

THE PANHANDLER

Columbia College's New Student Newspaper

Vol. 4, Issue 2

October 11, 2006

Some jobs help pay for school

BY DEANNA DELEON
PANHANDLER STAFF

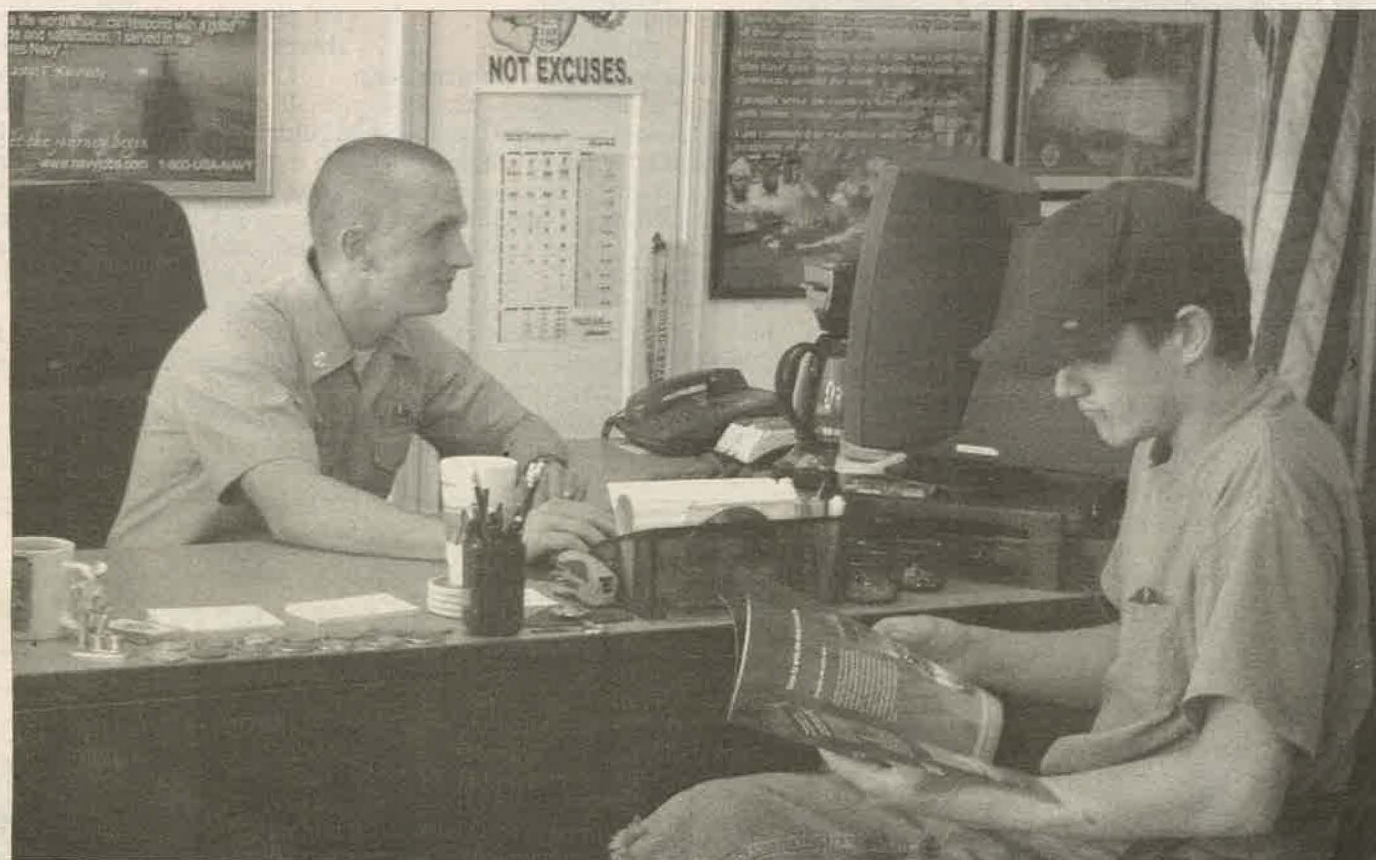
Most college students know that there are numerous grants, scholarships and student loans available to help pay for school, but did you know that some employers are also willing to help pay you for your education?

Many employers are now offering their employees assistance in an education that will benefit the company as well as the student-employee.

Sonora Regional Medical Center, Staples, and the Department of Defense are a few of the local employers that offer students money for attending school, and career stepping-stone choices with their companies.

Linda Winkles, of Sonora Regional's Clinical Education Department, said here are endless opportunities for those needing to work and wanting a career in the

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DEANNA DELEON/PANHANDLER PHOTO

Navy Recruiter Chris Key tells 22-year-old Nick Rickard about underwater welding training in the Navy.

Nurse keeps campus healthy

BY SHANNON MCPHERSON
PANHANDLER STAFF



Campus nurse Laureen Campana.

Ever wonder what the \$13 dollar fee is when you register for classes?

It is for use of the school's health services, located right in Juniper 2. Part of the \$13 goes to the office and the services provided and the other part covers an accident policy on campus. If you fall down and break your arm on campus, it is paid for.

According to a recent accreditation survey done by the college, only half of Columbia students even know about the health services office.

"On good days I can have 17 students come in," said Laureen Campana, the college nurse. "But sometimes only two or three. It is really varied; usually I get about 300 students a semester."

If you're feeling a little under

the weather, but don't want to go to a doctor because it would cost too much, you can come to the health services office Campana can examine you.

"A lot of students don't have insurance so they come here to get checked out and see if they actually need to go to a doctor's office and spend more money," Campana said. "I also have information about health insurance for students who need it."

In the health office, Campana can test for strep throat, blood sugar, anemia, bladder infections and pregnancy. She will also soon be offering flu shots, \$7 for students and \$15 for faculty and staff.

Campana says that she deals with a lot with students under stress and anxiety, and to help cope with that,

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*In this
Issue...*



You've seen the car.
Now hear the story.

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OPINION

What does it mean to you?

BY SHANNON MCPHERSON
PANHANDLER STAFF

Words, words, words. They surround us at all times. There's no escaping them; they are there whether we like it or not. We can't stop using them.

New words are invented every day. My Random House Webster's College Dictionary boasts that it has more new words than any other dictionary. Words and phrases like "scrunchy," "macarena," "inner child," and "soccer mom" are some of these new fangled terms.

Ok so my dictionary is from 1998, but still it shows how if you get enough people to say a word or phrase, it may one day end up in a dictionary. Soon the dictionaries will have words and phrases such as "that's hot," "flippin'" (for all you Napoleon Dynamite fans), and "drop it like it's hot."

Certain words hold different meanings for people.

"God" is one of those hot-topic words that can create controversy. To some people, God is an all powerful being that controls every aspect of their lives. To others, it means nothing to them; they do not believe God exists or has any power over them. The same goes for "heaven" and "hell." Some people think that those two places do not exist while others know that when they die, they are going to end up in one or the other.

"Patriotism." That can be putting American flags all over your car and wearing shirts that say "Proud to be an American." It also can be going to a foreign country and dying for an unknown cause. But it boils down to loyalty; does a person consider it their duty to go fight someone else's war or just put American flag stickers all over everything?

What is "love?" You could love your boyfriend, girlfriend, or whatever, you could love your parents, your cat. But people might not always associate the word "love" with a living thing. They could love to go snowboarding or to knit. They could be in love with their TV and spend every waking moment in front of it. There are some people that go a lifetime without experiencing affection from another living thing.

If someone in a crowd shouts out a word, in each person's mind a different image is going to pop up. There is not one person who thinks the same as someone else. People sometimes seem to forget that not everyone shares their opinion and some have a hard time accepting that. If we want to coexist in some kind of peace, we need to remember that.

"Peace." There's another good one.

Letters to the Editor

Kids aren't lion bait - but dogs are OK

To the editor:

I was reading the Panhandler newspaper dated Sept. 22, 2006. An interesting column on page 2 labeled, "What to do (or not) when meeting a mountain lion". This indeed struck my attention!

I was appalled to find under the first point (#1), "Bring a child or small dog with you when you hike". This point further explains, "Preferably a slow one. This may assist you in case you run into a mountain lion. You could use them as bait or as a means to distract

the animal while you run away, thereby saving your own skin."

I can understand using a small dog as bait but a child!??? Children are not be used as "bait" or a "distraction" for mountain lions. This point needs repairing because it is not moral or humane or educated to use children as "bait" or to "distract" a mountain lion, "saving your own skin."

I think it is important to keep children safe from worldly harms such as mountain lions so they can learn to lead morally and humanely.

I hope this letter repairs the problem and keeps future problems of child neglect away from this newspaper.

James Budrow

Sound Off!

The Panhandler staff invites Columbia College students, faculty and staff to take part in an ongoing debate about important issues.

This week's question is:

Do the Republicans deserve to keep control of Congress, or is it time for Democrats to take control? Why?

Please send your response to:
panhandler@yosemite.cc.ca.us

(We do reserves the right to edit for length and content.)



THE PANHANDLER

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Reach us at 209-588-5388 or panhandler@yosemite.cc.ca.us

NEWS

Columbia lake water helps fight fire

BY PANHANDLER STAFF

There weren't many students around to see it, but a firefighting helicopter from the Columbia Air Attack Base swooped over campus Friday Sept. 29 and scooped up water from the pond.

According to California Department of Forestry battalion Chief Dan Ward, the helicopter was helping fight a fire that destroyed a trailer just off Gold Street in Columbia.

"It was started by a heater in an iguana cage," Ward said.

The iguana did not survive, but no one else was hurt.

The blaze spread quickly through the trailer and burned a couple of nearby outbuildings, Ward said. Firefighters' big concern was stopping it before it spread further.

"That whole town has shake roofs," Ward said, "and one of them caught fire as a result of the trailer fire."

The helicopter patrolled the town, not only giving crews an overhead view to quickly spot potential trouble spots, but also a way to quickly douse them if necessary.

In the end, the helicopter didn't need to drop its water supply and returned to the Columbia base.

"It was a good effort by the ground crews to keep the fire from spreading," Ward said.



PHOTO COURTESY OF GAIL SEGERSTROM

A firefighting helicopter from the CDF Air Attack Base in Columbia scoops water from San Diego Reservoir.

Snack cart provides better service for students

BY DEANNA DELEON
PANHANDLER STAFF



DEANNA DELEON/PANHANDLER PHOTO

Heather Ashton gives Zach Calabrese change.

The snack cart idea was hatched over the summer and implemented August 28 in its location outside of Tamarack Hall.

Columbia College's new auxiliary service manager, Jeff Whalen, is in charge of the school's snack cart, in addition to the cafeteria and bookstore.

"We just want to be sure we are providing what the students need and want to eat across the campus," said Whalen. "There is no central location."

Whalen oversees the constant stocking of food throughout the day at all locations. He opens the snack cart each morning with student Heather Ashton. Then they leave it to Linda Anawalt until closing.

"It's nice," said Ashton. "I can do homework and earn money."

Although the vending machines on campus are contracted to Ponderosa Vending and the Pepsi Corporation, Whalen is the campus contact for them.

"They are well hidden," Whalen said, jokingly. "There are a few at Oak Pavilion, two at the library, one in the staff lounge and three at Manzanita. One is at the cafeteria exit and the other two are behind the elevator facing the pond."

The machines were pretty much empty a few weeks ago because the vending company trucks had trouble getting through the construction, Whalen said. Things are now back on track.

The snack cart is open Monday through Thursday from 10:30 a.m. to 8 p.m. and Friday from 10:30 a.m. to 1:30 p.m.

Student senate looks to boost spirit

BY ELIA LUCA
PANHANDLER STAFF

The Columbia College Student Senate is planning several events for students to get more involved in their school.

Events planned by the Senate include an art show, a silent auction and a fall bash. The fall bash is first up, on October 26 in Carkeet Park.

The bash will consist of a

barbeque, games and activities. It's a Halloween party, so their will be prizes given to the people wearing the best costumes, but the prizes won't be revealed until then.

President for the student senate is Anthony DePage, with vice president David Young by his side. The student senate consists of 14 active members on the board. The overseer of the senate is Doralyn Folletti, also director of clubs for Columbia College.

Young said the Senate's goal is to get more student involvement around campus and increase school spirit.

The Senate is also working to improve the campus, for example, by replacing the vending machines and installing in a water filtration system around campus so you can get fresh water in the fountains.

If ever a student would like to give input for anything connected with the student senate you could either go to

the meeting every Tuesdays, or drop your suggestion off in the suggestion box right outside the Senate office.

There is also a Student Senate survey being passed around campus covering what you enjoy about Columbia College.

The survey asks what types of events you would be interested in, what kind of clubs you be interested in, and what you would like to see improvements on around campus.

JOBS: Aid programs also help students

Continued from front page

medical field.

"How much do you want to work?" Winkles asked.

A CNA student in Columbia College Nursing Program may sign a contract with Sonora Regional to work two days a week for 12 hours and be paid for three as an extern, Winkles said.

Upon graduation, the student-employee fulfills their contract by working for Sonora Regional for the set amount of time agreed on at enrollment in to the program. It's usually a two to three year commitment, but every program has different obligation.

Many hospitals, including Doctors Medical Center in Modesto and Tuolumne General Hospital, offer similar programs.

Staples offers a fringe benefit package that allows both full- and part-time employees to attend school after only 90 days on the job, with no commitment to continue to work for Staples after classes are taken.

Manager Randy Vierra was surprised more people had not taken advantage of the package. It is a 3-tier program with more money available for school each year of participation, he said.

The student employee must hold a grade of C or better and remain actively employed at the end of the year that the classes are taken in. Then they will receive full reimbursement for tuition, books, lab and other school related fees. Vierra explained.

All military recruitment offices offer full tuition reimbursement for college, plus a paycheck and other package benefits, including transfer of college money to an immediate family member such as spouse.

"It is the intangibles that I feel are most valuable," said Marine Corp Sgt. Lance White. "With self-reliance and discipline any goal can be achieved."

Military employees who want to go to school have a choice of classroom, on-line or correspondence courses, to hundreds of colleges all over the United States with guaranteed acceptance.

Any military training also counts for college transferable credits, White explained. If an employee gets trained in anything, they can get credit for it.

Sign-up bonuses range from \$1,000 to \$40,000 depending on career choice.

"People don't want to believe how much we are willing to pay to have the best educated people working for us," said Army Staff Sgt. Mark Catlett.

But what if a lack of job skills keeps you from jobs that can provide enough earning power to support your family, or the demands of survival do not allow any free time to obtain better skills, making your efforts seem futile? Do you go on Welfare?

Cal-WORKS, combined with Temporary Assistance for Needy Families, offers a different approach to receiving financial relief while attending school.

David Chesnut, program representative for Cal-WORKS and Job Placement at Columbia College, assists students who are on Welfare and are ready to learn new skills that will lead them into the work force.

"This program works great," said Chesnut. "It provides skills to navigate through society."

Cal-WORKS offers training for self-sufficiency and is open to anyone receiving temporary assistance, a program that has a cap of five years of financial assistance to families with dependant children.

Self-Initiated Participants, or SIPS, are assistance recipients who began the process of pursuing an education or gainful employment without it being demanded of them by a state referral.

"SIPS have the luxury of focusing all 60 months on education," said Chesnut.

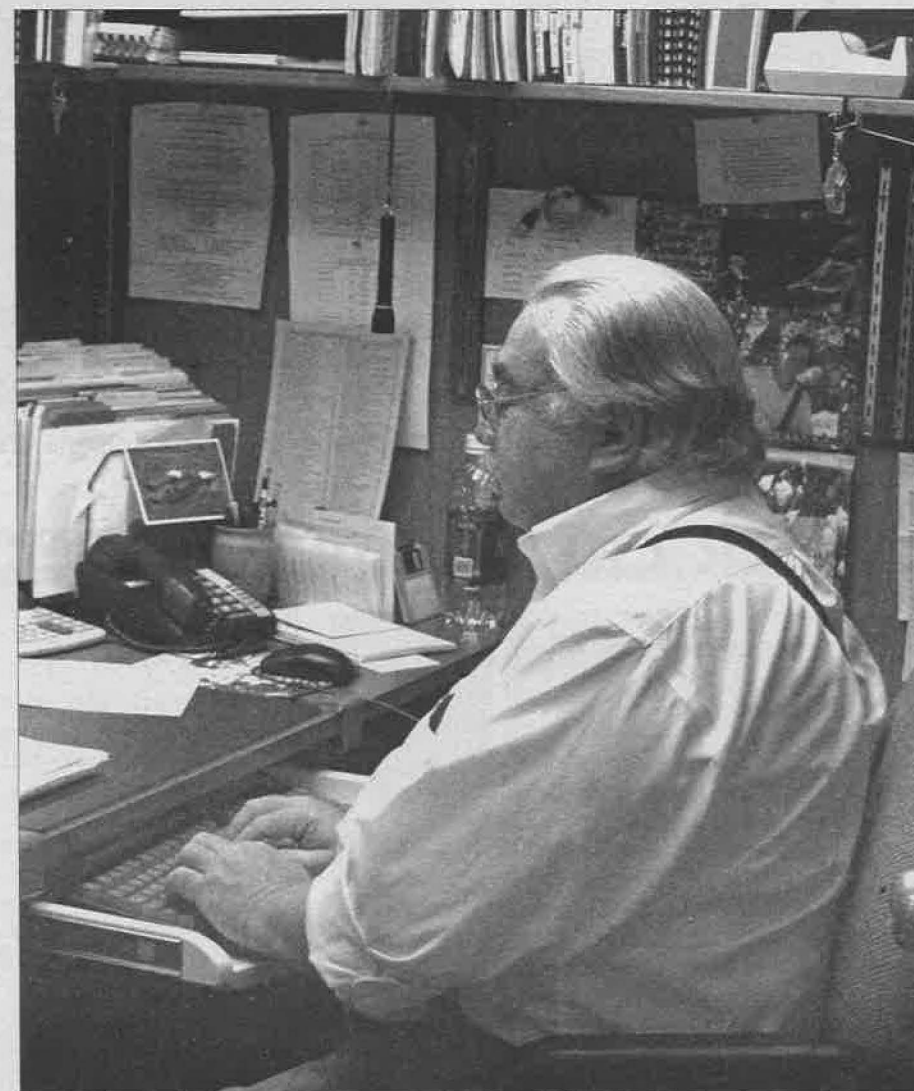
Cal-WORKS participants receive reimbursement for books, childcare, transportation costs, tools and uniforms or other work cloths that may be required.

"A lot of people come to me that are dependent on the government," said Chesnut. "And there really is no

future in that."

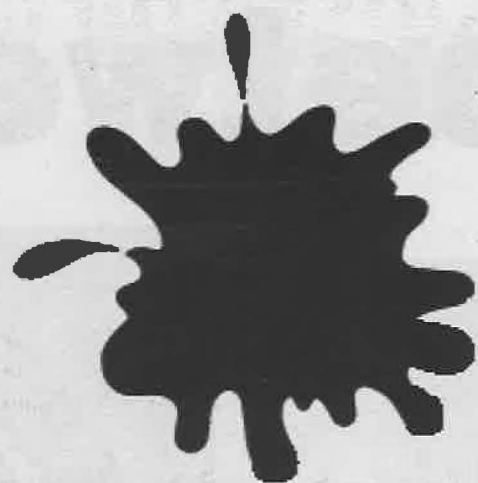
Beth Voorhes is a third-semester student in the MJC/Columbia College registered nursing program. She's also a SIP in Cal-WORKS.

"Cal-WORKS allows me to be there for my son, and achieve my career goals for a solid future," she said. "There were other options open to me but this one is the best fit for now."



DEANNA DELEON/PANHANDLER PHOTO

David Chesnut is the campus Cal-WORKS program representative.



The Spot

Good section!

Arts & Entertainment

'Baby' delivers great songs but lacks spark

BY SHANNON MCPHERSON
PANHANDLER STAFF

A Review

Ever been young and in love and decide to take the step of moving in together when something else decides to come along too?

Ever been married and trying everything in your power to get pregnant?

Ever thought you were finally done being a parent and able to just spend time with your spouse when a champagne-filled night sends you a little surprise?

Whether or not you answered yes or no to those questions, you can take a quick trip over to the Fallon House Theatre in Columbia to witness three couples going through those very problems in the Sierra Reparatory Theatre's new musical "Baby."

In this play we follow Lizzie and Danny, two love-sick college students who get very grownup news; Pam and Nick, a 30-something married couple trying everything to conceive; and Arlene and Alan, who thought they were finally going to have the house to themselves after sending their last child away to college.

The talent of the actors was excellent and the spread of songs is diverse, but the play was missing something. The audience didn't really seem interested with what was going on with the characters, and were just basically enjoying the music. The lack of imaginative scenery may have had something to do with it, with the majority of scenes centered around one bed with just maybe a bench or table to show a change of setting. Everything was painted in dull, muted colors and did not reflect the vibrancy found in the musical score.

The spark missing from the play had nothing to do with the caliber of

the actors, more with the actual story itself.

SRT favorites Lulu Lloyd and Phillip Vanderveer play the college-aged parents to be. The pair adds much needed pizzazz to the show with their amazing singing and youthful antics, but show the growth the two characters experience as reality sets in.

Stephanie A. Linn and Jon Reinhold act as the married couple who want a baby. Both actors light up the stage with their powerful voices and are the humorous couple on stage. The viewer will never be able to forget the image of Linn with her legs up in the air for a good portion of the play.

The experienced parents are played by Lindsey Murray and Fred Bishop. Bishop has exceptional dance moves for a man of a certain age and Murray's comments and behaviors as an expecting mother remind me of my own mother – in a good way.

The ensemble consisted of Deb Albrecht, Annie D. Brown, David McBean, and Ronald F. Randall. These four do an excellent job playing a wide variety characters, from a nurse to a real estate agent to excited mothers while doing backup vocals.

Overall "Baby" is a good play with an exceptional choice of music. While the story itself is a little dull and could have used a few more laughs, it is made up for by the excellence of the actors and the power of their voices.

"Baby" plays until Oct. 22 in the Fallon House Theatre in Columbia.

For more information, visit www.sierrarep.org or call 532-3120.

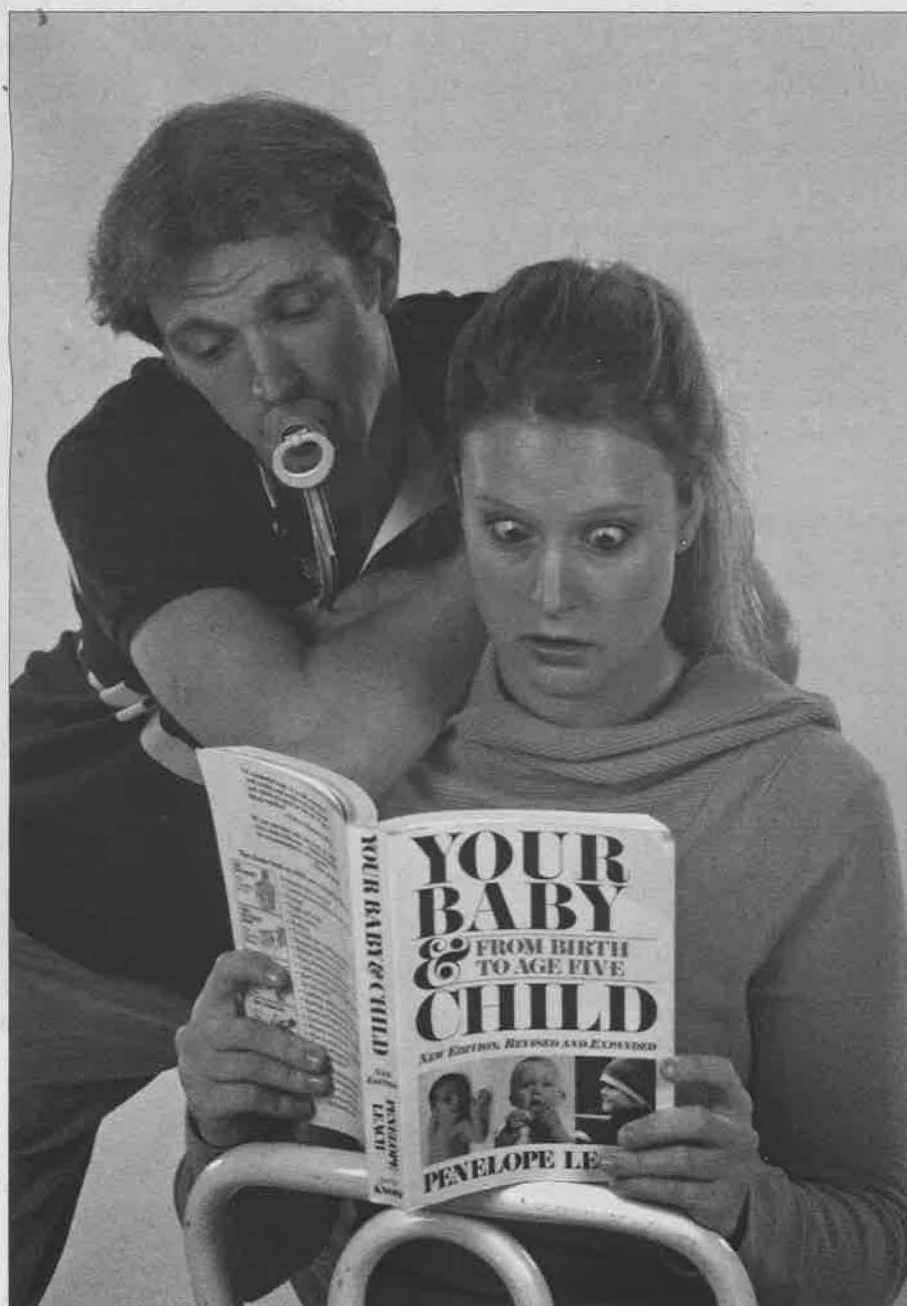


PHOTO COURTESY OF SIERRA REPARATORY THEATRE

Phillip Vanderveer and Lulu Lloyd prepare for parenthood in 'Baby.'

A fine bond between

The 1963 Volkswagen ragtop blew over a speed bump with little vibration as owner Fred Grolle, head of technology services for Columbia College, took a short drive around Columbia College's campus.

The cream-colored seats and well-taken-care-of interior added to the charm of the suntan Ken doll waving to passerbies and the pictures of Fred's children next to the Mustang decal on the dashboard.

"Volkswagen is a glorified go-cart," Fred said of his VW as it moved smoothly over another speed bump.

With a fresh wax job and a sandcast metal decoration with the name "Fred" imprinted on it, Grolle's VW is obviously special to him. He drives it to school every day, even though his garage also holds a 1966 Mustang, a '65 Ford pickup and a Mazda minivan.

But the VW has history.

Bought by his family in 1970, the VW went through a few hands before finally becoming Grolle's car in 1978 when he first began college at University of Southern California. Grolle made the metal plaque that

year, too.

The VW stayed with Grolle after he left college and went to work, getting him too and from jobs at Stanford, DARPA and USC before he came to work for Columbia College.

Since Grolle has owned the VW, it's only had one paint job and the original engine lasted until this year. Now with a new 40-horsepower 1200 cc engine – yes, many motorcycles have bigger engines – it gets 30 miles to the gallon and more than pulls its weight.

Inside, the interior has held on for longer than most modern cars. With a smile, Grolle turned the lever on the inside roof, opening the ragtop sun opening.

Grolle has been a VW enthusiast since acquiring his, making himself familiar with the car and even production methods.

"They make it the year before and send it out a year later," he said.

And it keeps hanging on through the years.

There was the day when it snowed so heavily that the whole campus was closed. Grolle walked out of his office to find himself

completely alone. Walking through eight inches of snow, transforming a familiar campus into an alien landscape, he spotted a giant lump in the faculty parking lot.

The VW was buried.

Grolle swiftly started his engine, and after putting on tire chains, got in and with little trouble pulled out the lot. The campus gate was locked, but Grolle had a key and went quickly on his way. In a snow storm.

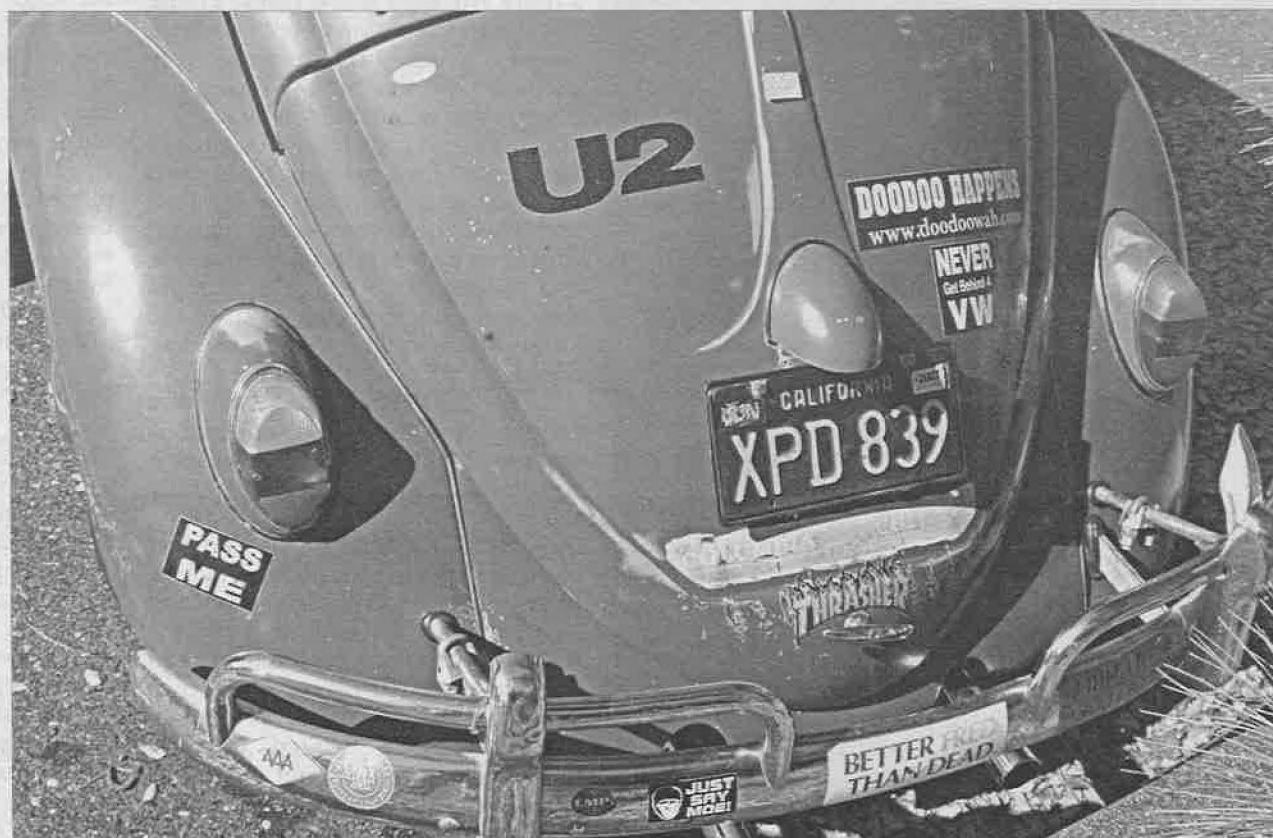
More recently, Grolle left an L.A. Dodgers game to find his VW gone. Stolen.

He began to walk and found the VW abandoned several blocks away. The thieves' burglary tools were still inside, but they hadn't been able to get it started and pushed it the several blocks before abandoning the effort.

In his office on campus, atop a spiral staircase and surrounded by old computer chips and electrical equipment, Grolle displays another treasure. It's a 1962 VW poster showing every model since 1949, a testament to the durability and near perfect design of one of the smallest cars on earth.

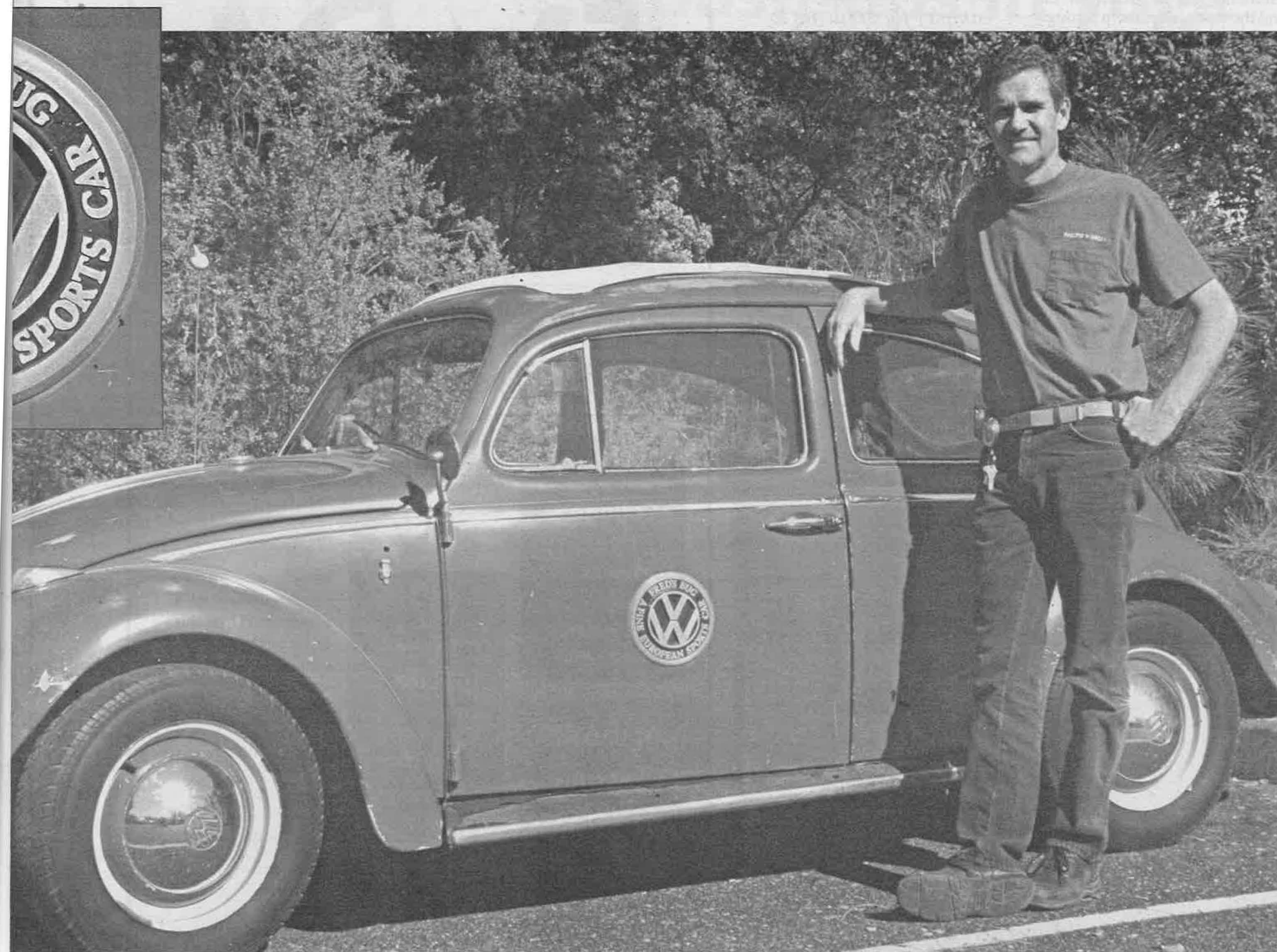


*Story and
photos by
David Ward.*



Fred Grolle and his

n a man and his bug



asily recognized 1963 Volkswagen bug.

Think your car is better? Prove it!

The Panhandle is looking for the coolest car on campus. If you think it's yours, we want to hear about it. Send a digital photo, the make, model and year and your best 250-word argument why your car is cooler, better and more special than anyone else's. Send entries to panhandler@yosemite.cc.ca.us by Oct. 20.

Finalists will be announced in a future issue.

NURSE: Free treatment

Continued from front page

they can go into the back exam room and listen to relaxation tapes.

"Students can lie down on the bed and the tape guides them through relaxation techniques such as deep breathing," she said.

Campana hopes to get a nurse practitioner or physician to come on campus at least once a week so students are able to get prescriptions. Right now she is only able to offer over-the-counter medications.

"Having a physician on campus would make it even more affordable and simpler for students to get what they need," she said. "This might even be available starting this semester."

Campana is also a licensed smoking cessation counselor, which means she is able to help students quit smoking. She has kits set up that will help students with the steps to stop smoking. She also sets up the vending machines which offer condoms, pills, and other things which are located in Oak Pavilion, the top floor of Manzanita, and in Tamarack Hall. There are also mini first aid kits available in the office.

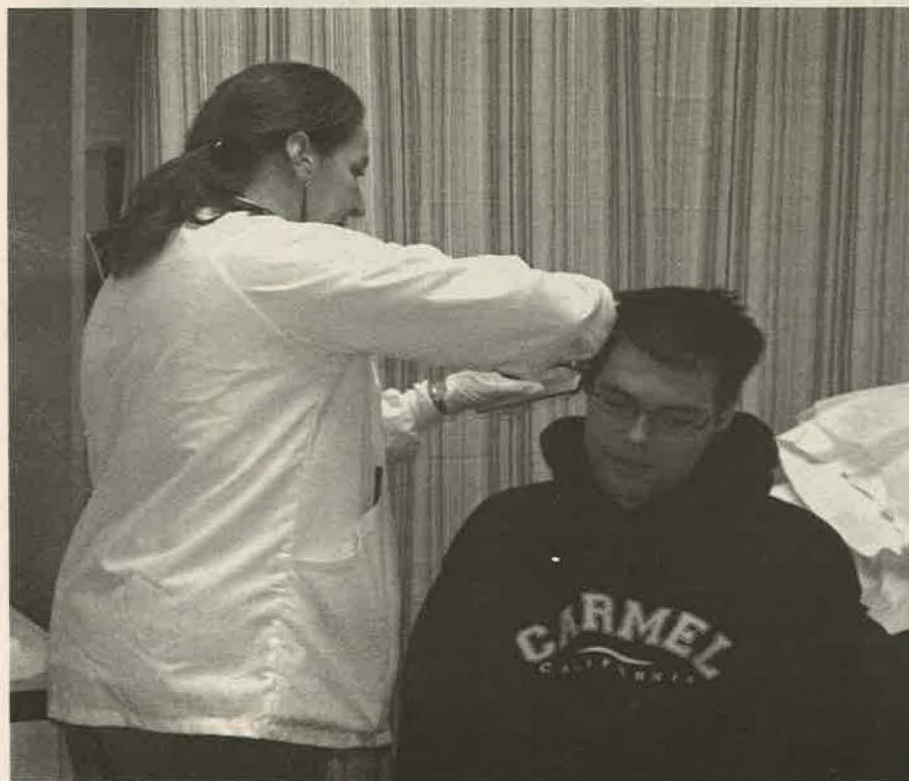
"Having a physician on campus would make it even more affordable and simpler for students to get what they need."

- Laureen Campana

Earlene Keller, a licensed clinical social worker, is available on campus for about 8 hours a week on Wednesday afternoons and Thursday mornings for free mental health counseling. Just call the health office to make an appointment.

The health services office is open about 28 hours a week. The hours are Monday through Wednesday from 9 a.m. to 4 p.m. and Thursday from 11 a.m. to 6 p.m. Campana says to look on campus in the next couple of weeks for bookmarks explaining all the services offered and the hours listed.

For more information, call the health office at 588-5204.



SHANNON MCPHERSON/PANHANDLER PHOTO

Nurse Laureen Campana checks John Cummins' temperature.

Correction

In the September 20th edition, Allie Litton was misquoted in the "On the Street" feature. The question was: What would you like to see from Columbia College's new president? Her response was, "I would like to see more diversity in the college staff."

Columbia College's First Ever

E D U C A T I O N

EXPO

MONDAY, OCTOBER 23

10 am to 5:30 pm

One big day...3 big events!

1

College & University Transfer Day

**10 am-1 pm
Oak Pavilion
Floor Level**

**Free admission
& parking**

Representatives from California and out-of-state four-year universities will be on-hand to answer your questions about admissions, transfers, financial aid, housing, student life and more.

2

Career Faire

**10 am-1 pm
Oak Pavilion
Second Level**

If you're looking for a job or more info on a career, don't miss this opportunity to meet with recruiters from local casino gaming, government, law enforcement, medical, retail, technology, and others.

3

Vocational Ed Open House

**10 am-5:30 pm
Individual Labs
& Classrooms**

Here's your chance to observe vocational education classes in:

- Automotive Technology
- Business & Office Technology
- Child Development
- Computer Multimedia Technology
- Computer & Network Support Tech
- Culinary Arts
- Fire Technology
- Welding Technology



Transfer Day: Alicia Kolstad 588.5333
Career Faire: Dave Chesnut 588.5148
Open House: Gary Mendenhall 588.5142
www.gocolumbia.edu

SPORTS

Yes, there are push-ups in yoga

BY ROYAL H. GARRISON IV
PANHANDLER STAFF

Yoga Instructor Sherie Newman teaches her class off campus at the Yoga Loft in downtown Sonora.

Instructor Newman has been teaching Yoga classes at Columbia College for a period of four years. She is glad to have classes that are off the college campus.

The Wednesday class starts with a fellowship circle, then a group "om." This is followed by a class

lecture on the philosophy of yoga, written by Patanjali on the principle of eight-limb Yoga technique. After the lecture there's a brief warming session which was referred to as "Centering" by Newman. Then from there began various Yoga postures and stances.

"Vinyasa Flow is the style of yoga taught at the loft. It is very athletic and will bring strength to all the muscles groups and limbers up the body for more flexibility," Instructor Newman said.

Newman's students have gone on to teach classes of their own at the Yoga Loft.

Jessica Filley is a three-year student of Newmans and is an instructor for the Yoga Loft as well. She teaches the children's classes.

"The difference between sports and yoga essentially is that there's a non-competitive aspect involved in yoga that doesn't appeal to a lot of competitive people in sports," Filley said.

See YOGA, page 10



ROYAL H. GARRISON/PANHANDLER PHOTO

Jessica Filley practices yoga with other Columbia College students.



Yoga students stretch.

Campus tennis class serves up fun & fitness

BY ROYAL H. GARRISON IV
PANHANDLER STAFF

Columbia College does have a tennis class, but no tennis team. Instructor Otto Goode has been teaching tennis year-round here for the past three years.

"I treat this as a beginner's course for students who have no previous experience," he said. "Although a few may have some past experience, we try our best to make everyone feel comfortable in the class."

This class is a one-unit course that starts off in hot weather, but this time of year it cools down to make great tennis weather. This November the weather is expected to be excellent for playing tennis and all sports for that matter. Even if it was to rain early in the morning, the courts are designed to dry by mid-day game time.

"This is a great class for couples who want to have some physical activity together," said Goode. "There are currently 16 students enrolled in the course. We usually can fit a

maximum number of 24 students because of court size and playing room. 24 students are good for doubles and 14 are good for singles."

Joe Souza is a first-time tennis student at Columbia College.

"I really like it a lot," Souza said. "It is a lot of fun and entertaining."



ROYAL H. GARRISON/PANHANDLER PHOTO

Marcy R. Kathan perfects her serve in tennis class.

Is there a better way to deal with ducks?

BY DAVID WARD
PANHANDLER STAFF

Ducks and geese have taken up permanent residence in San Diego Reservoir, the pond on campus, and that's raising health concerns – for people and the pond.

The health concern for people is the duck droppings, especially in eating areas.

It's the same issue for the pond. The pond is bombed every day by duck droppings. Nitrogen from the droppings actually helps the ecosystem life by providing nutrients for the plants and allowing oxygen to flow freely. But too much is too much.

Biology Professor Micha Miller and his students have been observing the effects of the birds on the pond.

"Three or four geese are OK," Miller said. "Thirty or more geese are a problem."

There used to be fewer ducks and geese hanging out on campus, but that number has grown as the birds raise their young here and those young later return to the same pond they were raised.

The pond is man made. It was built during the construction of the school and later stocked with fish. Miller said that makes it more important for the campus to take responsibility for what happens there.

"The problem is man made," Miller said. "We need to make the



DAVID WARD/PANHANDLER PHOTO

The growing number of ducks on campus is raising health concerns and aesthetics issues.

decisions."

Campus security recognizes the health issue the waterfowl pose and had the green fence installed around parts of the lake to inhibit the birds' movement, especially around eating areas. Greg Elam, the lead campus security officer, has even gone through a training program with his border collie, Penny, teaching her to chase the birds without harming them.

"We want to mitigate them,"

Elam said, "encouraging them to migrate somewhere farther south."

Elam also installed the signs, surrounding the eating area to encourage students not to feed the ducks.

Gail Segerstrom, the IMC coordinator at Columbia, wishes it was just the eating area that was fenced in, instead of the lake she enjoys sitting beside.

"I have loved this school for 30 years," she said, looking at the green fence bordering the lake. "And this just does not fit into our vision of a

natural environment."

Segerstrom said Columbia has one of the most naturally beautiful campuses in California, "a rare place where nature and humans have a balance and flow."

She would like to see the campus community – students, professors, administrators and staff – work together to find a way to address the health concerns without impacting the school's beauty.

And as for the fence...

"I volunteer to take it down myself!" she said.

Yoga

Continued from page 9

Along with Filley, Columbia graduate and continuing student Forrest Howard teaches classes as well. Forrest is a fourth semester Columbia College Yoga student who has advanced his skills and confidence to a level of instructor for the Yoga Loft.

Howard teaches adult yoga class and children classes.

"There's a huge misconception that there is no push ups in yoga," Howard said. "That is misleading. There are a lot of them as one finds out."

FREE
CONE



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Weekly SUDOKU

Answer

6	4	3	8	7	1	2	5	9
9	2	7	4	6	5	3	8	1
5	8	1	3	2	9	4	7	6
2	3	8	5	1	6	7	9	4
1	6	4	7	9	3	5	2	8
7	5	9	2	8	4	1	6	3
8	9	2	1	3	7	6	4	5
3	7	5	6	4	8	9	1	2
4	1	6	9	5	2	8	3	7

King Crossword

Answers

Solution time: 21 mins.

P	A	L		L	I	A	N	A		M	A	D
A	G	E		I	N	N	E	R		A	V	A
R	A	I	N	S	T	O	R	M		I	O	N
			A	T	E			V	I	E	N	N
B	I	G	G	E	R			E	N	D	S	
O	N	A		D	I	P		G	A	T	O	R
O	T	I	S		M	A	S		M	A	D	E
T	O	N	E	S		W	E	B		Y	I	N
			S	E	T	S		C	E	A	S	E
R	E	A	S	O	N		O	I	L			
I	V	Y		V	A	I	N	G	L	O	R	Y
T	E	E		E	R	O	D	E		P	I	E
E	R	R		S	E	U	S	S		T	O	N

Open house lets public plan campus future

Columbia seeks input on campus master plan

If you enjoy attending classes and community events on the Columbia College campus, here's your opportunity to help guide the design of its site and landscape for the future years ahead.

The public is invited to attend Columbia College's open house on Wednesday, Oct. 11 from 11 a.m. to 3 p.m. in the Rotunda on the second floor of the Manzanita Building.

LPA of Sacramento, a statewide consulting firm that specializes in architectural and landscape designs for educational institutions, will be on-hand to present, discuss and gather information from participants on developing the college's master plan.

For the open house, four stations will be set up in the Rotunda to highlight the key areas of focus: goals and objectives of the college master plan; use of open space on the campus; vehicular and pedestrian circulation; and sites for future capital improvement projects.

Feedback and comments will be recorded and become part of the planning process.

As identified by the consultants, the goal of the master plan is to "preserve and enhance the unique natural environment of Columbia College; locate preferred sites for future capital improvement projects; and ensure that the master plan enriches students' relationships and strengthens learning and community through campus design."

Barbara Blues coming to the Columbia stage

The Columbia College Jazz Series presents "Big Band Barbara Blues," featuring singer Barbara Morrison with the 25-piece Big Band in the college's Dogwood Theater on Sunday, October 22 at 2 p.m.

Morrison is known worldwide for her rich, soulful and highly spirited interpretations of familiar jazz and blues classics, as well as contemporary tunes. Most striking is her ability to belt out soul-stirring, down-home blues. Also breathtaking



Campus and Community

are her impassioned renditions of old and favorite torch songs.

Morrison's extensive credits come from years of performing with the Count Basie Band and Ray Charles. Her more recent appearances include "The Tonight Show with Jay Leno" and Carlos Santana's European tours.

The Oct. 22 Big Band Show at Columbia College will be the finale of Morrison's four night tour in the area. She will appear with a smaller Columbia Jazz Series ensemble in earlier shows at a benefit at Oakdale High on Thursday, Oct. 19 at 8 p.m. (info, 848-7171); and at Black Oak Casino on Friday, Oct. 20 at 9 p.m.

Tickets for "Big Band Barbara Blues" are \$15 for reserved seating. Purchases can be made at The Mountain Bookshop in the Junction Shopping Center, 532-6117; Murphys Music Co., 728-8687; and at the college's Manzanita Bookstore, 588-5126.

Jazz Series season tickets for the remaining concerts are still available at \$85 by calling 588-5211. Upcoming concerts include: November - piano; December - Big Band Xmas; January - Latin; February - Big Band Fest; March - Vocal Jazz Fest; April - finale.

Speeders are getting tickets on Sawmill Flat

Due to safety concerns, the California Highway Patrol has been closely enforcing the 35 mph speed limit on Sawmill Flat Road, the main road to campus. So slow down, drive safely and save yourself the trip to traffic school!

Fall wine tour in Amador County

Columbia College instructor, Tom Bender has been teaching people about wine for nearly three decades and on Saturday, Oct. 28, Bender will

lead a tour on a visit to four wineries in the Shenandoah Valley.

The bus tour will leave from Oak Pavilion at 8 a.m. and return at 5:30 p.m. Cost is \$50 per person, which includes a picnic lunch. Registration deadline is Oct. 19.

To register, call the community education office at 588-5144.

Flu vaccine will be available at health services

Flu vaccine will be available on campus through Health Services on a first-come, first-served basis. Vaccines will be given October 17 from 9:30 a.m. to 2 p.m. and October 18th from 9 a.m. to 2 p.m. in the Health Services office in Juniper 2.

The cost is \$7 for students and

\$15 for staff and faculty. Prepay at the business office and bring your receipt to get your shot.

For more information, call 588-5204

Adult health fair is coming up

The Annual Tuolumne County Adult Health Fair is being hosted at the Mother Lode Fairgrounds on October 17 and 18 from 7 a.m. to 3 p.m. All participants must be 18 years or older. Those who wish to have a blood chemistry screening (\$20) must fast for 12 hours before the test. Other tests available include hearing, vision and glaucoma, oral, chiropractic, bone density, body fat, foot assessment (Tuesday only), skin (Wednesday only), blood pressure, colon, pulse, lung function, blood sugar, and anemia. Flu shots are only available for those over age 60 or are at risk and are free of charge. Exhibits containing literature and demonstrations on various health topics will be available.

For more information, call 533-7428.

Classified Ads

DODGE TRUCK FOR SALE: 1998 Dodge Ram 1500 4X4, V8. Very good condition, both the body and engine. \$5200 Phone 588-5093.

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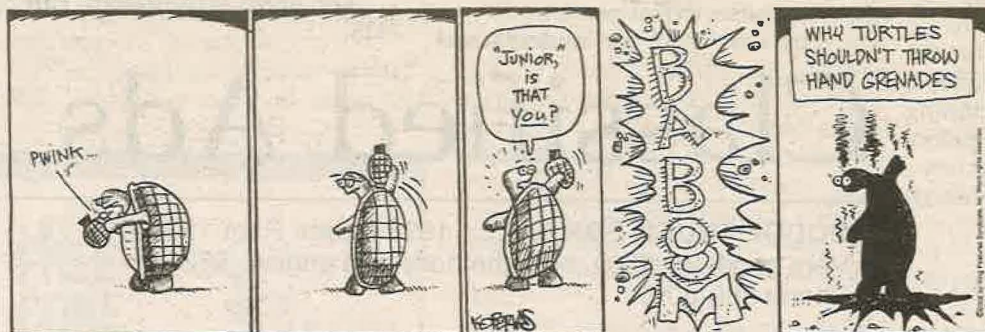
PASTIMES

Weekly Sudoku

6	4			7		2		
		7			5		8	1
		1	3		9		7	
	3				6	7	9	
	6	4		9		5		
7			2	8				3
8			1			6		5
		5		4	8			2
4	1		9				3	

Answers are on page 10

Out on a Limb



by Gary Kopervas

King Crossword

ACROSS

- 1 Chum
4 Rain forest vine
9 Insane
12 Epoch
13 Private
14 Actress Gardner
15 Bleak
17 Charged bit
18 Consumed
19 Austria's capital
21 Taking up more space
24 Make-meet link
25 - budget
26 Chip enhancer
28 Croc's cousin
31 Elevator name
33 Bell and Kettle
35 Put together
36 Color qualities
38 Symbol of intrigue
40 Feminine side
41 Collections
43 Stopped
45 Logic
47 Lubricant
48 Trellis plant
49 Ostentatious pride

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
			18			19		20		
21	22	23				24				
25			26		27		28		29	30
31			32		33		34		35	
36				37		38		39		40
		41			42		43		44	
45	46					47				
48				49		50			51	52
54				55					56	
57				58					59	

- 54 Links prop
55 Wear away
56 Chart format
57 Blunder
58 "Cat in the Hat" creator
59 Heavy weight
7 Chutzpah
8 Battle preparation
9 Chief supports
10 Shakespeare's river
11 "SNL" alumnus
16 Run-down horse
20 Dutch cheese
21 Wellington, for one
22 Busy with
23 Contradictory one
27 Dog's foot
29 Garfield's cohort
30 Tear in two
32 Glimpses
34 Hardly any time at all
37 Franklin et al.
39 Pale hues
42 Trap
44 Completely
45 Ceremony
46 Eternally
50 Debtor's letters
51 Make up your mind
52 Carnival city
53 Longing

Answers are on page 10

On the Street: What is your favorite TV show and why?



Alexis Saint Omge

'Sex and the City' because it's so real and it's concerns what women go through these days, and it's hilarious.



Adam Robertson

'The Office' because it's hilarious.



Caitlin Rey

'Family Guy' because I think it does a good job making fun of American society.



Sean Day

'Law and Order' because I like anything that involves mysteries and crime.