

Woodworking Class Enriches High School Courses, Students

By JACK KIMBALL
Staff Writer

Physics, chemistry and spatial geometry combined into a single class — these three topics are enough to make any college student's knees shake but not enough to intimidate students at Cedar Ridge High School in Hillsborough.

This seemingly incomprehensible combination of subjects glides easily through the students' minds as they learn from their teacher Keith Yow how to make furniture and cabinets.

Yow has been teaching the furniture-making class in Orange County for the last 10 years — nine years at Orange High School and one year at newly opened Cedar Ridge.

"It was a generic introductory program, and I transformed it into a cabinet and furniture-making class my second year," said Yow, who received a master's degree in industrial education at Appalachian State University.

He also started a program called WoodLINKS in which he brings local businesses in to help teach the students and to help with procuring better materials.

"We're undertaking a pilot program," Yow said. "It is an industrial education partnership where we try to get local businesses involved in teaching these kids."

The class has two levels, beginner and advanced. The beginner class has three basic projects — traditional stools, small boxes and tables. The projects for the advanced class are driven and designed by the students.

Josiah Whitney, a sophomore at Cedar Ridge, said Yow allows for creative freedom. "He lets us do our own things," Whitney said. "He's a great teacher. I'm probably going to take it all four years."

Kathy Osborne, an associate superintendent for Orange County Schools, said the class provides an outlet for students to apply their knowledge practically.

"For many students it is an avenue to use the things they learn in a real world way," she said.

The physical manifestation of completed work is exactly what some students, such as Orange High School senior Ashley Hilton, like about the technical skill classes.

"Rather than in academic classes, you have a physical final product that you can look at," Hilton said.

Hilton is one of nine students who travel from Orange High School to Cedar Ridge to take Yow's class.

Hilton said Yow's enthusiasm for the class is part of what makes him a great teacher.

"He makes everything that he teaches exciting because he's excited about it. ... He's probably the best teacher I've ever had," she said. "I'm looking to continue this through college."

Yow's class produced nine national finalists in two student design competitions held by the Association of Wood

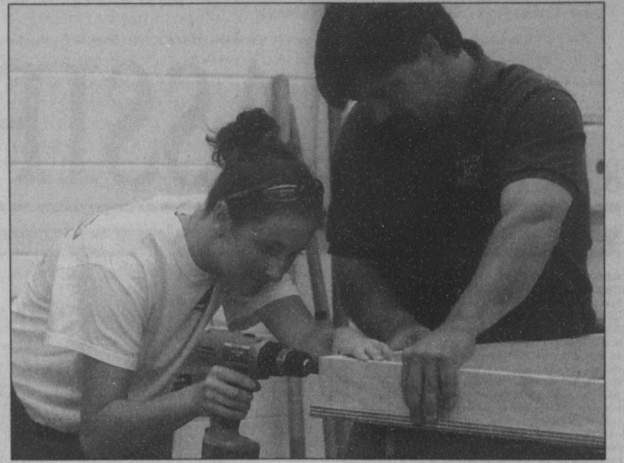
Workers and Furniture Suppliers and the International WoodWorker's Fair.

The IWF is a collegiate competition, and it was the first time in its history that high school students were allowed to participate. One of the finalists in the IWF's competition was from Yow's class.

Officials say the importance of having technical classes in the school system lies in the ability of the classes to add more depth to the curriculum.

"It brings a balance to the curriculum. ... They provide more choices and options (for the students)," said Kim Hoke, spokeswoman for Chapel Hill-Carrboro City Schools.

Yow said the significance also has a psychological element. "Many of these kids need self-confidence," he said. "I see their glowing faces at the end of the year when they display their work."



Keith Yow (right) helps Ashley Hilton during the woodworking class he teaches at Cedar Ridge High School in Hillsborough.

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REIKI

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medicine.

The Usui System of Reiki Healing applies this energy through gentle touch for the purposes of healing. It is an ancient Japanese method that was rediscovered and revived by Dr. Mikao Usui in the 19th century.

Some effects of Reiki include supporting the body's natural ability to heal itself, vitalizing both body and soul, balancing the body's energies and cleansing the body of poisons, accord-

ing to the Reiki Alliance Web site.

Reiki also can be applied to plants and animals, and it can be sent long distance.

According to the Reiki Alliance Web site, Western medicine regards illness as an enemy to be defeated and Eastern medicine regards disease as an inner conflict that manifests itself in an outer dimension.

Therefore, illness represents the chance or need for growth.

Reiki healing incorporates this idea of illness as a challenge to be overcome and an opportunity for growth.

"(Reiki) is something magical that

can transform and empower a person," Penninger said.

"Through healing, one reaches enlightenment."

Penninger attributes the growing success of Reiki healing in the U.S. to the huge movement of spiritual growth awakening in America. "If people open up their spirit, their lives can be altered in very positive ways," she said.

"And I think that's what this is all about."

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BOOKSTORE

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where, serves Fair Trade coffee and tea and has a lounge for reading, Kate Branch said.

The new store also includes a reading room that will host children's story readings, author readings, poetry sessions and possibly live music, said proprietor Dan Branch.

He said the store's high ceilings offer wall space that will soon feature the work of local artists.

"As a service to the community, we'd like to have a place for local artists to show their work," he said.

Despite the difficult economic climate and competition from larger chain bookstores in the area, Kate Branch said the store, with its emphasis on individual customer attention, will not have any trouble finding a loyal customer base in Chapel Hill.

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ACT

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First, extending the hours of the pay lots captures revenue from people who use the lots for free to go to Franklin Street. Second, it also helps faculty and teaching assistants who must return to campus at night and might compete for that parking.

"This takes care of all the issues that seemed to be most pressing with what we do with our night parking," Poarch said. "There is no other proposal coming from (DPS) regarding night parking as far as we're concerned."

The proposal was only one of two items on ACT's agenda Wednesday. In other committee developments, the group decided not to take action regarding funding for Chapel Hill Transit services.

UNC helps fund the system through student fees, the department transit tax and the school's parking system. Committee members discussed Nov. 6 several alternatives for funding transit, such as shifting some of the expense to UNC employers or to parking fine revenue. But by Wednesday, the group's consensus was to not take any action.

ACT will hold its last meeting of the semester Dec. 11, when, Poarch said, the committee will begin a draft proposal, with the help of Raleigh-based transportation consultants Kimley-Horn and Associates, that encompasses the group's semester of work. Officials have said they expect ACT to present a proposal to the UNC Board of Trustees by January.

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END OF LIFE

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nal patient's quality of life.

But some health officials said the results of the study do not reflect adequately the quality of care offered in North Carolina.

"The study focused on usage of care, not quality of care," said Gwynn Sullivan, director of N.C. Community Outreach and The Carolinas Center for Hospice and End-of-Life Care. "There is quality end-of-life care in North Carolina. People don't know what resources are available to them."

Peres said that in most states, advanced care planning, not govern-

ment measures, is the best way to ensure that sick patients get the care they want. The planning creates a legal document that outlines a person's desired care.

Paul Malley, president of Aging With Dignity, said advanced directives are essential to end-of-life care because they allow people to decide exactly what kind of care they want long before they get sick. This can include the location where people want to receive care — usually at home — and who they want to be with.

"Dying is more than a medical moment," he said. "When we ask people what kind of care they want at the end of life, it needs to be more than a ventilator."

Although the study found the state deficient in advanced-care planning, Malley said North Carolina's advanced-care planning law is strong because it recognizes the directives as legal documents and allows people to put their directives in their own words.

Peres said that ultimately she hopes the study will stimulate change in public policy by forcing people to recognize that the quality of end-of-life care in the United States is not where it should be. "Despite the hard work many groups have done, end-of-life care in America is fair to poor. We're hoping this study is a wake-up call."

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