



SACRAMENTO CITY COLLEGE

Fall 2011

# Activism, Now

Students speak up and act out to make a change



**Juggling act:**  
single parents  
and school

**Level up:**  
How to balance  
school and  
gaming

**The Full Monte:**  
a former City  
College student's  
journey from the  
classroom to the  
world of fashion

## A NOTE FROM THE EDITORS

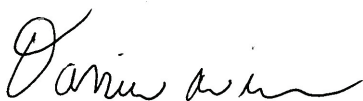
**M**ainline magazine has a proud history of publishing great student content—a tradition that spans nearly two decades since the magazine's first issue in 1995. This issue is no different. The topics here range from serious issues, such as college activism—past and present—and the challenges single parents face as they juggle school with kids, to the best ways to balance out an addiction to gaming with school work and even how to spice up that well-known and sometimes boring college staple: ramen noodles.

As you flip through the pages of Mainline, one thing should become apparent: this magazine is rich with a wide variety of content, crafted by a diverse group of writers and photographers who worked hard to put out a magazine that features something for everyone.

Thank you for reading and be sure to log onto [www.sacmainline.com](http://www.sacmainline.com) for even more content and in-depth coverage of our campus community.



Chris Geanakos



Daniel Wilson

Mainline magazine, the City College non-fiction magazine, is published as part of the Sacramento City College Journalism Department and produced by students in the Journalism 403 and Graphic Communication 319 classes. The views expressed in Mainline do not necessarily reflect those of the City College Journalism Department, Sacramento City College or the Los Rios Community College District.

Mainline magazine was founded in 1995 by two former City College students, Doug Herndon and Paul Estabrook with the idea that the magazine would compliment the campus newspaper, the Express. Today, Herndon and Estabrook continue to set the tone for Mainline. Dream big.

*i* Fall 2011

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## fall2011

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# THE LONG AND WINDING

## Tough circumstances bring students back to campus



*Amanda Mays splits her time between being a full-time City College student and caring for her mother and son.*

Story by  
**SARAH WILSON**

Photos by  
**CHRIS COLLIN**

Even the best laid out plans can change at the drop of a dime.

City College student Amanda Mays found her teenage years dramatically altered after she was forced to make a life-changing decision. The international studies major, now 24, was still just a minor when her parents' physical and mental health problems rendered them unable to care for her, causing Mays to be placed into the foster care system.

School became a safe haven for Mays and she decided to apply to California State University, Los Angeles to pursue a bachelor's degree in business law. Soon, however, she realized she lacked the

necessary funds and decided to attend a community college instead.

Like Mays, many students arrive at City College after life throws them an unexpected curveball—a job loss, sudden illness or a new baby. Increasingly, community college offers students the path to a new beginning.

It wouldn't be the only time Mays' educational plans changed unexpectedly. Mays was set to begin her first semester at City College in 2006, but was forced to drop out after her father's sudden death.

"He had spent the last 20 years of his life drinking and doing drugs," says Mays.

Still, she adds, his death was unexpected.

"No one knew he was sick, he seemed the same as always."

Mays planned on going back to school but her return was further delayed when she became pregnant a few weeks before the semester began.

"My pregnancy was tough and I was sick all the time," says Mays. "I was supposed to be bed-bound [so] school was not an option."

While caring for her infant son in 2008, Mays says her mother's health issues worsened and she took on the responsibility of caring for her. With these new responsibilities, Mays says there simply wasn't enough time to go to school.

Finally, in 2009, Mays returned to City College. She says, the school is ideal for its affordability and a schedule flexibility that lets her take time to care for her family.

The changes that occur in one's life because of sudden family responsibilities are similar to the change that occurs with a new career path.

City College student Jeff Nakata, who is working toward a computer engineering major, began taking classes in 1999 but says college wasn't an important part of his life at that time because he dropped out of high school when he was approximately 15 to focus on work.

“

*The sudden housing crash forced Jeff Nakata to take a new direction in life.*

*He decided to return to City College with a new outlook on the importance of education.*

”

"I started going to City College when I was 18 to appease [my then-girlfriend's] mom," Nakata says.

By the time he reached his early 20s, Nakata says he matured and began to see the value of college. However, Nakata remained focused on work as he embarked on a new career in the mortgage industry.

For Nakata, working and earning money took priority over school due to necessity.

He quickly found success despite only having a GED and no work experience in his new career field and became a top producer and was helping clients nationwide.

Then, in 2008, Nakata took a short break from his job to explore new employment opportunities. To his surprise, the ever-increasing economic recession had, by this time, caused his previous employer to go bankrupt.

"No one could predict the severity of it," Nakata says. "Given the fact that I had been successful without an educa-





# NG ROAD

tion, I always felt like I could be successful...at the time I was making more than the top degrees out of college, out of universities.”

The sudden housing crash forced Nakata to take a new direction in life and he says he chose to return to City College with a new outlook on the importance of education. Nakata is now dedicated to school and putting all of his time and energy into learning the skills needed for a new career in computer science and technology. He says he hopes to someday work for Apple.

Conversely, it wasn't economic forces, but rather the unexpected aftermath of illness that precipitated Dana Cantu's return to City College. In 2006, four years after joining the Air Force, Cantu started to feel ill a few days after receiving

a routine flu shot. Although she'd initially felt fine within a few days, she began to feel a cold-sensation in her left hand.

“My skin was warm to the touch, but I felt a cold-feeling within my body,” says the 28-year-old general science major.

Cantu figured the icy-sensation in her hand was normal and would go away, but the chilly-feeling remained—eventually accompanied by a tingling feeling in both of her arms and legs.

After several trips to the emergency room and numerous blood tests, doctors couldn't seem to find anything wrong with her. Then, following her seventh and final visit to the military emergency room, Cantu found herself struggling

to breathe. She called 911 and was taken to a civilian hospital.

There, a spinal tap test revealed that Cantu had Guillain-Barré Syndrome, a rare disorder that causes a person's immune system to attack the body's nerve cells and affects about one in every 100,000 people. She was told it was most likely a result of the flu shot.

“I felt relieved, but angry at the same time,” says Cantu. “I could have died and no one listened.”

Following her diagnosis, Cantu endured months of physical therapy and a handful of daily medications. She also had to retrain her brain to communicate with her body and had to learn basic functions, such as walking all over again.

In 2007, Cantu was honorably discharged from the Air Force. Two years later, after fully recovering, Cantu enrolled at City College to pursue a career in physical therapy. She hopes to one day help people in similar situations to the one she experienced.

There are many reasons that cause someone to step back and reconsider their path in life. Whether illness, family responsibilities or an uncontrollable job loss occurs, life's sudden and shocking events can force many to switch gears.

For many students, community college provides an affordable and accessible answer to life's curveballs.

“I knew I wanted to go back at some point, but felt it could wait,” says Mays. “[City College] is very forgiving about taking breaks.”



*Full-time student Jeff Nakata spends his time at City College earning straight A's and participating in the school's psychology club and Honor Society Phi Theta Kappa.*

# CHILD'S PLAY

## A day in the life of a City College single parent and her daughter

Story By  
Katie Ann Dahl

Photos by  
Rebecca Walker

Jayne Fields is rushing around her house, her alarm failed to wake her up this morning and now she's frantically trying to prepare herself and her daughter Breanna, 3, for another day. Fields calls her boyfriend, who is supposed to give them a ride to school and is relieved to find out he is running late as well. Then, remembering that daycare workers told her about a lice scare at City College's Child Development Center, Fields sweeps Breanna's long blond hair into a thick bun and heads to the kitchen to prepare breakfast.

Fields, 35, is a returning business management student at City College. She is also a single parent whose

daughter attends the CDC daycare program on campus.

Breanna, Field says, is the reason she has returned to school. With the help of Extended Opportunity Program Services and the CDC program, Fields says she's determined to finish school and become a certified medical biller and medical office manager.

"I am finishing school to be able to provide the best possible life for Breanna," Fields says.

Parenting, education, and the jumble of making it all coincide harmoniously keep Fields constantly on the move.

"The first and foremost difficult thing about going to school, as a parent, is the scheduling," Fields says.

Back at the house, her boyfriend arrives in his red Toyota pickup. As the adults discuss their plans for the day, Breanna plays quietly in her car seat. Fields says transportation ranks as the second most difficult thing about going to school.

"Each day I have to figure out how I am getting Breanna and myself to

school and back home," Fields says. "The schedule changes every single day."

Fields says she's grateful for the support from her mom, with whom she currently lives, and her boyfriend, a fellow City College student. Fields spends many hours during this particular day trying to fix a course scheduling error before the start of second-term classes. She has an exam at night so she studies in the library before zooming to the CDC to pick up Breanna. There, Fields is met by her daughter who's covered in blue paint from the day's finger painting activities. Throughout the rest of the day, Breanna brags, "I have blue hair! I have BLUE hair!"

Fields and her daughter share lunch together in the City College cafeteria. Breanna's demeanor is upbeat and friendly; she switches between eating her lunch and entertaining herself, skipping quietly in circles around the cafeteria table.

"I'm going be this tall," Breanna explains as she indicates a point slightly taller than her current height.

"Breanna may be into acting," says Fields. "She can narrate whole movies. She is my earth child though, she also loves rocks—any type or size."

The CDC program offers many interactive activities for the participants. Breanna says she enjoys the "name game" where the students sit in a circle and clap, chanting each student's name.

"Breanna absolutely adores CDC," says Fields. "She has no attachment anxieties about being at school,"

Toward the end of the day, Fields must drop Breanna off at a babysitter's because the CDC center closes at 5 p.m. and Fields still has to take her exam. It can be tough at times being a single parent, she says, but the reward will be worth the hard work in the end.



City College student Jayme Fields (right) juggles classes with parenting her 3-year-old daughter Breanna.



# It takes a village

City College offers many resources for single parents

Story by  
Tonia Law

Being a parent in today's economy can put a strain on your wallet. You work day after day to ensure that all bases are covered and just when you think you're done, your daughter needs braces or you suddenly realize that your son's navy blue slacks are hovering above his ankles.

The paycheck you've just received, however, has already been sparingly applied to all of your bills and though it's sunny outside you now must tap into your rainy day fund.

Many single parents choose City College to further their education because of its wide array of opportunities to help improve one's financial future.

Although, college can be big expense, there are some programs and resources that can make your journey a bit easier—and cheaper.

Eligible California residents can receive a Board of Governors waiver to pay for enrollment fees. To apply, visit [www.cccapply.org](http://www.cccapply.org) or apply through the Financial Aid Office in Rodda South.

Assistance for books and other supplies must be applied for separately. Federal student aid is also available for eligible students in the form of grants, which don't have to be repaid. To apply, visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

Loans are also available and, even better, payments don't begin until six months after you stop attending school—but be careful of how much money you borrow. Lenders recommend that you ensure your future income will allow for these monthly payments.

The Extended Opportunity Programs Services offers many helpful programs, some of which are specifically geared towards single parents. EOPS provides book vouchers, book loans, and student support programs.

Another part of EOPS is the Cooperative Agencies Resources for Education (CARE) program, which provides assistance for childcare, transportation, support services, advising workshops, and networking activities for single parents. Students may only

apply for this program once a year, in April, because space is limited.

City College also has a Child Development Center for children from 2 to 5 years of age. The fees are free or reduced for qualifying families and a registration packet can be filled out online at [web.scc.losrios.edu/cdc/](http://web.scc.losrios.edu/cdc/) or may also be picked up at the front desk of the CDC.

The pre-school offers full and part-time day programs and a summer enrichment program. The CDC's hours of operation are Monday-Friday, 7:15 a.m. to 5:30 p.m.



While parents are in class, kids often enjoy the CDC playground (pictured), play games and take walks around campus.

Fields drops her daughter Breanna off at the CDC before classes.





# THE COUNT OF FASHION

Former student unlocks the secrets of the sewing machine

STORY BY TONY GOODLOE

Photos by Jessica Nicosia-Nadler

Most students who attend City College saunter through these halls and try to figure out who they are, what they are becoming and what career path they'll eventually take. They knock down the prerequisite barriers, complete the basic training-like tasks of general education, and all the while trying new things along the way and using City College as a vehicle to get where they want to go—or at the very least, to find out where it is they want to go.

Monte Christo arrived at City College with many of those “big picture” questions regarding

his future already answered. He started college knowing where he wanted to go and who he wanted to become.

Now Christo, 28, is a local fashion designer who makes clothing and accessories. He studied at City College in 2002-2003, looking for what the school had to offer and what he could learn here to push his fashion dreams into reality.

In the years since he left here, Christo's designs have appeared on MTV's *My Super Sweet 16*; he's also made clothing worn by celebrities, such as the pop singer Kelis.

Christo's history is rooted in Tonga, a small island in the South Pacific known for churning out more than its fair share of rugby stars and football players. Measuring in at over six feet tall,

Monte Christo's parents naturally thought their son would someday terrorize the rugby field. Yet, while his family and childhood friends were out on the field, Christo was busy making up routines with his dance crew.

And so, Christo the designer was birthed out of necessity.

“I was dancing a lot,” says Christo. “The group I was choreographing for, we were straight out of high school. So we really didn't have any money. So I took charge and decided I was going to make our outfits.”

Developing the drive and dedication to make it as a fashion designer from Sacramento was a challenge, he says. It was even more difficult to find someone to unlock the secrets of the sewing



Midnight Long-Sleeve Mini.



Designer Monte Christo with model Megan Harris, left, and hairstylist Brandon Russel, right.



machine. Christo's father was not one of his early supporters. He was skeptical of a man, let alone his son, making a living by designing women's clothing.

"My grandma sews, and my mom sews," says Christo. "One day I was like 'you guys have to teach me', and they told me 'No! Boys don't sew! Go play rugby!'"

Christo watched from a distance but once he learned to thread a sewing machine his passion took over and he knew what he wanted to do with his life.

Christo says he came to City College ready for design, with the influences of dancehall, the Fly Girls from the TV show *In Living Color*, and dance and street culture from the late '80s and early '90s. Christo combined inspiration with the instruction from City College's fashion program to capture his ideas and make them tangible. Here, he learned stitching techniques, consistency and that City College is a melting pot—a

place where culture and style mingle and inspiration walks the hallways.

"City College was amazing," says Christo. "Being around the people was very influential. It helped me to find myself on that campus."

Now, Christo describes his style as "high fashion street style," a look he calls street driven with a focus on fabrics and textures.

He says his goal is to stay humble and true to the values instilled in him by his parents. For all the focus and drive he shows in the pursuit of his dream, he remains approachable and encouraging. He's also tried to avoid, he says, the industry norm of backstabbing and blacklisting.

Christo knows how to hustle, a skill which he says was honed on the streets of Meadowview in South Sacramento.

Once, for example, when he found out music artist Kelis was performing in Sacramento, he figured out her measurements and made a dress for her. He then shocked her by presenting her with a one-of-a-kind dress.

"In this business like anything else you have to get noticed," says Christo. "You can't be lazy or timid. You have to put yourself out there."

Christo says this attitude, combined with his connections and ambition, even landed him a job on MTV's *My Super Sweet 16*, where he designed all the outfits and accessories for a friend who was chosen for the show.

These days, the designer doesn't let the fact that he is in California's Central Valley and not New York or Paris, stop him from realizing his vision. He uses social networking to overcome the shortcomings of small town living and markets himself globally.

He says he is continually pushed by the memories of how hard his mom and dad worked not only to come to this country, but to support and encourage him as well. "It's your dream. Take ownership of your dream and your future," he says. "Have real integrity, no matter what you do."



Custom Spiked Rebel Denim Jacket and neon angel one piece, with DVSN 4 Tassel Earrings.



Sequin Batty Riders and Sell Off Tank with DVSN 4 Gold Rope Earrings.



# A fight for change

## City College activists make major impact

STORY BY MALLORY FITES

PHOTO BY CHRISTOPHER COLLIN

As activists gather around for their general assembly at Cesar Chavez Plaza, a steady flow of water washes down the fountain that sits in the heart of the park. In the middle of the fountain, there's a towering statue depicting farm workers dedicated to the life and accomplishments of Chavez, the civil rights activist who, in 1962, founded the National Farm Workers Association and spent his life fighting for the rights of farm workers across the country.

The statue's workers stand as pillars, each holding a bowl of water—with hands outstretched towards the sky. The lasting impression of unity, strength and community spills from the fountain even as tension builds in America.

Protestors file out towards the street, their voices rising in a chant:

"What does democracy look like? This is what democracy looks like!"

"We are the 99 percent!"

Nearby, police officers patrol the park, sitting atop horses and surveying the scene as activists move between the tents and canopied booths.

Occupy Sacramento protestors set up camp in Cesar Chavez Park in October. Occupy Sacramento is, in part, a coalition of the national Occupy Wall Street movement that, in September, built up as a protest against social and economic inequalities and corporate greed, particularly at the hands of bankers, lobbyists and big corporations. The 99 percent refers to wealth disparity between the U.S.'s wealthiest one percent and the rest of the country's population.

Throughout the Los Rios Community College district, students are also voicing their frustrations through activism; there are many campus organizations and while they may not be as visible as Occupy Sacramento, their members are organizing and building relationships within their communities to make a difference.

City College student, Sean Thompson, remembers sitting in class and scribbling in the margins of his notebook, thinking about what social problems needed to be tackled and how to solve them. Prior to this protest, he says he became distracted by his work with Occupy Sacramento and decided to leave school to become active in the movement.

"I felt like I was making a difference," Thompson says. "My heart is bigger than my brain."

For American River College student Jesus Santana, activism about finding answers and demanding accountability.

"We want to send a message to the individuals hiding behind their logos," says Santana.



Student activists (left to right) Dalila Perez, Miguel Campos and Seth Wilson.

"They need to go, we've had enough of them, not just Wall Street but other corrupt institutions too."

The protestors behind Occupy Sacramento are not alone in organizing to make positive changes in the community. The Sacramento City College Development Relief and Education for Alien Minors (DREAM) Caucus, is a support group on campus for students protected by AB 540, a measure that allows undocumented students to attend college in California and pay in-state tuition at public colleges and universities.

The federal DREAM Act would allow undocumented children of immigrants as old as 35, to follow a path to permanent citizenship either by serving in the military for two years or completing two years of higher education at a four-year college. The bill failed to pass the Senate by five votes in May.

"My passion in life is helping others," says Dalila Perez, a City College psychology major and member of the school's DREAM Caucus. "I do get satisfaction

knowing someone got even a little help or made a small change in their life from what I do."

Perez has been organizing for the passage of the federal DREAM Act for six years now. In October, Governor Brown passed the California DREAM Act into law, making it possible for such students to receive private and public financial aid. Perez says more access for undocumented students could create a wealthier country of more educated professionals entering the work force.

In 2010, the DREAM Caucus raised funds to provide ten \$200 scholarships for qualified students; the money helped those students attend classes.

Another organization involved on campus is Brown Issues, a group that aims to advocate for education, youth outreach and giving back to the community.

The organization's members fund their goal by hosting drives for canned food, school supplies, books and coats.

"Each person gets to pick out which coat they like not just one that fits," says Miguel Campos, a City College communications major and Brown Issues member.





Along with giving back to the community, Campos says he's attended several protests but one stood out as the most memorable: A rainy day in May when students and educators all across California's community colleges stood at the doorstep of the capitol to protest proposed budget cuts to higher education.

"It was powerful, there were buses coming in ... [with] many people who care about their education marching," Campos says. "You felt friction. It was overwhelming, we're all in the rain marching for school but the state would rather build a jail."

The Brown Issues group works to get a positive message out to youth that they can obtain a higher education, its members say.

Seth Wilson, a City College student, joined the Brown Issues group in 2008 and says he wants students he mentors to know that going to college means more opportunities.

"The higher the education you can obtain, the better your chances are at going into a career you want to do for your life," Wilson says.

Decades ago, student activists made their mark, creating a social and political consciousness on topics such as civil rights, gender equality and war. Now, a new generation is making a difference, raising awareness by organizing and mobilizing other members of their communities.

"When they see our organization, they see unity. We all look different but we're all fighting for the same cause," says Campos. "Organizing is important because it puts everyone on the same page."



A City College student takes time away from her studies to march and attend a Sacramento City Council meeting protesting the nightly eviction of Occupy Sacramento participants in Cesar Chavez Plaza.

## In the trenches

STORY BY MATTHEW URNER

*Student activists march as part of an October Occupy Sacramento's rally in Cesar Chavez Plaza*



Photo courtesy of the City College photo archives

The late 1960s and early 1970s were times wrought with social revolution and political upheaval. It was also a time of enlightenment. Events at City College reflected this national shifting zeitgeist. Women's and ethnic studies courses were added to the curricula and the Black Student Union was also formed here. Throughout the country and on campus, people became increasingly aware of the need for equal rights and those who were oppressed came together to use their voices, loudly, in protest against unjust laws and hateful attitudes.

Sacramento citizens participated in these uprisings with a burst of unrest that resounded from people who were motivated to change the stratosphere of a white-male dominated culture.

One such group, the Third World Liberation Front was active at City College, especially in the late '60s and early '70s. Its members regularly issued demands to the school district and administrators. In February 1969, TWLF demanded that programs similar to Sacramento's Oak Park School of Afro-American Thought be established in the city's Asian and Chicano communities. The New School for Afro-American Thought was founded in the late '60s by poets and intellectuals as an expression of black power and separatism.

TWLF fought to undo what its members saw as the apparatus of a racist societal structure. Its purpose, members said then was, to "combat and change the racist nature of American education."

It was around this same time that Pacific McGeorge School of Law began recruiting minority students from City College. Representatives

from McGeorge met with the Black Student Union president and Mexican-American Youth Association leaders.

Later, as students protested the war in Asia as unjust, others started to decry the myriad injustices. People began to question the system as a whole, a process known as disestablishmentarianism.

Then, after four students were shot and killed by the National Guard during a protest at Kent State College in 1970, campuses across the country erupted in protest. As a result, then-Governor Ronald Reagan ordered college campuses throughout the state be temporarily closed and then-Chancellor Sydney Crossman briefly shut down the Sacramento City College campus.

But students still showed up to join the strike rally and picketed in front of the school on Freeport Boulevard. Some departments, such as Aeronautics, held classes despite the ordered closure. These professors didn't see a viable safety threat, and wanted their students to be able to attend class. Some professors took umbrage to the campus closure and held class as an act of defiance in honor of the virtue of education, according to the Express.

Over the past four years there's been resurgence in student activism. Students from Sacramento, Davis, Berkeley and San Francisco have rallied to stop budget cuts affecting their ability to receive a meaningful education. In April, thousands of students in California linked hands as part of the statewide Hands Across California rally in an effort to raise funds for—and awareness about—the state's community college budget woes.



STORY BY  
CHRISTOPHER GEANAKOS AND  
DANIEL WILSON

PHOTOS BY  
REBECCA WALKER

Since moving from Sacramento High School to its current location in 1926, students at City College have seen buildings, structures, and landmarks come and go. The school is rich with history and its functionality continues to grow each year.

Although there are many amazing landmarks on campus, most students pass them by everyday with a passing glance and without a single thought about their history.

Did you know that the observatory in Rodda South and Hughes stadium have something in common? Ever wonder if that snarling panther by the book store was always there or why there is a huge water tower so close to campus?

For those answers and more, here is a guide to various City College landmarks and what makes them so interesting.



Above: The City College observatory was designed in the '30s by student Henry Hughes.

Below: The ongoing time capsule markers, pictured here in the early days of the college. Both photos courtesy of the City College Archives.

# CITY MARKERS



## Panther Statue

One of the most intriguing landmarks on campus is the City College panther, which stands in a ferocious stance near the College Store. While the big cat may seem like a staple of the campus' culture, it hasn't always been a part of the school. In fact, it was only installed three years ago, in 2008 when the Associated Student Government dedicated it to the school.

The panther was chosen as the school's mascot in 1926, the same year the school was built, according to the Blotter, City College's newspaper at the time. Only 68 students voted on the choice of mascot and the panther won with 41 votes. Other options: Yellow Jackets, Pioneers, and Gold Bugs.

Despite a Pony Express college newspaper 1964 report that the school was considering a statue to represent the mascot, it would take 44 years for it to finally become a part of the campus. Today, the panther represents school spirit as it stands outside the College Store.



## The Observatory

Many students on campus probably don't know that City College has an observatory on the roof of the Rodda South building. Though the current observatory was constructed and placed in its Rodda South location

in 1976, City College has had an observatory on campus since the late 1930s. Plans for the first observatory can be traced back to then Junior College student Henry Hughes, son of Charles Hughes.

According to a 1961 Sacramento Bee article, Henry and his friends in the Astronomy Club planned to build the campus observatory themselves because the school had no money to pay for it. Using scrap

lumber and donations of everything from metal to the telescope itself, by 1937, the observatory was up and running. The school began teaching astronomy classes and the first image was taken with the telescope on Dec. 2, 1937.

# Campus landmarks offer a guide to the school's past, present and future

## Hughes Stadium

**H**ughes Stadium was originally called Sacramento Stadium with construction completed in 1928.

The stadium was renamed in 1944 after Charles Hughes, longtime superintendent of Sacramento City School District, which owned the stadium by 1942.

In Feb. 1975, the stadium was almost torn down because of a violation of the Field Act, which according to the California Legislature said that school buildings had to be structurally safe from earthquake damage. The Los Rios Community College District, which controlled City College by 1964, acquired Hughes Stadium from the district and saved it from being demolished by rehabilitating the stadium at the cost of approximately \$3,000,000.

The stadium's pop culture history is diverse. In 1976, 24,000 people packed into Hughes Stadium for a concert featuring the Eagles, Jimmy Buffett and Linda Ronstadt. Over the years, the stadium has also played host to Olympic trial games, and musical acts, such as the Doobie Brothers, Peter Frampton, Rod Stewart and Pink Floyd. Pink Floyd's April 18, 1988 show marked the last time a pop music act ever performed at Hughes Stadium.

The stadium is currently going through four-phases, \$10 million renovation expected to be complete by Sept. 2012 that will upgrade seating, locker rooms, the field and make the stadium better accessible to people with disabilities.



## Time Capsules

**A**long the sidewalk path between the Rodda buildings lays a staggered pattern of brass and copper covered plaques, each one engraved with a corresponding school year. These are more than simple plaques, however, they're actually time capsules.

The tradition dates back to the inaugural days of City College, when the walkway led to the campus's first administration building and according to The Blotter, the former college newspaper, was a popular freshman hazing site.

During World War II, the copper and bronze plaque material was substituted with concrete, due to the military's need of precious metals during wartime.

The time capsules, mostly contain notable tokens from each class and school year. The time capsules included local newspapers, programs from City College events, letters from the Associated Student Government president and college president, copies of campus publications, brochures, census reports, class schedules and other related material, though personal messages are discouraged.

Time capsule plaques are placed every other year, according to the Dean of Operations Gregory Haymann. Each time capsule will be opened after 100 years.



## The Reservoir

**A** colossus structure towers over the City College campus, though it is actually off-campus. Day in and day out, students pass it by, and undoubtedly, take it for granted even though it's a historic City College landmark.

The grey colored cement structure is the City College Reservoir and rivals both the parking lot and Hugh's Stadium in height, though neither in visual prominence. According to Jessica Hess, a media and communications specialist with the Sacramento Department of Utilities, it's designed to hold 3,000,000 gallons of water on any given day.

The reservoir was built in 1936 to supply the surrounding area, including: William Land Park, Curtis Park, adjacent residential neighborhoods, and City College. The water comes mainly from the Sacramento River and other local rivers, though some also comes from ground water.

During WWII, the reservoir was camouflaged in olive drab patterns reminiscent of the U.S. woodland camouflage style, as were all city reservoirs at the time according to Hess.





# THE SHELTER BUILDERS

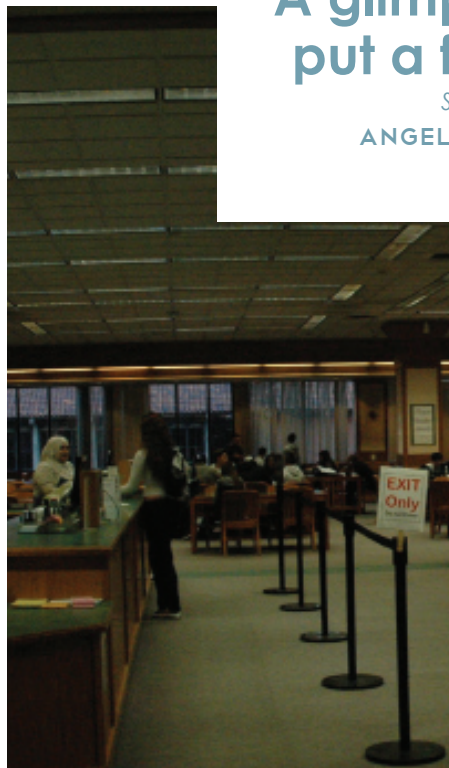
A glimpse into the lives of those who put a face on City College's library

Story by

ANGELO MABALOT

Photos by

CHRISTOPHER COLLIN



The City College Library is a shelter for students, providing not only a place for comfort during those windy, miserable and rainy days but also an academic refuge where knowledge is just a book aisle, click or page away.

While the library, which is located within the building known as the Learning Resource Center, stands as a building that is an immediate resource for students. With its vast array of academic tools, it is representative of the people behind the scenes who often supply the greatest assistance by putting a human face on the library process—making it much more approachable.

“The library is an area where I want students to feel comfortable, and know that they are cared about,” says Dean of the Learning Resources Division, Rhonda Kravitz. “Student success is really what makes libraries’ existence powerful, and we’re really here to make students succeed in the best way we can.”

Kravitz says she tries to inspire students by showcasing their work. Various examples of this are on display, there to greet all those who enter the LRC, which houses both floors of the library.

There is an ever-changing array of paintings and sculptures, pieces of literary art and scientific exhibits.

“I think what I’ve created here is opportunities to create exhibits so that students can see the work that our students do,” Kravitz says.

Throughout a typical day in the library, an average of 8,000 people passes through the sensors at the entrance of the LRC, according to Kravitz. The library is such a popular study spot, she adds, sometimes there isn’t enough space to accommodate every request for group study rooms.

By noon, the busiest hour here, the two floors of the library have turned into a kaleidoscope of sights and sounds from students, library staff and computers.

“We see students in a different way than the instructors on campus do,” says City College librarian Pamela Posz.

Posz says she believes that the library staff is composed of people who are teachers just as much as the school’s professors are. The task of educating students on how to research information, she adds, is a priority.

“With the Internet it’s gotten more challenging because there’s a much bigger range of different types of information to learn to evaluate,” says Posz. “It’s a whole different level than what you hit, even 10 years ago, doing research.”

In recent years, the library has adapted to the digital age, implementing tools such as libraian instant messaging, which allows fast direct communication from computer to librarian, and other online resources such as PILOT (Path to Information Literacy Online Tutorial), an online tutorial for using information resources.

Librarian Stephanie McDonald recounts her success many years ago helping a student research information for a paper he had to write. She said that afterward, she went to a restaurant with her husband and friends and that the student, working as her waiter, surprised her and brought free dessert for helping him earn an A on his paper.

“That was the most wonderful thing that ever happened to me in my life,” says McDonald. “I just love that story, that’s my success.”





# A penny saved is a basketful of groceries earned

STORY BY LANDA LEW

Illustration by Tristan Corrales

Kathy Spencer hands a cashier a penny and walks out of the store with \$230.38 worth of merchandise. Desirae Young pays \$21.26 and with the help of her friend, walks out of the store with several shopping carts piled high, totaling \$1,077.66 in groceries.

Is it magic? Unlawful trickery? No, Young and Spencer are just two examples of women whose extreme couponing videos have wowed thousands of viewers on YouTube.

Extreme couponers are part of a growing demographic of people who are taking drastic measures to save money to survive during these challenging economic times, spending anywhere from two to 60 hours a week researching and clipping coupons. But while she uses such extremes, there are plenty of other ways to save money.

For Diana Garcia, a mathematics major at City College, it's all about wisely planning purchases.

Garcia lives with her mother and receives financial aid. She's not spending that money just yet, however, but is saving it for when she eventually transfers. She also works part-time to help pay for books, supplies and other neces-

sities. While her mother continues to provide shelter, food and clothing, Garcia tries to find other ways to help her dollars stretch.

"I order my textbooks online at Amazon.com," says Garcia.

"I pay only \$3 for a \$60 book."

Similarly, Tarah Frost, linguistics major, is trying to find new ways to save money.

Frost recently returned to City College after a long absence.

Before, she focused priorities on building a career. Now, she says, her main concern is her education.

Frost owns her own home and works a full-time job. She plans to attend a four-year college and says budgeting is a must. She saves by riding

her bike to school and work. Students can use public transportation for free—the cost of transit is included in City College tuition.

““

I pay only \$3 for

a \$60 book,

-Diana  
Garcia

””

"I use things until they wear out and shop at discount stores," says Frost. "I don't buy name brands—just things that are practical and useable."

Frost also uses the Internet to purchase her books or checks them out from the library. And, when it comes to entertainment, she seeks out free venues rather than pricey events.

"I don't shop for a lot of things and I live minimally," Frost says.

Business professor Dyan Pease teaches personal finance classes at City College but doesn't just lecture on textbook concepts. Instead, Pease says she shares with her students the very lifestyle that she lives, teaching them to live within their means and save for the future.

The first step to saving money is awareness, Pease says. Students should know how and where their money is being spent. One such way to do this is to keep a daily spending journal.

"Write every expense down," says Pease.

"Keep track of expenses for at least two months, and then categorize the expenses into two main groups, needs and wants. Look for less expensive or alternate ways to spend. Fixed expenses such as housing, transportation and other necessity expenses can be reduced."

The next step, she adds, is to break down spending habits to figure out how to better manage money.

"After creating your needs and wants list, determine if certain items in each list can be eliminated or modified to reduce costs," says Pease. "By auditing our expenses, we can create a budget for ourselves and even save money for the future."

In other words, you don't need to be an extreme couponer to save money. While this economic slump may stick around for awhile, it's easy to pave the way for a future that promises financial security.

Need more ideas on how to save money? Visit these websites for tips:

Mint.com: This budgeting website will help you manage your funds and plan for the future

Nerdwallet.com: If you have to use a credit card, check out this site to compare interest rates and terms.

BillsShrink.com: This useful site helps you find and compare the best deals on cell phones, cable TV packages, gas prices and more.

Story by  
**DANIEL WILSON**

Photos by  
**JACK REMSON** and  
**RYAN ANGEL MEZA**

It's the end of final exams and now the journey from City College's Business Building to the parking lot begins. Relaxation in front of the TV with a game controller in hand is within reach. When suddenly, a giant alien beast jumps from atop the City College library, pounds its chest and proceeds to spew a green, liquidy substance out of its tentacle-encrusted mouth. Covered in the ooze, you find yourself drained of ten points but quickly get back to your feet

again, pick up the weapon that just happens to be sitting in the center of the quad, grab a health packet and mash the trigger as fast as possible. After a hard-fought battle, victory is finally yours.

As you tuck your massive weapon into your T-shirt, you hear someone call out your name. The next thing you know, you realize you're back in the classroom and that the person saying your name is your business management professor telling you to finish his final exam. As you continue filling in random answers on a Scantron, it occurs to you that studying for that test would have been a better choice than staying up late shooting zombies in the face. For gamers who are students, this is an all-too familiar experience.

In the past 10 years, video games have evolved from being part of a niche market into a multi-million dollar industry. The success of systems, such as the Sony Playstation 3, Microsoft Xbox 360 and Nintendo Wii prove

that console gaming is still alive and kicking. However, mobile devices, smart phones, tablet computers and technological advancements, such as touch screens and motion controls have also changed gaming from the at-home kid's hobby of yesteryear to an on-the-go experience that just about everyone enjoys.

In today's world, even grandma is a gamer. With so many ways to play, gaming can be a huge distraction—especially for students. When it comes to balancing school work with any hobby, it often seems as if there just isn't enough time in the day. Finding the balance between work and play is a tough foe to defeat, but at City College, gamers are finding ways.

The school's Advanced Technology Department has offered a three-course video game design program since 2008. In the program, students learn what makes a game fun (or not-so-fun) and how to create simple 3D design with

# Of books and gamers

## City College students balance work and play



Graphic Communication professor Patrick Crandley demonstrates 3D modeling software.



“  
If I do all the things I'm  
supposed to do that  
day, then I reward my-  
self with some gaming,  
-Patrick  
Crandley”



a software program that uses many of the tools used in the gaming industry. By the end of the program, students are able to create their own games. Patrick Crandley, a graphic communications professor who teaches game design at City College says that taking these courses is a great way to combine a passion for gaming with school work.

“We are a culture of gamers,” says Crandley. “We’re playing games almost every single week [in my classes], at various stages of development. I never have a problem with attendance in my classes because students *want* to come to class.”

Taking Crandley’s classes can send students well on their way to being able to develop and publish their own games, even without the backing of a software or video game company. A prime example of potential success an independent developer can achieve is the popular game “Angry Birds.” Though the concept of the game is simple, it has sold millions across various platforms and has become a retail sensation with T-shirts, stuffed animals, toys and even a board game adaptation. Yes, a board game based on a video game—now *that’s* success. “I think it shows you how far you can go with it,” says Crandley. “A game like Angry Birds goes to

show you don’t have to be [part of] a big game studio to have good ideas. There are some unique sparks out there that will continue to push this industry. I’m happy that the development tools and the independent developer community are alive and kicking to support these sparks and turn them into fires.”

But even if you prefer playing games to making them, there are many options for finding the balance you seek. The adventure begins with finding which option works best.

“Budget time in your life,” says Crandley. “I tell myself this, and I have to do this, I mark out very specific times in my day, and for me, since I’m really busy during my week, I’m allowed to play two hours of “Gears of War 3” on Friday evenings after I’ve done X, Y, and Z but if I budget an hour, I only play for an hour.” Another tip is to use your hobby of choice as a reward for accomplishing your daily or weekly goals. “If I do all the things I’m supposed to do that day, then I reward myself with some gaming,” Crandley says.

Nick Williams also works hard to find that balance. Williams is a City College 3D animation major with a focus on environment art for video games. He has already completed all

of Crandley’s courses. Williams says maintaining equilibrium between work and play is all about finding the right amount of time for each aspect of your life.

“The best advice I can give is to ration your time,” says Williams. “If you take Regional Transit, use that time to get some of your homework or reading done. That really helped me to free up time to get in some quality gaming.”

Taking game design courses at City College or scheduling your hobbies into your extremely busy life are just two solutions to a problem familiar to many students.

“The important thing that people tend to forget is that video games at their core are entertainment so we should treat them like any other form of entertainment,” says Crandley.

Whether you’re into shooting other players in games such as “Call of Duty” or you’re a casual gamer who enjoys a few rounds of “Angry Birds,” the bottom line for gamers is clearly to find the way to a strong balance between work and play. It doesn’t matter if it’s gaming, movies, music, social activities or any other hobbies that tend to keep students from focusing on school—balance is the key to success.



# AN OCCUPATIONAL OUTLOOK EDUCATION

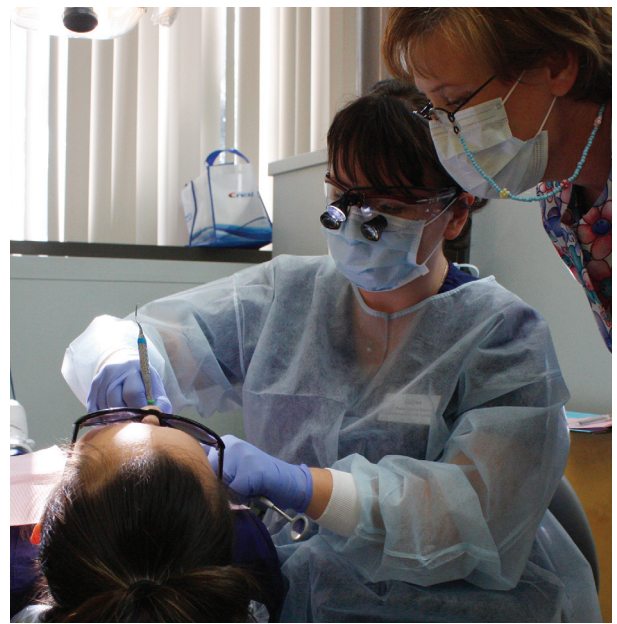
City College's vocational programs give students alternate education options

PHOTOS AND STORY  
BY REBECCA WALKER

*Instructor Roxanne Tambert (left) and student Karli Kruschel discuss the haircut of former City College student Trisha Chang.*



*Instructor Jan Carver (right) watches as dental hygiene student Galyna Lymar uses scaling techniques on student Yia Yang.*



*Cosmetology students practice on mannequins under the hair dryer in the practice lab.*



In an age when most employers require a bachelor's degree for even an entry-level professional position, it's good to know that there are still some jobs that don't require a lengthy education. These jobs are vocational in nature and City College offers programs to prepare students for a variety of careers including nail technician, pilot and nurse.

Depending on the program, students can earn a certificate or an associate's degree and upon completion, are eligible to take the exam required for licensure in their specific field. The certificate programs here vary from one semester in length—the nail technology program, for example—to the registered nursing degree program, which is two full years in length.

Vocational programs offer a variety of options. The cosmetology and nail technology programs, for instance, not only give instruction on hair cutting and nails, but also offer courses in customer relations and salon ownership.

Likewise, graduates from the nursing and dental programs are trained to find employment ranging from private offices and clinics, to hospitals or even the military. The mechanical-electrical technology program (MET) covers areas such as heating and air-conditioning systems and energy management, including solar and other alternative energy types.

Want to work for a big airline? Try the airframes and power plant programs, or take a class in the flight technology program.

Vocational programs offer crucial alternatives for students, particularly in this current economic climate. The photos here depict just a few examples of City College's myriad of vocational programs.

*First-semester licensed vocational student Jessica Barkley, working on a practice patient in the simulation lab.*



*Beginning students (pictured, from left to right) Vitaliy Vechtomov and Dominic Luciani work on a refrigeration system.*



*Andres Gonzalez, a first-year dental hygiene student, practices scaling on a dental mannequin.*



# THE SOUNDS OF LEARNING

## City College music program teaches the ins-and-outs of the business

Story by Harris Rudman  
Photos by Ryan Angel Meza

Picture this: you wake up early in the morning like you typically do on a school day, and make your way to City College for class. As the last students trickle into the room, the professor begins instruction. This isn't so unusual, however, instead of learning the function of a preposition or the religious significance of Gothic architecture, the topic of discussion is auto-tune.

At City College, students are given the opportunity to delve into a variety of fields that may possibly define their futures. The City College Music Department offers courses and programs that simultaneously progress their students' educational agendas, as well as their musical resumes and experience. Over 50 music courses are offered at City College, ranging from music business to beginner's piano and advanced audio lab, where students work independently (but with supervision from faculty) with City's College's facilities and equipment to create a personal musical project throughout a semester.

City College even has its own record label, DiverCity Records, which was founded by Gabrielle Beatrice, a City College professor who teaches a music business course. In the class, students learn the ins-and-outs of the music industry, including how to start their own independent labels. Each year, DiverCity Records releases a compilation album of songs recorded by City College students.

Any student is eligible to submit an original record; you don't need to be a music major to do so.



**"I have been into music since I was a kid and I kind of always knew that I wanted some sort of career in the music industry. Whether it is engineering, producing, or songwriting. I feel [City College music classes] will teach me the tools I will need to be successful in the business."**

**-Mateo Brown, City College music major**



Mateo Brown, a music major who is currently taking Beatrice's class, says he believes that City College's music program will pay dividends for his future.

"I have been into music since I was a kid and I kind of always knew that I wanted some sort of career in the music industry," Brown says. "Whether it is engineering, producing, or songwriting, I feel with this class it will teach me the tools I will need to be successful in the business."

Learning about the different types of copyright deals and record royalties, along with advances and record deals can be just as important as the musical production and performance side of the spectrum for those who want to achieve success in the music industry.

However, City College has that branch marching along effectively as well. Of the numerous music courses offered, nearly 40 are production or performance-based classes. The technical teaching, along with City's recording facilities, musical equipment, multiple practice rooms, and at-the-ready tutors, combine to give students ample opportunities to groom and hone their musical skills.

Rachel Kang, a City College professor who teaches piano, praised the Los Rios Community College District's music program in general. She says the great facilities at Folsom Lake College are another example of the strides the district has taken to widen the education spectrum for its students.

"I think we do a very good job of facilitating local Sacramento music," Kang says.

With so many different musical courses and programs offered, City College opens itself up to new beneficial uses that are available to all of the students on campus in one way or another.

As the music department continues to grow, so will the amount of Sacramento artists making noise in the music industry.







*City College music professor John Villec points out various audio tracks being recorded in his class.*

## You'll love the nightlife

### A guide to Sacramento's best music venues

You may or may not know that City College helps facilitate the local Sacramento music scene, but where can you catch these local acts doing their thing?

Check out this guide for a crash course on the best local venues for catching a band

## The Boardwalk

9426 Greenback Lane, Orangevale  
[www.boardwalkrocks.com](http://www.boardwalkrocks.com)

Though a bit of a drive from downtown Sacramento, the Boardwalk is a prime spot to catch some of Sacramento's best local talent. With an all-ages policy (don't worry, there's still alcohol served for those of age) and a constant schedule of shows, it's hard to leave the Boardwalk dissatisfied. From rap to rock to reggae, most genres of music are well represented. Past performers include Devin The Dude and the Mystic Roots Band.

## Old Ironsides

1901 10<sup>th</sup> St, Sacramento  
[www.theoldironside.com](http://www.theoldironside.com)

A Sacramento staple since 1934, Old Ironsides is one of those classic family-owned establishments, with great local music to match its friendly, relaxed atmosphere. There are events on the calendar for every day of the week, including Tuesday night karaoke and a Wednesday night open mic night. OI is also a perfect spot to catch an indie rock show or a DJ set. Expect a \$5 to \$10 cover charge to get into this dive bar after 9 or 10 p.m.

## Club Retro

1529 Eureka Road, Suite 110, Roseville  
[www.clubretro.net](http://www.clubretro.net)

A hot spot for young up and coming bands, the bookers at Club Retro are not afraid to let local acts handle the entertainment—they constantly give new bands opportunities to showcase their skills with such events as Battle of the Bands. Club Retro is an all-ages club aimed at a younger crowd. Shows tend to start earlier, around 7 p.m., and lean towards a steady diet of rock and punk. Pre-sale tickets are usually \$10, with tickets at the door \$12.

## Townhouse Lounge

1517 21st St, Sacramento  
[www.townhouselounge.com](http://www.townhouselounge.com)

This 21st Street bar/nightclub dedicates itself to booking new and upcoming bands. Tickets are very affordable (almost always under \$10) and you can usually buy them at the door. The club hosts an open mic night every Monday. Their most consistent acts are Electro/Dubstep-type DJ's, but they also have hip-hop acts. It's a great spot to go if you're trying to get your dance on.

## Harlow's

2708 J St. Sacramento  
[www.harlows.com](http://www.harlows.com)

This restaurant/nightclub has been a premier location for live music in Sacramento for over 30 years. Though they do book many globally known artists, (including Tempest and Foster the People), you can also catch unknown bands, along with a few drinks and some food. Shows are 21-and-over, unless noted otherwise. Tickets tend to be a little more expensive, pricing anywhere from \$10-\$35. You should definitely get your tickets prior to the event. With an extremely widespread mix of genres, there is a show for everyone's tastes at Harlow's.

## Blue Lamp

1400 Alhambra Blvd. Sacramento  
[www.bluelamp.com](http://www.bluelamp.com)

This former strip club-turned-bar is a champion of Sacramento musical talent. An intimate venue with a small stage close to the crowd, The Blue Lamp is dedicated to showcasing live, non-mainstream bands (although local legendary band Cake has performed there before). The Blue Lamp is 21-and-over only and tickets for shows are very reasonably priced at \$5 to \$10.

# BEYOND CUP O' NOODLES

## Healthy eating on a shoestring diet



Story By  
**AMANDA BRANHAM**

Photos by  
**JESSICA NICOSIA-NADLER**

**F**inally, the time has come. You've gained financial independence from your parents and you're ready to take on the world. You signed up for classes and paid for them all by yourself. You've finally secured your own residence and you're doing things on your own.

Yes, that's right. You're an adult—and you know living the college life is going to be the best experience ever.

But then, you meet the real world. It's 10 p.m. and after you've spent all of your time in classes and studying, you don't have the time or energy necessary to make a meal. You look in your cupboard and find your savior, the staple food that always comes through for you: ramen noodles. Five minutes on the stove and your meal is complete.

For many City College students, it's a familiar scenario, however it doesn't have to be. The unhealthy diet that so often accompanies those living the college life can be easily, and thriftily, averted.

Nutrition professor John Polagruto wasn't so much a ramen noodles expert, but he mastered the art of cheap food with another staple during his college years.

"I lived off of black beans and rice with Louisiana hot sauce," Polagruto says. "That was the bulk of my diet. I bought fruit on campus at the dining commons. And then it was beer—that was my liquid of choice. I did not drink sodas. I just didn't have any money for them."

Polagruto, who has taught nutrition classes full-time at City College for six years, adds that there is more to the unhealthy food choices people make than just lack of time and money. The way they were raised plays a role in diet





Veggies, chopped and prepped for stir-fry.



After the olive oil has been heated, veggies are added to the pan and sautéed until tender.



## Ramen noodles: from bland to grand

OK, you've tried to eat healthier, but time and a lack of money will still, on occasion, undermine even the best efforts. No fear, with a little time and preparation, you can turn classic ramen noodles into a fun and healthy meal.

Do not use the spice packet as it is filled with sodium. Opt for low-sodium or sodium free soy sauce or stir-fry sauce if you desire.

### You will need:

- **3 quart pot**
- **14-inch pan**
- **Olive oil**
- **5 cups of water**
- **Your favorite vegetables**
- **3 ounce tofu or beans**
- **Fresh garlic (optional)**
- **Ramen noodle brick**

First, start off with a medium pot, half-filled with water.

Next, add some olive oil as it speeds up the process and adds some taste. You want to bring the water to a medium boil.

While the water is heating up, you have time to slice up your veggies. A good combination can be red and green bell peppers, carrots, mushrooms, purple onion, yellow squash and green zucchini. However, you can use whichever vegetables you like.

Use a 14-inch pan and add olive oil.

Once the pan is heated, add the vegetables and some tofu. If you are not a fan of tofu, you can use black beans or any type of bean for protein. You can also add fresh garlic for a kick.

Now it's time to add the ramen noodles and cover the pot. Once they are soft enough, drain the noodles and let them sit in the pot.

Once the vegetables are tender, add them to the noodles.

Stir and enjoy!

choices as well. If people were raised around bad food, they will usually continue that tradition.

"I don't blame students at all, it's not their fault at all that that's the culture my generation raised them in."

According to statistics from the Centers for Disease Control and Prevention, this lifestyle has consequences. About one-third of the population in America is obese with approximately 17 percent of children and adolescents ages 2-19 years fitting the definition. On top of that, only 31 percent of adults in the U.S. report that they engage in regular leisure-time physical activity while 40 percent of adults report no leisure-time physical activity at all.

Scarlette Charles, a liberal studies major, admits that while she has a generally healthy diet, her busy life on campus can hinder that.

"I will usually try to eat a cup of soup, but I'm moving pretty fast so I'll eat like pizza or something like that. And a cup of coffee," Charles says.

Fortunately, there are ways to eat healthy without breaking your budget. If you plan on staying on campus all day, you can make your food before you head to school to ensure you will be eating healthy food. There are five local farmers' markets that are open year-round and offer homegrown fruit and vegetables at an affordable price. The times and locations for these markets can be found at [www.california-grown.com/market-times.html](http://www.california-grown.com/market-times.html)

Psychology major Patrick Michael Andrakin says he arrives at the farmers' markets right before they close to save even more money on produce.

"You have a good chance of getting a good deal because those guys have to get rid of all their produce that they don't sell," Andrakin says.

City Farm Club advisor Robyn Waxman suggests taking it one step further and starting your own garden in your backyard or wherever you have room. The farm offers seeds to students or she suggests getting them from a good organic farmer.

"Grow it yourself. Grow enough to can it, which you learn how to do online," Waxman says. "Then you can have food all winter."

Polagruto agrees that bringing food from home is the cheapest and healthiest way to control the amount of and what kind of food is being consumed. A peanut butter and jelly sandwich on wheat bread, he says, can be a healthy meal.

"To be fair, I know students say they don't have that much time, and of course they do," Polagruto says. "I was a student too."

For students who want to grab food before or after class, there are plenty of places around this area that serve nutritious food at a reasonable price. Polagruto recommends eating a salad first because it fills you up. Then order a small entrée. If that doesn't suffice, order something else but be conscious of what you are eating and how much food you are digesting.

Students' unhealthy habits are just that, he says—habits. Habits that can be unlearned.

"Students need to realize that part of their diet is not of their own thinking, it's been programmed as an American."

# SWIM FAST OR SINK

## Turn that first-semester horror story into a tale of success

STORY BY  
MAYRA RODRIGUEZ

It's not easy being a freshman thrust headfirst into college life. Though some students can adapt to, and even relish in, the swim-fast-or-sink lifestyle that characterizes a post high school education, most of us experience serious growing pains, especially during the first semester.

Yadira Gomez, 22, a City College biology major and single parent remembers her first semester in college.

"I didn't talk or ask questions, because of [my] low self-esteem," says Gomez "I sat in a class where I wasn't even on the roster for three weeks ... [because I was] being a shy turtle."

Gomez says her parents didn't aspire to obtain any higher education after high school, so when it came time to graduate her senior year, she'd set educational goals. No one in her home told her about college.

"My boyfriend at the time convinced me to enroll into City College, that was the beginning of a new journey," Gomez says. "[I] didn't know what classes to take, didn't know what major I would enjoy—we were so lost but at the same time we thought together, we'll do OK."

City College counselor Carmen Villanueva regularly assists students with questions regarding educational goals. It's important, she says, for students to meet with a counselor.

"I have a lot of information for new students," Villanueva says. "Many students go by their first or [even] third semester without seeing a counselor. They do not attend an orientation nor have an idea of all the services City College provides for their students."

Villanueva says that many students come to her office not knowing what courses they should take and are generally unprepared to meet their academic goals. One of the methods that she uses to help students is to shave off courses that aren't relevant to the student's educational goals.

"The key to helping students is asking them, 'what do you need to know?'" Villanueva says.

Aside from counselors, there are other campus resources that first-year students should take advantage of to help them through the college wilderness.

City College is also part of the Puente Project, a statewide program that aims to increase the number of Mexican-American/Latino students transferring to four-year colleges and universities.

The City College branch is located in the Counseling Center and offers mentoring as well as two Puente-specific English courses. The Puente Project networks with different universities to have as much information as possible for students to decide where they want to go.

Another student resource is the RISE program, which stands for "respect, integrity, self-determination and education." RISE offers many services including personalized counseling, tutorial sessions, a book loan program, computer and printing access and tours of local universities.

Sometimes the best resource, however, is developing a sense of self-confidence. Although Gomez wasn't successful in many aspects of her first semester, she says she's learned to overcome insecurities and to speak up. Now in her second semester at City College, she asks more questions and says she believes in her abilities.

It's not necessarily easy, Villanueva adds, but the first step to student success is just to ask.

"Counselors are here to help all students any questions or concerns they may have regarding their education."

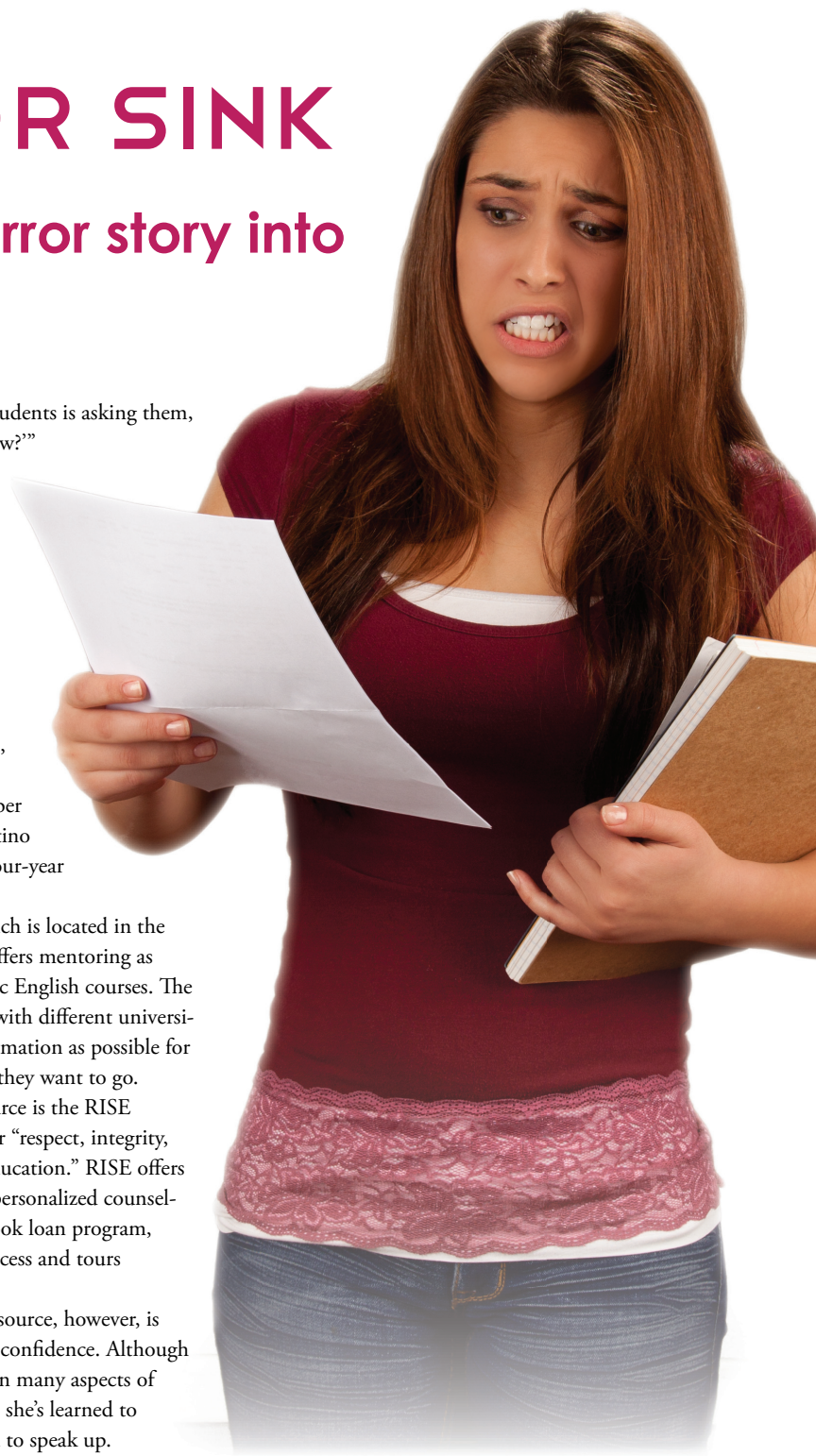


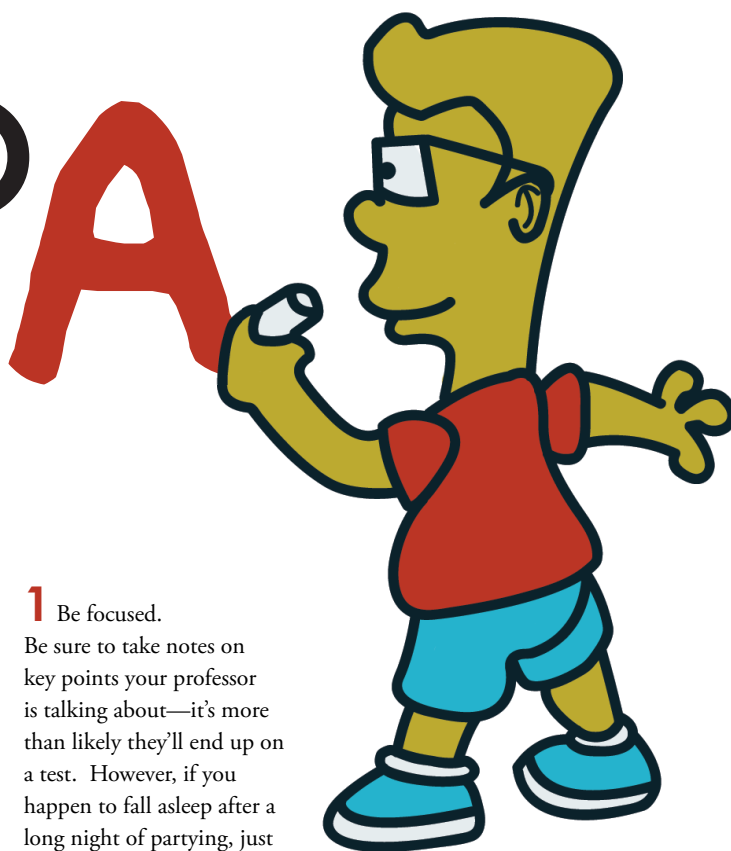
Photo illustration by Ryan Angel Meza



# No stress required

# 7 WAYS TO

# AN EASY



Story by **CHERENE BRIGGS**

Illustration by **TRISTAN CORRALES**

In the song “Seasons of Love” from the hit musical *Rent*, a year is measured by the following, “525,600 minutes, 525,000 moments so dear, 525,600 minutes.”

So, how do you measure a year of college? Traditionally, it’s two semesters that act as a vehicle, getting you where you want to go fast while you put the pedal to the metal and speed on down the road to your next stop: transferring to a university and doing so with a high GPA.

Some City College students think that getting A’s is hard work. This may be true, but not if you have the tools needed to easily do so.

“Students need to learn how to be students,” says City College philosophy teacher Joshua Carboni. “Students need to learn what is required of them, understand that they are no longer kids, [but] rather adults”.

Carboni believes that many college students still have an air of entitlement that’s left over from their time in high school.

“College is not high school and professors are not going to hold their hands,” Carboni says.

So, how can students improve? Is it possible to “learn” how to learn?

In short, the answer is yes. The following is a guide to getting A’s—even if your work ethic could be characterized as lacking—and it all begins with taking a hold of those 525,600 minutes and using them to your advantage.



*Students need to learn how to be students. Students need to learn what is required of them, understand that they are no longer kids, [but] rather adults.*

**Joshua Carboni,**  
philosophy professor



## 1 Be focused.

Be sure to take notes on key points your professor is talking about—it’s more than likely they’ll end up on a test. However, if you happen to fall asleep after a long night of partying, just ask a classmate if you can copy their notes the next day.

2 Be professional and don’t walk into classes talking on your cell phone—it’s *considered rude*. Instead, sit in the back of the class, put your phone on vibrate and text your friend (just don’t let the professor see you doing this, either).

3 Come to class prepared. Have paper, pencils, and the required textbook. If you can’t afford the current edition, get the one that’s in the library. It may be three editions behind, but it likely has the same necessary material in it and may even be highlighted with the answers.

4 Befriend the smartest person in class and get his or her telephone number. They are not hard to spot. Just look for the person who answers all the questions. If you miss a class you can call and find out what you need to study.

5 Be a teacher’s pet. There is nothing wrong with telling your professor that he or she is the best teacher you have ever had—even if it is a lie.

6 Participate, participate, participate. Three times is a charm because you should be asking questions or answering them at least three times each class. Make your professor remember your name—in a good way.

7 Show up to class as much as possible. The more lectures you miss, the harder it will be to get caught up. However, if you do need to miss class, use your smart phones to email your professor. It makes you look good.

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