

The Lance

Shasta College - Redding, California

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Seeing Green



Photo by Tanya Thomas

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Shasta College is taking steps toward a greener, more sustainable future. There is currently one green course offered for credit at Shasta College and that is ENER 50 - Renewable Energy and Sustainable Development. According to Brad Banghart this is a course "that is (an) overview type 'green' course."

ENER 50 is the only green course for credit but there is a multitude of not-for-credit instruction offered through Economic and Workforce Development (EWD). Some instruction offered

through EWD span from utility scale, wind technician, training, and photovoltaic technician training, to composting and biofuel production operations.

There is also an E-Tech program that dual enrolls high school students in order for them to start down green technology and industry pathways.

There is a new grant available to the school in the form of FIPSE (Fund for Program Improvement in Post-Secondary Education). Brad Banghart describes it as, "The FIPSE Grant is one that looks for innovative educational delivery that can be implemented as a model for the nation." This grant provides

incentives to colleges that prepare 200 adults for "green" employment and further education in "green" fields.

Shasta College has also in the past made efforts toward sustainability. There was a three million dollar investment into upgrading the inefficient heating and air conditioning systems. According to Banghart this system saves 15 to 16 percent more energy than the old system.

One of the largest steps toward being green that Shasta College has made are plans for a solar panel array through the contractor, Sun Power. This array will take up seven to eight acres and will track the sun's move-

ment across the sky in order to produce a one megawatt per hour peak output.

The solar array will cost \$ 8 million. The school plans to raise this money through a \$ 7.2 million lease revenue bond with a 5.5 to 5.6 percent interest rate, which will be paid over the course of 25 years. There are also rebates from PG&E that will total around \$ 3.5 million over five years.

The completion of this project is slated for spring 2010. The school is hoping to "break even" from this project in 10 years. Other than that, the school is looking at saving \$350,000 a year as a result of the solar array.

Stay Healthy During (Swine) Flu Season

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Being in a school with thousands of students doesn't help one's paranoia about the swine flu epidemic. Swine flu, also known as H1N1, originated in pigs and is caused by Type A flu virus (CNN). Just like any other flu, swine flu can be caught through contact with an ill person. We all use services such as bathrooms, drinking fountains, and desks, that are not only used by us, but by other students also. Germs spread quickly and the only way to stay healthy in a school environment, especially with swine flu going around, is to keep cautious.

Many think they shouldn't eat pork because swine flu originated in pigs, but there is no need to worry. The World Health Organization (WHO) says that swine flu does not pass through the pork and other pig prod-

ucts, and it is still safe to consume (Serious Eats). Pork actually contains a lot of protein, which could greatly help one boost their immune system. Who doesn't want a good immune system in a time like this? Just remember to always cook and prepare all meats properly and there shouldn't be a problem.

Go ahead and wear those ridiculous surgical masks all you want, but if you don't wash your hands, they aren't going to make much of a difference in avoiding this flu. With everything you touch, such as door handles, vending machine buttons, or even money, remember that someone has touched it before. The most important thing to do in a crisis like this is to frequently wash your hands. Think about it-- your hands touch everything. That desk you sit at in class has your fingerprints and many other students' fingerprints all over it. Who knows what the

last student at that desk could have had? Many of us walk out of a classroom with our hands contaminated in somebody else's filth, and then we eat, touch our faces, bite our nails, and so many other things. If we were to just wash our hands before and after each class, it would lower our chances of getting sick.

Though washing your hands could greatly help avoid swine flu, it is still important to take precautions and build a strong immune system, if you don't have one already. Foods that can boost your immune system include red meats, egg whites, dairy products, nuts, fruits, and vegetables. Also, adding lemon to your water, tea, or foods will help restore your acid-alkali balance, and doing so, your body will begin to support healthy bacteria and fight off the bad stuff (Suite 101).

On Sept. 15, the Food and Drug Adminis-

tration (FDA) approved the new Swine flu vaccine. In mid October, the vaccine will be available at up to 90,000 places across the U.S., including schools and hospitals (Associated Press). The quicker you get your shot the better! If you've had the winter flu vaccine before, then you probably know you have to get it every year, and this year you will have to get both the winter-flu vaccine and the H1N1 vaccine if you want to stay healthy.

Like seasonal flu, symptoms of swine flu include fever, cough, congestion, chills, body aches, diarrhea, vomiting, and a sore throat (About). If you think you are experiencing any of these symptoms, be sure to get checked out by a professional. Even if you have the common cold, always remember not to strain yourself, eat healthy, and stay rested, because during a time like this, it can turn deadly.

IN BRIEF

Initiative for Egypt

September 23, 7:00 p.m., Presentation on the Community College Initiative for Egypt, which brought 14 Egyptian students to study at Shasta College for one year, Room 802. The public is welcome.

Business Emergency Preparedness Workshop

The Shasta College Small Business Development Center (SBDC) is offering a workshop entitled: "Business Emergency Preparedness." This one-day workshop will be held on Monday, September 28, from 3:00 p.m. to 5:00 p.m. at the Small Business Development Center Workshop/Training Room, at 1420 Butte Street, in downtown Redding.

Fall Plant Sale

September 26th, Shasta College Horticulture Club Perennial Plant and Shrub Sale and California Native Plant Society, Fall Plant Sale.

Prayer Tents

Prayer tents sponsored by Redding Transformation. Available to all students and visitors who would like prayer and/or encouragement. Dates are Sept 22nd through the 24th. The tent will be located on the grass in the quad.

It's Checkers Day!

Sept. 23rd is "Checkers Day." It's called "Checkers Day" because on September 23, 1952, Richard Nixon gave a speech and stated that his daughters had received a dog, which they named "Checkers," as a gift. This speech quickly became known as the "Checkers" speech, and went on to be one of the better speeches in American political history. So, get out the Checker Board, today is Checkers Day! Do you want the red checkers or, the black ones?

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JACC
Journalism Association of
Community Colleges



Letters to the editor

In order to ensure authenticity, all letters must include the author's name for verification. It is against The Lance policy to print anonymous letters. We reserve the right to edit all letters for spelling, clarity, and availability for space.

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OPINION

The Root Problem

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The media on the struggling newspaper industry was thought to be biased because the news reporting came from newspapers competition, the internet, and TV. Though this is true, there has been no reporting on the root cause of all the newspapers woes. The source of the problem is in the colleges that have poor enrollment in journalism courses.

Journalism courses can be seen as easy fun classes but those who enroll expecting this are in for a reality check because these courses take serious dedication. This, in actuality, is the problem with newspapers, and if the papers think they've seen the worst, they will be surprised when their well of reporters runs dry.

This is evident in Shasta College's enrollment information in journalism courses. In the spring semester of 2009 there were three separate journalism courses amounting to 52 students enrolled alto-

gether. In the fall semester of 2009, however, there is now only one journalism course with just 14 students. This is paralleled by local newspapers too; cut-back and layoffs are a constant threat to these papers. The changes are apparent because newspapers everywhere are shrinking due to budget constraints, some newspapers are even going fully online in order to survive.

The courses dropped this semester were photojournalism and news-writing and reporting. The course that remains, newspaper production, has maintained a relatively constant number of students enrolled over the past semesters.

The newspaper industry loses valuable new talent each time a course is dropped because of enrollment issues. This problem can be mended with an attempt to increase enrollment in journalism courses by making it easier to start out in.

Many reporters have experienced firsthand how hard it is to write an article because so much information must come from out-

side sources, such as other people. In the age of cell phones and the internet, idle and impersonal chats have taken the place of personal conversations. Any first time reporter hits roadblocks when it comes to getting information from contacts because it is easier to talk aimlessly through our widely accepted communication devices, rather than a meaningful discussion.

The time has come to stop the floundering of failing newspapers by letting students know that journalism is a steady field to make a living in. The industry needs new blood and talent pumped into it in order to make the necessary changes for newspapers to survive. This is a hard field to step foot in and it takes true gumption to stick through the tough parts, but all who make it through will find a fulfilling career and a sense of accomplishment when viewing their words printed in newspapers. This industry is vital; it must survive because no matter what happens in the world, people will always want news.

FUN STUFF

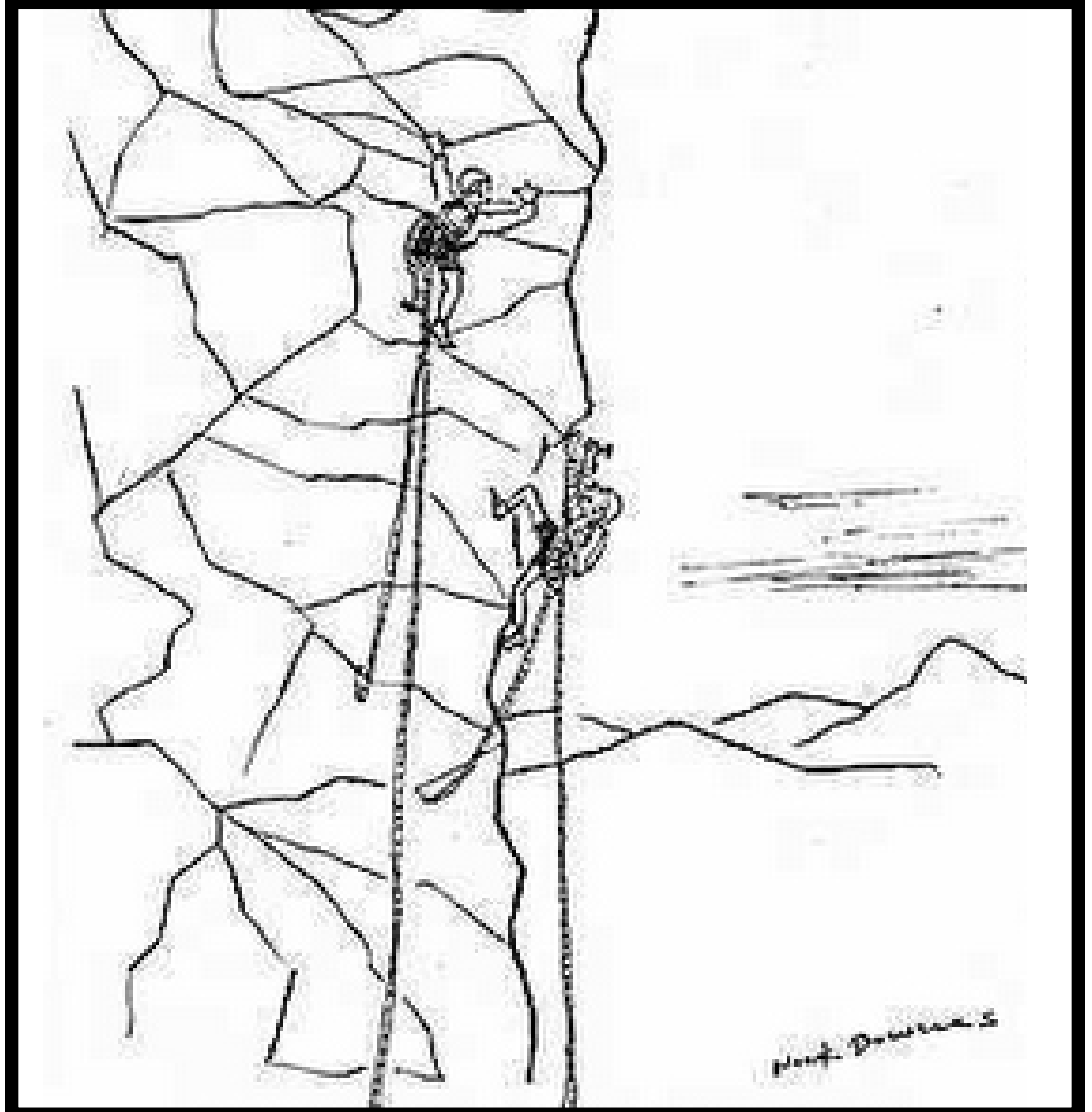


Photo courtesy of cartoonstock.com

The Ways of Love: The First Meeting

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After watching "The Ugly Truth", I thought I should pass on some knowledge in terms of dating advice.

I'll be honest that I'm guessing, but I'm going to go out on a limb and assume that a large portion of my readership is single (which, for me, means unmarried and in a dating relationship for less than 6 months).

Guys, I want to say that this article is not how to get girls "in the sack". I will admit however, if you follow my advice, it might happen. Always remember, women are not objects, they're people.

Women, I'm not saying I'm the authority on all things relationships. But I have found some things that have worked in my life, as well as a woman who I'm engaged to that I love very much. So honestly consider what I say for about 5 minutes before throwing it out.

First, the number one question that I had in the last years of my teens was; "How do I get a date?"

The answer is very simple for both men and women. Don't be so desperate. Both sexes can smell desperation from a mile away.

Just think back to that person that desperately wanted to go out with you (we all have one).

Did you want to go on a date with that person?

You become that person when you constantly stare at the one you want. When you go on-and-on while talking. When you stalk or hover over him or her (we've all done it).

This can be solved in one piece of advice: stop flapping your jaw.

Ask the person about himself or herself, then shut up and listen.

The conversation may be short, but that's OK. That means on another day you have more to talk about. Know that you're not asking this person out right away. Relationships that start fast, end fast. (Or never get off the ground).

When you first see someone that you find attractive, introduce yourself and start off with a basic question.

For example:

What about this weather?

Why did you sign up for this class?

Have you always lived in the Redding area?

The smart among us have just realized that all those questions are open ended. I didn't ask, "Have you had this professor before?" The answer is "yes" or "no," end of story.

You ask, listen, and end the conversation. Then repeat the aforementioned sequence on another day. After a while, the conversations will grow deeper, friendlier, and more sexual.

Remember, confidence is key. Once you've talked with this person, put them out of your mind until the next day.

Heck, have multiple conversations in a day. You run more of a chance of one (or more) exchanges being effective, and your desperation will get washed away in the mix.

Also, you may just make a friend. This is not a loss.

The number one way of meeting people (especially girls) is to get recommended by a friend.

FEATURE

Get Items Free With SwapTree!

Janice Daniels

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For many, being a college student means spending money mostly on items you need other than items you want. With book prices, tuition fees, housing, and food, it can sometimes be difficult to afford those little things, like CDs, that keep us happy. Instead of throwing out the old music, movies, books, and games that you have grown out of, why not trade them for something better? On SwapTree.com you can do exactly that.

SwapTree is a website that gives any person the opportunity to trade their unwanted CDs, DVDs, books, and games for something they might want instead. All one has to do is register and post their unwanted items by using the ISBN or UPC code available on the back of most items. Once you have done this you will have the opportunity to search SwapTree and tag the items you want. As this starts, the website will start finding matches with its algorithms, which will automatically search for people who want an item you have and are willing to give up an item you want.

Not only will SwapTree do the work of finding a match, but you can do so also. The items that you have listed to trade will give you results containing items that you can get from others on SwapTree for trading a particular item. You can browse through a variety of media items available to trade, and if you like an item, you can "Get it now!"

Almost every book, CD, movie, and game you can think of has been posted by someone on SwapTree who does not want it anymore. Not only does SwapTree help you find items you want by trading, but it also helps you get rid of the old junk that has been gathering dust up your closet. Instead of expanding the pile of items in your closet, and getting a step

closer to clutter, just swap it up! If you don't like an item you have received through SwapTree, you can always list it and swap it for something different.

What is the catch you ask? There isn't one. It doesn't cost money to list an item nor does it cost money to trade an item. All that is necessary is to actually follow through with the trade and then ship the item with a few bucks out of your own pocket. Since the items being traded will only be books, music, movies, and games, they can be mailed as Media Mail, which is



Photo courtesy of swaptree.com

usually no more than \$2.50. If you don't feel like taking a trip to the post office, SwapTree provides postage you can order and print off of your own computer (if you do this then you will need a credit card of some sort). If you don't use the postage off of the website, then you will never need to give SwapTree a credit card number if you don't want to. SwapTree will also find local matches if you don't feel like paying a few bucks to mail a CD to another city. If there is someone in your neighborhood, or maybe even here at Shasta College, that has an item you want and wants an item you have, then that there is a completely free trade!

FUN STUFF

Ask Lee: Q & A

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Dear Lee,
I hope you can help me find a solution to my problem. I get stressed out very easily, and when I do, I yell and say things that upset others. I've tried walking away, but that never seems to help. Can you recommend anything I can do to help control my stress before it gets out of hand?
- Stressing in Redding, CA

Dear Stressing,
I want to applaud you, first and foremost, for being the first (of many, I hope) to write Ask Lee. Your willingness is deeply appreciated.

There are many ways to relieve and lessen your everyday stress. With a little patience and a few deep breaths, we can work through it. You are definitely not alone in this, and being a college student, it's likely that you experience stress daily. Let's walk through a few easy and potentially life changing steps:

1. Remember to breathe. Stress affects our entire body, and breathing will relax you while reducing stress and relieving tension. There are a million breathing exercises that can help you not only relieve stress, but think clearly and give you time to think and react appropriately in stressful situations. You can find these exercises on the internet, in specialty books, or by asking your doctor.

2. Talk about it. Verbalizing is an important step in relieving stress. Have a relaxing lunch or cup of coffee with someone you trust who will listen. Discuss what's stressing you out, don't hold it inside! According to author, life and career expert, and personal public relations consultant, Alison Blackman Dunham, "Even if you can't change the immediate situ-



ation, talking about it helps alleviate some of the tension you may be feeling. Supplement the verbalizing with something physical: write it out . . . or exercise." You'd be surprised at what that can do for you!

3. Lessen your load. You can't be everywhere at once, so why wear yourself out trying? Take on the essential duties, the things that really can not wait until tomorrow, and know that it's completely okay to say "no" when you already have too much on your plate. I am also easily stressed, and my biggest problem is that I say "yes" to everything thrown my way. We mustn't do this to ourselves! Our health and sanity are important, too. Set realistic goals according to your lifestyle, and complete those goals with a positive attitude and at a comfortable pace.

4. Reward yourself. You deserve it. If you don't already have one, find a hobby. Whether it's going fishing or shopping with friends, everyone needs a break from their stressful lives. Taking a breather from your crazy schedule doesn't mean you're being lazy or putting things off. After all, Rome wasn't built in a day.

I hope you find these steps both helpful and rewarding. Remember to take deep breaths before addressing any stressful situation, and remind yourself of the importance of your own health.

Sami Mullen

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Virgo (8/23-9/22)
Now is not the time to be putting things off. Stay on top of all your work or you may get too far behind to catch up on things.



Libra (9/23-10/22)
Take a chill pill for the next few weeks. Don't stress too much over every little thing and soon it will all clear up.



Scorpio (10/23-11/21)
Pay more attention for a few days. You run the risk of missing something important, so don't brush off anything you hear.



Sagittarius (11/22-12/21)
Don't plan too far ahead. Things aren't always going to be going your way. Go with the flow for a little bit.



Horoscopes

Capricorn (12/22-1/19)
Use your energy in a positive way. You'll be happy with the results and it may clear up some of the more foggy issues in your life



Aquarius (1/20-2/18)
You may not be feeling as upbeat lately. Don't worry about it too much. You'll be back to usual as soon as the weather settles down.



Pisces (2/19-3/20)
Be social for a bit. Get to know some of your classmates and be open to new ideas. A new outlook will really brighten your mood.



Aries (3/21-4/19)
Try and focus on your health for a while. Try to eat some new foods and take a walk. The results may be surprising



Taurus (4/20-5/20)
Your romantic life is going to take a positive turn soon. Keep your mind open and focused, and you'll be happy with where it gets you.



Gemini (5/21-6/21)
Your energy should be focused towards your work for a while. You'll get productive and clear up your workload for some fun around the corner.



Cancer (6/22-7/22)
A surprise is coming your way in the next few weeks. Don't try and figure out what it is though, you may just ruin it for yourself.



Leo (7/23-8/22)
Your money issue becomes apparent in these few weeks. Look at the issues and make some cuts and you'll be back on track in no time at all!



FUN STUFF

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Tat Talk

Body art is a way to explore the identity of a person. Tattoos tell stories and lure you in by their intricate designs and colors.



Photo By Tanya Thomas

The butterfly reminds Courtney of her childhood when her and her dad gave each other "butterfly kisses." Later the inscription "hope" was inspired by her brother, who was diagnosed with multiple sclerosis. Courtney designed the tattoo herself.

Courtney Kingston
Artwork done at: Capital Inc. (Sacramento, CA)



Photo By Tanya Thomas

This tattoo designed by Sarah symbolizes her love for art. The word "art" is in the word "heart," giving the artwork even more meaning to this tat.

Sarah Todd
Artwork done at: The Dark Side (Redding, CA)

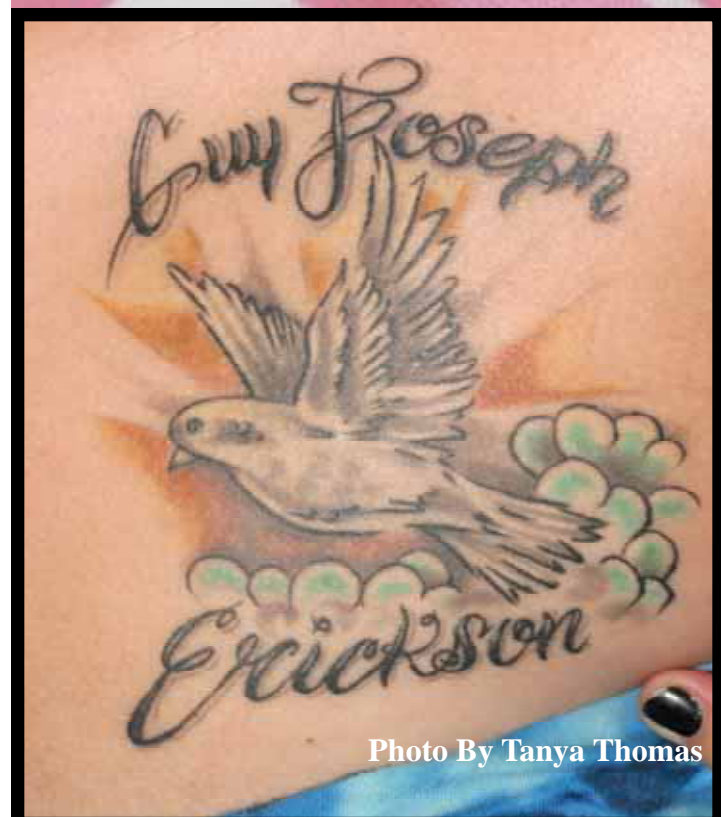


Photo By Tanya Thomas

Melanie got this tattoo done in honor of her dad. The bird is a symbol of her dad because he loved the song "Free Bird" by Lynard Skynard. The artwork was done as a chest piece so that her dad will always be close to her heart. The inscription is her father's name.

Melanie Erickson
Artwork done at: Nathans (Redding, CA)



Photo By Makenzi Marshall

This Hello Kitty zombie was created by Makenzi and was simply made to amuse her.

Makenzi Marshall
Artwork done at: Nathans (Redding, CA)

If you want your body art to be featured in the next issue of The Lance, send me an email (listed above) and let me know.



HURRAY, IT'S MULTIPLE CHOICE.

THREE MINI MEALS FOR UNDER \$3.



Get a Double Cheeseburger, a McChicken® sandwich, or a 4 piece McNuggets® mini meal with small fries and a small soft drink all for under \$3.



I'm lovin' it™

Prices and participation may vary. For a complete list of participating restaurants, visit us online.