

# FEATURES

## Summer classes

A truly affordable opportunity

By Alex Glas  
Features Editor

Summer to students means kicking back and relaxing for three months. However, with the economic times students looking to save some money should invest in summer school classes. Classes here are cheaper than what they would be at a four-year university so those students are encouraged to enroll. Taking summer classes is a good option for students looking to save money on tuition.

With articulation becoming an important topic the school has tried its best to match up with the four-year schools. This allows students to receive affordable, transferable credits before or while they attend a high price university. For general education classes the cost per credit hour here is approximately \$116. Northern Illinois University is one of the more affordable universities in the area but is about twice the price of here. Now why would you pay double for the same credits?



## Stressed about finals?

By Alex Glas  
Features Editor

With finals in the near future stress levels might be as high as ever. The counseling office is ready for any problems that students might be having. Counselor Paula Kavanaugh hopes that students seek help if they're feeling stressed. "The counseling office is appropriate but students should also talk to their teachers directly," Kavanaugh said. With such a short amount of time left until the "big ones" begin it would be unrealistic to change all of your habits entirely, but if you only change a few things it might make the difference.

Mindset can go a long way in determining success or failure. "In the past I've seen some students who are overwhelmed with everything," Kavanaugh said. These students come to see a counselor when they're at the breaking point. However there are small steps

*"Imagine if a person always had negative thoughts, they're going to get stressed out faster than a person who tries to stay positive."*

PAULA KAVANAUGH,  
COUNSELOR

that can be taken to avert disaster. Changing your mindset can drastically alter how you perceive situations. "Imagine if a person always had negative thoughts, they're going to get stressed out faster than a person who tries to stay positive," Kavanaugh said. Students should look at finals and other problems as

challenges. This allows them to make goals and plan out what they need to do. "Sometimes it just takes a student writing out what they need to do to get back on track," Kavanaugh said.

Focusing on each task one at a time will help as well. "People focus more globally and on the big picture which can be overwhelming," Kavanaugh said. With small goals students can experience success when accomplishing each one. This allows for small rewards that will further motivate you to do well. "It's hard sometimes because people have so much extra baggage that focusing can be difficult," Ka-

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### Tips for removing stress

- When dealing with stress attitude can be everything.
- Having a positive mindset allows you to overcome stress because it won't bother you as much.
- Look at your problems as challenges. Doing this will give you a better mindset.
- Staying healthy can keep stress at bay.
- Exercise is a good way to relieve stress. Working out allows a person to release the tension within them.
- Eating right and getting enough sleep will leave your body feeling relaxed and refreshed allowing for optimal concentration.
- If you're feeling overwhelmed talk to someone!
- It's always better to speak to some one about your problems. Getting a different perspective on the situation could offer solutions you never thought of.

## Following a dream

How a former student was able to reach her goal

By Alex Glas  
Features Editor



Jacqueline Camacho-Ruiz

Schools are here for more than just the education. The faculty and staff the students work with reflect upon each other and of the overall experience. For Jacqueline Camacho-Ruiz it inspired her towards a career and starting a business. Ruiz credits one of her professors, Herschel "Sonny" Smith as inspiring her. Her own confidence and the support she received helped her start her business even amidst these economic times.

Her journey began in 2006 as a student. "I was confident in starting a marketing firm once I graduated," Ruiz said. After graduating Ruiz began working for Marriott Hotels as an account executive. She later went on to work in sales and marketing for Sal & Carvao the Brazilian steakhouse chain.

"I was greatly inspired as a student in Professor Smith's 'Principles of Marketing' course," Ruiz said. Smith was one of the encouraging voices to start a business. With her many successes giving her confidence she started up JJR Marketing Consultants LLC in Aurora. She had achieved her dream through determination and support from Smith.

Recently Ruiz was recognized as "Emerging Leader in 2009" by the Chicago Association of Direct Marketing. This award is given to one up and coming industry professional that has shown innovation and change in the world of marketing. Ruiz was also the 2008 Vice President of the Northern Illinois International Food Service Executives Association.

Students like Ruiz took their teachers words to heart to fulfill their dreams. Even with the economic hardships in this country and around the world Ruiz was able to start her own successful business.

## Summer Hours

The Library and Computer Lab on the main campus

### Library Hours

Monday-Thursday 7:45 a.m. to 10 p.m.

Friday Closed

Saturday Closed

Sunday Noon 6 p.m.

### Computer Lab Hours

Monday-Thursday 7 a.m. to 10 p.m.

Friday 7:45 a.m. to 4:30 p.m.

Saturday 8 a.m. to 5 p.m.

Sunday 11 a.m. to 8 p.m.

## For Your Information

### Native American Studies Conference

This annual event sponsored by the International Education office's Native American Committee. This event will be open to the public and is free. It will begin at 4 p.m. and will run until 10 p.m. today in SRC 2800. For more information please call the International Education office at (630) 942-3079.

### Surgical Technology Advising Session

Come join other students interested in surgical technology. Meet with counselors and advisers to learn valuable information about the program. This session begins at 2 p.m. and run until 3 p.m. on Wednesday at the Health and Education Center, 550 E. Washington St, West Chicago. For more information call Kathy Cabai at (630) 562-2804.

### Certified Nursing Assistant (CNA) Advising Session

This advising session is designed to give out helpful information to those students interested in becoming a certified nursing assistant. This session will begin at 2 p.m. on Thursday in IC 3069. For more information please call Barb Matthey at (630) 942-2737.

### Dreaming About Your Business

"Dreaming About Your Business" will be a presentation informing the public how to start their own business. This program will inform people of the prospects and perils of owning your own business. This will begin at 10 a.m. and will run until noon on Apr. 20 at 2525 Cabot Drive, Lisle. For more information call (630) 955-2071.

### Practical Nursing Advising Session

This advising session is geared towards students who want to become practical nurses at some point. Learn the requirements for the classes necessary to complete the program. This will begin at 1 p.m. on May 20 at the Westmont Center, 650 Pasquinelli Drive, Westmont. For more information please call Linda Caputi at (630) 942-2179.

### Philanthropy Center Free Orientation

The Philanthropy Center is a partnership between the Donors Forum of Chicago and COD to meet the information needs of nonprofit organizations in the western suburbs. This event will begin a 9 a.m. on May 22 in SRC 2638 (in the Library). For more information and to register call (630) 942-3364.



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vanaugh said. When this occurs talking it out with a counselor or a teacher can help a lot. This kind of direct action will allow other perspectives on your situation and could provide possible solutions you've never thought of. However, working in groups is a two edged sword as great of time can be wasted if the group gets off task.

Planning will also give you a sense of control over your situation. "I've seen when people feel they have more control over a situation the outcome is generally more positive," Kavanaugh said. When a person is in control of a situation they can relax a bit more and lessen tension, even a minute amount will help you focus and get back on track.

Studying for finals should have al-

ready begun, but for the stragglers it's not too late. Going in to speak with your teachers about specific problems should be your top priority. Who else would be better to talk to than the person teaching the class? If you need more help than the teacher has time for, go to the Academic Support Center.

Whether it be studying for a history test, or getting help with a speech, there is a person ready to help. Speaking to a counselor can help as well. While not providing the technical help a teacher could, counselors can help you prioritize your tasks and provide help on managing everything.

"Stress exists beyond education and the sooner you can control, it the better," Kavanaugh said.

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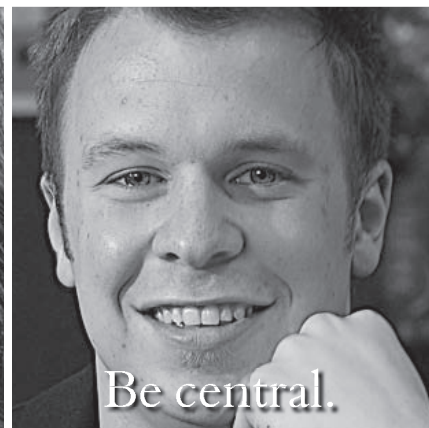
Be involved.



Be creative.



Be persuasive.



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## Continue your life's work.

**N**ow that you've made the decision to begin your education at COD, it's never too early to think about where you will continue your life's work. There are still so many important questions that need to be answered.

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- What are my internship opportunities?
- Will I be able to study abroad?
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## Be central.

Where you are central.

# Native American studies conference

By Alex Glas  
Features Editor

When one thinks of a Native American or the politically incorrect term "Indian" many misconceived ideas pop into peoples' mind. The Native American Studies Conference was designed to dispel those rumors and educate students and the community about modern Native Americans. Jackie McGrath an English Instructor has been coordinating this event for the past six years. "We're honoring the native way," McGrath said.

This event will begin at 4 p.m. today in SRC 2800. The event will kick off with music provided by flutist Al Jewer and drummer Larry Lockwood. "This is a very celebratory event," McGrath said. Marilyn Youngbird will be the keynote speaker. Youngbird will present "Honoring the Native Way" where she recounts her heritage from the

Arikara, Hidatsa and Mandan people located in North Dakota. Youngbird is also famous for her traditional healing practices using items that are all natural.

Along with the keynote speaker many other presentations will take place. There will be traditional dances, storytellers and community Native American organizations will be present. There will also be a display of Native American artifacts on display. "At the end there will be a gathering of peace," McGrath said.

If you have some time today, stop by the conference for some fun learning about Native Americans. "We want the people visiting to gain an awareness of the presence of Native Americans in the community, it's going to be educational and entertaining," McGrath said.

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# A little prairie by the house

**By Alex Glas  
Features Editor**

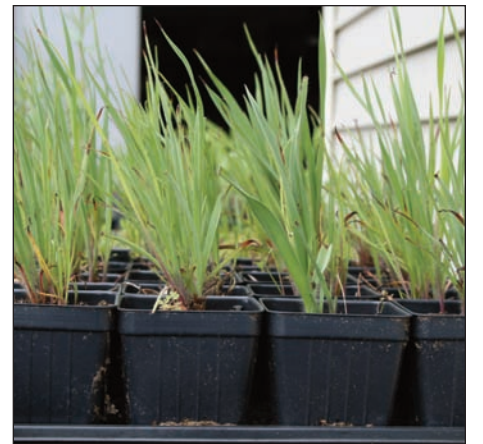
Are you looking for some affordable plants that require very little maintenance? If yes, the native plant sale on May 16 is the answer. The plants on sale are native to the campus prairie and require practically no maintenance. This sale organized by Brian McQuaid, offers unique foliage to plant around your home.

Each plant available during the sale is only \$3. Not only is their initial price cheap but also the cost to maintain them is practically zero. "Native plants don't need fertilizer or chemicals to grow, all they really need is some water when it gets transplanted," Mc-

Quaid said. Of course these plants still need sunlight and decent soil conditions to grow.

These plants have come directly from the campus prairie. "I was able to find seeds for every plant on sale," McQuaid said. If you go on the nature walk around the prairie you might be able to see some of the plants before you buy one. "You can find each one of these plants around the prairie, there might not be many but they're there," McQuaid said.

The sale will be by the faculty parking lot just south of the SRC. It will open at 10 a.m. and will run until 2 p.m. For more information search prairie on the COD main page.



Photos by Alex Glas

Top: Spiderwort will bloom small flowers as it grows.

Left: Brian McQuaid explains the different species of plants available.

Bottom Left: These plants require very little attention once they're planted.

Bottom Right: Each one of these plants were grown from seeds collected from the prairie.



## Summer's Here!

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