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## Financial Aid

By Megan Crigler  
Editor-in-Chief

Community college campuses in the state of California receive categorical state funding that the government controls.

This funding is broken down into four categories: EOP&S, Disabled Student Services, Matriculation, and Financial Aid.

While most of the categories were cut drastically, the Financial Aid department was left uncut for this current year.

Financial Aid was not affected because the federal money that goes into the state budget for the purpose of student funding goes back into the state. This means that a portion of the federal money goes to the state economy when it is claimed.

It is thus safe to say that students are a large source of income for the state. The money that the students are given is instantly distributed back into the economy upon their purchase of school supplies.

Financial Aid students usually receive a \$300 book grant per semester and a cash grant of \$250 per semester for other needs.

However, with the current economy, more students are requiring financial aid than ever before. Students are encouraged to apply ASAP.

Spring Semester

March 1, 2010

## Student's guide to staying safe on any campus



Clare Hinkle walks up to the campus police station to learn about campus safety

By Sarah Olsen  
Staff Writer

Our campus is a place where we spend a lot of our time and where we should feel safe. But are we?

There was recently a sexual assault on campus. Many of us have the tendency to think that something like that could never

happen to us, but the harsh reality is that it could.

Girls, what are we doing to protect ourselves? And guys, what are you doing to keep not only yourselves, but the girls around you secure?

If you think this article does not apply to you, please keep reading.

Keeping our campus free from danger is everyone's responsibility. Here are a few things you can do.

First, try to park as close to your last class as possible. If your class gets out after dark, park under a light.

Secondly, pay attention to your surround-

ings. Don't talk on your cell phone or listen to your music while walking to your car or to the bus.

The more aware you are of your surroundings, the less of a target you become.

Finally, if you are uncomfortable walking to your car alone, leave class with a group, or ask someone that you trust to walk with you.

Keeping yourself safe should be your number one priority.

If you cannot find someone to walk you to your car or if you are uncomfortable for any reason, always remember that you can call Campus Security at (909) 389-3275 and they will escort you wherever you need to go.

Please don't take your security for granted, and remember, it is always better to be safe than sorry.

## Spring break fever is amongst the roadrunners

By Jonathan Jackson  
Staff Writer

Spring Break is around the corner, and I for one would like to say, "It's about time!"

As the semester reaches its midpoint, stress continues to build for every student and I'm sure this break is just what the doctor ordered. Can I get a fist pump?!

Ok, well back to education. Let's remember that school is still school and staying on top of your work is always important, but we at the *Advisor* want you all to have fun.

If you're going into this break with nothing planned, I am once again here to save your week.

Let's start off with the basics; friends, family, and a good book! If this isn't your idea of fun, a get-together or social party can always be acceptable under the right circumstances.

Movies, bowling, and mini golfing can be fun, but remember to work so you have money to spend.

All in all, we hope you all have a good time.

As for me, I plan to sleep until I get a headache because being a student with multiples duties and classes leaves me restless.

As David Gramling, a local student at CHC mentioned, "Enjoy your time and remember this will go fast, so meet me at the beach if you

want to get a cold tan with me."

Take this time to make memories that will last a lifetime and keep your hopes high my fellow students because the rest of the semester will cruise by in no time, just like our break.

So bring out those smiling faces and let's get this break started, ya skippy!



# St Patrick's Day myths and follies busted open

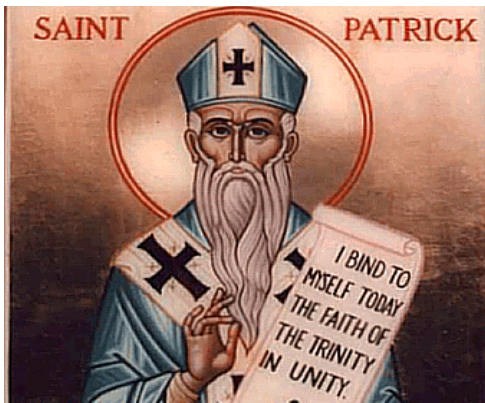
By Clare Hinkle  
Staff Writer

There are some holidays that we have grown-up celebrating, but we may not know the reason behind the celebrations. St. Patrick's Day, the 17<sup>th</sup> day of each March, is one such holiday. March 17th marks the anniversary of his death.

There is little information known of St. Patrick due to the embellishing of stories and made up facts. For instance, one of the stories that St. Patrick is known for is the vanishing all of the snakes of Ireland, which is not true.

St. Patrick was born in Britain around the end of the fourth century and at the age of 16, he was taken prisoner.

Then, approximately six years later, he escaped because he heard "God" telling him that it was time to leave. He left Ireland and went back to Britain. Shortly after, he again heard "God" telling him he should go back to Ireland as a missionary, and with that he did.



St. Patrick's Day is an Irish holiday that is celebrated all over the world so there are, of course, different traditions depending on the culture.

For instance, a common practice is to wear green or risk getting pinched!

In the United States, we too wear green clothing, but in Ireland, they wear a cluster of shamrocks on their jacket or hat.

In Ireland, the shamrock is a sacred symbol because it symbolizes the return of Spring.

Many Irish started wearing the shamrock to represent their pride for their country.

According to legend, each leaf of the shamrock represents something different.

The first leaf represents hope, the second represents faith, the third represents love, the rare fourth leaf is for luck.

How will you be celebrating St. Patrick's Day? Will you be wearing those ridiculous socks that your mother still sends you or that shirt your weird friend gave you last year?

Nothing says St. Patrick's Day more than spending time at an Irish pub. There are two Irish pubs semi-local. Liam's Irish Pub, 909-442-9900 Colton, CA, is always fun and there will be live bands. There is a cover charge and the price is to be announced.

There is also O'leary's Irish Pub, (909) 875-3717 Rialto, CA. There will be corned beef and cabbage available. There's no cover charge and Irish entertainment is free!

Don't forget, you can always stay home and make a simple meal of corned beef and cabbage for you and a few close friends to enjoy. Have a great St. Patrick's Day!



## Anime/Manga Club encourages students to test the waters

By John Sheldon  
Staff Writer

The Anime/Manga Club (AMC) is a club that meets in the Cafeteria on Wednesdays at 11:00am and Fridays at 12:00pm.

Manga are graphic novels that originated from Japan, and anime is the animation of manga. They are different from comics and cartoons, but it is impossible to explain the difference; it is something that just has to be experienced and discovered by every individual.

The main purpose of the club is to get artists to share their works. The club wants

people to feel confident about their writings, drawing, and any other art forms. AMC also that all work seen should be submitted to the *Sand Canyon Review*.

The club regularly discusses topics such as authors, illustrators, publishers, voice actors, and much more involving the creation of anime and manga.

Additionally, AMC likes to compare the different art styles between illustrators.

There are many heated discussions that occur when the group gets into the topic of art and meaning of a particular series or

author.

Kevin Simms, a new member that joined this semester, said, "I joined the club because of the interesting discussions that take place. The previous Anime Club that I was involved with was boring. I have fun talking to everyone in this club. They are down to earth and fun to hang out with."

This year, AMC plans to have many events. One of which is movie day. The club gets together at one of the member's house to watch an agreed upon movie and discuss the movie after it is finished.

AMC also plans to participate in more events such as the movie screening with the Book Club.

The president of the club, newly appointed, wishes to

see the club more involved with the school.

As stated, "We are the next generation of artists. We are the Anime/Manga Club."



AMC poses for a picture at one of their club socials



# Health and Wellness Center cures the campus

**By Samantha Acevedo**  
Staff Writer

With the spring semester flying by, things may get a bit hectic. This frantic pace of life can often induce illness or stress.

Luckily, students at Crafton Hills College have the opportunity to take full advantage of the Health and Wellness Center.

When registering for courses, there is a small fee added onto the final cost which is used to pay health coverage for each student during the current semester that they are registered for.

Services provided by the Health and Wellness Center are virtually endless.

From STD testing, to confidential counseling, all needs can be met. There are several fully trained nurse practitioners on site, a licensed counselor that charges five dollars a session, and an intern that can be seen free of charge.

The Center offers programs that help with health education, stress management, weight control, smoking, and much more. Mental health is a growing epidemic amongst

young students, and seventeen percent have reported having depression during their college years.

Suicide is the second leading cause of death for college students, and mental health physicians are seeing a large rise of students struggling with self mutilation issues.

Another incredible service offered by the Health and Wellness Center is counseling.

The center's trained counselor can offer guidance in relationship or family problems, sexual abuse, post traumatic stress syndrome, and mental health problems in general.

Each session is only five dollars, but make sure to make an appointment, because at such a great price, appointments fill up quickly.

Two-thirds of all STDs are found in patients under the age 25, and the Health and Wellness Center aims to reduce that number and offer a safe and confidential environment to seek aid.

STD testing, birth control, free condoms, and the emergency contraceptive pills are all available to students.

The nurses on site can administer procedures including lab work,



**Carlos Munez updates himself on the information outside the Center**

immunizations, TB testing (which is required for restaurant or daycare employment) prescriptions, X-Rays, and much more.

The Health and Wellness Center prices are strictly wholesale, meaning they will only charge to cover the costs of the procedures.

Students can also stop by the Center when in need of over the counter medications or daily use of crutches when injured, free of

charge.

The Health and Wellness Center also offers student insurance to cover injuries that happen on campus, or at a school sponsored event.

The services offered at the Center are endless and 100 percent confidential.

Students can visit the Center Monday-Thursday from 8 AM to 6 PM, and Fridays from 8 AM to 1 PM.

## Move over plaid, giving is the new trend this season

**By Megan Crigler**  
Editor-in-Chief

Go to Google and type in the phrase, "trend charity" into the search engine. What do you see? You see a list of websites that tell you what is in this season in the realm of giving.

Foundations gracing the top 30 list this year are AIDS, H1N1, and of course, Haiti.

This is great news for those seeking relief and assistance from those programs, but what about Hurricane Katrina victims? Do you remember Burma. How about LiveStrong?

What makes a certain charity popular at any given time? What makes one needy

situation more viable for donations over another?

The answer to this question is complicated and can range from any number of reasons. Is it "Brangelina's" well publicized trip down to Africa to assist in AIDS relief?

Is it because we want to wear a bracelet just like everyone else is?

Is it a devastating disaster that strikes a cord within us that drives us to donate a few extra dollars as we have seen our peers do when giving to Haiti?

Perhaps it is simply out of the goodness of our hearts. We are all different, as are our reasons for giving.

Just remember, after we stop seeing the endorsements for Haiti, the people of the country will still be in disaster, just like those who were impacted by Hurricane Katrina. Are you going to be there to give when everyone else has gone and moved on to the next philanthropic trend?



# EOP&S takes the biggest fiscal hit on campus

By Sarah Olsen  
Staff Writer

Crafton has experienced a lot of budget cuts this semester, as I'm sure you all have noticed.

The cut that affected most students is the 75 classes that were dropped this semester due to lack

of funding. However, classes are not the only things that are being affected by the budget crisis.

Several other departments have been impacted greatly by the budget cuts, especially the EOP&S Department.

Extended Opportunity Programs and Services is an area

we may not all be familiar with.

EOP&S aids students who have a great financial need. They provide students with book grants, tutoring, and transfer services, just to name a few.

Last year, EOP&S provided 403 students with \$300 for books and paid the salaries and benefits of three full time employees and one full time counselor.

This year, EOP&S is only able to provide \$150 in book grants to half as many students as last year, and there is not enough in the budget to cover the salaries of the EOP&S employees.

There is currently a waiting list for students applying for EOP&S aid and only the ones with the greatest need will be accepted.

This is only the first year of the budget cuts and it is forecasted to get worse. With the cost of books and tuition on the rise, attending college is becoming more difficult every semester.

EOP&S, along with the Matriculation department, assess high school students for college level placement and helps them with

their transition to college.

The director of EOP&S, Rejoice Chavira stated "[Matriculation is] a key component to the success of a student in getting to community college".

Without departments like EOP&S and Matriculation, high school students would not know what level of math or English to take during their first semester, which could have long term negative effects on their GPA.

Additionally, taking a class at a lower level than a student requires could add more time to their educational plan than they had originally expected.

Remember, Crafton Hills College and the San Bernardino Community College District are not the only institutions being affected by state wide budget cuts.

The budget crisis has made it harder than ever before to attend college, which is exactly why you cannot give up.

Next time you feel discouraged about the rising cost of education, keep your head up and press on. You can do it.



Director of the EOP&S department, Rejoice Chavira, assists an EOP&S student

## Events Calendar: March

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1	2	3	4	5 PBL meeting	6
7	8	9 AS Day	10 AS Day	11	12 PBL meeting	13
14 Daylight Savings: set clock one hour ahead	15 Spring Break	16 Spring Break	17 St. Patrick's Day Spring Break	18 Spring Break	19 Spring Break	20
21	22	23	24	25	26 PBL meeting	27
28	29	30	31			

## The Advisor Staff

**Megan Crigler**  
Editor-in-Chief/ Photographer

**Samantha Avecedo**  
Staff Writer

**Clare Hinkle**  
Staff Writer

**Jonathan Jackson**  
Staff Writer

**Sarah Olsen**  
Staff Writer

**John Sheldon**  
Staff Writer

Any upcoming events that you want included in the Events Calendar ? Have any news stories for the Advisor? Want to be a staff writer, photographer, or graphic artist for the Advisor? Contact [megancrigler@gmail.com](mailto:megancrigler@gmail.com)