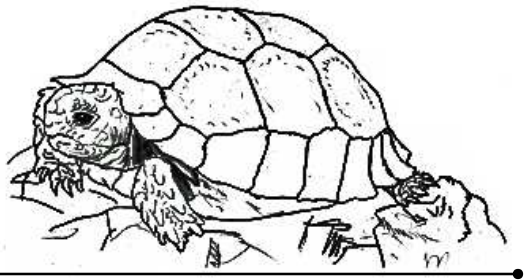
March, 2009

The Voice



A Product of the Associated Students of Copper Mountain College

We're on the Web at http://www.cmccd.edu/Student_Publications Email us at tvoice@cmccd.edu Tortoise art by Randy L. Paschall

INSIDE THIS ISSUE

Yoga for Wellness	2
Sudoku	3
Clubs and Committees	4
Word Search	5
Critical Thinking Interesting Facts	6
PSCFA Championship	7
Calendar	8

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Senator: Jerry Nunez
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Senator: Christy Pratt
Senator: Ryan Stoermer
Senator: Teaque Sweeney

CMC INSPIRES STUDENTS

By Laura Back

On the way to Phase I at Copper Mountain College (CMC), a new student may stop and notice that there is wrought iron whale decorating the path. Walking down to Phase II a student may notice the assorted pipes sticking out of the ground. They are meant to make noise when the wind blows over them.

Often CMC students will see art displayed in Bruce's Cafe, this is the artwork created by the current art students at CMC. Not every art student desires to be an artist; however, many take art for fun and self-enrichment.

Business owner and educator Jean Bevel was an art student at CMC. At the time, she was Jean Wilkins, and she attended CMC from Fall 1997 semester to Winter 1998 semester. Bevel did not always want to be an artist. She took an art class out of curiosity.

As is customary, the class puts on a small art show and art teacher Kathy Allan selected Jean Wilkins for a newspaper interview. "Kathy Allan and my art class gave me the confidence to say I can do this," said Bevel. "I did well in the class." Wilkins changed her major from elementary education to art.

Fast forward seven years, and Jean Bevel is a teacher at Joshua Tree Elementary. Bevel works in the special education department, and she is married to an artist who makes furniture. She is also the co-owner of a business, Desert Home Décor, located in Joshua Tree. They offer East Indian imports and contributions from seven local artists. Some of whom attend or have attended CMC. Bevel noted that she would love to someday do art therapy with children.

"The CMC campus is beautiful!" Bevel stated. She believes that CMC gave her a foundation for getting ready for higher education. "Many of my teachers demanded a lot from me even though it wasn't a four year."

Many people attending CMC start without knowing what they truly want to accomplish in life. With the combination of an intimate campus, beautiful surroundings, and dedicated teachers who push for excellence as well as their own creativity, success will be achieved.

CMC truly does inspire; it is up to its students to find the path of that inspiration. To see Bevels art, stop into Desert Home Décor or visit www.zazzle.com/jtreegirl.

- May 11 Summer and Fall registration for EOPS, DSPS, TEP, Active Military and Veterans
- May 18 Summer and Fall registration for continuing and returning students
- May 26 Summer and Fall registration for new students and K-12 concurrent

YOGA FOR WELLNESS

By Brian Fisher

Instant Karma Yoga, in downtown Joshua Tree, has it all from Sunrise Yoga to Restorative Yoga. Acquire wellness through stretching and posing while experiencing incense, and relaxing music. Ray Jayne Flores, with seven years experience, gives instruction in Gentle Yoga.

"Life goes better with yoga," Flores emphasized. "It gives you a flexible body and mind." She says yoga is beneficial because it gives a person time to be with his or herself. It puts the mind, body and spirit into alignment.

Flores has been with Instant Karma Yoga for six months. The first thing she teaches a new student is Pranayama, which is breathing. She says, "Breathing alone is doing yoga."

Copper Mountain College (CMC) Health instructor, L. Nicholle Clark, DTR, MS., agrees that yoga aids in wellness and students' stress. "Yoga is a good way to manage stress. Studies have shown a link with stress, weight control and certain chronic disease," she stated.

Flores' Gentle Yoga routine began slowly with breathing. Many of the stretches and poses were done in reclined positions rather than standing. Intermediate to advanced classes engage more standing and balanced poses.

In between poses and stretches, Flores introduced terminology such as Pranayama and names of poses: Downward Facing Dog, Cat-Cow, Tree Pose and the Bridge Pose. Time was taken inbetween poses to relax and breathe. A more advanced balanced pose is Balancing Stick Pose, done on one foot with body and arms leaning and reaching forward.

The 90-minute session was ended with the Corpse Pose, flat on back with arms and legs stretched out, and afterwards, the blessing, Namaste. Namaste is a greeting or blessing that means the divine in me greets or blesses the divine in you.

Clark said she advises that students know some method of stress control they can do anytime since they can't be in a yoga class every hour of every day. Flores expressed that a stressed student should, "stop, sit still and just breathe." This will help clear the mind.

A student at CMC, Teresa Petke, stretched and posed through two semesters of yoga. Petke said, "The yoga made me feel generally better all over." Petke told her yoga instructor about her stress, which distressed her breathing, and about bothersome neck pain.

"I had more energy, and slept better," exclaimed Petke. "I noticed a change in physical strength and stamina." Her breathing trouble and neck pain subsided.

Petke said, "I know without a doubt there is something to practicing yoga. It goes beyond just exercise; it helps define who we are. It clears away the everyday clutter so we can see ourselves."

Students cram for exams, dash from class to class and many hold down jobs as well. Stress is going to happen. Take Flores' advice to stop, sit still and breathe.

Easy Pose

Extended Side Angle

SUDOKU

						3		
	8		1	5				
					9		5	4
6			2	8				1
		7				8		
5				3	7			6
4	9		3					
				6	5		2	
		6						

CAMPUS CLUBS AND COMMITTEES

Rock Climbing Club For information contact Bailey Wynn Paschall wynner_16@hotmail.com	ASCMC Student Government Thursdays in room 5 from 1:00 p.m. to 3:00 p.m. For information contact Tami Montgomery Ascmcpresident@cmccd.edu	Cultural Events Committee In the Library Every third Thursday 9:00 a.m. to 10:30 a.m. For information contact Greg Gilbert at ggilbert@cmccd.edu
History Club For information contact Ryan Stoermer kabalisnightshade @yahoo.com	Academic Senate 1st and 3rd Thursdays 3:00 p.m. to 5:00 p.m. Room 11	Educational Technology Committee Library Meeting Room For information contact pdutkiewicz@cmccd.edu
Alpha Beta Gamma Business Honors For information contact Pat Dutkiewicz pdutkiewicz@cmccd.edu	Desert Studies For information contact Jim Hopkins jhopkins@cmccd.edu	Cancer Support Group Second Tuesdays From noon to 1:00 p.m. For information contact Joanne DeMille records@secondchants.com
Want to start a club? For information contact Tami Montgomery Ascmcpresident@cmccd.edu Mike Danza mdanza@cmccd.edu Melynie Schiel mschiel@cmccd.edu	Christian Club For information contact George Platko gplatko@cmccd.edu	Students with Abilities Bruce's Café at noon First and third Thursdays For information contact Cheyenne Bonnell 760-366-3791 ext. 0393 Linda Deneher dromelet@hotmail.com
Speech and Debate Club For information contact Joe DeSantis jdesantis@cmccd.edu Lisa Marshall marshall.lisa@rocketmailcom	Student Leadership Class Room 5 on Thursdays from 1:00 p.m. to 3:00 p.m. For information contact Mike Danza mdanza@cmccd.edu Melynie Schiel mschiel@cmccd.edu	Curriculum Committee Fourth Thursdays 3:00 p.m. to 5:00 p.m. For information contact Andrea Armstrong aarmgstrong@cmccd.edu Carolyn Hopkins chopkins@cmccd.edu
Math Club Thursdays from 3:00 p.m. to 7:00 p.m. In Bruce's For information contact Austin Cambon austinmath@yahoo.com	Art Club For information contact Spelman Downer sdowner@cmccd.edu	Technology Committee Library Meeting Room For information contact Dr. Rodger McGinness rmcginness@cmccd.edu

WORD SEARCH

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

Anthropology
Art
Astronomy
Automotive
Biology
Business
Chemistry
Composition
Economics
English
Fire Technology
Health
History
Journalism
Literature
Mathematics
Music
Philosophy
Shakespeare
Sociology

CRITICAL THINKING

Jeff is two years younger that Carrie. 12 years ago, Carrie was twice as old as Jeff. How old is Jeff now? How old is Carrie?

A freight train leaves Station A going to Station B at 10:00 a.m. traveling at a top speed of 42 miles per hour. A passenger train leaves Station A at 10:35 a.m. heading toward Station B at a top speed of 57 miles per hour. At what point will the passenger train pass the freight train?

Steve is twice as old as Sylvie. Sylvie is three years older than Jacob. Four years ago, Sylvie was twice Jacob's age. How old are they?

INTERESTING FACTS ABOUT CMC

The college started in 1966. The first classes were taught at the Twentynine Palms High School. There were 60 students in 1967.

In 1981 Rotary Club members were instrumental in the development of this campus. Early construction was done using private funds.

In 1984 President Regan honored the school for being the "Community College Built by the Community." He awarded the Friends of Copper Mountain College with the Volunteer Action Award.

In 1999 the Copper Mountain Community College District was created.

The 25th Anniversary is this year.

There are more than 125 members of the faculty.

CMC provides 24 different degrees and certificates to students.

There is a whale in the parking lot.

CRITICAL THINKING ANSWERS

— Jeff is 14 and Carrie is 16.
— Never, they are on the same track.
— Steve is 20, Sylvie is 10 and Jacob is 7.

The source for the first and third problems, along with other similar problems, is http://math.about.com/od/algebra/ss/birthday_4.htm.

CMC STUDENT LISA MARSHALL PLACES THIRD

Copper Mountain College is proud to recognize Lisa Marshall for her achievements in the Pacific Southwestern Collegiate Forensics Association Spring Championship Tournament (PSCFA).

Lisa Marshall, a CMC student and current Debate Team President, took third place at the competition in the Novice Parliamentary Debate and was a finalist in Novice Impromptu Speaking. The tournament was held February 28th and she was able to compete against students from other colleges including Irvine Valley College, CSULA, CSULB, Cal Baptist, Northern Arizona University and many more.

Professor and Speech and Debate Club faculty advisor Joe DeSantis said, "Mrs. Marshall has been the motivating and driving force in creation of the Speech and Debate Club on campus. Lisa is naturally talented and works hard. This is a great start for the club and wonderful for Lisa. The CSULA Debate Team has invited her to compete with them at the National Parliamentary Debate Association Tournament."

For more information on the Debate Club, visit us at www.cmccd.edu or call 760.366.3791.

JOSHUA TREE WITHOUT THE TREE?

By Brian Fisher

The Climate Change and the California Desert Conference addressed the decline in the range of Joshua trees Friday, February 27, held at the Joshua Tree Community Center. Seth Shteir, program coordinator for Air and Climate National Parks Conservation Association, organized the conference. Sponsors included were the Morongo Basin Cultural Arts Council, Copper Mountain College, The Defenders of Wildlife and the National Park Service.

Kirsten Ironside, a landscape ecologist, predicts an increase in temperature and a decrease in precipitation by the year 2099. The climate is predicted to be unsuitable over the next 100 years stated Ironside. If the amount of precipitation doesn't change and temperatures continue to rise, there will be mortality among the Joshua trees.

The Joshua tree, not actually a tree at all but rather a giant Yucca plant (Yucca Brevifolia), is a member of the Lily family and depends on perfect conditions. Well-timed rains and winter freezes are needed to stimulate flowering at the ends of branches. In this area, February is a good month for Joshua trees. The rain allows growth for the rest of the growing season.

How old are the native trees? "They are very hard to age, they don't have growth rings like regular trees," answered Ironside. Dividing the height by the average annual growth of a half inch will produce an estimate of age.

Joshua trees may grow as high as 40 feet and trunks may reach four feet in diameter. They are believed to surpass 700 years in age. The tallest in the Joshua Tree National Park is a towering 40 feet and is estimated at about 300 years old.

Tera Bottorff, a volunteer for the National Park Service in the Joshua Tree National Park said, "Our main problem right now in the park is the invasive grass called red brome and Sahara mustard." Grasses burn extremely hot, which kills the Joshua trees. Lightning strikes are another natural predator.

Bottorff said volunteers have been in the park pulling the invasive grass and mustard to help prevent death among the Joshua trees. Red brome is a non-native annual grass from Mediterranean areas, which unfortunately thrives in warm climates. While it is impossible to eradicate such a plant from the desert, Bottorff said she pulls the plant whenever she sees it, "We'll never get it all, but I try!"

A conundrum in the desert is that red brome, while young and tender, provides a food source to desert animals like quail and the desert tortoise. It also provides surface cover, helping to reduce surface soil erosion. Both are benefits to the desert ecosystem.

Many native birds, mammals, reptiles and insects depend on the Joshua tree for food and shelter. Joshua trees are decreasing in number and slowly migrating to suitable climates in the north. Ironside and her team have experimented with assisted migration of seedlings to replant, Owe have had successful germination of seedlings in laboratory conditions she said.

Joshua trees have become the symbol of the Mojave Desert. The Mormon pioneers, for its resemblance to the biblical figure Joshua with uplifted arms praying and pointing to the heavens, named Joshua Tree's namesake. With help from volunteers and studies by scientists, hope blossoms for saving this historical symbol, native plants and animals, and the desert ecosystem for future generations to enjoy.

April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Classified Senate Annual Bowl-a-thon	4 25th Annual Golf Tourna-ment
5	6 Spring Break no classes, College open	7 Spring Break no classes, College open	8 2nd Pell Dis-bursement	9 Spring Break no classes, College open	10 Spring Break no classes, College open	11
12	13	14 Cancer Sup-port Group	15	16 Cultural Events Committee	17 Scholarship Applications Deadline	18
19	20	21	22	23 Math Club	24 Last day to drop with a W	25
26	27	28	29	30		