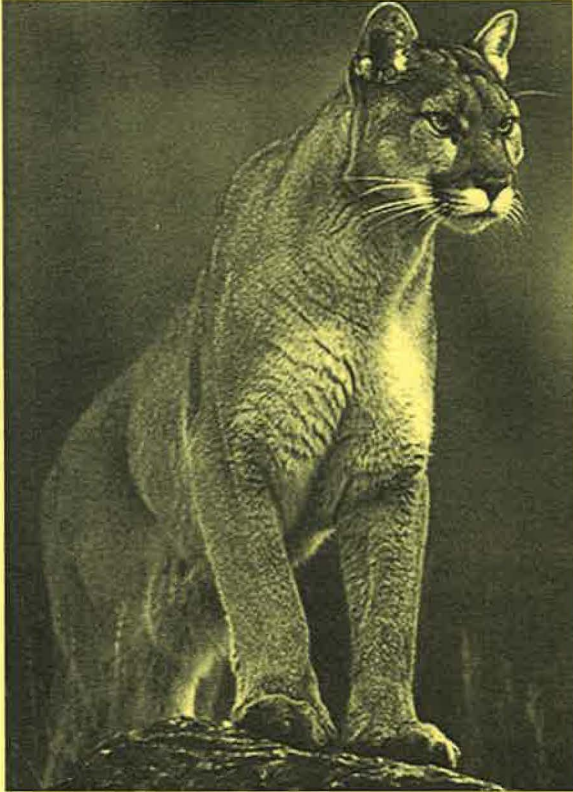


THE PANHANDLER

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LEARNING TO LIVE WITH MOUNTAIN LIONS



Mountain lion photo by Joe Town

By Amber Graham

Recently the Columbia College's Safety Committee sponsored Living with Lions. The Mountain Lion Foundation, a non-profit organization, sent Emily Cunnison, the programs director, on their behalf to give a PowerPoint presentation.

The presentation was to inform not only Columbia College's students, but community members as well, about the giant cats in our area and quite a few safety tips to keep everyone safe.

The presentation, Connie Mical chief operations officer said was to inform the community about the magnificent mountain lions in our area.

The room was filled with chairs and in the front were two visual aids, a stuffed mountain lion on the left and an African lion on the right. These two pieces were borrowed from the Great Valley Museum by Guy Van Cleave, Columbia College's biology teacher.

Mical said a lot of locals mistake mountain lions with the African lions, which are much larger.

The Mountain Lion Foundation sent pamphlets and flyers to the college to give information about the animals. The information included what to do and what not to do if you encounter a lion. "Never run past or from a cougar...act like a predator yourself," and advice on how to keep and feed livestock near a household so a mountain lion won't approach them with the thought that they're prey.

Emily Cunnison's presentation covered information on the handouts and more.

Being with the Mountain Lion Foundation for 20 years, she says that her goal along with the Mountain Lion Foundation is to, "best [teach] how people and mountain lions can best coexist locally." Cunnison expressed another goal of the Mountain Lion Foundation, to educate people and help decrease the number of mountain lions killed. She said since 1900, 3,956 mountain lions had been killed in America. Van Cleave had a Fish and Game Web site

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Columbia College Calaveras Center

By Brian Moore



Columbia College's satellite campus, the Calaveras Center, has been at its current location for five years.

The 4,800 sq. ft. building on Highway 49, in Angels Camp, opened for classes in January 2002. Prior to the lease agreement and renovation, Columbia College's Calaveras program "spent several years at the Calaveras Office of Education," said Doug Lau, director of marketing and public relations for Columbia College.

"What we've uncovered through student polls, is that 22 percent of Columbia College students come from Calaveras County," Lau said. The Calaveras Center is a way to reduce the commute for those students, making it convenient for them to attend classes, he continued.

"We get some students from Tuolumne County and Amador too," said Trudy Lackey, Columbia College's Calaveras Center manager. The Calaveras Center attracts "re-entry students, a lot of people working and taking classes at night," she added. "Angels Camp is a good, central location," Lackey pointed out, "I feel we have the best faculty working out there." There are 13 teachers at the Calaveras Center this year; some teaching more than one class.

According to their Web site <http://www.gocolumbia.org/CalaverasCenter.htm>, Columbia College is offering 21 classes at the Calaveras Center this semester. These include Art, Business, Child Development, Human Health and Performance, Math and others. The Calaveras Center also offers a distance education program, where a faculty member located at the main campus teaches a class at the Calaveras Center. Rather than use the Internet, students are able to interact with their teacher using microphones and cameras.

The number of services students and teachers at the Calaveras Center are expected to grow as Calaveras County does. "We are trying to serve all these different locations and demographics," Lau explained, "and thanks to Joan Smith, we are looking forward to additional funding for things like online classes." Dr. Joan Smith has

been President Columbia College since January 2007. Smith's faculty page on the Columbia College Web site reads, "We anticipate having a stronger distance education program within the next few years to reach a broader base of students, especially those who reside too far from the campus to commute."

"The current center is an intermediate step," Lau admitted. The center has six classrooms, but only four or five can be used concurrently. There are other quirks including the computer room serving as the English 1A classroom and the heating and air-conditioning being a problem in room four. "We can't really use it to its full potential because of the partition walls," Lau explained.

When asked about a potential site for a larger, more permanent Calaveras Center, Lau responded, "We are looking at our options right now." However, he did say that Angels Camp and Highway 4 are possibilities. "I think it's our dream," Lou clarified, "to have our own building that has the capability to serve Calaveras students."

The current Calaveras Center is located at 2892 Highway 49 in Angels Camp. Their business hours are from 8:30 a.m. until 5:30 p.m. (excluding Wednesday night classes). Anyone interested in attending a class at the Calaveras Center is encouraged to contact them at 209-736-5940, or call Columbia College's Admissions and Records at 209-588-5231. Students can find a list of Calaveras Center classes at the main campus, the satellite campus, or on the Columbia College Web site. The Calaveras Center motto is, "See How Far a Short Hop Can Take You." ♦

STUDENTS HAVE OPPORTUNITY TO LEARN ABOUT HIV/AIDS

By Brian Moore

Students probably saw Jan Potter and Kathy Roberson's table if they dropped by the library recently during HIV/ AIDS Awareness Week.

Potter has been working in HIV/ AIDS education and prevention for nine years, has done work for the AIDS council and has "been around it for 18 years," she said. Roberson is working for the HIV/ AIDS surveillance program, is a certified nurse and has been with the Tuolumne County Health Department for more than three years.

Potter said that over 90 people had stopped by the table, either to talk, pick up brochures, or to take a multiple choice "HIV/ AIDS quiz." If students chose to take the quiz, the two women corrected wrong answers, cleared up misconceptions and encouraged students to be safe.

Question number eight on the "HIV/ AIDS quiz" asked, "What is the percentage of all new HIV infections in the U.S. among young people under 25?" Possible answers were 15 percent, 25 percent, 40 percent, and 50 percent.

The correct answer, 50 percent, justifies why these two women were targeting Columbia College for HIV awareness and prevention.

Roberson pointed out that according to the Centers for Disease Control and Prevention, 25 percent of people with HIV don't know they are infected. Potter added, "You're spending all this time getting educated; everyone who passes by [this table], I want to have a long life."

According to the Sierra Hope brochure they provided, "The HIV infection rate in rural America is rising three times faster than in urban areas." Sierra Hope is an HIV/ AIDS health resource center that serves Amador, Calaveras and Tuolumne counties. Although statistics gathered by Roberson indicate that Tuolumne is a "low incidence county," Potter said that "Tuolumne has more cases than the other two [counties] put together." Potter explained, "People think it only happens to gay males in San Francisco, and it's not true," adding, "I knew a woman who was misdiagnosed for three years because she was not a gay male."

Potter reminds students, referring to question number 10 on the quiz, that each Sexually Transmitted Disease has its own test. If you've been tested for other STDs, but did not ask explicitly for an HIV test, chances are that you did not receive one. This is due to the fact that tests are expensive and are only administered to those who ask. If you are interested in free HIV testing services, both Roberson and Potter recommend Sierra Hope. All appointments/tests are either confidential or anonymous and are administered through the county health department.

The Amador County Health Department is located in Jackson, at 1003 Broadway, Suite 203. Contact them at 209-223-6407.

The Calaveras County Health Department is located in San Andreas, at 891 Mountain Ranch Road. Contact them at 209-754-6460.

The Tuolumne County Health Department is located in Sonora, at 20111 Cedar Road North. Contact them at 209-533-7401.

Potter also encourages students on campus to stop by Juniper 2, and see Laureen Campana, Columbia College's nurse and coordinator of health services. "Mrs. Campana, I swear, has rollerblades in her feet," Potter declared. Campana has a lot of answers ready for students; all they need to do is ask. If you don't have any questions, drop by anyway to pick up some free latex

condoms.

The nurse's office is located on campus in Juniper 2 (math building). Office hours are 9 a.m. until 4 p.m. Monday through Wednesday; 11 a.m. until 6 p.m. on Thursday; 9 a.m. until 1 p.m. on Friday. Contact them at 209-588-5204.



*Laureen Campana,
Columbia College
School Nurse*



Southern Experience at Cellar Restaurant

By Adam Bergan

Seeing the theme of the Cellar's buffet of the week in the student bulletin often makes me salivate. I have been exposed to many different types of cuisine in my family, from vegan to Vietnamese and I am probably well on my way to becoming a foodie. A journalism class lunch of good old Southern cooking sounded enticing.

On entering the "lobby" or exterior snack area of the Cellar, one is greeted by a beige faux brick wall. Ah, the soothing color. A classmate and I perused the menu mounted by the lunch portal as we waited to be seated. We passed through into a beige wonderland.

A server promptly took our drink orders and promptly delivered them. Now that my eyes had acclimated to the mostly beige area, I was ready for the chicken and sausage gumbo, our first course. While not visually exciting, the hot gumbo was faithfully Cajun and loaded with large pieces of chicken and chunks of sausage.

Shortly after beginning the gumbo we received cool, pale cornbread. I'm pretty sure it was from a mix, but I'm not complaining.

This being a buffet, the server or waiter isn't expected to be too involved. Our server seemed jolly well pleased to have us and was very aware of our needs. So, this being a buffet, I had a plate loaded with a bit of most of the menu.

First, I tested the collard greens with turkey. While one of the lighter items available for lunch, unfortunately, they had a heavy quality. Maybe they were cooked with butter, and I'm sure the turkey added to this. One of my classmates is a vegetarian, and while Southern food does use much meat, her only options were macaroni and cheese, coleslaw, and peach cobbler.

I found the black-eyed peas delightfully prepared. The partial mashing was new to me, but, again, they had pork in them. The peas themselves flavorfully dominated with just the correct amount of salt.

The coleslaw, a Southern staple, is often paired with fried chicken. Not today. I am a coleslaw fan. I have to admit this specimen was a letdown. In appearance it mimicked KFC's classic style, plus tangerine slices. In the mouth it was less than flavorful, not enough salt and no distinguishable flavors in the dressing other than mayonnaise.

Chicken fried steak is something that I have not tried more than once or twice. This experience,

unfortunately, has made me wary of trying it again. The steak was cooked in its gravy and onions. On the plate it looked hearty. The many onions encasing the steak were sufficiently overcooked as to make it inedible. This main dish made me all the sadder that there had been no fried chicken.

Dessert salvaged the meal; a classic peach cobbler with a dense crust that balanced the sweet, cinnamon sprinkled peaches. Topped with a melting spoonful of vanilla bean ice cream, it made my sweet receptors joyful.

The café filled with peers and professors seems to offer well-priced very varied fare. The many different types of food prepared and eaten in the Cellar introduce students and others to new culinary delights. One can tell that the chefs are learning but, in my opinion, it adds to a fun atmosphere. ♦

Restaurant Review



Diners at Cellar Restaurant

College Counselor Recommends How to Reduce Stress

By Brian Moore

Finals week is just around the corner. Deadlines, essays, exams and grades are unavoidable stressors that sometimes leave students with a substantial amount of anxiety.

Columbia College recognizes that finals week can be a stressful time for students. For that reason, Special Programs offered "Stress Reduction Techniques," as a part of their EOP&S/ CARE/ CalWORKS workshop series. All students were welcome to attend the workshop held on March 25th in the Community Education Room, which is located in the Manzanita building.

Leading the stress reduction workshop was Dr. Brian Jensen, a therapist, Columbia College counselor and Guidance 100 teacher. Jensen explained to students that even when they study extremely hard for an exam, high stress levels can hinder their performance. "When anxiety goes up, I.Q. level goes down," Jensen said.

Jensen talked about several "stress reduction techniques," including time-management, breathing and managing automatic thoughts. Jensen said that when you feel like there's too much to deal with, make a schedule. When you feel off-balance and anxious, you should take deep breaths, originating in the abdomen, which causes your body to return to homeostasis. "Short breaths," Jensen said, "can increase anxiety." If automatic, negative

thoughts are beginning to drain you of hope and make you feel anxious; think positive.

But if you are stressed-out, how do you think positive? Jensen answered that question by providing students with a five-minute stress reduction technique that would cultivate positive thoughts.

The first step of the technique is to identify what is making you feel stressed, sense the feeling in your body, recognize it; then "freeze-frame" it or take a "time-out." The second step is to focus on your heart area for about 10 seconds to reduce your body's stress response. Third, focus on a positive feeling or image; a special time in your life, a person you love or appreciate, a feeling of gratefulness or a time when you felt appreciated. Bring that positive feeling into your heart area. Fourth, ask your heart, "What would be a more efficient way to respond to this situation?" The fifth, and final step, is to listen to your heart for an answer and allow that answer to sink in.

Jensen told students, "Our inner wisdom will tell us where to go. When we calm down, we'll find our way."

Jensen used evidence from the Institute of HeartMath Research Center to back-up the five-step technique. In layman's terms, science is starting to provide evidence for the age-old belief that our heart regulates more than just the pumping of blood. Jensen gave students a copy of his notes and HeartMath research on the subject. According to the Institute of HeartMath Research Center, "The heart's electromagnetic field—by far the most powerful field produced by the body—can be measured many feet away from us by sensitive devices." Scribbled near the bottom of one page of Jensen's notes is "Electromagnetic field...5,000 times the electrical output of the brain!"

Put plainly, the heart and the brain send messages to each other via the autonomic nervous system. In a state of excessive stress, your heart-rate and brain waves become erratic and out of sync, and phenomena such as the "fight-or-flight" response occurs. The general goal of the five-step stress reduction technique is to bring your body's autonomic nervous system back to homeostasis. HeartMath found that a person in a positive emotional state, such as the ones mentioned in step three of the

stress continued on back page...



Brian Jensen,
Columbia College Counselor

Dear Ask A Nurse,



Laureen Campana,
School Nurse

One of my best friends died in a car accident a month ago and I am really having a hard time with this. I can't concentrate on school and I am still pretty devastated by the whole thing. I don't really want to do much of anything. Help.....

Dear Help,

Please accept my sincere condolences on the loss of your friend. I am so sorry. A month is not a long time to experience a great grief. It is perhaps just the start of it after the shock of the loss occurs. It may seem odd that life goes on "as usual" when nothing seems quite usual to you at all. People who have not had a loss, such as yours, may have a hard time understanding the depth and nature of what you are feeling. This sometimes can cause you to feel isolated even in the company of others and not very optimistic or motivated to make future plans. Because we love deeply we hurt deeply when we are separated from those we love. Many many people have found comfort during these times by being with others who have also experienced a loss. I suggest you also consider connecting up with one of the local grief support groups we have in this area. Here are a few resources:

Dawn's Light- 532-9001 is located in downtown Sonora. Run by Nansea Arquette, an LCSW with specialty training in grief therapy, this place has private sessions or group meetings both offering a very compassionate place to be during this difficult time.

VNA-Hospice – offers support groups for those who are grieving the loss of a loved one. These groups offer a safe and supportive environment facilitated by a professional counselor. The emphasis here is on practical coping skills - not therapy. Call 533-6800 (Sonora) or 736-2338 (Calaveras) for more information.

Grief Share – Grief Share is a nondenominational group that features biblical teachings on grief and recovery topics. First Baptist Church of Sonora (Ken and Kathy Burns 533-4441) and Sierra Bible Church (Mary Freer 984-1547) offer this syndicated program. Call the above phone numbers or call 800-395-5755 or check out www.griefshare.org.

Earlene Keller is our college mental health therapist here on campus. You could also start by talking with her. Call the Health Office at 588-5204 to make your free and confidential appointment.

Take Care...

continued on page 7...

Dear Ask A Nurse, *continued from page 6*

I am getting a sore throat and a cold again....I don't have health insurance, not that I would need prescription drugs anyway or a doctor's visit. I would really like to use some natural remedies to help myself out but I don't know what to use or where to get it. Any suggestions....

Dear Friends,

We really do have some great remedies to relieve the symptoms of minor illnesses in our kitchen and so to speak in our own backyards. First of all, it is really important to attend to the basics. If you are not eating well and sleeping enough it is hard for any body to recover quickly from an illness. There is strong medicine in a bowl of chicken soup and a nap. With that said, here are a couple of remedies I like for basic colds and coughs:

Sore Throat Gargle

1 cup apple cider vinegar

1 cup strong sage tea (three teaspoons sage per cup of water)

2-3 teaspoon salt

Pinch of cayenne pepper

Combine ingredients and gargle throughout the day. Will keep in the fridge a week or two.

From Rosemary Gladstar's Family Herbal

Slippery Elm Bark Tea or Marshmallow Root Tea

1 teaspoon of slippery elm bark / powder OR the same of marshmallow root / powder.

Chamomile or licorice root or lemon juice optional for added tastiness.

Slippery elm bark and marshmallow root are rich in mucilage. This is a tea that can coat and sooth your throat when sore. The root of the marshmallow plant has a long history as a home remedy. It was powdered and mixed with other herbs and some sugar and peppermint oil and given to children for their sore throats. This original use of the marshmallow plant is a far sight different than the white puffs of corn syrup found in the supermarket today with no intent for medicinal use (or any trace of marshmallow).

You can buy this tea at a health food store or herbal store prepackaged.

You can also make this yourself by buying the powdered bark or root. Soak the bark or root first in ¼ cup of cold water for 5-10 minutes to loosen the mucilage. Then add it to a cup of hot water. You may want to add a bit of chamomile and/or licorice root or lemon slice as well.

As always, if your symptoms do not improve or worsen it is time to visit Prompt care or your family doctor – or the free health van at Wal-Mart (Mondays and Fridays 9 a.m. to 3 p.m.).

Good Luck and take care! ♦

Stress continued from page 5

technique, experience a balance between the heart and the brain. HeartMath states, "When our systems are synchronized in this way, they function with increased efficiency, saving valuable energy and promoting health."

Columbia College student, Jessica Ocock, enjoyed Jensen's workshop. She said, "He really knew and believed what he was lecturing about. It was kind of inspiring." Ocock will be majoring in psychology when she transfers to CSU Chico next fall. She hopes that students will take advantage of what Columbia College has to offer them, such as counselors and workshops. Ocock advises, "Study hard for finals, but don't let stress and anxiety get in the way of doing your best and living up to your full potential."



Jessica Ocock, attended Brian Jensen's stress lecture

"I know that finals week is the most stressful time of the semester," Ocock admitted, "but you have to keep your stress levels down or you will go completely crazy. When Brian had us take five minutes to use the relaxation technique, we all felt very calm afterwards;" Ocock said, "I am definitely going to use this technique in the future, especially for tests and finals."

Students interested in "stress reduction techniques" can find out more by making an appointment with the Counseling Services office. Call them at 209-588-5109, or stop by their office located in Manzanita 14. Their office hours are 7:30 a.m. until 4:30 p.m. Monday through Friday. ♦

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Lions continued from page 1...

print out report showing that there have only been 14 recorded mountain lion attacks since 1890 in California. This supported Cunnison's statements on how the lions like to have solitude and be as far away from humans as possible.

She started her presentation by asking the audience what they were interested in learning about mountain lions. Answers varied from wanting to learn safety tips, to natural history, to biological behavior. She covered these topics and others, giving facts along the way that might not be commonly known, such as the mountain lion almost being listed as a near threatened species, and how the mountain lions are such an expansive species living coast-to-coast as early Europeans saw when they first began coming to America. ♦