as a sign of self-confidence; whereas an absence of such contact is considered as a lack of self-belief. Thus, Americans and Slavs have similar understanding of this issue.

In conclusion, understanding a foreign way of speaking can be difficult. To avoid communication errors, it is always beneficial to know how someone's culture is different from your own. I like the phrase "Although we're all different, we share many similarities." As people, we should know that despite all the cultural differences, every one of us on emphasis on education and social status. We all value family and friendship; we all work hard toward a better future and peace on earth.

*Natalya Paripa*  
ESLW320

## An Unexpected Trip

I should have made a great plan for my trip. Never had I had such a trip full of the unknown and unexpected. When I was twenty years old, I had been looking forward to an exciting trip for a long time. Furthermore, I had never left China before. That summer, I really wanted to do something different. One day, I was totally convinced by a fantastic airfare with visa promotion. As a result, I packed my huge backpack, said goodbye to my parents, and started out on my journey. At the moment when I boarded the airplane and settled into my seat, I realized that my adventure had just begun.

It was my first time to visit Thailand, to go abroad, and to travel alone. There were so many first times on my trip. I loved traveling and visiting new places, but I was too young to know how



to prepare well for a trip. Now when I was on the airplane for real, I began to panic. I had taken some trips by airplane with my parents, but I always feared accidents. There were many air accidents just coming into my mind, such as air collisions, thunderstorms, tornados, and even UFO attacks, which commonly appeared in Hollywood movies. At the time I was watching the movie, "I am Legend," which was scary and tragic. I was afraid that something bad might happen, so I stopped watching the movie and started to listen to music. I dared not imagine how

my trip would be and what would happen to me. I hadn't even made a hotel reservation, a plan, or a route. The only thing I knew was that I was on the flight to Bangkok, Thailand. With more and more worries and anxieties growing in my mind, I knew it was my last chance to think about my trip at this

moment. Luckily I had three hours to plan my trip, so I took out the guidebook that I had bought at the airport bookstore. To be sure, I had never read a book so seriously in my life. I eventually made a quick plan for spending my seven days in Thailand just as the airplane was descending, and I was approaching my destination

It was almost five P.M. when I arrived at Bangkok International Airport. The sun was still strong because it was summertime. I suddenly felt the tropical breeze touch my face and envelop my whole body. Just then, I noticed that I was sweating like a pig. To

avoid the heat wave, I quickly got in a taxi and showed the driver the place on the map where I wanted to go. It was getting dark, so I couldn't afford to waste time. In fact, I didn't speak Thai but

English, and my primary destination wasn't Bangkok but Phuket Island. I had heard about the island, and I was crazy about the beach and the ocean. When I got to the bus terminal, I was startled. I could read nothing on the screen. I looked around and found nobody and nothing was familiar. I finally gathered all my courage to go to a window. I told the clerk that I wanted to go to Phuket Island. Fortunately, she understood English. Thus, I took a deep breath. And then, I was on my way to Phuket town. Nevertheless, I didn't yet know that I had to spend my whole first night on the intercity bus. It was much cheaper than going by airplane, though it was a long ride. However, I enjoyed the night. To my surprise, every two hours the bus stopped at a rest area that looked more like a huge food court, where I saw numerous and various foods, snacks and drinks, and souvenirs and so on. Although it was late night, there were still many people. It was so amazing that I forgot my fatigue completely.

When I woke up on the next morning, I had

arrived at Phuket town. It seemed that I had come to another new place. I found my courage again. I put on my backpack and stepped out of the bus terminal. Suddenly, I saw a travel agency on the corner of the street. At this point, I desperately needed help to book a hotel. As I expected, I easily booked a hotel on Patong Beach. Now I couldn't wait to get there. Everything was going well so far, and importantly language wasn't a big deal. I began to cheer up about my trip. I still believed that a good beginning made a good ending. When I walked out of the agency, I jumped on a "tuk-tuk"

without hesitation. I thought that it must be cheaper than a taxi and I could have good sightseeing. Nonetheless, it took me almost one hour to get to the hotel. I got off the tuk-tuk and passed fifty THB bill to the driver, but he shook his head and said, "No, no, no." I thought he was refusing my money, so I

said, "No, you are worth it. Please take it." I pressed the money into his hand. And yet, he rejected it again and showed me his five fingers again. I was definitely confused. In a second, he made a zero twice with another hand. It was obvious that I was wrong. I thought it was fifty THB when he showed me five fingers and fifty THB meant cheap. It was a joke for me, but I actually owed him five hundred THB not just fifty THB. Consequently, I paid the driver five hundred THB. I checked into my room as quickly as possible, because I couldn't wait to hug the beach and the ocean.

There was a long distance between the hotel and the beach. I was so excited when a front desk receptionist told me that I could rent a scooter. It would be awesome if I toured around the town by scooter, and it would be convenient, too. After all, I didn't have to have a long walk or worry about the traffic. Moreover, scooters could be seen anywhere at any time in the town. I ran to the scooter rental store located on the other side of the hotel without





delay. It was simple and easy to rent a scooter as long as I gave the deposit and rental fees for it. I was so proud that I could ride a scooter on my own. As a matter of fact, I had my own scooter at home, even though I wasn't enthusiastic about it. However, it was so different when I rode a scooter in this place. During the remaining days, I rode the scooter across every street of the town and along the beach. I loved the town. The air was clean, the beach was shiny, the water was clear, and the people were friendly. I also enjoyed Thai food and swimming in the ocean. Everything was so beautiful that I forgot all my worries and anxieties as if they had gone with the wind. I was entirely immersed in my trip. At this point, I discovered that the trip is completely yours when you travel alone.

It was a pity that my happy time was too short. I didn't even have time to visit Bangkok. I hope one day I will create a perfect schedule before I go there again. I am glad that I had such a wonderful trip. Life is a journey. On the journey we must experience ups and downs so that we can make our life perfect. I was filled with worries and anxieties in the beginning, but I spent a fascinating vacation in the end. I learned a lot from my trip that has helped me to open my mind, to live by myself, to meet people, and to seek new adventures. Since then, I have loved traveling alone. I will never forget my first trip to Thailand.



*Amy Bizhu Lin*  
ESLW310

## Lost My Dog

When I was a child (seven years old), I loved pet breeding, especially dogs. We had different

pets like birds, rabbits, and cat. I took care of dogs because they were part of my life. My father really loves me. He decided to buy me a small dog on my birthday. This gift was the nicest surprise given to me. I liked this puppy. I called it "Jesse." Jesse became one of the family. He had a special food and bed. I fed and cleaned him. In the beginning, we had some difficulties with pet breeding because in our country people don't like pet breeding. Some years passed, and Jesse became big. One day, I came from school. I used to look for Jesse, and he waited for me in the garden, but I didn't see him. I entered my house. I asked my mother, "Where is Jesse?"



She told me, "He is out in the garden." I didn't see him. We went out to look for him in the street, but we didn't find him. I cried so much. I lost my love.

We printed his picture and gave it to our neighbors. Days passed and we didn't hear any news about Jesse until someone from the pet hospital called us and told us that Jesse had died after being exposed to an accident. I started crying because I didn't imagine that I would not see Jesse any more. A few days passed and I remembered my relationship with Jesse. I was always sad. After my father saw me sad, he decided to buy me a new puppy to make me happy again.

*Ahmad Altattan*  
ESLW30

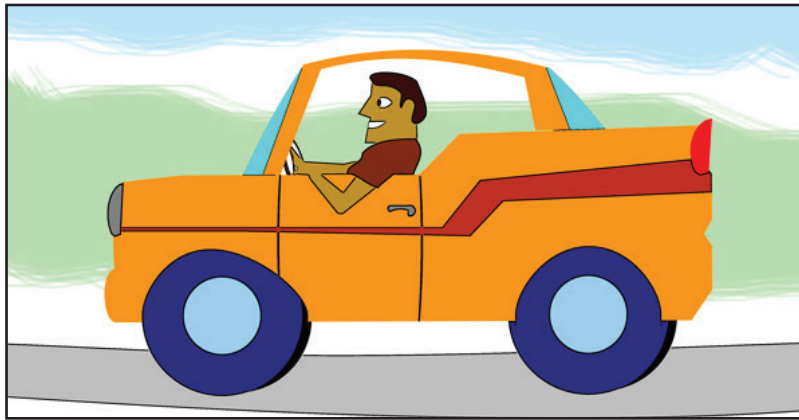
## Driving in Different Countries

When a red Toyota accidentally cut off a black BMW and stopped in front of it, the driver of the BMW barely managed to stop his car applying all the brakes. The BMW driver seemed to be offended, jumped out of the car with a large pry bar and aggressively opened the Toyota driver's door. A fight between the drivers seemed unavoidable. Fortunately, behind the steering wheel, a scared woman was sitting behind the steering wheel, so the disappointed driver of the BMW shut the door, got in his car and drove away angrily with spinning wheels. I was a spectator of this back in my country, Kazakhstan. It is a common occurrence there to see fighting or shouting from other drivers on the road. When I came to the USA, I saw several differences between driving in Kazakhstan and in the USA.

One of the differences between driving a car in Kazakhstan and in the USA, is respect. In Kazakhstan, everyone has to pay insurance for cars, but it is almost impossible to get money from an insurance company if you get into an accident. Thus, it is your problem to fix your car. That is why drivers start to blame each other after an accident, trying to find a way to charge for damage. If they don't find a consensus quickly, it may lead to a big battle later. However, in the USA, I saw an accident: one car hit another's trunk at a stop sign. After that, the drivers kindly talked to each other and exchanged their insurance cards. Finally, they got into their cars and drove away smiling. I was amazed at how peaceful and respectful they were. Later I was told that an insurance company was going to take care of it, so the drivers didn't

have to worry about it.

Another difference between driving in my country and in the US, is the Highway Patrol. In Kazakhstan, I was stopped many times by them for no reason, just to ask me for a bribe. They started to check my insurance card, first aid kit, to ask me when I drank the last time, whether I had any unpaid fees, or if I stole the car. Especially if they see that you are in a hurry, they start to search your trunk, for maybe you are transporting illegal drugs or weapons. One friend of mine was stopped and was asked whether he ate anything that day. He responded, "Of course!" It was in the afternoon. A fat, shiny policeman said, "But my children are hungry, so you have to give



me some money to feed them." That was a direct approach. However, in the US I have been driving almost five years, crossed the continent from Massachusetts to California, and just once talked to a HP officer when I stopped my car right behind his. He approached me and asked if everything was Ok. He did not even ask me to show my driver's license. Then he wished me a good night and left me, though I was ready for a long conversation like in my country.

Finally, the roads are different in Kazakhstan from roads in the USA. There is no smooth pavement in Kazakhstan even on highways. There are a lot of potholes and craters. That definitely affects driving style. For instance, what do you think of a car making zigzags on a straight road? You may think that the driver is drunk. Ironically not; the driver is trying to save his car, by bypassing potholes. However, what do you think of a car that's going straight and fast on a bumpy road? Once again in Kazakhstan the driver is probably drunk and does



not care about the car. What would you do if you were driving forty miles per hour according to the speed limit and suddenly the road makes a ninety degree turn without any signs? That happens back in Kazakhstan. Therefore, the first time that I drove on a highway in the US, I was not sure that the road would not make a sharp turn at some point. I actually had such an experience in my country. Moreover, it was not a one-way street. In contrast, the roads in the US are relatively smooth and every intersection, even a small one, has signs to warn drivers of what is ahead. It definitely makes driving easier.

In conclusion, I can state that there is a big difference between driving in Kazakhstan and driving in the US. It is not safe to be a driver in Kazakhstan because of aggressive behavior on the road, corrupted HP police and poorly maintained roads. I hope, one day, when I go to visit my friends in Kazakhstan, those problems will be solved.



*Mars Munasyrov*  
ESLW 310

## How to Clean Mr. Z's Office

Have you ever been in Mr. Z's office? Obviously he is a very busy teacher. He would rather spend his time looking for better resources to educate his students, than to keep his office organized. Did you notice how he sometimes mentions how messy it is? I

believe that Mr. Z mentioning his messy office is a secret cry for help. With all the knowledge that Mr. Z seeks to pass on to his students, he has little or almost no time to clean his office. However, there are many reasons why

Mr. Z should have a clean office. Not only is a nice and well-organized place more appealing than a messy place, it also makes a good impression on students and colleagues. If any of Mr. Z's students or a group of them are interested in maintain-

ing order in Mr. Z's office, they just need to follow these simple steps for cleaning.

The first major step in the process of cleaning Mr. Z's office is to get rid of all unwanted papers. For this step, it is very important to seek

Mr. Z's help because you don't want to throw away any item that could be of importance to him. First, you will need to schedule the appropriate time to start this process with Mr. Z. Allow at least two hours for this step because it is pretty sure

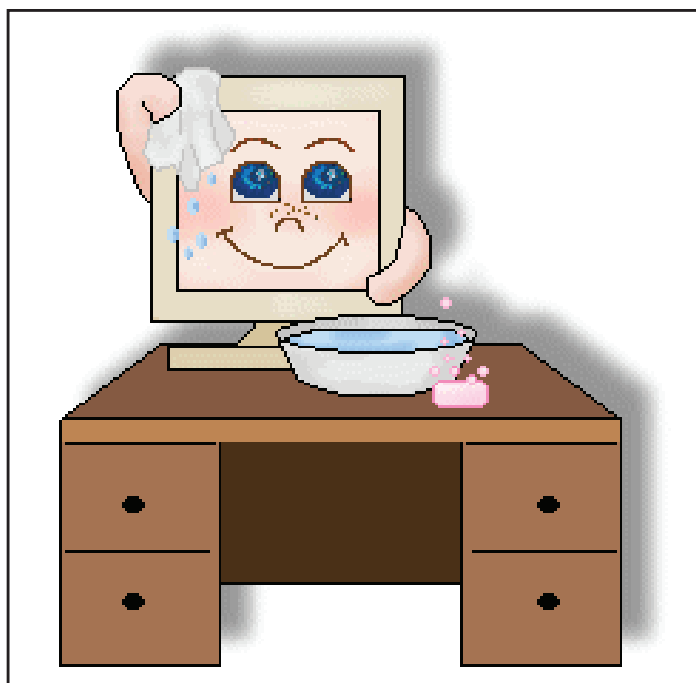


that you would have a lot of things to take care of. The second thing that you need is a big trashcan. You could ask a custodian to get you one. You will need to ask the custodian where to dispose of the



garbage too. Begin to get rid of everything you are allowed to. After you are done with this process, you will need to organize loose papers. For this process, you will need to find any file cabinet or book shelves that Mr. Z may have in his office. While you are doing this, process, you can suggest to Mr. Z that he should consider scanning documents. He can store them electronically to save some space. You must keep important documents on hand, use the desktop trays, and Mr. Z won't have any problem finding what he needs. Collect old newspapers, magazines, out-of-date papers, and torn books and recycle them.

The second step in the process of cleaning Mr. Z's office is to clean and dust the entire office. You can use a damp cloth and a duster. First, use a duster that traps dust and allergens because you don't want just to move the dust from one place to another. Any brand will help. After you finish dusting, vacuum or mop the office. If you need to mop the area, you are going to need a bucket and a mop. If you are going to mop, follow these steps. First, fill your bucket with hot water and cleaning solution, dip your mop, and wring it out by hand. Mop from the top of the room to the bottom; then allow a few minutes to dry. Use the damp cloth to wipe any furniture, book shelves and blinds. Protect the electronics by using anti-static wipes to safely clean screens, keyboards, etc. To clean hard-to-reach places such as keyboards, use a Q-tip dipped in alcohol and clean each key on a keyboard and the space between them. Don't forget to leave Mr. Z's office smelling good and to place some air fresheners. You can ask Mr. Z which aroma he prefers.



The last but not least important step in the process of cleaning Mr. Z's office is to make sure the office stays presentable all the time. Schedule one day every two weeks as a cleaning day. This may be hard to accomplish due to Mr. Z's busy office hours. You should convince Mr. Z that this step will only take you about thirty to forty minutes. Stay on schedule. If you take too long, you are at risk to lose the great opportunity of cleaning Mr. Z's office. You will probably only dust shelves and furniture. Don't stop yet. Arrange a deep-cleaning day of Mr. Z's office once every two months. In

this step, you will need to start this process again step-by-step. My last recommendation, to you or to the brave group of students who decide to take on this task. Never forget to compliment Mr. Z about his neat, clean, well-organized and spotless office.

After following these simple steps, whenever you enter Mr. Z's office, you would wish to have a least one room in your house that clean. In this well-organized place, Mr. Z would continue to seek better ways to educate students and will be less concerned about the appearance of his office. Anyway, I think that none of Mr. Z's students care about how his office looks. His students are very busy and more interested in all of the abundant knowledge that Mr. Z passes on to them every week. They have little or almost no time to notice his office.

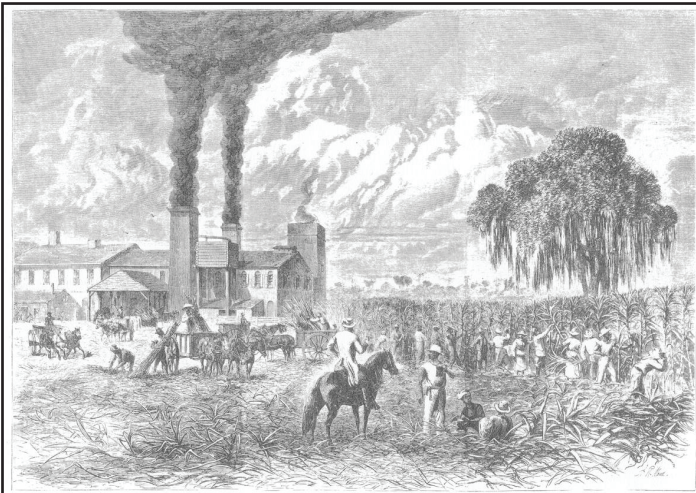
*Isis Esquivel*  
*ESLW50*





## Nestscape -- Articles from The Web

### How Slaves Shaped American Cooking



An illustration depicts slaves crushing the sap out of sugar cane on a sugar plantation in New Orleans.

Slaves planted the seeds of favorite foods they were forced to leave behind.

Growing up on Sapelo Island, Georgia, Cornelia Walker Bailey never thought of red peas as anything special. Sapelo, a barrier island about the size of Manhattan, has about 50 residents, primarily descendants of African slaves who settled here after slavery was outlawed. In

Bailey's family, the tiny red legume, with its thin, firm shell; creamy interior; and sweet, buttery flavor was just another staple she and her family planted, harvested, and cooked.

This red pea, which originated in Africa and is the original ingredient in the region's quintessential rice-and-beans dish Hoppin' John, is just one of the many heritage crops from the African continent receiving new attention from farmers, chefs, scientists, and food historians. Growing numbers of researchers, many of them African-American, are bringing to light the uncredited ways slaves and their descendants have shaped how Americans eat.

Red peas are a tangible connection to her own African heritage, Bailey says, and one reason why she has started to grow the crop commercially. "Slave

owners sent back and got seeds for what the slaves were used to eating, because they weren't used to the food here in America. That meant the slaves could plant for themselves," says Bailey, who has recruited other local farmers to plant the crop this spring. "We have a waiting list that's almost a yard long," she says, adding that they should have enough to go around, at least this year.

#### "We Eat This Back Home"

At the top of that list is Atlanta chef Linton Hopkins, who has concocted several ways to serve her peas at his acclaimed southern-upscale Restaurant Eugene, including in his version of Hoppin' John. But Bailey says her favorite way to eat the peas is in a traditional dish with stewed meat and okra, another plant that originated in Africa. "I had quite a few okra dishes when I went to West Africa. They had it in stews and stuff—very, very similar to what we eat here," she says. "The strange dishes they were serving us weren't strange to me, because I was going, 'Hey, we eat this back home.'"

cards as a symbol of her family's African roots and her own connection to the continent's cuisine. But as the green, finger-shaped vegetable pops up on menus across the United States as an emblem of southern American cooking, the true narrative of the plant is at risk of disappearing, Harris says, speaking at a recent conference on food culture and history at the University of North Carolina in Greensboro.

"Okra is connected indelibly with the American South," says Harris. While gumbo, the flagship dish of New Orleans, is usually thickened with okra, the technique is actually an adaptation of soupikandia, a Senegalese soupy stew slave cooks prepared in plantation kitchens for both themselves and their owners. "Yet gumbo has become totemic," says Harris, "linked forever in the American mind, particularly with southern Louisiana."



A customer at Holland Bottom Farms in Cabot, Arkansas, reaches for tomatoes and okra.

## Revealing Black Contributions

Her own mission is to make sure that the contribution of slaves to America's culinary traditions isn't forgotten. The primary challenge, Harris says, is reconstructing history when one group of people—in this case, white slave owners—did their best to subjugate Africans to the point where they were nearly left out entirely. "Black people have been in the room, but for so long they were so good at being invisible" that they were easy to leave out of the historical record, Harris says.

Jones was a slave who started as a house servant and rose to the pinnacle of American culinary life with her extravagant multicourse meals. She earned admiration—and job offers—from Presidents Garfield, Arthur, and Cleveland, who sampled her fabulous meals of terrapin and canvasback duck, Lynnhaven oysters and crab salad, hominy cakes and fabulous confections, prepared when Jones worked as a cook at New York clubs in the late 1870s. Her story might have been lost if Shields had not dug through news articles and obituaries to re-create her life.

Researcher Alicia Cromwell says one major challenge is "studying the silences," a phrase coined by Harris, which forces researchers to engage in detective-style deductions to piece together a more complete view of history in the absence of primary documents like diaries and letters written by slaves.

When working on her master's thesis, Cromwell buried herself in documents—legislative records, tax

rolls, newspaper clippings, and primary sources other scholars had reviewed hundreds, if not thousands of times before—and was able to discern that female Muslim Nigerian slaves, working as fruit sellers and market vendors on behalf of their owners, helped shape the overall economic structure of the American South with long-distance price fixing and aggressive sales techniques.

"I'm trying to teach my students, black and white, a different kind of history about slavery," says Cromwell, who is still researching the subject at the University of Georgia. "If we want to understand current relationships, then we need to go back to these very uncomfortable pasts and explore how Africans actually contributed to American culture."

## Slave Farmers

Georgia chef and farmer Matthew Raiford is able to reconstruct his family's past through his farm, which has been in his family since 1874. He came to the North Carolina conference with a yellowed letter, a rare piece of history addressed from his great-grandmother to his grandmother, detailing how and where to plant corn, sweet potatoes, sugar cane, and watermelon. His great-great-great grandfather Jupiter Gilliard, the man who purchased the farm, was born a slave in 1812. "It's important to continue this conversation, about who brought what [to America] and why we eat what [we eat]," he says. "Those conversations need to happen so everyone has a voice at the table."

Bailey, back on Sapelo, agrees. "Everybody needs to keep in touch with their ancestors, and through food is one of the best ways to get close," she says. "They could have been gone 300 years ago, but to say my great-great-great-grandparents used to use this and cook this and plant this, that gives you a good feeling."

Correction: An earlier version of this story incorrectly stated that Alicia Cromwell is a doctoral student at the University of South Carolina. She is a doctoral student at the University of Georgia.

<http://news.nationalgeographic.com/news/2014/03/140301-african-american-food-history-slavery-south-cuisine-chefs/>



## African American Inventors



*African-Americans have created some of the world's most important inventions. Below are a list of some African-Americans whose inventions have changed the world.*

### **Garrett A. Morgan – Inventions-hair straighten cream, Gas Mask, 3 position traffic light**

Garrett Morgan was born to former slaves on March 4th, 1877 in Paris, Kentucky. Like many African-Americans at that time, Morgan had to quit school at a young age in order to work, so at age 14 he moved to Cincinnati, Ohio to search for employment. During his teenage years, he worked as a handy man for a wealthy landowner. He was able to hire his own tutor and continued with his studies. In 1895 he moved to Cleveland, Ohio where he worked on repairing sewing machines.

In 1907 Morgan opened a sewing machine and shoe repair shop. It was the first of several businesses he would own. In 1909 he expanded his business to include a tailoring shop. He made coats, dresses, suits, and other clothing. Morgan experimented with a liquid that gave sewing machines needles a high polish and prevented the needle from scorching fabric as it sewed. Accidentally he discovered that that same liquid straightened hair. He turned the liquid into a cream and began the G.A Morgan Hair Refining Company.

In 1912, Morgan invented and received a patent on a Safety Hood and Smoke Protector today known as a gas mask. On July 15, 1916, Morgan made national news for using his gas mask to rescue several men trapped during an explosion in an underground tunnel beneath Lake Erie. After the rescue, Morgan's company received requests from fire departments around the country that wished to purchase the new life-saving masks. The masks were also used during World War I.

Morgan was also known for his invention of the 3 position traffic light. He received a patent on November 20, 1923. Morgan's traffic signal was a T-shaped pole unit that featured three positions: Stop, Go and an all-directional stop position. Morgan's traffic management technology was used throughout North America until it was replaced by the red, yellow and green-light traffic signals currently used around the world. The inventor eventually sold the rights to his traffic signal to the General Electric Corporation for \$40,000, shortly before his death in 1963.

### **Madam C.J Walker – Cosmetics Entrepreneur, first Female African American Millionaire**

Madam C.J Walker was an inventor, entrepreneur, and first female African American millionaire. She was born Sarah Breedlove on 12/23/1867 in Delta, Louisiana.

Most Americans at that time did not have indoor plumbing, central heating and electricity, causing them to bathe and wash their hair infrequently. As a result many people suffered scalp disease, causing hair loss. Walker herself was losing her hair. She experimented with home remedies to create a healthier scalp. She developed Vegetable Shampoo, Wonderful Hair Grower, Vanishing Cream and other beauty products for black women. Her products caught on. Walker's beauty products were sold to many women across the country.

Madam C.J Walker used her success to help other African-Americans. She founded scholarships for black students, donated money to different African-American institutions. Walker also lobbied politicians for civil rights.

Walker wanted African-American women to get ahead and have careers where they could make a decent living. She opened a school called the Walker College of Hair Culture where women were trained to style hair and sell Walker's products, even given the opportunity to open their own beauty salons. "I am not satisfied in making money for myself," she told a 1914 convention of the National Negro Business League. "I endeavor to provide employment for hundreds of the women of my

race.”

Madam C.J Walker spent her life empowering African-American Women. She died in 1919. Her daughter, A’Lelia Walker, became the president of the C.J Walker Manufacturing Company.

### **George Washington Carver—Invented over 300 uses for peanuts**

George Washington Carver was born in Missouri on the Moses Carver plantation. His parents were slaves. When he was 12 years old, he left home to attend a black school. There was only one teacher with 75 children in a small room. While other children played at recess, he studied. He studied at home before and after he did his chores. When he was 30 years old, he was accepted at a college in Iowa and later transferred to Iowa State Agricultural College where he received a bachelor’s degree in Agricultural Science in 1894 and a Master’s of Science degree in 1896.

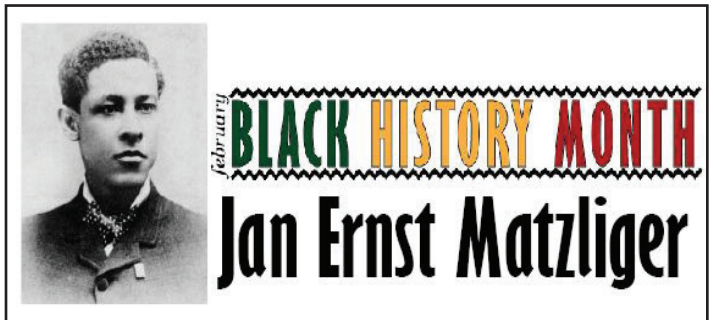
Carver started studying diseases which were attacking the farmers’ crops. Most farmers in the deep South were only growing cotton. The soil started to suffer and the crops weren’t as healthy. Carver urged the farmers to grow peanuts and sweet potatoes, as he found they would restore the soil. Farmers were worried that they would not make as much money growing these items. Carver started experimenting with the products. He discovered over 300 products that can be made with peanuts. Some include flour, ink, dyes, plastics, woodstains, soap, cosmetics and peanut butter. From sweet potatoes, he made 118 products. Some include flour, candy, vinegar, rubber and postage stamp glue. He made 75 products from pecans and even made a building material for walls from cotton stalks.

George Washington Carver died in 1943. He received many awards and honors for his agricultural contributions in history.

### **Jan Ernst Matzlinger– Invented a machine to make shoes more rapidly**

Jan was born September 15, 1852 in South America. His father was white and his mother was black. As a child Jan worked in his father’s shop where they made metal tools, ornaments, and containers. Jan learned how to use a lathe machine that cut and shaped metal.

Jan always dreamed of becoming a seaman. At the age



of 19 he set sail. He landed in Philadelphia in 1873. He was hired as a shoemaker. There he learned how to use the McKay Machine, which sewed leather to make soles of shoes. He wanted to learn more about shoemaking so he moved to Massachusetts where a lot of shoe companies were located.

Working for the shoe companies, Jan learned that the hardest part of shoemaking was the lasting step. The leather had to be stretched over a wooden model of a foot called a last. Then the finished shape had to be tacked into place by hand. There was no machine to help with this step. Jan decided that he was going to invent a machine. Many people laughed at him, saying that many people had tried but it was impossible to create such a machine but Jan never gave up.

By 1880 Jan made a model of his machine from cigar boxes. He knew that if he had a real machine it would work. By 1882 Jan made a model out of scrap metal and it lasted shoes perfectly. Two businessmen liked his machine and gave him money to make his machine from good metal. In return they would receive two-thirds of any money Jan would make. The three men formed the Union Lasting Machine Company.

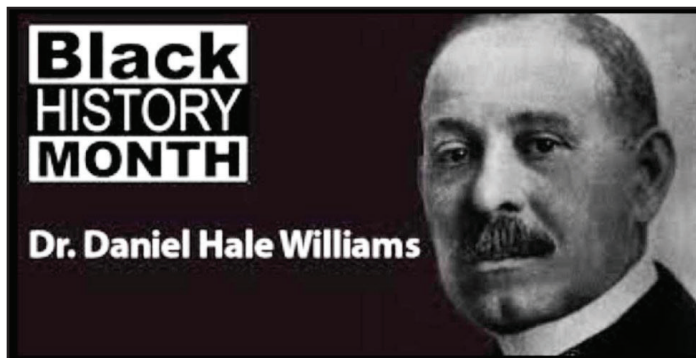
Jan’s invention could make 300 – 500 shoes in a 10-hour work day. Before his machine only 50 shoes could be made in that same time. Prior to Jan’s invention many people did not own shoes. They were expensive because they took so long to make. Jan’s invention changed the shoe industry and made shoes available to all people. Jan died in 1889 at the age of 36.

**Daniel Hale Williams– First doctor to successfully perform open heart surgery, helped open first non-segregated hospital in the US, opened first nursing**



### school for African American women

Daniel Hale Williams was born on January 18, 1858 in



Hollidayburg, Pennsylvania. He graduated from Chicago Medical College in 1883 at the age of 27.

He opened up a doctor's office in Chicago and treated people in the neighborhood. At that time African-Americans weren't able to work in hospitals so he operated on his patients in their homes. Often times when doctors performed surgeries in homes they were unsuccessful. Many patients got infections from bacteria and died. Daniel Hale Williams knew that bacteria caused infections from going to school. Before he would operate on his patients, he made sure everything was cleaned so his patients would not get infections.

Daniel Hale Williams did not like the fact that African-American doctors could not work in hospitals and many African-Americans weren't allowed to get treatment at hospitals so he helped open Provident Hospital on January 23 1891. It was the first non-segregated hospital in the US. It was also the first training school for African-American nurses. The hospital was opened to treat and hire people of all races.

On July 9th, 1893 James Cornish was stabbed in a fight. Daniel Hale Williams opened up his chest and stitched the wound in the pericardium, which is the sac surrounding the heart. James Cornish survived. This is known as the first successful open heart surgery. If Daniel Hale Williams did not perform the surgery, James Cornish probably would have died.

The news of Daniel Hale Williams performing the surgery spread quickly. He was asked to be the Chief Surgeon of Freedman's hospital, a hospital that opened after The Civil War to treat African-Americans. The

hospital was poorly run, there were no nurses, and the building needed a lot of repairs. Daniel Hale Williams took the job and became director of Freeman Hospital in February of 1894. He organized the entire hospital. He hired staff and made repairs. As a result there was a decrease in patient deaths.

Daniel Hale Williams eventually went back to being the Chief Surgeon at Provident Hospital and Mercy Hospital and St. Luke's Hospital. He died on August 4, 1931.

### Charles Drew—Invented the Blood Bank

Charles Drew was born on June 3, 1904 in Washington D.C. In 1928 he moved to Canada and enrolled in McGill University in Montreal. He graduated in 1933 with degrees in Master of Surgery and Doctor of Medicine. In 1935 Charles Drew moved back to the United States and worked at Howard University as a professor of pathology. While working at the university he was also a resident doctor at Freedman Hospital.

He later enrolled in Columbia University in New York and began doing research on blood and blood transfusions. While at Columbia University he wrote about "banked blood" in his writings. He developed a way to preserve blood plasma so blood could be stored for long periods of time. He discovered that by separating the plasma from the blood and then refrigerating the blood and the plasma separately, they could be combined up to a week later for a blood transfusion. He also found out that even though people may have different blood types, everyone has the same plasma. This was an important discovery because in case a full blood transfusion is not needed, a plasma transfusion can be given to anyone no matter the blood type.

Before Charles Drew's important discovery, blood could only be kept for 1-2 days. Often times blood was not available to complete blood transfusions. People often died when they lost a lot of blood because blood was not always available. This discovery saved many people's lives.

Charles Drew died on April 1st 1950 from injuries in a car accident.

<http://www.kidsplayandcreate.com/african-american-inventors-black-history-month-for-kids/>

## Continued from page 1

In fact, in the inaugural Kentucky Derby in 1875, only one rider was white. That race was won by Aristides, ridden by Oliver Lewis.

But the decline of black jockeys in the Derby and the rest of thoroughbred racing is intricately tied to the history of race and economics in the U.S., experts said.

The early dominance of black jockeys was a result of Antebellum customs. In the time of slavery, enslaved people were often the caretakers of horses on plantations, said Teresa Genaro, freelance turf writer and founder of Brooklyn Backstretch.

“What happened was that you had generation after generation of young black men who grew up around horses and grew up riding horses,” she said.

“The white plantation owners and white slave owners put people that they really trusted in charge of their horses, because their horses are obviously expensive, and necessary to the success of their plantations.” Decades after the end of slavery, black jockeys remained prominent in racing, riding 15 of the first 28 Kentucky Derby winners. Some became widely celebrated, including Isaac Burns Murphy and James “Jimmy” Winkfield.

But the economic aftermath of the Civil War in the South, and the abolition of slavery, changed the lives of black jockeys.

“All the sudden you have generations of black horsemen who had never known slavery. They were independent autonomous people, and white people began to feel really threatened by that,” Genaro said.

Some white jockeys physically threatened their African-American colleagues — even on the track, said Kentucky Derby Museum curator Chris Goodlett. Winkfield, in particular, experienced episodes of physical intimidation while racing.

“You had instances of jockeys, white jockeys, kind of ganging up on him during the race, riding him close

to the rail—which could hurt him, could hurt the horse,” Goodlett said.

The tactics affected the jockey’s career opportunities.

“As far as trainers and owners are concerned, if other riders are ganging up on their jockeys, they don’t necessarily want to ride that jockey,” he said.

The world outside of racing was also changing. The rise of Jim Crow laws in the South prompted many black Americans to migrate north, where they were more likely to find work in factories than on farms. Knowledge of horses was lost as new generations grew up in cities. Jimmy Winkfield himself rode Alan-a-Dale across the finish line in 1902. No black jockey has won the Kentucky Derby since. And for a while, the contributions of African Americans to horse racing was largely forgotten. But there are those who still honor them.

Shirley Mae Beard owns Shirley Mae’s Cafe in Louisville’s historically black Smoketown neighborhood. In 1989, she started an annual “Salute to Black Jockeys Who Pioneered the Kentucky Derby,” complete with carnival rides and farm animals.

Her event went on for years, and attracted celebrities like Whoopi Goldberg and Morgan Freeman. Photographs of black racing pioneers still decorate the cafe’s walls.

“The black jockeys were role models for the young black men. When we realized that people didn’t know about the black jockeys, that’s when we started the celebration,” Beard said.



**To read the full article go to the website below**

*<http://wfpl.org/how-black-jockeys-went-from-common-to-rare-in-the-kentucky-derby/>*



## Eat the World!

*The Parrot represents students of many hues and sounds --- no news there. Indeed, birds of a feather flock together, right? They also eat together. The Parrot is proud to present Parrot fodder from around the world in this and subsequent issues. Squawk!*

### What is an easy-to-follow recipe for Collard Greens?

**Total Time:** 2 hr 15 min

*Prep:* 15 min

*Cook:* 2 hr

**Yield:** 8 to 10 servings

#### Ingredients

5 bundles collard greens

4 cups salted water

3 large smoked ham hocks

1 cup sugar

Salt

1 teaspoon crushed red pepper flakes

#### Directions

*Thoroughly wash collard greens. Be sure to pull leaves apart and remove any sand. Chop collard greens.*

*In a medium saucepan, bring 4 cups of salted water to a simmer. Place smoked ham hocks in salted water and cover for about 90 minutes. Cook ham hocks until slightly tender. In the same saucepan, add remaining ingredients and collard greens.*

*Cover and cook greens for 1 to 1 1/2 hours.*



*\*Cook's Note: Make sure at least half of ham hocks are covered with water. If not, add additional water.*

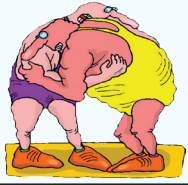
*Recipe courtesy of The Neelys*



<http://www.foodnetwork.com/recipes/patrick-and-gina-neely/ginas-best-collard-greens-recipe.html>



# Parrot Warbling



## Grappling with Grammar



### Grammar

#### Using A, An, and The

English has two articles: the and a/an. The is used to refer to specific or particular nouns; a/an is used to modify non-specific or non-particular nouns. We call the the definite article and a/an the indefinite article.

#### A/An

“A” and “An” signal that the noun modified is indefinite, referring to any member of a group.

\* A + singular noun beginning with a consonant Ex: **A** boy

\* An + singular noun beginning with a vowel Ex: **An** egg

\* A + singular noun beginning with a consonant sound Ex: **A** university

\* An + nouns starting with silent “H” Ex: **An** hour

\* A + nouns starting with a pronounced “H” Ex: **A** horse

Ex: I am **a** teacher.

I saw **an** elephant.

#### The

The definite article is used before singular and plural nouns when the noun is specific or particular. The signals that the noun is definite, that it refers to a particular member of a group.

Ex: I saw the elephant at **the** zoo.

<https://owl.english.purdue.edu/owl/resource/540/01/>

### Idiom--Attic

## A penny for your thoughts



Used for wanting to know what another person is thinking, usually because they have not spoken for some time

Ex: For several minutes they sat in silence; finally she said “A penny for your thoughts, Maya.”

### Beak Speak

#### Sound Reductions Reductions of ‘of’

A. The ‘o’ in of is often pronounced using the schwa sound- uh.

Ex: **Some of** becomes **some uh**. He likes some of the books becomes, he likes **some uh** the books.

B. If a vowel follows ‘of’ it is often pronounced with a schwa + v (uhv).

Ex: **Most of** becomes **most uhv**. Most of all, you can’t drink becomes most **uhv all**, you can’t drink.



C. If the sound of the letter before ‘of’ is a ‘t’ there is a flap in addition to the reduction.

Ex: **Ouf of** becomes **oud dah**. He’s out of money, becomes he’s **oud dah** money.

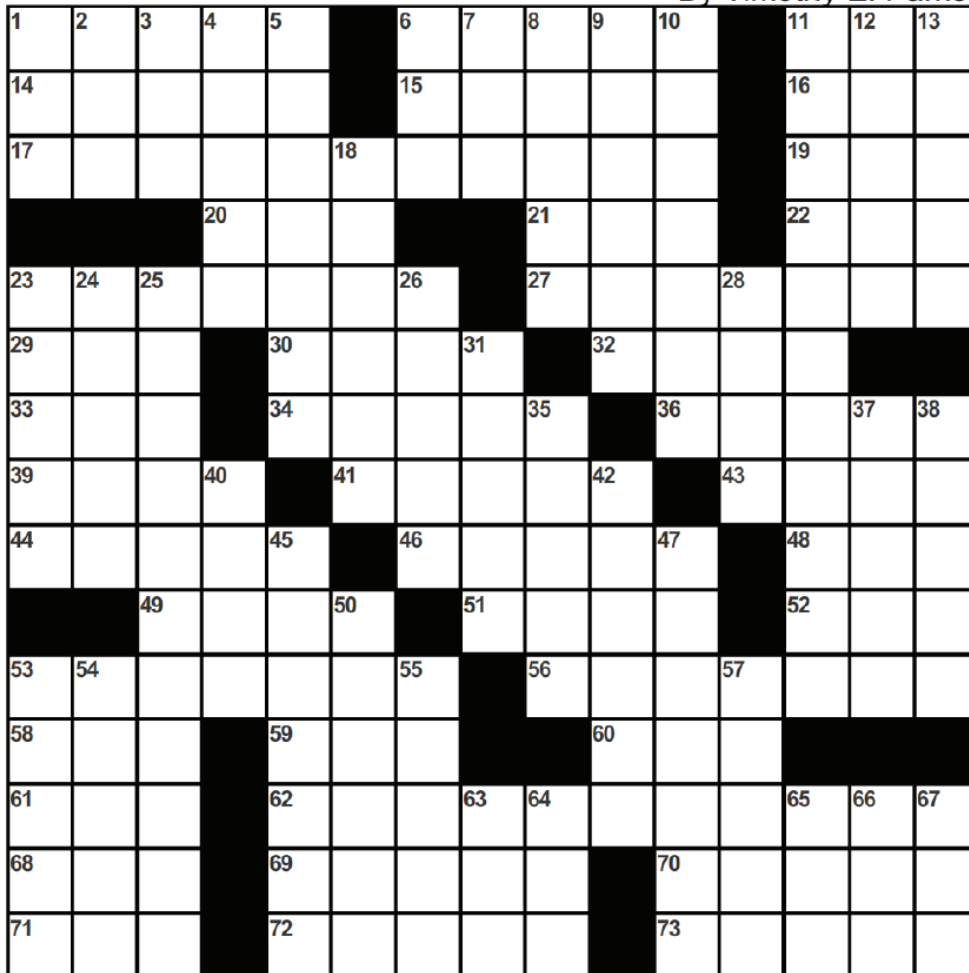


<http://pronunciationtips.com/sound-changes/sound-reductions/>

## Some More Parrot Fun Stuff

### A WIN-WIN-WIN-WIN SITUATION

By Timothy E. Parker



#### Across

- 1) Anklebones.
- 6) University in Texas.
- 11) "This means \_\_\_!"
- 14) For all to hear.
- 15) Truly love.
- 16) Anger.
- 17) They are see through.
- 19) "...heat, \_\_\_ gloom of night.."
- 20) "Mode" preceder
- 21) Munched
- 22) Tall Australian bird
- 23) Becoming morning
- 27) Like some humor
- 29) \_\_\_-Wan Kenobi
- 30) Jewish homeland

- 32) Below-the-beltcom-ment
- 33) Animal house
- 34) "Come in!"
- 36) Nosy thing to do?
- 39) Roams
- 41) Auctioneer's hammer
- 43) Voyaging on an Ocean
- 44) Fire remnant
- 46) Andrea Bocelli, for one
- 48) Maloneon "Cheers"
- 49) Coral strip
- 51) 100-meter even
- 52) Clairvoyance, e.g.
- 53) Breastbone

- 56) Some instrument pluckers
- 58) When doubled, a dance
- 59) Airport schedual abbr
- 60) Chunk of lawn
- 61) Common tree
- 62) Achieve total victory
- 68) "...moment please"
- 69) End of birdal path
- 70) Contents od some of- fice cartidges
- 71) The "P" in mpg
- 72) Be educated
- 73) Prepare to be tested

#### Down

- 1) Glass shooter
- 2) Legendary Muhammed
- 3) "Anchorman: The legend of \_\_\_ Burgundy"
- 4) Country in northeastern Africa
- 5) Put on a pedestal
- 6) Drink from dish
- 7) Org. on toothpast tubes
- 8) One-called organism
- 9) Ridges on ranges
- 10) Caulks again, e.g
- 11) some juice vats
- 12) Bouquet
- 13) Any "I love Lucy," now
- 18) On the decline
- 23) Avoid artfully
- 24) Crosswise, on deck
- 25) Jacket worn on a blustery day
- 26) Intimated
- 28) Russian assembly
- 31) Decisive refusal
- 35) Kidney-related
- 37) Minimal amount
- 38) Reading lights
- 40) Nostradamus, purportedly
- 42) Plague item of biblical prop-ration
- 45) Subscriber's option
- 47) Sharp replaies
- 50) Pointless, as an effort
- 53) Ice cream portion
- 54) Macbeth was one
- 55) Kind of ray
- 57) Far from a Mensa candidate
- 63) Steering device, on water
- 64) Jumbo coffeepot
- 65) Large African antelope
- 66) "be a fool not to!"
- 67) Attempt



# Valentine's Day

Find and circle all of the words that are hidden in the grid. The remaining letters spell a popular Valentine's Day item.

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

- |            |          |            |              |
|------------|----------|------------|--------------|
| ADMIRER    | COUPLE   | FLOWERS    | LOVERS       |
| ADORE      | CRUSH    | FONDNESS   | PARTNER      |
| AFFECTION  | CUPID    | FOREVER    | PROPOSAL     |
| ATTRACTION | DARLING  | FRIENDSHIP | RELATIONSHIP |
| BEAU       | DATE     | GIFT       | RESTAURANT   |
| BELOVED    | DEAR     | GIRLFRIEND | ROMANCE      |
| BOYFRIEND  | DEVOTION | HEARTS     | ROSES        |
| CANDLES    | FANCY    | JEWELRY    | SENTIMENT    |
| CANDY      | FEBRUARY | LIKE       | SUITOR       |
| CHOCOLATES | FLAME    | LOVEBIRDS  | SWEETHEART   |



*Parrot Poetry*



## The Power of a Smile

The power of a gun can kill  
 and the power of fire can burn  
 the power of wind can chill  
 and the power of a mind can learn  
 the power of anger can rage  
 inside until it tears u apart  
 but the power of a smile  
 especially yours can heal a frozen heart

by Tupac Shakur

## Rigoberto's Riddles

A seven letter word containing thousands of letters

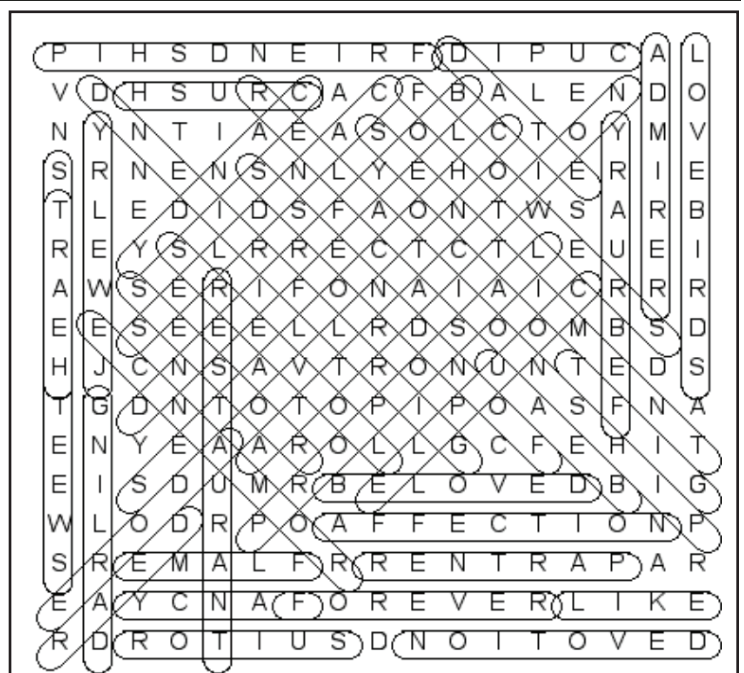


Mailbox

## Silly Vasily's Chuckle Chamber



My high-school English teacher was well known for being a fair, but hard, grader. One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the Valentine season, I sent her an extravagant heart-shaped box of chocolates with the pre-printed inscription: "BE MINE." The following day, I received in return a valentine from the teacher. It read: "Thank you, but it's still BE MINE-US."



## Granny Noetal

**Dear Granny Noetal,**

I heard that it's possible to get academic counseling without actually going to a counselor. Is that true?

Ben Denken

Dear Ben,

Well, you can get good academic advice from almost anyone these days – former teachers, other students, relatives, etc. However, to get professional, detailed advice, it is wise to speak in person to one of our ARC academic counselors. However, I understand that your question might be about distance counseling, speaking to a counselor on-line while you are in the comfort of your home. To do this, of course, you need computer skills.



Below is an extract from our ARC counseling site.

### Distance Counseling

ARC now offers distance counseling appointments. You can enjoy the convenience of web-based counseling from your home, office, or actually anywhere that you have an internet connection and a webcam.

Distance Counseling is ideal for students who are not on campus regularly or are distance education students or who cannot conveniently get to campus for in-person counseling appointments.

To read more, go here:

[http://www.arc.losrios.edu/Support\\_Services/Counseling/Appointments\\_Drop-in\\_Counseling/Distance\\_Counseling.htm](http://www.arc.losrios.edu/Support_Services/Counseling/Appointments_Drop-in_Counseling/Distance_Counseling.htm)

**Good luck, Granny**

## Interview with Prof. Garvey

*Continued from page 1*

**Prof. Garvey:** I was a psychology professor at Chico State. That was my first job out of grad school. I finished grad school and I applied for a bunch of jobs, including jobs in Brazil, to become a professor. I knew that I wanted to be a professor. Out of all the offers I got, Chico State sounded the best at the time. Not only for the salary, but the benefits, health insurance, life insurance, retirement plan and I liked the state of California. It reminded me a lot of the relaxed Brazilian culture. When I was in Utah, the people seemed more strict and uptight. There was a cultural difference. Just like in Brazil, you have people from different states and the culture differs from state to state. Like in southern Brazil, people are a little more uptight than the people in northern Brazil or the Northeast. So, that is how I felt when it came to California. That is why I took the job at Chico State.

**Parrot:** How did you get your job at American River College?

**Prof. Garvey:** At one point when I was at Chico

State, about four years after. I don't know if you know about Chico, but it is about four hours from here. Chico is a small college town. I come from Recife, which is a relatively big city, not as big as Rio or Sao Paulo, but it's big. It's not a country town. I thought Chico was too small for me. I could not imagine myself living the rest of my life there. But, I loved my job there. When I found the job in Sacramento I was commuting from Chico and I was having migraines all the time. I love cooking and I did not have energy to cook anymore and I was eating a lot of fast food. The quality of my life went down tremendously. That is when I found the position at American River College.

**Parrot:** What kind of work do you do?

**Prof. Garvey:** I mainly teach; my official job description is teacher. I teach six classes here, four online and two on campus, so that helps with the scheduling. I do other things on the American River College campus such as I am the faculty advisor for the Psychology Honors Club, which is a psychology club for honors students. I advise students on research projects and community events. I also



advise other faculty with teaching techniques. Also, with the reading apprenticeship; I am helping with coordinating that. I also do my own research with mother/infant interaction. I use some of the data that I collected in grad school. I have some student assistants and we have research group meetings once a week, so it's busy. Technically, formally, what I do is teaching, but with being in academia, it involves other things like research, supporting student academic growth, involvement with the campus community with clubs, in my case an honors club for psychology.

**Parrot:** What is a typical day at work?

**Prof. Garvey:** A typical day starts off checking email, making sure I don't have anything special from my online students or my on-campus students. I make sure that there are no crises or something urgent. So, the most urgent emails I answer first and the other ones I can answer later in the afternoon. Then, I go to the classroom Monday through Thursday. I teach and we do different things in class. I lecture, group discussion, group projects, guest speakers, etc. Depending on the week or the day of the week, I might have department meetings, for all psychology faculty. We might discuss enrollment trends, things such as that. There are club meetings with Psi Beta, the honors club. I have research group meetings with students. Also, I have office hours, which is also called student hour. Those are the times when we are available to the students. We are available to talk about classes, but we inevitably end up talking about what students may end up doing with their degree or questions like, "Should I drop?" or "Should I transfer?" We end up talking about these "life decisions" that students may be grappling with. Then, there is grading! "HAHA!" I try to get out of here by four because of traffic, but I am not always successful. Fridays, I work from home and I reserve the day for catching up on something that I did not get to on Thursday, or some kind of grading I did not get to. Typically between one and four, I reserve that as my writing time, whether I'm writing for a conference presentation or a book. I don't know when it is going to come out, but I am on that. So, I also include reading as part of my writing to help inspire my writing.

So I call all of that writing, even though I may not be actively writing.

**Parrot:** Are you then writing a book?

**Prof. Garvey:** Actually I have a book that I co-authored with my former PhD advisor. The book is called "Change Processes in Relationships" and basically it is about how relationships change over time, but it was written with the professional researchers in the area. This was the audience in mind. Ten years later, I feel that I want to reach more people. I want to make this book more accessible. In the book there is a lot of research jargon, like specific terminology. I want to write a book that my undergraduates would enjoy. I want someone at Barnes and Noble to enjoy it. So, basically I am working on re-writing the book and it's actually turning out to be a bigger project than I thought it was going to be. Maybe because I am forty-four now, I want to get out of my "research bubble" and reach more people. So, that's hard for me to write because I go to my automatic research kind of writing, honestly it's psychology and it can be kind of boring. So, that is my Friday afternoon. Sometimes I am not necessarily writing anything, but I may be reading something that may inspire me or I maybe having a Skype meeting with Alan Fogle, the co-author of the book. So that's a typical day! Hahaha!

**Parrot:** What do you most like about your job?

**Prof. Garvey:** The best part of my job is working with students in the classroom and outside the classroom.

**Parrot:** Could you give me some advice?

**Prof. Garvey:** Yes, get your English going. Keep working on your English and take risks here in college. Especially how if you have a tendency to be a perfectionist, it may hold you back. So, just keep pushing yourself and be honest to with yourself. If you are taking too many classes, it is OK to drop a class; just do it before the deadline! Hahaha!

And also, there are some technical things that you have to keep in mind: be cautious, but also be daring. Otherwise, you might not be moving as fast as you could. So, find a balance.

**Parroteer:** Alzira Hutchinson



## Valentine Day Facts



- Although no one knows for sure the exact origin of Valentine's Day it is believed that it started in the Roman Empire around 270AD under the ruling of Claudius II.
- During time of war Claudius did not want men to get married because he believed it made them weak.
- It is said that Bishop Valentine would perform secret wedding ceremonies so men could marry their sweethearts.
- Bishop Valentine got in big trouble for performing marriage ceremonies and was sent to jail.
- While in jail Bishop Valentine wrote a love letter to the jailer's daughter signed "from you Valentine."
- Bishop Valentine was put to death for his crime on February 14th.
- Why is the color red the symbol of Valentine's Day? Red is the color of blood. It was once believed that the heart (the body's organ that pumps the blood) is that part of the body that the feeling of love came from.
- King Henry VII of England declared St. Valentine's Day a holiday in 1537.
- During Medieval Times girls would eat unusual foods on Valentine's Day. It was believed that it made them have dreams about their future husband.
- During the Middle Ages men and women would pick names out of a bowl and the person's name they drew would be considered their Valentine. They would wear that person's name on their sleeve for a week. This is where the saying "wear your heart on your sleeve" comes from.
- The oldest known Valentine's Day card is on display at the British Museum in London. It dates back to the 1400's.
- The first box of chocolates made for Valentine's Day was made by Richard Cadbury in the 1800's. This helped start the tradition of giving chocolate for Valentine's Day.
- Chocolate comes from the theobroma cacao tree. Theobroma comes from the Greek word meaning "food of the gods."
- Valentine's Day is celebrated in America, Italy, United Kingdom, Mexico, Canada, France, Australia and Denmark.
- In Shakespeare's play Romeo and Juliet, it is said that they lived in Verona, Italy. Every year thousands of Valentine's Day cards are sent to Verona addressed to Juliet.
- It is believed that the tradition of giving red roses for Valentine's Day has to do with the Greek Mythology Goddess Aphrodite. Aphrodite is the goddess of love, beauty and pleasure. In Roman Mythology, Venus is the goddess of love.
- Who is Cupid and what does he have to do with Valentine's Day? Cupid is the Roman god of desire, erotic love, and affection. In Latin Cupid means Amor. Amor translated means love.
- Lace is a fabric that is associated with Valentine's Day. Lace comes from the Latin word "laqueus," meaning to snare or net as in to catch a person's heart.
- Teachers receive the most Valentine's Day cards followed by children, mothers, wives, sweethearts and pets.
- Millions of heart-shaped boxes of chocolate are bought every year for Valentine's Day.
- Over 1 billion Valentine's Day cards are sent worldwide every year.
- 60% of America's red roses are grown in the state of California



# Out of the Cage

## Study Abroad Summer Programs--London and Florence February 2, 2017 12:15pm – 1:15pm

Learn about study abroad opportunities next summer in London and Florence. All students are eligible to participate in these very exciting and enriching programs. Program dates, itineraries, application deadlines and costs will be provided.

**Location:** Raef Hall 160

## History of the Portuguese Epic Maritime Expansion February 16, 2017 12:15pm – 1:15pm

Once upon a time, the most powerful empire in the world, the one that voyaged to the far ends of the earth and mapped the world, was... can you guess?

Join Professor Paulo Afonso on a journey through space and time in search of the mighty Portuguese empire of the 15th and 16th centuries. You will follow the paths of Portuguese explorers as they ventured from Europe to the Americas, Africa, the Indian Ocean, and Asia starting more than 500 years ago. There will be map-making, mythical lands, mysterious legends, and monumental fortresses and castles along the way, all brought to life from the comfort of College Hour.

**Location:** Raef Hall 160

## UNITE: I am Black and I am Muslim February 9, 2017 12:15pm – 1:15pm

African Americans consist of 40 percent of the total Muslim population of the United States today. The term "Black Muslims," coined by Dr. C. Eric Lincoln in 1956 to refer specifically to the Nation of Islam. This label blurs the complex picture of Muslim groups in this community. Most African-American Muslims identify themselves with the worldwide Muslim ummah, adopting the beliefs and practices of "mainstream" Islam, whether as Sunni Muslims, Shi'i Muslims, or, if they reject such distinctions altogether, as "Muslim Americans." The indigenous history of Islam is a fascinating, complex, and uniquely American story. Truly we can use the term, "I am black and I am also Muslim."

February 9, we will host a presentation to highlight the needs and realities of Black Muslim students on the American River College Campus. The presentation will integrate recent research and provide antidotes and recommendations on how to understand this little known fact that African American Muslims are a significant part of what it means to be an American and Muslim who just happens to also be black.

**Location:** Raef Hall 160



## Questions/Comments?

Student Editors: **Elaf Khafaja & Betul Yousif**

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) 484-8988, or e-mail [Braccop@arc.losrios.edu](mailto:Braccop@arc.losrios.edu). To see The Parrot in color go to [http://www.arc.losrios.edu/Programs\\_of\\_Study/Humanities/ESL/The\\_Parrot.htm](http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot.htm)

