Monitor honored at state convention

By MONITOR STAFF

With the 2010 retirement of longtime Monitor newspaper adviser Bill Parks, the publications program went through multiple advisers and proved over spring break that what doesn't kill them makes them stronger.

Monitor Editor-in-Chief Manika Casterline was elected as the NorCAL Student President for the Journalism of Community Colleges Association (JACC) 57th annual state conference held in Burbank, California from March 22-25.

"I am so honored to represent this part of California," Casterline said.

"We are the home to great student papers such as Contra Costa Community College's The Advocate and my personal favorite The Guardsman by City College of San Francisco," she said.

Casterline was up against a student from Sacramento City College for the position of NorCal president.

Former Monitor cartoonist Simon Tang also received a fourth place award for his work during Fall 2011.

The Monitor took six students to the conference, which has on-site competitions and workshops designed to cultivate skills.

"It was refreshing to see 70 schools filled with students who are passionate about journalism as much as I am and to bond with many of them was so rewarding," Isabella Ohlmeier who serves as online editor said.

Staff writer. Heather Hegeman said, "JACC was an amazing learning experience, being thrown into such a fast paced, high energy environment with so many other journalism students from across California."

"Every student brought a passion for photography and new writing that was exciting," Hegeman said.

While JACC is an educational conference, the organization encourages students to socialize with each other.

Students also bonded over traveling to Burbank. The Monitor staff took a bus with students from five other Northern California schools.

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The NorCal conference will be held at Sacramento State University in September.

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Speaker says just relax and breathe as seminar focuses on chilling out

By ISABELLA OHLMEYER

When presenter Jane Malmgren began her seminar titled, "How to Achieve a State of Relaxation Focus for Improved Performance," a roomful of Ohlone College athletes and various students eager to learn about how to become utterly relaxed in stressful situations listened.

Malmgren started by having the student-filled audience breathe deeply in and out in a slow manner. She explained the difference between baby and adult breathing.

The respiratory rate for newborns is 30 to 40 breaths per minute, which is faster than an adult rate of 12 to 20 breaths for minute. Because they are breathing so rapidly, it can cause them anxiety.

By HEALTH STAFF

The purpose of the breathing exercise was to have the students simply relax themselves and remain present.

"Part of our challenge is to find out how we experience the world," said Jane Malmgren. The Speech and Communication Studies Department hosted the third Speech Speaker Series of the semester March 16 at Ohlone.

Malmgren holds a masters of arts degree in speech communication, has taught relaxation therapy and public speaking, according to the Ohlone College website.

Malmgren discussed a few scenarios throughout her presentation which may cause a person to become stressed.

"For example, if a person walks into an exam angry and tense, the brain will not be able to perform well on the test," Malmgren suggested that the audience let go of that anger and fill their minds with positivity.

"This will change the result of how students perform on the test," Malmgren said.

"We can rehearse what we like to see happen, before they happen. If you keep telling yourself that you will not do well on your upcoming test, that is the result you will get in return," she said.

"However, if you change your state of mind into positivity and say to yourself you will do well, that will show on your test," Malmgren advised student to count down from five to one and to think to themselves that they are more calm.

"Our minds are very powerful, but we cannot do much with them unless they are focused," Malmgren said.

She also suggested learning yoga and hypnosis to be in a more relaxed state of mind.

"I like how she connects to us by asking a lot of questions," Guinto said.

In a combination of educational experience and work experience in her chosen field, Professor of Speech and Communication Studies and faculty adviser of the Speech Club Brenda Altholz said that Malmgren was the appropriate for presenting this workshop.

She concluded the presentation by saying, "I was so lost in my thought thinking of how to relax..."