

# P VALLEY CAMPUS PROSPECTOR

VOLUME 3...ISSUE 2

## OCTOBER IS BREAST CANCER AWARENESS MONTH

Increase Awareness About the Disease That Affects One in Eight Women

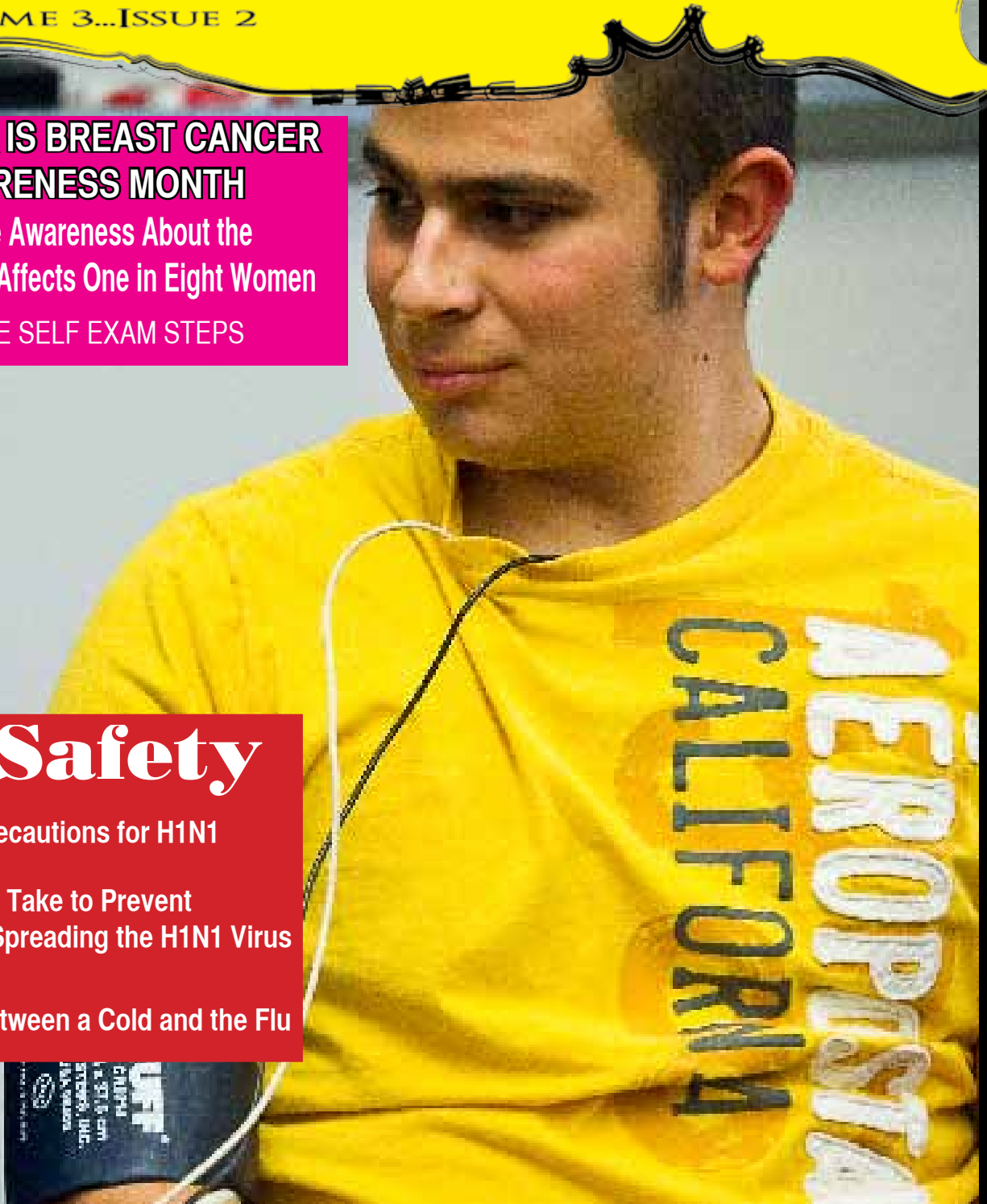
\*SIMPLE SELF EXAM STEPS

## Flu Safety

Origins and Precautions for H1N1

Steps You Can Take to Prevent Contracting or Spreading the H1N1 Virus

Differences Between a Cold and the Flu



VALLEY CAMPUS  
PROSPECTOR



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This is a Student Run Newspaper

VALLEY CAMPUS  
PROSPECTOR



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Hello there, and Welcome to our second edition of the Valley Campus Prospector! I am Caleb McLaren, the Managing Editor.



Let me introduce Evaline Jacques, my writing/editorial teammate!



And Aaron Parrill, our Layout and Design guy!



Last but NOT least, our Advisor Nelda Curtiss!



The newspaper team and I want to congratulate you on your determination and hard work as you as you have now probably passed midterms. Keep at it! Do your best and you will have your reward!

Caleb McLaren and the Newspaper Team  
TSJC Valley Campus.

# I Am What I Learn

In two minutes or less, America's students have an opportunity to show the nation and the world how far education can take them and how they will achieve their dreams.

"Students share responsibility for their education and for fulfilling their dreams," Secretary Arne Duncan said. "This video contest is an opportunity for young people to share their stories about where their education and career training can take them. At the same time, I encourage parents, schools and communities to play a strong role in their stories by being accountable for forming stronger partnerships that guide students to their goals."

The contest is open to active middle, secondary and college students, ages 13 and older. Through November 2, students can submit their videos up to two minutes long at <http://www.Ed.gov/IAmWhatILearn>. There are no restrictions on the style of the video, as students are encouraged to be creative!

From November 2 - 9, video submissions will be reviewed by a panel of judges, including Secretary Duncan. Judges will choose 10 finalists to promote on the U.S. Department of Education's official YouTube channel. From November 9 - 24, the public can view the finalists' videos and vote on their favorites. The top three finalists will each win a \$1,000 prize.

**Winning videos will be chosen based on the following criteria: use of creativity, strength and originality of content, and ability to inspire.**



## Contest Rules

- \* Each video must be submitted by an active student, age 13 and older.
- \* Contestants chosen as finalists will be contacted through their YouTube account and must respond within seven business days to confirm eligibility.
- \* Finalists under the age of 18 must submit a parental consent form.
- \* Video must be two minutes or less in length.
- \* The Department of Education's website (<http://www.ED.gov/IAmWhatILearn>) must be featured in the video.
- \* The video content must be original.
- \* The video must convey the importance of education, as well as the student's individual academic goals.



**Thank you to Pizza Hut for allowing our team to meet and plan there on Oct 1.**

Pizza hut was an awesome host for the Valley Campus Prospector(VCP) Staff meeting! The Pizza was great! We thoroughly enjoyed our time finalizing our 1st edition of the VCP. The discount topped it all! We plan to come again! THANK YOU Pizza Hut for hosting the VCP Staff meeting!

The VCP staff:  
Evaline, Aaron, Caleb, and Ms.C



# H1N1 Safety

Throughout our state, schools and colleges are taking precautions against the H1N1 pandemic. Are you?

The H1N1 virus is usually found in pigs and in people that work with or around pigs. It started in Mexico. Now it has found its way to the US. Which concern us?

This virus spreads the way the seasonal flu spreads. The flu virus is spread mainly from person to person, though coughing or sneezing. Also, through self-contamination (touching your nose or mouth) after contact with someone who has the virus, or some object or surface that had the virus on it.

Even though H1N1 has similar symptoms when compared to regular flu, it might be a lot harder to treat than the usual flu.

If you feel you have been exposed to/contracted this virus, please contact your health care provider before you visit their office. This will give the office time to take proper precautions to protect themselves and others.

***“Students are encouraged not to come to campus classes when ill and should notify their professors when ill so that their absences are excused. Health care providers like Dr. Martin Sowards advise flu sufferers to make sure they’ve been without a fever for 24 hours without the help of fever reducing meds before resuming their regular activities.”***

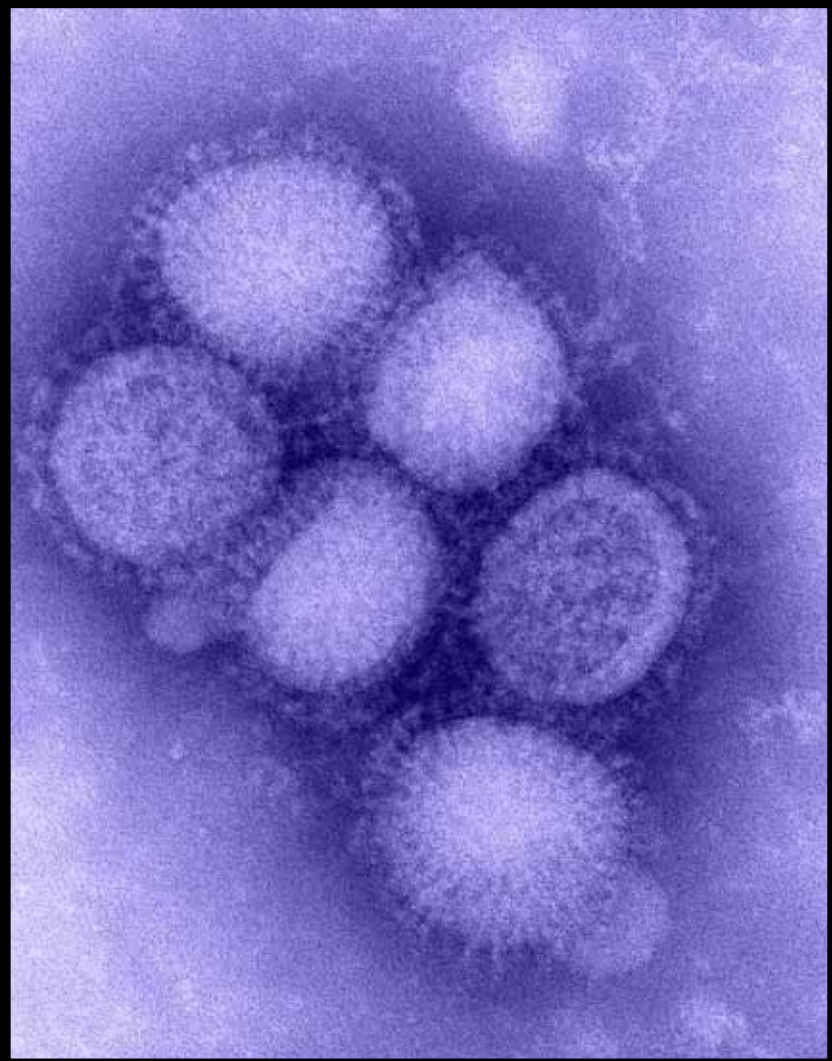
### Common H1N1 Symptoms

*May Include, But Not Limited To:*

- \* Fever above 100.4 F
- \* Cough
- \* Sore throat
- \* Headache
- \* Muscle aches
- \* Diarrhea
- \* Vomiting

### Steps You Can Take to Prevent Contracting or Spreading the H1N1 Virus

- \*Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away when done.
- \*Wash your hands often with soap and water while in public places.
- \*Avoid touching your eyes, nose, and mouth when hands are not washed.
- \* Avoid contact with the sick.



## Flu Symptoms VS Cold Symptoms

Flu	Symptom	Cold
Appear within 3-6 hrs.	<b>Sudden Symptoms</b>	Appear Gradually
Usually Present	<b>Fever</b>	Rare
Usual, often severe	<b>Aches</b>	Slight
Fairly common	<b>Chills</b>	Uncommon
Moderate to severe	<b>Tiredness</b>	Mild
Dry and unproductive	<b>Coughing</b>	Hacking and productive
Uncommon	<b>Sneezing</b>	Common
Uncommon	<b>Stuffy Nose</b>	Common
Uncommon	<b>Sore Throat</b>	Common
Often Severe	<b>Chest Discomfort</b>	Mild to Moderate
Common	<b>Headache</b>	Uncommon



Eveline Jacques

# H1N1 Safety

## Tips To Avoid the Flu

Getting a yearly flu shot is the best way to reduce the chances that you will get the flu. Whether or not you get a flu shot, I suggest that you follow these steps to help insure that you and your family members don't get sick.

- \* Get adequate rest, food, and drink. Good health always starts with a well rested, nourished, and hydrated body.
- \* Use and teach your children 'cough etiquette', which the American Academy of Pediatrics describes as turning your head and cough or sneeze into a disposable tissue or the inside of your elbow if you don't have a tissue, instead of simply coughing or sneezing onto ones hands, which will then spread their germs onto everything you touch.
- \* Avoid close contact with people when you are sick. It isn't really possible to completely avoid people who are sick, so it is likely better if you just avoid exposing other people to your germs when you or your kids are sick. So don't go to school, daycare, work, etc., if you are sick with the flu.

- \* Avoid unnecessary contact with a lot of people for your younger children. It isn't always easy to tell when people are sick and some people are contagious even before they start to have symptoms, so don't expose your younger kids to large crowds of people if you don't have to.

Wash your hands often. Remember that one of the most common ways people catch colds and the flu is by rubbing their nose or their eyes after their hands have been contaminated with a virus. Washing your hands often, especially:

- \* Before, during, and after you prepare food
- \* Before you eat, and after you use the bathroom
- \* After handling animals or animal waste
- \* When your hands are dirty
- \* When someone in your home is sick

### How to wash your hands



6 Dry with paper towel



1 Wet your hands



2 Apply solution and scrub for at least 15 seconds



5 Turn off water lever using your elbows



4 Rinse your hands



3 Scrub back of hands, wrists, between fingers and under fingernails

### Flu Resources

<http://pandemicflu.gov>

<http://answers.flu.gov/questions>

[http://en.wikipedia.org/wiki/2009\\_flu\\_pandemic](http://en.wikipedia.org/wiki/2009_flu_pandemic)

**Alamosa Family Medical Center (719) 589 - 3658**

**Convenient Care Clinic (719) 589 - 2562**

**Sierra Blanca Medical Center (719) 589 - 3658**

**SLV Regional Medical Center (719) 589 - 2511**

Remember influenza is a serious illness and NOT the "common cold". Take these simple steps and you should enjoy a happy and healthy flu season!

# One in Eight



The National Cancer Institute estimates that a woman in the United States has a 1 in 8 chance of developing invasive breast cancer during her lifetime.



Breast cancer is the second leading cause of cancer death for women in the U.S, after lung cancer.

*Approximately 40,170 women and 440 men in the U.S. will die from the disease in 2009.*

*Breast cancer is the leading cause of cancer death for U.S. women between the ages of 20 and 59, and the leading cause of cancer death for women worldwide.*

*\*According to the National Breast Cancer Coalition*



Aaron Parrill

# Breast Cancer Awareness Month

**B**reast Cancer Awareness Month is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention and cure. The campaign also offers information and support to those affected by breast cancer.

Breast Cancer is something that affects all of us, even if we don't realize it right now. Whether it be a grandmother, a mother, a sister, a daughter, an aunt, or a niece, someone we know in our lives that we love will develop breast cancer. I am proud to say that my own grandmother is now breast cancer free, for the second time!

It is also very important to note that breast cancer is not just a female condition. In fact, \*The American Cancer Society estimates that in 2009 about 1,910 new cases of invasive breast cancer will be diagnosed among men in the United States. Breast cancer is about 100 times less common among men than among women. For men, the lifetime risk of getting breast cancer is about 1/10th of 1% (1 in 1,000).

\*Aside from non-melanoma skin cancer, breast cancer is the most common form of cancer in women, regardless of ethnicity. However it is the number one cause of cancer death in Hispanic women, the second most common cause of cancer death in white, black, Asian/Pacific Islander, and American Indian/Alaska Native women.

There are ways though to prevent or catch the cancer at an early stage:

## 1. Control Weight and Exercise

Make healthy choices in the foods you eat and the kinds of drinks you have each day. Stay active. Learn more about keeping a healthy weight and ways to increase your physical activity.

## 2. Know Family History of Breast Cancer

have a mother, sister, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk. For more

information, visit the Agency for Healthcare Research and Quality for information about medicines to prevent breast cancer and genetic testing for breast cancer.

### 3. Get Screened Regularly

By getting the necessary exams, you can increase your chances of finding out early on if you have breast cancer.

**Breast cancer is something that affects all of us**

Breast cancer is always caused by a genetic abnormality. However, \*only 5-10% of cancers are due to an abnormality inherited from your mother or father. About 90% of breast cancers are due to genetic abnormalities that happen as a result of the aging process and the "wear and tear" of life in general.

While there are steps every person can take to help the body stay as healthy as possible, breast cancer is never anyone's fault. Feeling guilty, or telling yourself that breast cancer happened because of something you or anyone else did, is not productive.

## Fast Facts

*\*As of 2008, there are about 2.5 million women in the U.S. who have survived breast cancer.*

*\*A woman's risk of breast cancer approximately doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. About 20-30% of women diagnosed with breast cancer have a family history of breast cancer.*

*\*About 90% of breast cancers are due not to heredity, but to genetic abnormalities that happen as a result of the aging process and life in general.*

*\*The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).*

## Symptoms

Signs and symptoms of breast cancer may include:

- A breast lump or thickening that feels different from the surrounding tissue
- Bloody discharge from the nipple
- Change in the size or shape of a breast
- Changes to the skin over the breast, such as dimpling
- Inverted nipple
- Peeling or flaking of the nipple skin
- Redness or pitting of the skin over your breast, like the skin of an orange

**If you find a lump or other change in your breast — even if a recent mammogram was normal — make an appointment with your doctor.**

## Simple Self Exam Steps

### Lying Down:

- \*First, place a pillow under your right shoulder.
- \*Next, put your right hand under your head.
- \*Check your entire right breast area with the pads of the fingers of your left hand.
- \*Use small circles to feel all around your breast, then feel up-and-down
- \*Use light, medium, and firm pressure over each area of your breast.
- \*Gently squeeze the nipple to check for any discharge
- \*Switch arms and repeat these steps on your left breast.

### Before a Mirror:

- \*Check for any changes in the shape or look of your breasts.
- \*Note any skin or nipple changes such as dimpling or nipple discharge.
- \*Look at your breasts in four steps: arms at sides, arms overhead, hands on hips pressing firmly to flex chest muscles, and bending forward.



*\*All Statistics are from the National Breast Cancer Coalition*



Caleb McLaren

# Meet the Faculty

## Massage Therapy/ Holistic Health

**Instructor:** Marcia Heusted



**Phone:**  
(719)589-7036

**E-mail:**  
*marcia.heusted@trinidadstate.edu*

**Q1. What do you like best about your field?**

**A1.** The field is people orientated. The field is healing. I enjoy being a healer.

**Q2. What do you like best about teaching here at TSJC?**

**A2.** The freedom of development. Three years ago we were allowed to pioneer our Holistic Health program, and now we are one of the few places in the country that offers a degree in Holistic Health.

**Q3. Where does class take place?**

**A3.** Class takes place on campus. Room 148 is where most of our hands on practicum takes place, and Room 146 is another. Our Massage Clinic opens Monday, 10-19-09. Mondays, Tuesdays, and Wednesdays are when the clinic will be open. Call 589-7036 for appointments.

**Instructor:** Marta Shoman



**Phone:**  
(719)589-7037

**E-mail:**  
*marta.shoman@trinidadstate.edu*

**Q1. What do you like best about your field?**

**A1.** That the field promotes personal growth and responsibility. If you are going to get involved in Holistic Health, you have to learn. Not just go to the doctor, get a pill, and your better.

**Q2. What do you like best about teaching here at TSJC?**

**A2.** Engaging with an interested student. Meeting the mind. Sharing different thoughts and getting stretched in a new ways.

**Q3. What would you say is the future of Holistic Health and Massage Therapy:**

**A3.** That the FUTURE is really the NOW. The field is growing, being acknowledged, and incorporated by the world of conventional medicine. It is becoming a greater part of Integrated Medicine.

## Emergency Medical Services (EMS)

**Instructor:** DebHaverfield



**Phone:**  
(719)589-7046

**E-mail:**  
*deb.haverfield@trinidadstate.edu*

**Q1. What do you like best about your field?:**

**A1.** The excitement and variety. The opportunity I have to help others. The Challenge level. It's dynamic; Never the same. And, real life patients don't know how to act. (Laughter) They never read the book.LOL

**Q2. What do you like best about teaching here at TSJC?**

**A2.** The feeling of family and teamwork. I have been here 16 years.

**Q3. Where does class take place?**

**A3.** Anywhere on the second floor of the TSJC Valley Campus. We also have classes at the Monte Vista High School. We serve almost every town in the Valley. We have the class there, in your town. The program is outreach oriented. Which is why we have a lot of adjunct instructors.

# Meet the Faculty

## Nursing Program

**Instructor:** Louise Sowards



**Phone:**  
(719)589-7044

**E-mail:**  
[louise.sowards@trinidadstate.edu](mailto:louise.sowards@trinidadstate.edu)

Director of TSJC Nursing

**Q1. What do you like best about your field?**

**A1.** I like the fact that I get to work with patients, and have an impact on their life, on their Journey. Whatever that may be... a peaceful death or a successful recovery. Overall, I would say that I like Adult Medical-Surgical Nursing the best.

**Q2. What do you like best about teaching here at TSJC?**

**A2.** I love the Students! I also love the feeling of family and teamwork in the faculty here. But the Interaction with the students is my #1 Best Thing about working here!

**Q3. Where does class take place?**

**A3.** The program is available at both campuses. Two days in class and two days in the "field". "In class" is just that. "Field days" are spent at participating hospitals or care centers. Classes are normally half days.



**Marty Dineen**

Coordinator Nurse  
Assistant Program-- and  
first level nursing instructor



**Angela Medina**

Nursing Instructor



**Jodi Garcia**

Assistant Professor of  
Nursing

## Careers in the Medical Field Pay Many Dividends



## Internships Pay Off Big

Congratulations to Emelia Lujan for winning her new position with Conejos County.

Look in our next issue for more about the job placement and internship programs at TSJC

Remember to Read us online at  
[www.trinidadstate.edu](http://www.trinidadstate.edu)

# Announcements

## Don't Forget October Fest!

Held on Oct. 28-29, October Fest will start at 9:00 am and wrap up at 1:00 pm. Attendees will be split into groups of 10-15 people and then taken through the tour. Those who come will be able to question and converse with the instructors of the different programs. Breakfast, as well as lunch, will be provided by the school.

Non-traditional High school students (e.g. home schoolers) and post high school inquirers are welcome. Please register to attend October Fest by contacting your High School counselor or by e-mailing/calling Krystle Cantu at [krystle.cantu@trinidadstate.edu](mailto:krystle.cantu@trinidadstate.edu) and her office phone 719-589-7083.

**To current students: There are NO planned class cancellations. That way, our visitors can see us in action. Be prepared as a student to interact with our guests and to make them feel welcome.**

## New Dean on Valley Campus!

Please join me in welcoming Scott Garrard to the TSJC family. Scott is joining us as the new Dean of Instruction / Academic Programs at TSJC's Alamosa Campus. Scott, who is relocating from Windsor, Colo., will begin his new adventure with us on

Monday, October 19. We are extremely excited to have Scott become part of the TSJC team and he is very much looking forward to working with all of us.

*Felix M. Lopez, Interim President  
Trinidad State Junior College  
600 Prospect Street  
Trinidad, CO 81082  
719-846-5541*

## Get Published! (Well... Sort of)

We want you to write about your class! Give the whole school an idea of what it is really like to be in Nursing, or Graphic Design, or Welding!\* Whatever your major, whatever your writing ability, send your 150-500 word article to Caleb at [cmmclaren2@student.cccs.edu](mailto:cmmclaren2@student.cccs.edu)

*\* Note: We the editors of the Valley Campus Prospector (VCP) reserve the right to accept or deny any articles submitted to the VCP. We reserve the right to edit, modify, or shorten materials accepted. Any materials received may be used/reused (original or modified) at a later time than the edition originally submitted for.*

*Valley Campus Prospector Staff  
~ Editorial team: Evaline Vigil, and Caleb McLaren  
~ Layout and Design: Aaron Parrill  
~ Advisor: Nelda Curtiss*

## Reader's Review

I thought that it was interesting how so many people feel hopeless. Some stories go deeper than others but the way people take situations will change their lives. The best way to deal with stress is to find something fun and positive to occupy your time; we just have to stay strong minded.

- Jonathan Martinez

I think the whole paper is done nicely. The suicide article was very good, gave great info on how to see the warning signs and how to help. With the year going by, I'm sure you will have many good things in the paper.

-Tina Milton

I really liked all the preventive tips that you had about suicide. There does seem to be a lot of attempts, maybe it has to do with the weather here or something. I also liked the tips about if your SICK STAY HOME!! A lot of people do not seem to realize that they can spread their germs just by coming to class. And that is something that I cannot afford to catch. The lay out was cool and colorful. I really enjoyed it! I thought it was good but short. The things that I would like to see is more about the things that TSJC can offer or does offer. I would read it first of all just to read it but if you put coupons in there then that would just make it that much better!!!!!!

- Melanie Salazar

The article that I found informative was the suicide prevention. So many lives are lost because we don't know the warnings or we just don't want to help. If one life is saved, that is a good thing. What I liked about the layout was that it was colorful, but yet very informative. The puzzle picture was interesting, you could almost feel her pain just by looking at her. I think (the paper should have) more of what is happening around the Valley. That would interest students. Things like free concerts, or maybe a book reading. Yes, I would read it if it had more coupons in it. But I think I would read it anyway, with or without coupons.

- Lori Mcguire

In my opinion, the most important article was "Avoid the Flu." Seeing how everyone is getting sick this time of year, it just seemed like a necessary read. It (the paper) is very easy to read and contents have been placed thoughtfully. I would like to see a list of upcoming events for the campus as well as the city. I would most likely not (continue to read the paper) for my own personal reasons.

-Shannon Sanchez

This is wonderful. Thank you for sharing with us. I'm going to pass on to Charlene Duran -- she is over the Trojan Tribune and I'd like her to see this. FABULOUS!!!

- Sandy Veltri

Very nice revision of the Prospector! Yea team!

- Genia Rasmussen

It is very nice visually. I really enjoyed the colors, pictures and general look of it. They did great work.

- Mike Salbato

# Nursing

You've determined that you want to be a nurse, and are ready to consider nursing school. But how to begin? We're here to help.



Contact Kelly Buckley for More Information at 589-7077

**CNA LPN RN**

# EMT

Become State certified as an EMT-Basic or EMT-Intermediate



Contact Deb Haverfield for More Information at 589-7046

# Cosmetology

## HAIR SERVICES

- HAIRCUT-- \$6.00
- BANG TRIM-- \$2.00
- STYLE-- \$5.00
- UPDO-- \$8.00
- SCALP TREATMENT-- \$5.00
- DEEP CONDITIONER-- \$6.00
- CORN ROWS-- \$1.50 EACH
- BRAIDS-- \$1.00
- ROLLER SET-- \$7.00
- SHAMPOO ONLY-- \$2.00

## TEXTURE SERVICES

- BASIC PERM--\$18.00
- DESIGN PERM--\$25.00 & UP
- VIRGIN COLOR--\$16.00
- RETOUCH COLOR--\$13.00
- HIGHLIGHTS --\$22.00
- FOILS--\$28.00
- CORRECTIVE COLOR--\$30.00 & UP
- 6-PACK--\$10.00
- TIPS ONLY (BLEACH)--\$10.00

## FACIAL SERVICES

- FACIAL-- \$8.00
- FACIAL WITH MAKEUP-- \$10.00
- EYEBROW ARCH-- \$5.00
- FACE WAX-- \$10.00
- LIP WAX-- \$5.00
- MACHINE FACIAL-- \$10.00
- MICRODERMABRASION-- \$25.00



## NAIL SERVICES

- PLAIN MANICURE-- \$5.00
- PEDICURE-- \$8.00
- ARTIFICIAL NAILS-- \$17.00
- NAIL REMOVAL-- \$6.00
- POLISH ONLY-- \$2.00
- NAIL ART-- \$4.00
- REBASE-- \$7.00
- PARIFIN WAX-- \$3.00

Set Up An Appointment Today!

**(719) 589-7057**

# Tired, Fatigued, Stressed Out?

### Community Prices

- 30 minutes.....\$10.00
- 60 minutes.....\$20.00

### Student Prices

- 30 minutes.....\$5.00
- 60 minutes.....\$10.00

All proceeds go directly back into the Massage Therapy Program

Make an Appointment Today **589-7036**  
1011 Main Street, Alamosa



## The Massage Therapy Student Clinic

