

THE PANHANDLER

Columbia College's Student Newspaper

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WOMAN OF TWO WORLDS



Laurie Sylwester teaches a variety of art classes at Columbia College

By Guy Dossi

Tucked away in the outskirts of Columbia College is the Willow art room. Eight-year Columbia College Professor Laurie Sylwester is busy helping students with any questions they may have with their artwork. This Tuolumne County native is living her dream of being a Columbia College professor, but to the surprise of many of her students, Sylwester was not always focused on teaching.

Sylwester served as a Tuolumne County Supervisor from 1999-2003, and was only the fifth woman to hold that county title.

"This was the Good Old Boys network. I felt the county could use other points of views. I definitely felt that not everyone was represented, and I wanted to change that," she said.

Sylwester campaigned, for the 1999 election, all of 1997-1998. The votes came down to Sylwester and fellow Summerville High alumni the late Cary Wingo.

"I barely won. But I made sure that I was the best in handouts, signs, radio, newspaper, and door-to-door, and I still didn't win by that much."

For now, Sylwester is happy to be out of the political spotlight, and teaching at Columbia College where she spent 3 years as a student.

"My political career isn't over. I have helped on many campaigns, and will continue to do so. When I retire from teaching, I hope to get back into politics. I don't do anything I don't want to do," Sylwester commented.

As she teaches her classes, Sylwester says she refrains from talking about her own political views, and hopes that her students can make up their own minds as to what they believe, she continued.

"I just want to live each day. I believe that you get up in the morning and you do what you have to do in the world," Sylwester declared.

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NEW FACES FOR LADY JUMPERS

A Mix of Chemistry for Lady Jumpers

By Guy Dossi

"Sloppy, sloppy, sloppy, ladies. Let's do it again!" Raelene Juarez Columbia College head volleyball coach tells her team during practice.

Her words were meant for all 12 of her players, but were taken most seriously by her lone returning player Sara Moylan, who is the team captain and leader.

"Sara is extremely important to this team," coach Juarez says. "She is a very good player, and all of the girls look up to her, and she leads by example. I don't know what I would do if she was not on the team," the Coach commented.

With 11 new players on the team this year, Juarez has had to focus more on the fundamentals, and getting her new players to not only be physically disciplined, but mentally disciplined as well.

"The chemistry is not quite here yet, but over time we will play better and better, and I am really excited to see this group of girls play together next year," Juarez says.

The majority of the girls are from local high schools, and Juarez checks out local schools first, to show that Columbia can offer a competitive atmosphere.

Moylan is very excited about what this group of girls can do together on the court. "We all get along really well, and we can always improve, but I just love to play, and I love Columbia" Moylan said.

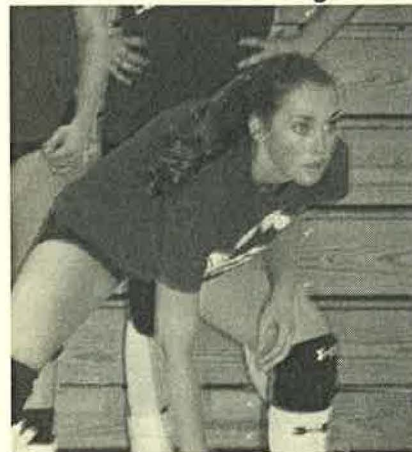
"The future is very exciting, and I'm sure we are going to shock some people" Juarez says with a smile.

Columbia will be on their home court Wednesday, November 12 and 19 at 7 p.m.

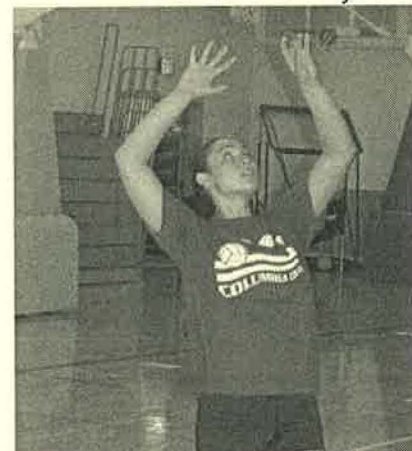
A p r i l



M e g a n



K a t h y r n



S a r a



photos by Guy Dossi

P e t e r s o n

L a f a t a

L e e

M o y l a n

STUDENTS TO MAKE FILM AFTER SEMESTER OF PRACTICE

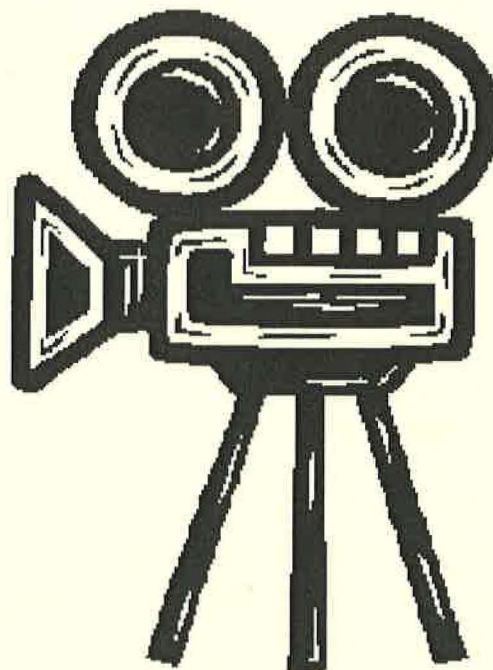
By Spencer Holmes

"Student learning outcome - Students will learn advanced filming techniques that will allow them to produce a professional film and gain skills that will assist them in a filmmaking career," Cord Rawlinson Columbia College film teacher explained about the main course objective for his class this semester.

Observing the video productions in progress, with the lights lit up on the green screen, and the actress playing her part as the camera was rolling. It was the first of their projects, to create a silent film emphasizing clear visual communication on emotion or idea themes.

The class will continue through the year making story boards, writing treatments and scripts learning lighting techniques, advanced camera movements, editing techniques and much more.

At the conclusion of the term, the students will make a film.



Editorial by Guy Dossi OPINION



Thoughts by Dossi

Growing up in Tuolumne County, I heard nothing from my peers regarding education except, "I can't wait to get the heck out of here so I don't have to go to Columbia!" Being young and easily persuaded, I thought along the same lines as them. Now I am a student at the hated Columbia College, and I could not be happier.

There are many wonderful qualities that Columbia has, that people overlook and do not realize is a pure blessing. For starters, class sizes are the same size as a high school class, so the student-to-teacher relationship is a strong one, as opposed to a four-year university, where the professor may not even know your name.

Being able to walk into a college classroom, and have the professor meet you with a handshake and a smile, is something that is not offered at universities.

People may complain about the parking, but a brisk walk on a sunny afternoon may just be what the doctor ordered to help clear the student mind. And let's face it, the walks are no longer than that of a university, because the longest walk may be 10 minutes, not 30, and be happy we can even drive to campus.

With a college being tucked away in the back woods, nature is all around and students can focus on the beauty of Mother Nature, instead of the hustle and bustle of the city life.

Finally, the most important, is the cost. Columbia College students are getting a first-rate education at a discount price.

Columbia College is not a permanent home, but it is a nice place to vacation for two years before we get sent to the dreaded four-year university.

I say enjoy the time, the trees, the faculty, and the life-style we all have now, because over time, we will all look back, and fondly remember our days at Columbia College.

Loved or Hated: Controversial Teaching Styles

Hardest or best? Hamilton and Clarke analyzed

By Joel Metzger

Classes taught by couple, Warren "Ted" Hamilton and Dr. Paula Clarke, often begin with a room full of students, many of which have preconceived notions about what their experience will be.

Before a month has passed, most classes have lost over half their student population as only a certain type of individual remains; one who truly desires to learn.

Hamilton and Clarke teach many classes at Columbia College including: geography, history, political science, anthropology and sociology.

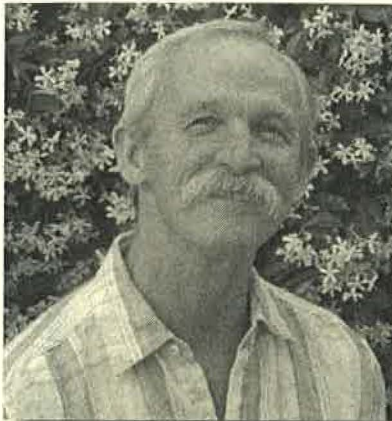
The teaching philosophy of Hamilton and Clarke has been carefully researched and designed over the course of their careers and is summed up on their Web site.

"Higher education should provide an environment that cultivates meaningful frustration accompanied by the support and opportunities to confront that frustration in such ways that encourage intellectual and psychological development, as well as moral and ethical reasoning."

To put it simply, they believe that high demand paired with high support equals student success.

Students do not always agree when speaking of a Hamilton or Clarke class.

Liberal arts major Ronald Ramirez, 22, said, "I came in there thinking it would be another regular class. Boy was I wrong"



Warren Hamilton

**"Knowledge plus skill
plus attitude equals
success."**



Dr. Paula Clarke

Hamilton said that the, "... initial visceral response often leads to students dropping out of the course."

"I was in Clarke's class for a month and then I had to drop it," Ramirez said. "I just felt that the amount of time you had to put into the work was unnecessary for me. I was going nowhere in the class. I felt that she had unrealistic expectations of her students."

"In my classes, students do triage on themselves," Hamilton said. "In a climate where it is very hard to fail, students persist in assuming that they will."

What students don't realize is that, while Hamilton and Clarke do hold high expectations for their students, they also freely offer the tools needed for success.

Kathleen White, 27, majoring in health and nutrition said, "They are challenging and intimidating. Some kids are not ready for that type of challenge right out of high school."

Some faculty accuses us of knowing too much, and care too much, Hamilton said. We are also accused of being elitist and only catering to the best and brightest students.

"Most myths are created by drop-outs or students and faculty who have never attended a class," said Hamilton. "In studying myth, we find that people create myth to justify their chosen behavior."

of Hamilton and Clark

One of the ways Hamilton and Clarke distinguish themselves from other professors is their policy on office hours. Not only do they both offer large blocks of time every day to meet with students, but they also require students to meet with them at least once before each exam is due, and preferably much more.

"The ubiquitous assumption is that students already know how to succeed," Hamilton said.

With this mentality, the high level of course work that Hamilton and Clarke expect would be too much because, "Most people at Columbia aren't really students, they are fee-paying individuals," Hamilton said.

Hamilton and Clarke never assume that a student knows anything, which allows them to work with all levels of students. The key is that students must ask for the help, because the couple won't pursue those who don't have a vested interest in learning.

Though Hamilton and Clarke may offer the tools to succeed, not all students take advantage of them.

"It was hard to get office time that would fit with my schedule," Ramirez said. "I finally said, 'forget it.' That's about the time I gave up. Clarke was talking about random stuff; I never understood what she was talking about. I saw no resemblance between the chapters and what she was saying. The way I feel teaching should be I felt she was not a good teacher; probably about a 2 out of 5."

"Knowledge plus skill plus attitude equals success," Hamilton said.

When beginning college, students may lack skill and knowledge, Clarke said, "but if they possess the right attitude, success is likely to come."

News You Can Use

If you owe a fine at the Library, they will take a can of food instead.

Through Nov. 21, the library is accepting a can of food in lieu of your fines (does not cover lost or damaged items).

The "Food for Fines," drive sends canned goods to Interfaith Community Social Services in Standard, a social service agency supported by area churches.

The Columbia College Library would like your input on how to improve their resources and services. Through Nov. 7 library officials are asking library users to complete an online survey. Go online to <http://tinurl.com/5rs9ua> to complete the survey.

At 10 a.m. Nov. 7 ground will be broken for the Columbia College Child Development Training & Family Care Service Center. The ceremony is on the campus off Sawmill Flat Road.

The \$6.3 million facility, will cover 13,100 square-feet in five single-level buildings and is expected to be completed in Dec. 2009.

The Child Development Building is just one of the construction projects under way at the college. Work began on the \$2.8 million addition to the Madrone building in the spring and to the \$2.8 million Public Safety Building in June.

Refreshments will be served after the groundbreaking.

To honor all Veterans, Columbia College will be closed Nov. 10.



STUDENT FILM MAKERS TO UNVEIL THEIR MASTERPIECES



James Kelly

Caitlin Powers

Cord Rawlinson

Mary Cowper

Sandra Lascari

By Spencer Holmes

The film students of Cord Rawlinson's Columbia College Advanced Video Production class had their first films in post-production finish.

All the videos were shot silent and used actions and music to show each person's unique story unfold, from relationships, to special effects, aviation videos, dogs, cats, and dreamlike environments.

Student James Kelly's video, "Emmatime," illustrated the everyday life of a dog living out her dreams of the past year in the mountains of Sonora Pass.

Kelly's plans for his next movie could range from mountain biking, wildlife, to music videos of his own band, Veldar Mitt.

Caitlin Powers video had her little sister and her sister's best friend exploring their friendship and what would happen if her friend died. She used lots of effects, involving the green screen, which allowed Powers to create any environment she desired for the backdrop.

A romance is the next movie in the works for her, all about random topics, and she said, adding, it may be depressing.

Non-instrument rated pilots flying in clouds have 178 seconds before losing control, was the premise for advanced student Terry Lankford. Lankford is an aviation-training pilot and is taking video production to create training videos for pilots learning about aviation.

His next project is one Lankford's been working on

for a while about density altitude, using many graphs and the whole line of Adobe movie products to create his masterpiece. *~*

Dear Ask A Nurse,



Lauren Campana,
College Nurse

Dear Ask the Nurse,
So what is the flu anyway?
And should I get a flu
shot? I had a friend that
got sick last year after she
got a flu shot. What do you
think?

-Bugged

Dear Bugged,

That is a great question. So what is the flu? We talk about the "stomach flu" and flu as a head cold. These are not the true flu...read on.

The word "flu" is derived from the word Influenza. Influenza is a very particular virus that circles the globe annually keeping itself going by infecting lots of people. Every year this virus mutates slightly so that no one ever becomes immune to it as an infection.

It is much worse of an infection than a common cold. Symptoms can include headaches, high fever, chills, muscle aches, weakness, dry cough and lingering exhaustion, not something you want to deal with during midterms or finals.

It is possible to get a vaccine to help you avoid or lessen the severity of influenza if you get it.

Scientists follow the virus around the world then create a vaccine with the strains they think most likely to cause the disease. It is 75-85 percent effective. This year they included strains from Brisbane Australia, Uruguay South America and Florida in the U.S. When the influenza virus reaches the U.S. we call it our flu season. This usually starts mid-to-late December and lasts through March.

The vaccine is made of killed virus, so it is not possible to get influenza from the vaccine.

Folks who get sick after they get the vaccine, like your friend, were already getting sick when they got the shot.

Whether you should get a flu shot is up to you. You can avoid sick people, keep yourself in good health by eating and sleeping well and keeping your stress level as low as possible.

You could also help by getting the vaccine. You want to think about who you might infect that are vulnerable to flu complications, the very young and very old.

Also, those already sick with another illness are at risk. Public health experts recommend the vaccine for certain groups: check out the Center for Disease Control and Prevention Web site. You can get the vaccine at the college health services in Juniper 2 for \$5.

Now I have to give my botanical medicine perspective. There are many herbs that can help with influenza, but I would like to talk about one that is native to our area: elderberries. The elder tree grows mostly above 3,000 foot-elevation.

In the upper areas there are still lots of berries on the trees. Do not eat the berries. They need to be made into an extract. In a small study in Israel cited by Michael Moore in "Medicinal Plants of the Mountain West" participants who took elderberry extract at the onset of influenza symptoms were symptom-free in three days.

The control group had symptoms for 10 days or more.

There is also anecdotal information that taking elderberry extract days before getting a flu vaccine increases antibody production that would work against the flu virus. Please find a reputable source for herbal medicine making if you

HEALTH SERVICES NEWS AND EVENTS

want to make your own and also for buying the extract. Please do not use the leaves, bark or root of the elder tree for your medicine.

To read more about this topic:

www.cdc.gov

www.flustar.com

www.learningherbs.com

Best In health,

The Nurse

Laureen Campana RN NP MPH

Juniper 2 / 588-5204



Art Show and Reception

An art show and reception will be held at the Columbia College Calaveras Center from 5 to 7 p.m. Nov. 7. The Center is at 2892 Highway 49, Suite 4 in Angels Camp.

The art on display will be from the watercolor and portrait drawing classes taught by art teacher Hanson. The art will on display up until November 26.

Keith Evans on guitar and Kim Manuel on standup bass will provide music and hors d'oeuvres will be prepared by the Columbia College culinary and pastry arts students.

The Calaveras Center can be reached at 736-5940.

Be On Board (BOB) HEALTH VAN –

The most exciting news this year is welcoming the Tuolumne County school based health van to campus twice a month. Every other Monday morning BOB is parked in front of the Oak Pavilion ready to serve students. Please look for the flyer explaining the services offered by BOB. It will be in your mailbox. I am asking your help in getting the word out to students about this great and needed new service. THANK YOU

Boy Lives on through Bone Marrow Drive

By Joel Metzger



A young boy lost his life 15 years ago after bravely losing a battle with leukemia but in his death new life emerged in the form of bone marrow drives in Tuolumne County.

This Saturday Nov. 8 from 12 noon to 4 p.m. a marrow drive will be held in memory of Micah Chase at the Delta Blood Bank at 850 Sanguinetti Road in Sonora.

To donate, you must be between 18 and 60, be healthy and have no history of drugs or severe illness. Those who attend will receive a simple blood test which is examined for human leukocyte antigen markers which could match one of the

Micah Chase 6,000 men, women and children searching the National Marrow Bank each day.

Micah's mother, Shelley Chase Muniz, organized this event and others like it in the years since she lost her son.

"I can always remember how it feels as a mother to wait every day for the phone to ring and the desire to hear those words, 'we found a match.'"

When Micah was sick, the community was involved and supportive, she said. "I don't know what we would have done without the community here in Tuolumne County."

The family found out that Micah had leukemia when he was 12 years old. They searched for two years and were not able to find a bone marrow match. "He was deteriorating physically which forced us to pursue a second treatment option called a half-match transplant coming from his dad," Muniz said. "We traveled to Texas for the procedure but his disease had progressed too far and we lost him one month after the procedure. He was positive all the way to the end."

For more information about the marrow drive call Shelley Chase Muniz or Nick Chase at 533-8329. Muniz is a Columbia College media technician.

ALCOHOL FACTS DAYS NOVEMBER 17-20 afternoons

In the library gallery we will offer information on alcohol use and facts with a focus on responsible decision-making.