

THE PANHANDLER

Columbia College's New Student Newspaper

Vol. 4, Issue 3

November 1, 2006

Students help plan campus future



DEANNA DELEON/PANHANDLER PHOTO

Architect Brad Nelson watches as natural resources student Julia Stephens chooses her favorite aspects of a new campus Master Plan.

BY DEANNA DELEON
PANHANDLER STAFF

Just what Columbia College will look like in the future is being debated, and recently students, faculty and staff got to join the conversation.

They participated in an open house to help draft a new Master Plan, the document that will determine where future buildings go on campus and how other improvements will be made.

"We are asking for everyone's input to create the type of setting everyone can enjoy," said Columbia Chief Operations Office Connie Mical. "We are planning the future design and enjoyment of our campus here."

The open house took place October 11 and was facilitated by Mical, Ron Martin, with Kitchell, a construction planning firm, and Dave Cubberly of LPA, an architecture and landscape planner.

"Today's plan is about development of better accessibility for vehicles, the disabled and pedestrian traffic," said Martin.

This would include better visual aids to help navigate the layout of our unique campus and experience its beautiful terrain.

The open house relied on the input from

See PLAN, page 6

In this Issue...



Jessica Self is running Columbia onto the map.

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Columbia loses a friend and mentor

BY SHANNON MCPHERSON
PANHANDLER STAFF

On October 9, Columbia lost one of its own when Ted Bird High School Counselor Vicki White passed away.

White was beloved by members of the faculty and many students. She is survived by her husband Geoff White, the publisher of The Union Democrat, a daughter and two grandsons.

White worked two days a week on campus, helping her students. Ted Bird High School is an alternative high school through Sonora Union High School District. Its students come to the Columbia College campus to take classes for college credit, while still being enrolled in high school.

White worked both as a counselor and a teacher. She helped her students with their classes, showing them good study habits. She would also coach them whenever they had any problems.

Columbia College counselor Jeff Fitzwater had an office next to

White's for more than a year.

"Vicki was a warm and affectionate person," said Fitzwater. "She cared for and nurtured her students. She empowered them to focus on life." Fitzwater said White focused on her job and treated her students as if they were her own children.

Fitzwater also had an interesting story about when White first moved into her office. He said she came into his office and admired all his crazy knick knacks and posters he had scattered around.

"She said to me, 'I wish my office was like this,'" he said. "I told her just bring in all your junk from home and put it up. And that is exactly what she did. She made it her thing, putting up a bunch of cow decorations."

"Vicki was a neat lady."

One of her close students was Columbia College student Jemma Williams. Williams was one of the first students at Ted Bird and White was the main reason why she excelled.

"Vicki is the reason why I am



Vicki White

where I am," Williams said. "She cared about my life and what influenced me. When I did my homework, I just

See WHITE, page 7

OPINION

Hookahs make for a fine get together

BY EMILY FREDA
SPECIAL TO THE PANHANDLER

A growing trend that is debatably becoming an epidemic, called Hookah, has been raising a few eyebrows around the Columbia College campus this year.

Although it has become increasingly popular within the past couple of years in the U.S., it's an old pastime established in the Middle East more than five hundred years ago. Becoming more and more common and accepted, Hookah Cafes have opened up all over the United States and in many other countries as well.

Hookah Cafes generate a calm atmosphere and provide a relaxing location for customers to come and share one or more Hookahs between a group of friends.

Generally inside, Hookah Cafes provide customers with a large water pipe including a bowl of flavored Tobacco and coals. After the Tobacco bowl is covered with tinfoil with holes or a metal screen, coals kinder the Tobacco for about fifteen to forty-five minutes or until one decides the bowl is dead.

The Hookah is specifically designed for this type of Tobacco, commonly known as Shisha, and is far less addicting than cigarettes. All major Shisha manufacturing companies declare there's only 0.5% Nicotine and 0.0% Tar in their products while cigarettes contain around 5 mega grams of nicotine per pack. Not to forget the astonishing 7-20+ mega grams of tar per stick.

Typical Hookah tobacco is composed of

Tobacco leaves, molasses, and fruit flavoring and has a wide selection of flavors to select from. In addition, tobacco-less Shisha can be purchased online or made in the home using common kitchen ingredients.

There was a recent argument stating that the Hookah is messy. Research has shown an ample amount of cigarette butts littered throughout school grounds and everywhere of human inhabitants.

As a result of this, I took research into my own hands and took exceptional notice in how many cigarette butts lay on the ground during my routine route around campus. It was nasty and obnoxious to say the least. There were butts everywhere I went. To me, that is disgusting, not some kids hanging around in a group minding their own business. The designated tobacco areas were put on this campus for a reason, to smoke tobacco.

Hookah partakers are simply showing their

less harmful alternative of smoking tobacco and besides, it makes for the ultimate congregation device.



Leroy McDaniel puffs a hookah on campus.

HOOKAH SMOKING PRO & CON

Hookahs at school are silly, not shocking

BY CODY BAKER
SPECIAL TO THE PANHANDLER

I am certain that I am not the only one on campus who has noticed the latest hookah trend that is going on. In the past few weeks, I have seen at least three different hookahs on campus. For those of you who don't know, a hookah is a rather large vase like piece of smoking paraphernalia with anywhere from one to several hoses where the smoker can draw delicately flavored smoke into their mouths--think caterpillar in Alice In Wonderland, puffing out vowels of smoke as he sings.

I have noticed on more than one occasion, specifically in the designated smoking area next to the library, groups of folks gathering around the community smoking device. The people providing it seem to be keen on making certain each person gets their very own mouth piece, they seem to keep the hookah clean, and they are most certainly something more than your average smoker; they are tobacco connoisseurs and they take pride in the providing the campus with a semblance of

culture.

Some people, I am certain, will read this and say, "hey that's great!"; others may be reading and getting tense and angry, as they have witnessed these spectacles as well and blatantly disapprove, to put it mildly. There is no question--it is obvious that this has stirred up a bit of a campus controversy.

So the proprietors of the hookahs have their own motives for bringing their prized possessions to school. I personally have heard more than one of them say things along the lines of, "watch this, the minute I get this thing set up, the campus cops are going to be all over us but there isn't s*** they can do because it's just tobacco". Okay, fair enough... But this is a statement that is very telling; on one hand they are saying that they want to bring a sense of community and culture to the campus, but then they are simultaneously doing more than merely hinting a subtle implication of what their other motives are--they are doing it for the shock value, the controversy.

So if they want shock value and controversy, why can't they do it with their intellect? Why

not take an argumentation class and debate with colleagues over politics, religion, or other social issues? Do they want to seem radical without any special effort? And while we are discussing effort: The effort is there, but has nothing to do with intellectual growth. Let's look at the work that goes into this: The duffle bags they tote to school to transport the hookahs a rather large and don't look easy to carry. Any full time student will know that it is enough of a burdensome task to carry around their books and lunch, let alone a thing that is best suited as a coffee table ornament at home.

Who exactly are the hookah owners? If they are indeed students carrying a full course load, how do they make time for their hookah activities? Does it interfere with their attendance and participation in class?

I know that the first time I noticed a person with their hookah, I was on my way to class. He was just setting it up when I walked by the Library. When I got out of class I headed to the library--he was still there. There was over an hour of a gap

See HOOKAH, page 3

EDITORIAL

Say and hear the hard things

BY SHANNON MCPHERSON
PANHANDLER STAFF

We live in a world where we are constantly communicating with other people. There is no way we can avoid contact with other human beings. We can get so comfortable with people that we can say almost anything to that other person.

But why is it that there are some things that are so much harder to say than others? For example, it is much easier to say "I hate you" than "I love you." Those are virtually the same sentences, just with that middle word interchanged. Saying "I love you" carries so much more weight in a way. You can tell someone you hate them in the heat of an argument, but not really mean it. With most people, they only tell someone they love them when they have thought carefully about it.

If you tell someone you hate them and they respond "Well I don't hate you," that doesn't hurt as much as telling someone you love them and having them tell you that they don't feel the same way. Saying "I love you" brings along the fear of rejection; what if they don't love you back? You have just put your heart in your hands and you are exposing it to rejection, risking almost everything.

Along the same lines of things being harder to say, some things are also harder to hear. We are our own worse critics, so we usually believe the negative things about ourselves over the positive.

Sometimes we think, "Why would a person tell me something negative about myself if it wasn't true?" We think that nobody would lie and tell us something rude about our character if they truly didn't mean it. Why would they?

On the other hand, if someone gives us a compliment, we think they are only being polite. "You have to tell me I'm pretty because you're my mom and it's in the handbook," is what I always say. We depend so much on conformation from the people around us that if we don't get it, we think it doesn't exist. Just because something isn't vocalized, it doesn't mean that it's not there. We live in total fear of what people think that it cripples us.

People have to be willing to say the hard stuff and then have to be willing to hear it. Not everything in life is easy; sometimes you have to put yourself out there and risk hearing what you don't want to. But if you get to the point where you can accept that, it can really make a difference.

HOOKAH: A lot of work for a second look

Continued from page 2

between my classes, and when I left the library to go to my next class, he was still there. I went up the hill to my next class, and afterward I headed back down to the library to study a bit more--the guy was still there.

I think that this simple observation nullifies the argument that what they are doing is not any different than taking a cigarette break. The thing I find the most hilarious about this is that it isn't bringing culture and community

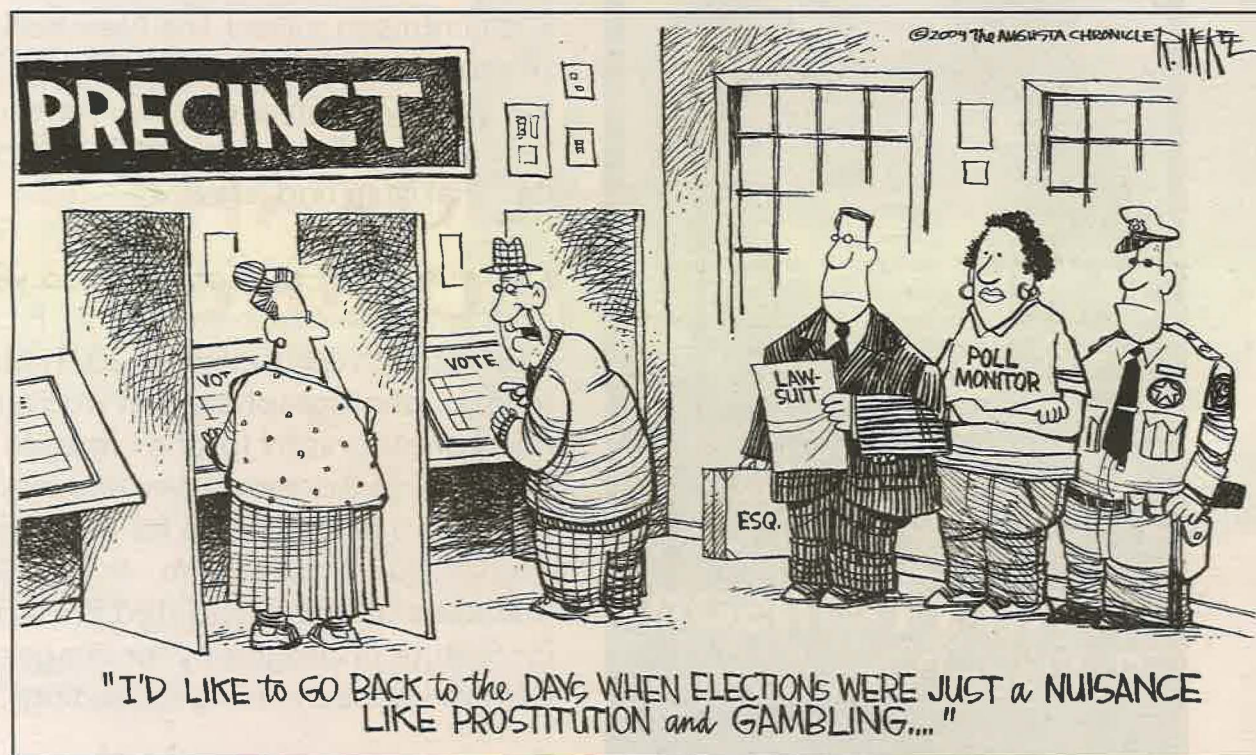
to school any more than a person handing out cigarettes would. To put it plainly, it is an act of loitering more than anything.

I personally have nothing against things that are "shocking" to the normative mainstream, and am even an advocate of responsible adult indulgences performed in moderation.

I simply believe that there are more interesting ways to be controversial. I mean, really; smoking a hookah? At school? That has to be the easiest way I can think of to get a reaction, and

the most cumbersome and absurd way I can think of to take a smoke break. It isn't impressive.

I think it is a bit silly (not the hookah itself so much as the act of bringing the thing to school) and don't care to participate in the activity, but I don't feel any actual animosity when I notice the hookah circles. I simply think they could utilize their time more wisely. I am all for the same things that the hookah folks say that they are after. I too would like to see more of a sense of community. I too would like to see more culture.



THE PANHANDLER

Editor Shannon McPherson

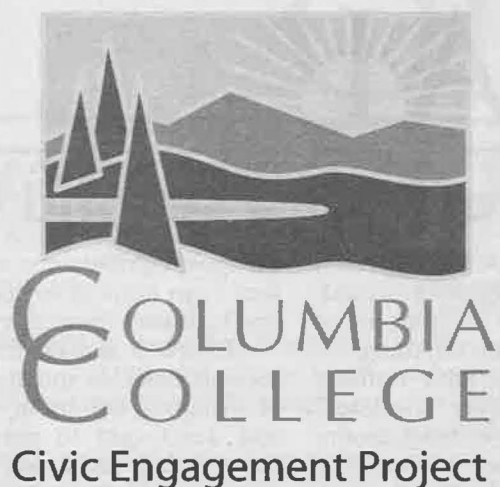
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Reach us at 209-588-5388 or panhandler@yosemite.cc.ca.us



A Presentation by

Ruth Fremson
Pulitzer Prize winner

7:30 p.m.
Wednesday, Nov. 15

Dogwood Forum

ADMISSION IS FREE
Open to the public

A Glimpse of Emerging Economic Giants

Observations from China and India

Ruth Fremson will discuss and show images from her spring and summer assignments.

Ruth Fremson joined The New York Times in 2000 as a staff photographer. Her assignments at The Times have included the John McCain and Al Gore presidential campaigns and beginning in September 2001 the conflicts in Afghanistan, Iraq, Pakistan and Israel.

Previously Ms. Fremson spent six years as a staff photographer with The Associated Press. From 1998 until 2000, she was based in Jerusalem. In 2001, Ms. Fremson was part of a team of photographers that won a Pulitzer Prize for breaking news photography for their images narrating the events of Sept. 11. In the same year, she was also a member of a team awarded a Pulitzer Prize for coverage of the discord in Afghanistan and Pakistan. In 1999 Ms. Fremson with other members of The Associated Press, received a Pulitzer Prize for feature photography for images captured during the Clinton impeachment proceedings.

Ms. Fremson has been honored by The National Press Photographers Association, The New York Press Photographers Association and The White House News Photographer's Association.



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INSPIRING THOUGHT

November 1, 2006

THE PANHANDLER

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NEWS

Scholarships available for students

BY DEANNA DELEON
PANHANDLER STAFF

Financial Aid and scholarships are as varied in characteristics as the students that apply for them. There are literally thousands of scholarships out there that are available for all age groups, majors, levels of study and walks of life.

There are more than 150 scholarships that directly apply to students attending Columbia College.

"It's still not too late to apply for financial aid for this year," said Marnie Shively, Columbia College's financial aid technician. "And scholarship application is greatly encouraged."

Scholarships come from scholarship endowment accounts, private donations, business and charitable organizations.

A specific major should be declared and a high GPA is helpful but not always a requirement.

For example, the Sly Stone Memorial scholarship is a one hundred dollar award payable to any applicant that is returning to Columbia College with as little as a 2.0 GPA for any major of their choice.

The Lucile Arnold Incentive Scholarship offers \$2,000 for returning students or those transferring to four-year university. It is also for any major and at least a 2.0 GPA is all that is required.

The financial aid office tries to find a match for all of the scholarships so they do not go un-awarded, Shively said. But students must apply.

Anyone attending Columbia College may apply. A single application is all that is required to put the student in the running for all 157 scholarships Columbia is offering. These awards can be in addition to financial aid, and it can really add up, Shively explained.

The scholarship application process is broken down into a few basic steps. There is an application period, in which there is time enough to request transcripts, get letters of recommendation, attend interviews and possibly seek out special applications when appropriate.

The application period began August 28 and runs through December 15.

A completed application includes the following: a Statement

"It's still not too late to apply for financial aid for this year."

- Marnie Shively,

of Educational Purpose, two recommendations using Scholarship Recommendation Forms, all required transcripts and a typed, signed and dated application - free of errors.

Students would then be notified if they qualify to compete for any scholarships; at which time they would begin the interview or audition process.

If a student wishes to apply for a special scholarship in Hospitalities Management or Fire Sciences, they can obtain the appropriate application from their instructors in those departments or at the scholarship office.

Brittney Martino, a nursing student attending both Columbia College and MJC stopped in at Columbia's Scholarship Awareness Cakewalk on October 11th to ask some questions of Wendy Hesse, who was helping explain the process.

"I do not qualify for financial aid," said Martino, "but I sure could use a scholarship."

For more information, contact the Financial Aid Office at 588-5105



DEANNA DELEON/PANHANDLER PHOTO

Nursing student Brittney Martino gets scholarship information from Wendy Hesse.

Spring fees are dropping by 30%

BY ELIA LUCA
PANHANDLER STAFF

Columbia College students will pay less to take classes beginning in the spring.

The price per unit will drop from \$26 a unit to \$20, a 30 percent reduction. The fee reductions were mandated by the California state legislature when it passed the latest state budget.

"It's almost like you can take one more extra class for the same amount as you're paying now," said Fiscal Services Supervisor Robert Gritz, who is in charge of the business office in the Manzanita building.

To be a full-time student at

Columbia, you have to have at least 12 units. Taking 12 units at the current rate costs \$312. Next semester, it'll cost \$240. That's a \$72 savings.

The drop in price is good news to college student all over. For one, students can use the savings to afford textbooks, which are extremely expensive.

David McCraney is a forestry major at Columbia College.

"I think it's a great opportunity for students to save money," he said.

Michael Johnson, a culinary major at Columbia, also like paying less.

"I am in full agreement with the legislature's decision to decrease fees," said Johnson.



Robert Gritz

Debate team scores big in competition

By DeAnna DeLeon
PANHANDLER STAFF

Could you make a good argument for, or against terrorism, increased tobacco taxes or nuclear energy?

Columbia College's debate teams sure can.

Two teams from Columbia College competed for three days in Roseville. One team brought home an impressive third place and the second team took the championship.

The team of Taureanna Shimp, Caitlin Ellis, and Brittany Pugh, third place winners described their experience as first-timers in a debating competition as being full of excitement-charged-nervousness.

Shimp said she became a little panicked near the final rounds.

"We were going up against better and better teams," said Shimp.

The Columbia College teams were well coached in to how to handle the onslaught of new arguments by their coach and instructor, Tim Elizondo.

"This is really all about them," said Elizondo. "This is their moment."

The second team of Trevor Wittke and Zach Macbeth won 9 out of 10 debates to secure the championship.

"Almost all of the arguments were about government policy," said Wittke. The one they lost was a values debate.

It is very difficult to change the perspective or even influence other people's values, they have cultivated over a life time.

Caitlin Ellis felt no fear at all in the execution of their arguments.



DEANNA DELEON/PANHANDLER PHOTO

The Columbia College debate team. From left, Brittany Pugh, Caitlin Ellis, Danielle Carmack, Tuarena Shimp, Zach Macbeth and Trevor Wittke.

"It was really fun," said Ellis, "I like destroying the other team and really got into the thrill of the hunt."

On the contrary, Brittany Pugh was nervous about talking at first. She was concerned about the battle of wits and if she would be as well-armed as veterans to the debate circuit.

She soon realized everyone was on the same level, nervous.

"Once it was, done," said Pugh, "I realized I did not explode."

Still, the quivering nerves and touches of stage fright did not render these students speechless; they embraced the glory of conquest and

the acknowledgment of a job well done.

Then they brought home the winning titles to prove it.

"I just want to say one more thing," Macbeth piped up. "Cheers to my partner we go together like peas and carrots."

PLAN: Input will shape campus

Continued from front page

students and staff, and the reception of these new ideas to help determine the possible directions development could take.

Once the placement of the new buildings is determined, parking and access plans will follow.

The open house allowed students and staff alike to fill out surveys inquiring about everything from their favorite part of Columbia College to what they would like to see happen here in the future.

There were charts showing expenditures and possible campus layouts based on photos of what other campuses have to offer and how they could be incorporated in to Columbia's master plan.

The opportunity to vote on which

features were most appealing was a main attraction.

Natural resources student Julia Stephens liked the area that had the least amount of development the best.

Stephens chose an elevated wooden walkway that gave a bird's eye view to the natural landscape below as her vision for the future direction.

That vision fit with the architect's general philosophy.

"We'd like to preserve as much of the natural beauty as possible," said Cubberly. "It is what sets Columbia apart and we need to respect that in all aspects of the design."

Some other options included a sculptured Stonehenge-looking rest area, water fountain features, wider pathways, bike lanes, and spacious

outdoor gathering areas complete with ample seating and tables.

Carolyn Buck, dean of learning support services, placed her vote for her favorite suggested features and said it's very important to be active in the planning.

"It is very exciting, these things to come," she said.

The campus improvements are being paid for by Measure E, a bond approved by voters to expand and improve both Columbia College and Modesto Junior College.

The recently completed improvements to the handicapped parking area next to Manzanita were paid for by Measure E.

For more information and updates on Measure E, visit www.columbia.yosemite.cc.ca.us

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Expo shows students a variety of options

BY ROYAL H. GARRISON IV
AND DEANNA DELEON
PANHANDLER STAFF

Who's offering what this year was the question hundreds of high school and college students asked at Columbia College's first-ever Education Expo, held on campus Oct. 23.

The Expo brought together four-year universities and employers trying to attract Columbia College students, and featured an open house of Columbia's vocational education offerings.

About 500 area high school students visited the campus during the Expo.

Columbia College student and Sonora police explorer, Cadet Lara Lowry, along with Officer T. Aitken, answered questions regarding entering a law enforcement career as a young person.

Also on hand this year was Black Oak Casino's recruitment coordinator Stacie Gonzales.

"The casino does have opportunity programs for college students in the hospitalities department for culinary arts students who are interested," she said.

Black Oak wasn't the only one trying to get the word out about employment opportunities for college students.

Dodge Ridge was taking applications on site. The busy ski resort hires students, including some who can only work weekends and holidays.

Linda Baker, of Columbia's vocational education programs, staffed the information center and handed out pamphlets for self-guided tours of the campus and its facilities.

The vocational facilities guide included an open house for business and office technologies, child development, computers, multi-media and network support technologies, culinary arts, fire technology, and welding and automotive technologies.

All programs offer a certificate of completion and several offer transferable credits towards a degree.

Chris Roberts, a junior at Cassina High School, was interested in the auto mechanics and fire science programs.

"There was not enough time to see every thing," said Roberts. "Columbia College offers more than I could imagine."

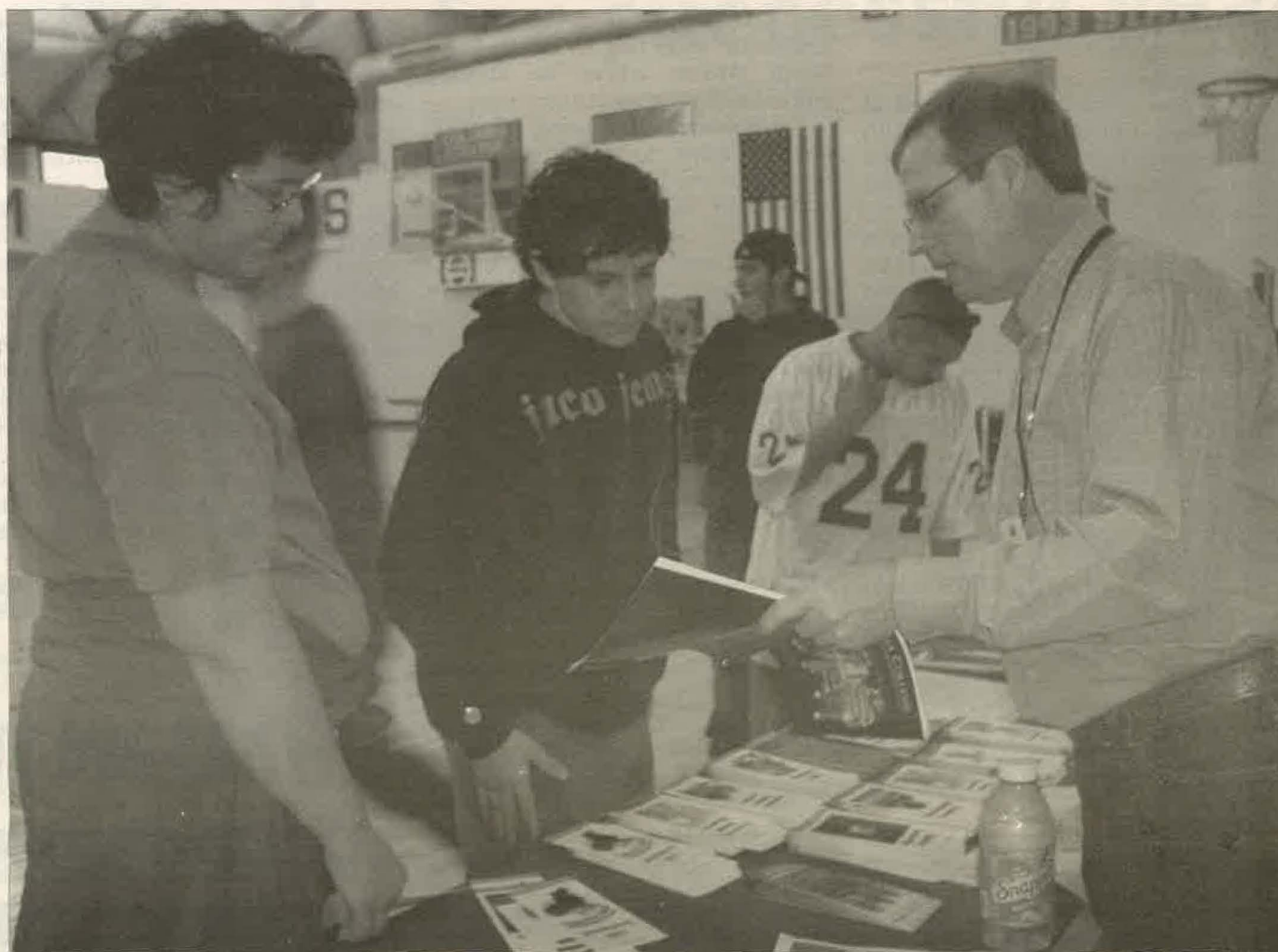


PHOTO COURTESY OF COLUMBIA COLLEGE

Counselor Jeff Fitzwater speaks to campus visitors about various school programs.

Famous book comes to life

As part of the Columbia College Civic Engagement Project, two performances of the Modesto Junior College theatre department's *Nickel and Dimed* by Joan Holden will be presented on Friday and Saturday, Nov. 3 and 4 at 7:30 p.m. in the Dogwood Forum.

The play about the working poor is based on the bestseller by Barbara Ehrenreich, *Nickel and Dimed: On (Not) Getting By in America*. An investigative seriocomic, the central character's experiences are from the author's own journey into minimum wage America. What follows is a penetrating, funny, often harrowing account of what it is really like to live in low-wage America. The message of the play, simply put, is that it is no fun doing the menial work of American capitalism.

Nickel and Dimed is under the direction of Jim Johnson, who returns after a nine-year absence while serving as dean of the arts division at MJC.

Johnson previously adapted and directed nonfiction works on Woody Guthrie and Studs Terkel. *Nickel and Dimed* is produced in the tradition of social-realistic theatre.

Performing the lead role of Barbara is MJC theatre professor, Dyanne Durr. The cast of eighteen includes Wes Page, Sandra Griffin, Lori Sammis and Lynette Borrelli.

Nickel and Dimed contains adult language and subject matter. It is not recommended for children. General admission tickets are \$5 and can be purchased at the college's Manzanita Bookstore, 588-5126. Any remaining tickets will be available at the door 30 minutes before each performance.

WHITE

Continued from front page

wasn't doing it for me, I was doing it for her - I didn't want to disappoint her. She was the most patient, kind and loving person I knew."

Williams went on.

"Vicki was like a mother to me," she said. "She kept students in school because she was so calm and subtle to let us experience excelling on our own."

White got to know her students as people. She understood what their lives were like and why they were doing the things they were doing. She didn't pressure them into succeeding right away, she let them find the path to success on their own, making sure her students knew she was always by their side.

"Vicki was a spitfire though and I loved that about her, but what I loved the most was that she accepted me for being one as well," Williams said. "She was a friend as a well as a mentor."

New college librarian has traveled the world

BY DAVID WARD
PANHANDLER STAFF

A new librarian has arrived at Columbia College, bringing with him knowledge and experience that comes from someone who has sailed the globe and lived in Antarctica.

Brian Greene has also brings a positive personality that comes from knowing what he wanted in life and having it.

Greene has worked in four separate libraries, earning a Masters degree in Library and Information Science at North Seattle Community College, the first college he attended. One of the other four was in Antarctica at McMurdo Station where he stayed for two six-month periods in 2001 through 2004.

Before this time Greene circumnavigated the globe on a

ship that stopped in eleven different countries including Vietnam and South Africa, where he studied culture and religion at every port.

Afterwards in spring of 2000 Greene went to Chile to study Spanish at the Universidad Catolico, Valparaiso, taking Spanish spoken classes.

"I'm not fluent in Spanish," Greene said. "But I could hold a conversation."

Greene knew what he wanted early in life and strove for it. Greene took an internship at the North Seattle Library where he worked for 10 hours a week for three months until he became a librarian.

"I knew I wanted to be a librarian in a community college," Greene said. "So what better experience than to actually work inside one."

Experience developed with

multiple jobs involving Greene performing technology services allowing him to work along with students and staff. Antarctica gave him the task of overseeing 20 volunteers and keeping McMurdo Station library functioning.

Greene later became a field coordinator on his last visit to Antarctica where he oversaw safety training, preparation for field events and vehicles for use in field work.

Whale watching, penguin counting, mountain climbing and helping meteorologists work while enjoying life in Antarctica finished Greene's experience.

Seattle was Greene's home for the next two years while he and his wife Mckenzie looked for a quiet place to live.

An Internet search opened the door to Greene's family; his wife

is due in November with a son. Columbia College had an application for a librarian.

"I clicked on the site and the first thing I saw," Greene said, clicking on Columbia's site, "was this library."

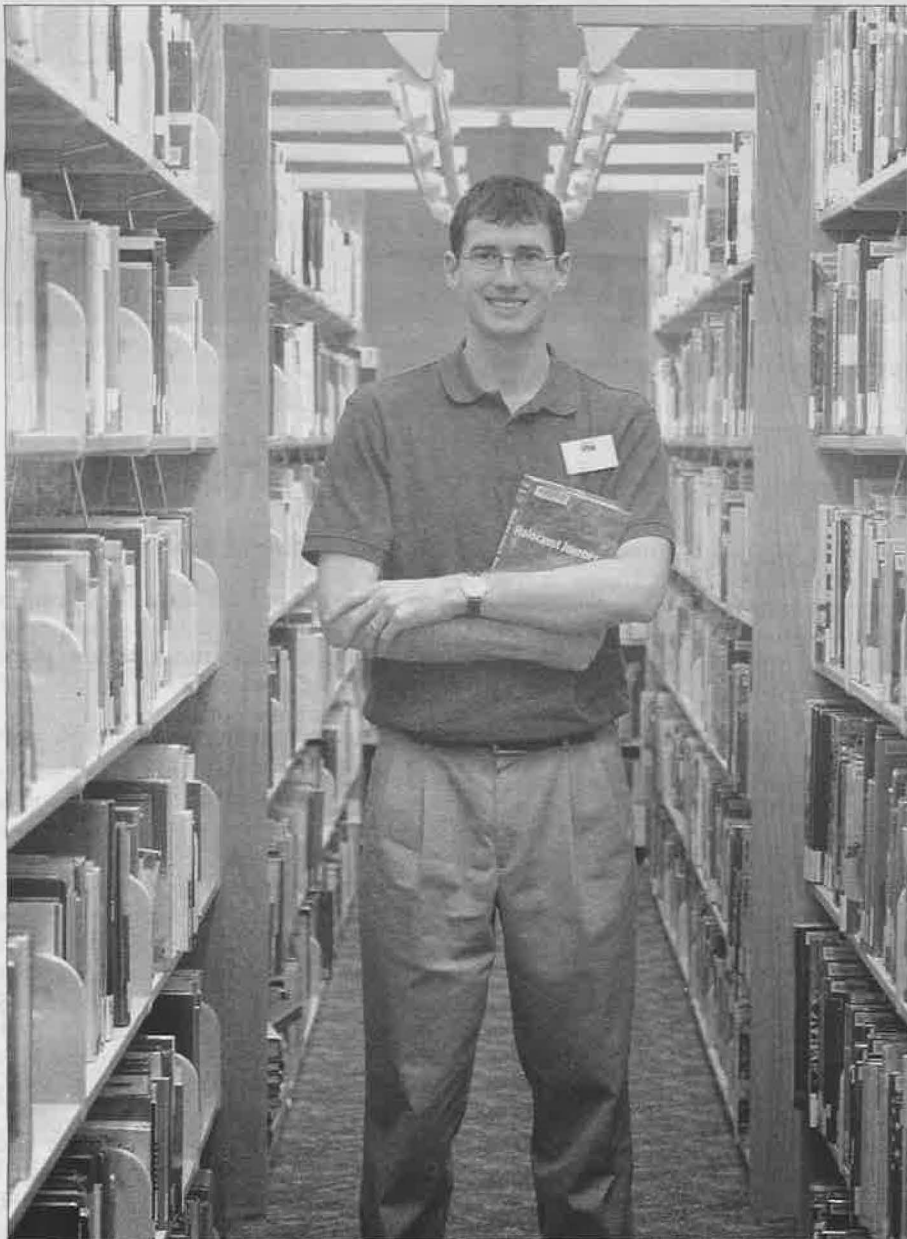
Natural stone walls, wooden frame building in the background with trees and shining pond in front greeted Greene and his wife.

Greene applied immediately.

Before the interview Greene and his wife traveled to Ecuador in July of this year where they swam with giant iguanas and visited every site.

The interview date was set and before they returned home Greene flew to Los Angeles, rented a car and arrived with 10 minutes to spare.

"Here I am," Greene said with a happy smile. "I enjoy working with the students and helping with the production of their classes."



DAVID WARD/PANHANDLER PHOTO

Librarian Brain Greene brings a wealth of knowledge to campus.

What are you smoking?

There are over 4,000 chemicals in cigarette

RECHARGEABLE BATTERIES (cadmium)
PAINT THINNER (toluene)
FLOOR/TOILET CLEANER (ammonia)
LEAD
DDT (insecticides)
MERCURY
GAS CHAMBER POISON (hydrogen cyanide)
NAIL POLISH REMOVER (acetone)
GASOLINE (nitrobenzene, butane)
FORMALDEHYDE
ROCKET FUEL (methanol)

Join other smokers nationwide and give up tobacco for 24 hours in celebration of

**The Great American Smokeout
Thursday, November 16th**

Who knows, maybe this could be the first day of a tobacco-free life!

Stop by the library gallery November 16th between Noon and 4pm for free quit smoking stuff.

The college nurse is a smoking cessation counselor and can help you quit anytime.

Drop by Juniper 2 when you are ready - M/T/W 9-4 or Thursday 11-6.



This material is made possible with funds received from the Tobacco Tax Health Protection Act of 1988 - Prop. 99, through the California Department of Health Services, under Grant No. 05-45721, administered by PHFE Management Solutions.

SPORTS

Basketball looks for successful year

BY ROYAL H. GARRISON IV
PANHANDLER STAFF

After a 10-21 season last year, Columbia College Claim Jumpers Head Coach Nathan Rien and his team are ready to play this season with long awaited talent that are now eligible for play.

Four of Columbia most awaited talented players are off the bench and in the game, among them Joe Carter, the man the team calls "Coach Carter." Carter, a sophomore from Modesto Christian, is a natural team leader with the skills to match.

"I've been waiting for a year to get on the court," Carter said. "This year's team is a better team, more exciting, and I encourage everyone in the community to come out in support the team."

Joining Carter are Dominic Akins, a 6-foot-6 freshman from Stagg High in Stockton and Dieter Ferreria, a 5-foot-10 freshman from Atwater High. They are joined by hometown talent Marcus Cendro, a 5-foot-11 freshman from Sonora High.

"I'm anxious to get out there and go to work," Cendro said. "We have some good potential. We're looking to win games this year."

Also joining the team are three Seattle players from Rainier Beach High School. They are Malcolm Giles, 6-foot-6, Devine Bankhead, 6-foot-7, and Termaine Meneese, 6-foot-6, all freshman.

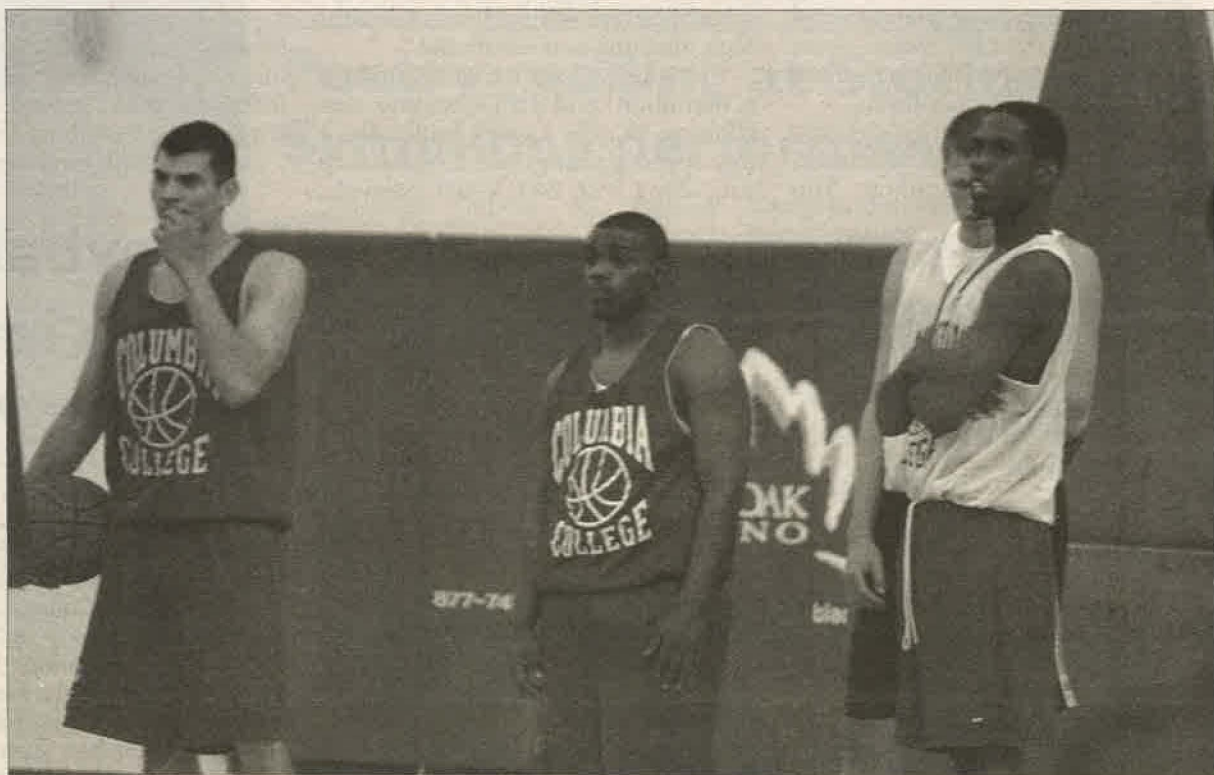
"It's going to be a good season," Meneese said. "I feel like this team is young with a lot of energy combined with talent. We're going to prove a lot of people wrong."

Also on the team are Jess Donnerberg, a freshman from Cheney High in Cheney, Washington; Jon Hammell, a freshman from Sonora High; Blair Cephas, a freshman from Modesto High; Trumaine Young, a freshman from Delhi High; Jimmy Dockett, a freshman from Washington Union High in Fresno; and returning sophomore Ryan Aguilar.

"This is a championship team," Dockett said. "Everybody is on the same page."

The players are working hard.

"What we do, everyday, is get better and better," Rien said.



ROYAL GARRISON/PANHANDLER PHOTO

Ryan Aguilar, Joe Carter and Dominic Akins at practice.

Jessica Self paces XC team

BY ROYAL H. GARRISON IV
PANHANDLER STAFF

With two top five finishes in October, Jessica Self is pacing the Columbia College cross country team and challenging to be one of the top 10 runners in the state.

In an October 7 meet at Crystal Springs, Self ran the 3-mile course in 20:28, finishing 13th out of 82 runners. She followed that up the next weekend with a fifth place finish and a personal best time of 19:54 in a meet at Sierra College.

The next day Self ran a half-marathon in San Luis Obispo, finishing third in her age division, with a time of 1:40.

Self will run in the Northern California Regional Meet in Crystal Springs on November 4, and if she qualifies, the State Meet held in Fresno on November 18.

Other Columbia runners are also showing improvement. John Castaneda, running in his first season,



Jessica Self runs at the Crystal Springs meet.



Ryan Aguilar watches Joe Carter shoot.

See RUNNERS, page 10

Former smoker now runs – marathons

BY ROYAL H. GARRISON IV
PANHANDLER STAFF

Trading habits; smoking for running,

In 1992, Columbia professor Michael Hill gave up his smoking habit for running. Since that decision, Hill has ran in over 100 races – some 10 kilometers, some half marathons and in a dozen or so marathons.

And he decided to set his sights on qualifying for the Boston Marathon, the world's oldest marathon. This

goal would take him nine-and-a-half years to reach, but in 2003, Hill ran the Boston Marathon.

"This is the world series," he said. "Of running, it's the granddaddy of all marathons. There are 17,000 runners running 26 miles, 65,000 fans screaming and yelling. It was a natural high, thrilling and emotional."

It takes a lot of training to run a marathon, and Hill's routine was running 55 mile a week with once a day speed training, one day distance run, along with 2400 x 400 intervals,

cross country training, bicycling, a rowing machine, a stair-step machine plus a round of 20 or so machines in the weight room.

He's not training at this time due to a leg injury, but still runs as much as he can.

"I absolutely plan to run again," he said. "I plan to run for the rest of my life. I had never done a healthy thing in my life until I started running, and it's been the best thing for me since."

In 2002, Hill ran a leg of the torch

ceremony for the Olympic Games. He was selected out of 214,000 nominees.

"It was a total surprise to me," he said. "Apparently 175 to 200 Columbia College students wrote letters stating why I was the professor who should run. I along with 4,700 other nominees were chosen."

He wants that kind of experience for everyone.

"Just pick something healthy and go out and enjoy it," he said.

RUNNERS: All improve



John Castaneda, left, races at Crystal springs.

Continued from page 9

placed 114th out of 148 runners in his first race, at Golden Gate Park. He was 113th at Crystal Springs and 23rd at Sierra College.

Andrew Dorn was 92nd in Golden Gate Park and 18th at Sierra College. Clark Parkan finished 25th at the Sierra College meet.

Amy Chick ran the Golden Gate race in 28:29, finishing 86th out of 92 runners. At Crystal Springs, Chick finished 67th, and in Sierra College she finished 24th with a personal best time of 26:03.

Volleyball team is better, but so is everybody else

BY ROYAL H. GARRISON IV
PANHANDLER STAFF

Despite having one of its most talent teams ever, the Columbia College Lady Jumpers volleyball team is 2-and-8 on the season.

"Columbia College has one of it strongest teams ever," said Head Coach Raelene Juarez. "I anticipated us doing better on the season, but the other teams have also gotten better."

The team has six matches left, including a date against Modesto on November 8, then Reedley on

November 10 and College of the Sequoias at Columbia November 15t.

"We are preparing for the last 6 games in our conference," Juarez said. "If we have our game plan enforced, we should be able to take some of those matches."

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CLAIM
JUMPERS

— Weekly SUDOKU —

Answer

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

— King Crossword —

Answers

Solution time: 25 mins.

Y	E	S		D	A	B	
H	A	L	O		F	I	L
H	I	R	A	M		E	V
R	E	D	L	E	T	T	E
S	S	S		H	O	I	S
			F	O	N	D	
S	H	O	W	Y		F	A
A	P	E	X		M	A	L
S	I	R		F	R	A	I
S	C	A	R	L	E	T	L
	E	L	A	I	N	E	
	D	I	R	T	Y		
	L	T	S			O	D

Columbia instructor wins cooking prize

Jeff Gullotto nabs top chef's award

When you think of iron man contests, images of tough, grueling and physically exhausting athletic events usually come to mind. Well, replace "athletic" with "culinary" and you get the picture of Sysco Corporation's 9th Annual Central California Chef's Culinary Competition, which was held on Oct. 4 at the Fresno Convention Center.

Jeff Gullotto, an adjunct culinary instructor at Columbia College, took first place in the Sysco challenge. Although he participated in the same event in 2001 and again in 2002 with respectable finishes, this was the first time that he outscored all others to receive the award for top honors in culinary achievement.

"I was glad to have been selected as part of the Sysco competition," said Gullotto. "It was an opportunity to compete with some top notch chefs in the area and bring home a prestigious award as a representative of the college."

The competition was part of Sysco's regional exhibit and show, held annually to display the newest products and services from its suppliers and vendors. Headquartered in Houston, the giant Texas corporation is a marketer and distributor of foodservice products throughout the U.S. and Canada with annual sales exceeding \$30.3 billion.

The iron chef competition pitted six of the top rated chefs from Sacramento to Fresno. This year's one-on-one event focused on the preparation of beef and each competitor was allotted 45 minutes to create entrees with one of five cuts of beef. A panel of three judged three competitions in the areas of taste, presentation, sanitary preparation and profitability per dish.

Along with instructing students in the culinary classrooms and lab,



Jeff Gullotto

Gullotto currently carries the title of executive sous chef at the college. Prior to that, he was executive chef at the Pine Mountain Lake Golf and Country Club Restaurant in Groveland.

Gullotto's culinary experience spans more than three decades. Growing up in a large Italian family in Saratoga, he started at age 15 as a dishwasher in a San Jose restaurant. This led to bartending and short-order cooking jobs at local dinner houses. When his father opened DelVecchio's restaurant in San Jose in 1971, he worked as a chef there preparing Italian meals. Gullotto has since been employed as a chef at the Mt. Reba Ski Resort Restaurant and also tried carpentry and leather works for short periods of time.

"My students are as excited as I am about being chosen number one!" he said. "Winning a competition such as this raises the standards and tells students about the high level of education and training that they receive through our college program."



Campus and Community

Poetry reading at Stockton Symphony performances

Michael Duffett, an adjunct professor at Columbia College and San Joaquin Delta College, was selected to read his poem, "Juxtapose" at the Stockton Symphony's Classics III performances on Thursday, Nov. 16 at 8 p.m. and on Saturday, Nov. 18 at 6 p.m. during the opening selection by composer Max Simoncic. The concerts, which will be held in Delta College's Atherton Auditorium, mark the symphony's 80th season and will also be televised on Stockton cable channel 21.

Duffett, who teaches English and humanities at both colleges, also instructs New Testament Greek online at the Graduate Theological

Union in Berkeley and the Episcopal Seminary of the Southwest in Austin, Texas. A native of England, Duffett was educated in Cambridge, and has been an actor, director and college professor on every continent except South America and Antarctica.

Tickets for the performances range from \$15 to \$44 per seat with a 50 percent discount for students and children.

For tickets or information, contact the Stockton Symphony at 951-0196, or online at www.stocktonsymphony.org. Tickets will also be available at the door at each performance.

Baker Station closed for the year

Crews from Columbia College spent three different work days in October shutting down Baker Station for the winter.

Baker Station is the high Sierra learning center 58 miles east of Sonora.

The seasonal maintenance

included cleaning, priming and painting exposed wood, draining the buildings' water lines and water heaters, winterizing toilets with non-toxic anti-freeze, covering doors and windows with plywood and draining the main water line from Kennedy Meadows.



PHOTO COURTESY OF CHUCK CARPENTER

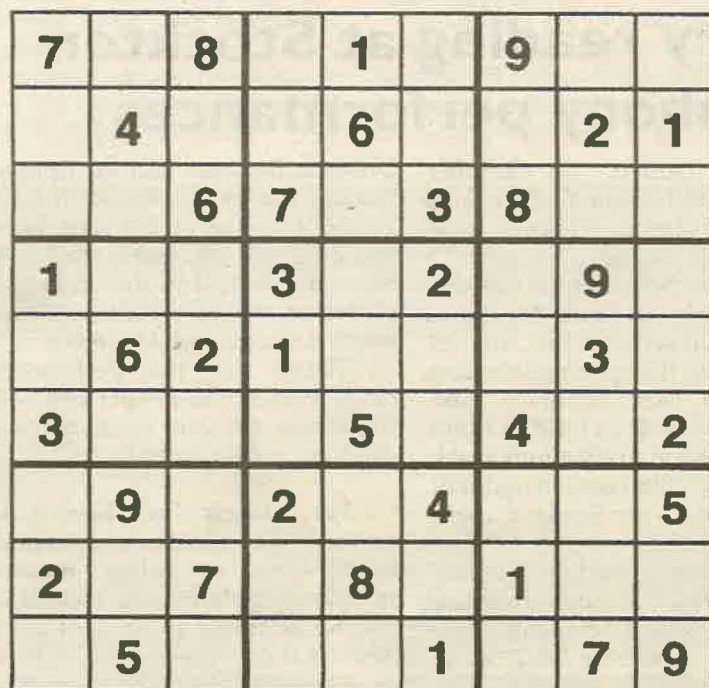
Darin Blume locks one of the building doors at Baker Station.

Campus shuttle service running

The campus shuttle is running again. The shuttle runs a continuous loop from the parking lots through campus in the evening hours, beginning around 5:30 until the last class is over and the last student is off campus. The shuttle, which runs Monday through Thursday, is available to all Columbia College students and is free of charge. It makes a continuous loop through the student parking lots and past all campus buildings, so students can catch the shuttle from wherever they are. The full loop takes 10 to 12 minutes.

PASTIMES

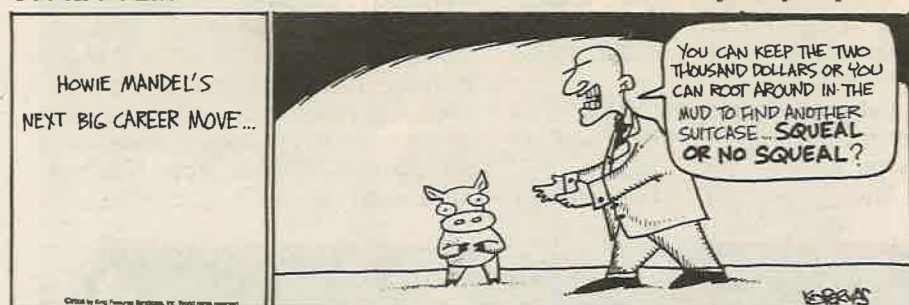
Weekly Sudoku



Answers are on page 10

Out on a Limb

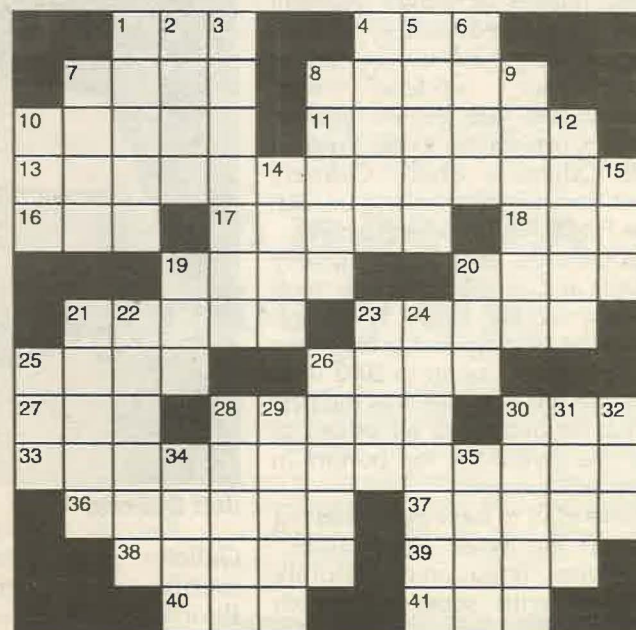
by Gary Kopervas



King Crossword

ACROSS

- 1 "Absolutely"
- 4 Apply lightly
- 7 Head light?
- 8 Hard-drive contents
- 10 U.S. Grant's first name at birth
- 11 Smoothed over
- 13 Times of significance
- 16 Draft agcy.
- 17 Use a block and tackle
- 18 Born
- 19 Loving
- 20 4,840 square yards
- 21 Ostentatious
- 23 Sends quickly
- 25 Pinnacle
- 26 Guy
- 27 Madam's mate
- 28 Weak
- 30 Big bother
- 33 Hester's "A"
- 36 "Seinfeld" role
- 37 Gaggle member
- 38 Obscene
- 39 Hierarchy status
- 40 Army officers (Abbr.)



41 "- to Joy"

DOWN

- 1 Football statistic
- 2 Middle East airline
- 3 Any way you can
- 4 Seedy saloons
- 5 On the qui vive
- 6 Flex
- 7 Wastes no time
- 8 Malodorous
- 9 Rap session?
- 10 Day divs.
- 12 Color workers
- 14 Broadway statuette
- 15 Witness
- 19 TV network
- 20 Lumberjack's need
- 21 Dash
- 22 Miami newspaper
- 23 Need remedial
- 24 Brisk, lively tempo
- 25 Foolish one
- 26 Companion to a Brit
- 28 Coquette
- 29 "Monopoly" payments
- 30 Expiate
- 31 Secretary, for one
- 32 Raw rock
- 34 Racetrack border
- 35 Frog's cousin

Answers are on page 10

On the Street: What is your favorite season and why?



Kristin Capple

Spring. It's when everything is fresh and new and green.



Elliot Escobar

Summer. There is a lot more to do and all of my friends are out of school to hang out with.



Anthony DePage

Fall. For the colors and romance of bundling up in front of the fire.



Samantha Duke

Winter. I think the snow is pretty and I do sledding and snowboarding.