

# THE VOICE



SEPTEMBER 2007 EDITION

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Hello everyone! We are all well into the semester by now, packed down with what seems like a trillion papers to write, and a gazillion pages of homework, not to mention work, family obligations, and play time. It seems like there really is no time for play time though.

I realized that many of you may not know me, so I wanted to take a moment to introduce myself, that way you might feel more comfortable to approach me. I have been married for seven years, I have three children, two boys and one girl. I have been attending CMC since the fall of 2005 and will graduate this spring with an associates in Psychology. I am involved in many different extracurricular activities. I do not do homework on the weekends because that is family time (now all of my professors know why my grades are not all A's). I love school and am hoping to transfer to Stanford some day. Oh I also work on campus so I practically live here from 8a.m. to 5p.m. Monday thru Friday. That seems to be me in a nut shell.

I would like to extend the opportunity, to everyone on campus, to write for The Voice. This does not mean you have to have a huge article or a short story necessarily, although that might make my job easier. If you write poetry, draw, or have a game idea instead of my same old games, feel free to e-mail me at [tvoice@cmccd.edu](mailto:tvoice@cmccd.edu).

I was recently confronted with an idea about a classified section in The Voice. I have put a lot of thought into this

idea and I think it is a fantastic way to communicate to everyone on campus. However if I am to do this there will be guidelines that I must set. There will be no fee for currently enrolled students, this includes anyone in the Developmental Education Program or the Student Success Center, but does exclude those who are enrolled only in programs such as the COMS courses.

There will be a limit as to how many submissions each semester you can enter. You may only sell or request school related items. However there will also be an area where you can rent out rooms or request roommates. All and every submission will be subject to refusal by either the Faculty Advisor, Staff Advisor, or Student Editor.

If you are interested in the classified section please keep in mind that you must include your contact information. Each approved submission will run continuously until you notify The Voice Student Editor otherwise. The Voice will not be held responsible for your items or entries and you will be required to sign a waiver before your submission is published.

I will not be able to do a classified section unless I see a real interest in it. There is an idea box located in the Library where you may drop an idea for an article, a poem, drawing, an ad for the classified section, or even if you have a complaint or suggestions on how to do things differently. I am open to new ideas and can handle criticism well.

## AN INTERVIEW WITH DR. PAT CALDWELL; INTERIM PRESIDENT OF CMC BY IRIS FOX

Dr. Pat Caldwell appointed the Interim Superintendent/President on August 1, 2007, was gracious enough to speak with me about who she is, what she has done, and what the college has intended to do as far as a master plan.

Beginning her career at Victor Valley, she was a counselor and an instructor. Dr. Caldwell went on to receive her PhD at UCR. She has worked for San Bernardino College as Assistant Dean of Students, Oxnard College as Dean of Planning and Administrative Services, El Camino as Vice President Assistant Superintendent, not to mention she is a family woman.

Dr. Caldwell is married and has two daughters. One of her daughters is a school counselor, while her other daughter is finishing her PhD Masters in Political Science and is also a community college instructor. Dr. Caldwell's husband is an attorney.

Dr. Caldwell has direct experience in Master and Strategic Planning, and has consulted with about twenty community colleges. She also believes in what she does which makes her an even stronger person to carry out the task's laid in front of her. She has a vast knowledge of what our campus is and has gone through.

I was given the opportunity to view some of the Strategic and Master Planning to give me an idea what is in store for the future of CMC. The planning I was able to

view was the *Prioritized Strategic Objectives for 2007-2008 Budget Consideration*. The first priority on this proposal was in the beginning of January of 2007, all of the improvement of educational quality and student success become established through consultation with the Academic Senate. (If you would like more information on the Academic Senate please look in next months issue of The Voice.) Basically what this means is that the V.P. of Instruction and/or the Dean of Instruction will work in conjunction with the Academic Senate goal-planning sessions, a planning process and cycle for technology, facilities, and funding will be developed, and focus on students and their success.

You can already see some of these being implemented. Our new bookstore is almost finished, and is scheduled to be complete in October which means next semester we will buy our books in Phase III. The campus now has wireless access, which will be expanding in the future to include all phases of the campus, and there are periodic surveys about your instructors to ensure you are receiving quality education that will lead to your success in the future.

Another priority is a marketing plan to identify the underserved populations, how to reach them, and how to involve the community at large on our campus. If they are able to service more students, pull out-

side resources for donations, and establish a good back round with the community, the college will be able to provide more classes that are needed. There will most likely be different classes offered and you will no longer have to travel to Jacobs Park to learn Tennis, you will be able to do so here on campus.

Those involved in the Master and Strategic Planning are also implementing surveys for students and employees alike concerned with the satisfaction of trust and communication between the entire campus community. There are many other objectives the Master and Strategic Planning group would like to implement campus wide to ensure a healthier, happier, and communicable campus community.

Dr. Caldwell told me in our interview that her door is always open and she encourages students to come and talk with her. I had also asked her if she were given the opportunity to become the permanent Superintendent/President if she would accept the position; she said that she would be glad to accept the position. Dr. Caldwell has an enthusiastic personality and a quality about her that makes me feel confident in her ability to communicate with the students as well as the employees of the college. She is approachable and does not seem to be preoccupied when speaking with her. She is also very interested in the needs of the students here on campus.

IT'S ALL FUN AND GAMES UNTIL YOUR DONE

Chain Reaction

JOB
S
S
C
B
B
ACHE

SECRET	SECRET
S	SPY
G	GLASS
C	CASE
W	WORKER
B	BEE
HIVE	HIVE

ANSWERS FOUND ON PAGE 4

AND NOW FOR SOMETHING A BIT DIFFERENT-IATED

By an Anonymous fall Calculus Student

Amongst us lies the fear and awe of math  
 Calculus, against you we will fail  
 Unless we bring beside us such a wrath  
 The Chlebik way, our methods will prevail

Armed with boo boo points, we will not fret  
 And maybe catch a glimpse of moment's fun  
 Let not our cell phones ring nor we forget  
 That cosine squared plus sine squared equals one

In this new semester we now bask  
 Towards bright horizons we have never been  
 Though I'll always take a sec to stop and ask  
 What's the sine of thirty yet again?

A fraction's time I've taken from this class  
 Now let's go forth and kick this class's ass

SuDoKo

9						3	6	
2					7	1	5	
		5	6					
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					1	6		
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	2	7						3

ANSWERS FOUND ON PAGE 4

## ANGIES UNIFORMS

BY IRIS FOX

I was recently approached by a few of my friends who asked me if I knew anywhere to purchase nursing uniforms. This made me question where in the Morongo Basin could those who are in vocational majors such as Nursing and EMT purchase their uniforms when the book store is all sold out? I was then approached by another friend who offered me some friendly advice, Angie's Uniforms.

I decided to do a little bit of investigating into this establishment and I found out a few great things. This business is owned by a family who lives here in the Morongo Basin and it is their first business they have owned. The main operator's name is Pam and her son is usually there, while her husband Tony, is also an employee here at CMC. Pam and

Tony bought the business a while back, they wanted to bring a place close to home that offers uniforms that are not only in the students requirement but newer fashions as well.

There are so many different styles in the store I was amazed! Uniforms from the basic white all the way to baby superhero's. What little kids dont love the baby superhero's? Angie's Uniforms also sells the patches and pins that student's need. There are changing rooms in the store so you will be able to make sure what you are purchasing is the right size, and even a catalog you can order from. The catalog is very thick so you might want to plan on spending some time when looking at it.

Angie's Uniform is open Monday-Friday from 9:00 a.m. to

5:00 p.m. and Saturday from 10:00 a.m. to 3:00 p.m. If you are worried about how much your going to need to take out of the bank to purchase your uniforms, Angie's Uniform accepts Visa, Master card, and American Express. They do not accept checks. If you would like to call and find out more about Angie's Uniform you can call Pam at 760-365-5156.

A few of my friends have already been to Angie's Uniforms and have walked away satisfied. The atmosphere there is warm and friendly too. So for any of you who may need uniforms but don't want to drive down the hill when the book store is sold out, think of Angie's Uniforms. If I were in nursing or the EMT courses I would just for the baby superhero's!

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

JOB
SECURITY
SYSTEM
CHECK
BOUNCE
BACK
ACHE

## JUST WHAT IS STUDENT GOVERNMENT AND WHAT DOES IT DO

Many students on the campus may or may not know about the Associated Students of Copper Mountain College (ASCMC). If you don't; but you would like to know more, then this edition will appeal to you. Even if you do know about the ASCMC, this edition still might appeal to you. There is a vast amount of information to be learned about the ASCMC.

Since I have been a student here at CMC, I have participated in three "flings." However, I have participated in four "flings" all together. Before I was a student here at CMC, I had the opportunity to volunteer with the Students with Abilities; at that time Dis-Abilities, during a "Spring Fling". During that time I was able to enjoy discounted food, such as \$1.00 hamburgers and hotdogs, .50c sodas, and .25c cookies. I also was able to participate in a Volleyball game. I had a great experience.

When I had first started attending CMC, I had no idea what the ASCMC was or did for that matter. I figured it was like high school ASB or Associated Student Body. I guess in a sense it is, but on a much larger scale. The ASCMC; as you will learn about more the further you read, does more than just make off campus lunches available or make promises just to win election. The ASCMC is a place where students, who may otherwise feel uncomfortable to approach a faculty member, can speak with a person who is at their level and whose only interest is that students well being.

I was a senator in the previous ASCMC. I enjoyed what I did very much. I was sad to hear that we had not received enough votes to carry over a new government. This caused us a students to not have a government at the beginning of this semester. There is an Ad-Hoc committee in place to

elect a new government, and yes you may have guessed I am a part of that committee. Our goal as an Ad-Hoc committee is to inform **YOU** the student's of CMC what the ASCMC can and will do for you.

In the next few pages you will learn about what the ASCMC is and what it is that they do. You will learn about how to become part of the ASCMC, and if you do not want to commit to something right away you will learn how you can still be a part of the ASCMC. You will also find out about when and where the elections will be for the upcoming ASCMC, times and places that you may go to pick up a packet to be on the ballot, and when you can meet the candidates to ask them questions, hear their answers to other students questions, and hear why they are running for office.

## WHAT CAN YOU DO TO HELP NOW WITH ASCMC

BY IRIS FOX

You may be wondering if there is anything that you can do now to help the Ad-Hoc committee elect a new government? Yes there is, the Ad-Hoc committee meets every Friday at 10 a.m. in room 5. In these meetings they discuss different ideas on how to reach the entire student body and inform them about who student government is and what they do.

You may have seen the volleyball net in Phase I with brightly laminated banners. This is one way the Ad-Hoc committee has agreed to inform students

about student government. The intention is that these signs will cause you to ask why is that there and what is it for. The Ad-Hoc committee tried to reach the students with free lemon-aid and crackers. Attached to each bag of crackers was a small piece of paper with a different slogan that was approved by the Ad-Hoc group. For the Pell disbursement the Ad-Hoc committee will be giving away popcorn and refreshments to anyone who would like some, this includes children too.

With the many things the Ad-Hoc committee does they can use every and any volunteers out there. No one will be turned down. We encourage everyone to get involved and stay involved, for the benefit of them selves and the entire campus community. If you would like more information on how you can be involved either come to one of our meetings held on Friday's at 10:00a.m. or stop by Ms. Case's office; it's the first door on the left when you walk into the Instructors Offices door.

## BEING A PART OF ASCMC

BY IRIS FOX

You may be wondering by now, what you have to do to become an officer in the ASCMC. The basic guidelines are simple to follow. They are as follows:

1. All candidates must be enrolled in at least 6 units for the Fall 2007 semester to maintain an executive or senate position within ASCMC
2. All candidates must have a current and cumulative GPA of 2.0 or higher.
3. All candidates will be required to sign a formal intent to run for office and to fill out a short questionnaire.
4. All candidates will be required to procure the signatures of 20 registered students to be eligible to run for the election.
5. All candidates will be required to follow the Code of Conduct and policies of the Copper Mountain Community College District at all times.

Not too complicated. However there are specific dates when packets have to be turned in, campaigning can begin, and when elections will be held. Let's begin with the packets. You can pick up a packet as of September 10th and will be available through the 24th of September. You can pick up a packet in Ms. Case's office, which is located in the instructors office's area and is the first door on the left, in the Human Resources office with Vice President of Instruction Roger Wagner, or down in the Student Government office in Bruce's Coyote Kitchen. However, please keep in mind the packets will only be available in the Student Government office during the week of September 10th through the 14th. In order to appear on the ballot you must submit your completed packet by September 26th at 4:30p.m., to either the Human Resources office with the Vice President of Instruction or Ms. Case.

Campaigning is a fun time. It allows students to know who is running for what office and what they stand for, and what they plan to do to help you the student. This election, the committee to elect also known as the Ad-Hoc group has set up three separate times when the students can meet the candidates who are running and ask them questions. Those dates and times are **Tuesday, September 25th, from 8:30a.m. to 9:00a.m., Wednesday, September 26th, from 11:30a.m. to 12:00p.m., and Thursday, September 27th, from 5:30p.m. to 6:00p.m.** There are specific guidelines that must be followed as well while campaigning and they are as follows:

1. Candidate's posters are limited to 15 and may be no larger than 17" x 24"
2. There will be no campaign material within a 30-foot radius at the CMC office on the Marine Base.
3. Candidates must sign the Public Information Office (PIO) in the Superintendent/President's Office before posting any election materials.
4. Candidates may post materials on any classroom outside window as instructed by the PIO.
5. Candidates may **not** cover up other election materials or signs.
6. Space is allocated on a first come first served basis.
7. Students may post a maximum of two election posters on the cafeteria windows.
8. Candidates are responsible for monitoring and replacing any poster that becomes frayed or otherwise damaged.
9. Candidates must remove all election materials no later than noon, October 4th.
10. There will be no posting of material on trees or other areas on campus.
11. The PIO reserves the right to remove and discard election materials posted in unauthorized areas.
12. For additional information, contact the PIO in the President's office.

Hopefully this helps those of you who plan on campaigning. Also remember that if you turn in your election packets early you will also be featured in the next issue of The Voice coming in October. The information you provide the Ad-Hoc committee will be written in the issue along with a picture of you. Good luck to those of you who are planning on running and campaigning.

## WHAT ARE THE JOB DUTIES

BY IRIS FOX

Hopefully by now your so interested in the ASCMC that you want to run in the election. Do you know what the job descriptions and duties are? If you don't you can either keep on reading or you can look at a copy of the By-Laws in the ASCMC office, Human Resources office, or Ms. Case's office. If you just want to know the description of a specific job they are in Chain of Command order; highest to lowest.

### President

1. Be the official representative of and to the student body.
2. Be an ex-officio member of all ASCMC Committees.
3. Uphold and maintain the ASCMC Constitution.
4. Have the power to call special meetings of the ASCMC Senate.
5. Have the right of recognition at all ASCMC Senate meetings
6. Have the power to call presidential cabinet meetings.
7. Have the power to approve or veto all legislation, excluding position statements passed by the Senate and if vetoed or not signed WITHIN 14 AYS the Secretary shall return the legislation to the Senate where the veto may be overridden by a two-thirds (2/3) majority vote.
8. Have the power to appoint, the President's Cabinet, Senators and ASCMC Representatives to college committees and boards.
9. Have the power to fill by appointment, with Senate approval, vacancies that may occur in the Executive Branch for the remainder of office term.
10. Have the power, WITHOUT Senate approval, to initiate Special Presidential Commissions and Special Presidential Committees to investigate any situation or activity pertaining to ASCMC functions deemed necessary by the ASCMC President; such commissions and committees will report directly to the President.
11. Have one (1) vote on the ASCMC Senate when it will affect the outcome of the vote.
12. Serve as liaison to the President of the College.

### Vice-President

1. Assume the duties of the President when ever the president is unable to serve.
2. Be the chief administrative aid of the AS MC President.
3. Be a member of the ASCMC President's Cabinet.
4. To coordinate between the Senate and the college designated ASCMC Advisor.
5. Have the responsibility to oversee the function of Cabinet officer, as the ASCMC President deems necessary.
6. Have one (1) vote.
7. Serve as liaison to all committees.

### Student Trustee

1. Act as a student representative of Copper Mountain College to the District Governing Board.
2. Report to the Student Senate all pertinent student issues on the Board's Agenda prior to the Board meeting.

### Ambassador

1. Shall give guided tours to new students and others for the purpose of orienting them to the campus of Copper Mountain College.
2. Shall serve as liaison to Student Services.
3. Have one (1) vote.

Job duties continued on next page.

## WHAT ARE THE JOB DUTIES CONTINUED

### **Base Ambassador**

1. Shall give guided tours to new students and others for the purpose of orienting them to the services and location of different areas and offices at Copper Mountain College and at the base.
2. Shall serve as liaison between the CMC main campus activities and base activities.
3. Shall serve as a liaison to all ASCMC clubs on the main campus as well as base programs
4. Shall have one (1) vote.

### **Secretary**

1. Be responsible for recording, publishing and posting minutes of the Senate meetings by the third school day following a Senate meeting.
2. Be responsible for keeping records of all correspondence.
3. Assign a number to and identify the sponsors of all bills.
4. Be responsible for typing all legislation and presenting it to the ASCMC President within seven days of its passage.
5. Prepare and post agenda for each Senate meeting in a timely manner.
6. Have one (1) vote.

### **Treasurer**

1. Chair the Budget Committee to maintain and administer the ASCMC budget for the following year.
2. Uphold and maintain the Financial Code.
3. Prepare a written financial report when requested by the Senate.
4. Have one (1) vote.
5. Serve as liaison to the Business Office.

### **Senator**

1. Authorize and appropriate all funds of the Associated Students of Copper Mountain College.
2. Establish any ASCMC fees with the approval of the Board of Trustees.
3. Initiate and act on legislation dealing with organizational affairs.
4. Take positions or stands in the name of the whole ASCMC.
5. Have the power to override a presidential veto by a two-thirds (2/3) majority vote.
6. Have the power to initiate a recall election by a 3/4 majority vote.
7. To maintain continuity of legislation, the following procedures shall prevail: to change any resolution, policy or budget passed by the Senate, a 2/3 majority of all Senators plus the signature of the President shall be required. If the signature is denied, the change shall require a second vote with 4/5 majority.
8. Establish standing committees and their duties as prescribed by the By-Laws.
9. Take whatever additional action they deem necessary to conduct the affairs of the ASCMC

Hopefully this helps you to decide to join the ASCMC and choose a position to run for in the election. The ASCMC offers many great benefits to your college education. For those of you who are transferring being a part of your Student Body Government shows that you are able to not only conquer your courses but take on other rolls in your college and help your fellow student. Even if you are not planning on transferring to another University, having the ASCMC on your resume shows leadership. Leadership qualities to many employers is a large bonus. You show others that you are capable of leading a group of people not just yourself. I hope this has helped you understand more about the ASCMC and has interested you. If you have any questions feel free to swing by the Ad-Hoc committees meetings every Friday at 10:00a.m. in room 5.

## CLUB UPDATES

BY IRIS FOX

A few clubs on campus have changed their times they meet, when they meet, and where they meet. They have also informed me of some of the great things they plan on doing this semester and would like the campus community.

The first on the list is the Students With Abilities. They have this to say:

**COME JOIN THE MOST ACTIVE CLUB ON CAMPUS, "STUDENTS WITH ABILITIES", AND EARN A CLUB T-SHIRT BY ATTENDING THREE (3) MEETINGS. ALSO, HELP WITH BAKE SALES AND RECYCLING TO HELP EARN MONEY FOR SCHOLARSHIPS AND "ANGEL VIEW" TO SEND CHILDREN TO CAMP FOREST FOR THE SUMMER. MEETINGS ARE HELD AT BRUCE'S CAFÉ AT 2:00 P.M. ON THURSDAYS; SEPTEMBER 20, OCTOBER 4 & 18, NOVEMBER 1 & 15, AND DECEMBER 6TH.**

So come and join the club that is involved with the campus community and the outside community as well!

The next club that has some interesting information for you to know about is the Christian club. The Christian club has changed their meeting time and room. They will be holding their meetings on Tuesday's from 12:00p.m. to 1:00p.m. in room 126. In October they will be holding a free event. They have asked for a science speaker who speaks about Creation and Evolution. This event will be held in Bruce's Coyote Kitchen on October 23rd. At 6:00p.m. Every one is invited to come and listen to the speaker and are encouraged to ask questions during the question time. If you have questions about the event before hand please see either the club Advisor George Platko, club President Jonathan Aragon-Martin, or club Secretary Bailey Paschall.

The History Club has great ideas and plans for this semester. They are meeting every other Tuesday in Bruce's Coyote Kitchen at 3:00p.m. They are trying to reserve a classroom at this time so keep a look out in The Voice for updates on club meeting places and times. The History club has agreed to do a few fun things this semester. Their first idea is to do some sort of reenactment each month. They are planning on doing something that was a big deal in history on a specific day in history. Things such as hanging's or the stoning of a famous person. They are also thinking of a way of doing a type of wax museum. The History club currently has about 10 members and is looking for new members, everyone will be accepted and no one will be turned down. If you have any historical events that appeal to you and you want to share these ideas with the club but can't make the meeting then you can e-mail the club advisor Cathy Itnyre at [citnyre@cmccd.edu](mailto:citnyre@cmccd.edu). In the subject line put History Club and let her know who you are, we can also let you know what's going on if you leave us an e-mail address.

If you have an idea for a club but aren't sure about how to start one, speak with the Public Information Officer (PIO); who is also the staff advisor for The Voice, Laura Hall. She is located in the Presidents office and is very nice and helpful. You will need a faculty advisor also so when you have your idea's and some interest Ms. Hall is a great way to get started. Even if you don't have interest yet but would like to gain interest, Ms. Hall is full of great ideas on how to get your information to the students and she comes up with great slogans too! You can also advertise for free in The Voice about your club idea.

## ARTISTS CORNER

## TEMPTED

By Elaine E. Ward-Howie

I am tempted by his flesh to arouse myself  
 But hold back for that four-letter word  
 I am tempted by his touch  
 Which is so gentle  
 His lips that has a smile that says yes oh yes

I am tempted by his promises  
 That tells me to throw caution to the wind  
 His mind that plays a game of chance  
 Yes I am tempted

I am tempted to release  
 All the love that he has given me  
 But missing out on his thoughts  
 I shudder to think what it would cost  
 I am tempted

I am tempted to say come with me  
 And play for a while  
 But know that he is of a stronger conscience  
 He looks at me as if to say be mine  
 For yes I am tempted

I awake from this dream  
 And walk away  
 For my temptations are not know to him  
 He is unaware how much he has tempted me

I won't say much  
 For I don't want to lose him as a friend  
 But damyum he is my soul mate in the end

## MOTHER

As years went by she had kids of her own  
 She nourished them and gave them a warm home  
 She got caught up in some messy things  
 She had been set aside again an eagle with clipped wings  
 But restlessness continued to flow  
 As she tried to make her life again below

She found that there was nothing there  
 So she sold it all and struck out somewhere  
 Finally her last had left the nest  
 It hadn't been pretty but she prayed for the best  
 She stood on the mountains tops of her dreams  
 She swooped and sail and did all sorts of things

She soared across rivers and oceans of time  
 She was a she eagle and she was just fine  
 She wouldn't let her soul interrupt this journey  
 Because God was her savior and the world kept turning  
 And now as I look up in the sky  
 I can't see her sometimes for she flies very high

But I feel her spirit on the wind  
 A light breeze to wrap me with my friend  
 And then I know no harm can com to Faye Swint  
 For the eagle flies all the way to the end

Dedicated to my Sister Faye Swint

10/01/2005

By Elaine E. Howie

**YOUR ADVERTISEMENT HERE!!**

**WHAT ARE YOU WAITING FOR STUDENTS COULD BE  
 READING YOUR ADVERTISEMENT AND BECOMING  
 INTERESTED IN YOUR PRODUCT. FOR MORE ADVERTISING  
 INFORMATION PLEASE CONTACT IRIS FOX AT THE VOICE E  
 -MAIL: [tvoice@cmccd.edu](mailto:tvoice@cmccd.edu)**

## HEALTH AND NUTRITION

BY IRIS FOX

For many of us we don't have time to do anything it seems, and when it comes to eating, what we are supposed to we defiantly forget. With school, work and other extracurricular activities when do you have time to eat, not to mention all three meals like your supposed to? According to the food pyramid we are supposed to consume 3-4 servings from the dairy group, 2-3 servings from the meat group, 3-5 servings from the vegetable group, 2-4 servings from the fruit group, and 6-11 servings from the grain group.

I used to think that was a lot of food in one day, then I realized that serving sizes are not what I thought they were. If you eat 55 goldfish crackers that is one serving, and you can take it from the grain and dairy group. If you add one cup of yogurt to your 55 goldfish crackers, you've just eaten 2 of your servings from the dairy group, and if it's a fruit yogurt then you accomplish one of your fruit servings.

Another great way to fulfill your servings is to grab a gra-

nola bar in the morning with a glass of juice. I try to eat either a peanut butter and chocolate chip granola bar or a oatmeal raisin granola bar that way I cover either my meat serving or my fruit group serving as well as my grain serving. You could even drink a glass of milk in the morning instead of the juice and drink the juice for lunch.

For lunch if you buy the garden mix salad or order a salad from Bruce's Coyote Kitchen, you get your servings of vegetables and you don't even have to eat that much. Depending on which salad dressing you choose you may even cover the dairy group. If your like me then you also add things like sunflower seeds and bacon bits to your salad, they help contribute to your serving sizes of the meat section.

Another great way to eat snacks while at school is to purchase those cups of fruit at your local grocery store. They don't have to be refrigerated and you can carry them in your backpack. The night before you could prepare vegetables in sandwich bag-

gies to carry with you. It is much healthier for you to eat small portions throughout the day than it is to just eat three meals a day. If you grab a granola bar and glass of milk in the morning, carry fruit cups and sandwich baggies with you full of vegetables and snack periodically throughout the day, you'll be doing your body a favor, instead of eating nothing until dinner.

For those of you who are vegetarian or vegan I have to do more research into foods that will fit into the food pyramid for you. It is my intention to service your group as well so please don't feel left out. In fact if you have tips for eating healthy and snacking while at school please feel free to e-mail me at [tvoice@cmccd.edu](mailto:tvoice@cmccd.edu) with your suggestions and ideas.

I hope some of these suggestions have helped. If you have any other suggestions please feel free to send them to me or drop them off in the Voice Idea Box located in the Library down in Phase III.

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**INFORMATION. PLEASE NOTE THE VOICE ONLY PRINTS IN**

**BLACK AND WHITE**

# September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day	4	5	6	7 Last day to drop and avoid transcript grade	8
9	10 Pick up Election Packets this week	11	12 First Pell Disbursement. Room 5 from 3-5	13	14	15
16	17	18	19	20	21	22
23 First day of Autumn	24	25	26	27	28	29
30						

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**with the ASCMC**