



The Barbary Times

West Hills College North District Center Student Press



Thursday, November 30th 2006

Edition 2

Higher Education Consortium Has New Leader



A consortium made up of the presidents and chancellors of Central Valley's four-year universities and community colleges has elected a new president to follow in the footsteps of founding President John Welty, who heads California State University, Fresno. The Central Valley Higher Education Consortium, which was formed in March of 2000, elected Dr. Frank Gornick, chancellor of West Hills Community College District, as its new president. "By working together," Dr. Gornick said, "our organizations can make far greater strides in increasing the educational attainment levels in our region." One of the most significant accomplishments of the group, Gornick said, is the Guaranteed Transfer Program, which paves the way for students to smoothly transition from the community college system to the University of California, Merced, CSUs, University of the Pacific and Fresno Pacific University. It guarantees admittance for students who complete the outlined coursework with a specified grade point average. Another major accomplishment is a Latino marketing campaign that has developed two television spots in Spanish that are being used regionally to encourage higher education attendance. CVHEC also works with college instructors, program directors and counselors from Bakersfield to Stockton. Major funding for the consortium has come from the James Irvine and Bill and Melinda Gates Foundations. (To see more, go to page 4, see Gornick)



The students and staff at West Hills College NDC Firebaugh Campus would like to thank everyone who participated in this years Halloween Contest! The costumes were great and we all had a ton of fun.

A few great baskets were awarded to-
 Scary- Oskar Casarreal
 Funny-Alison Miller and Helayna Miller-Estrada
 Unique-Nancy Diaz
 Overall winner-Imelda Rivas and daughter
 Honorable mention- Kimberly Holmes,
 Sherry Charles



Do you know what's really happening on campus this month?

Winter Social is a potluck and gift exchange and party!
When? Thursday December the 14th.
Where? Room 26
Time? 11-2

Sign up to participate in our great gift exchange and potluck by signing the exchange list or potluck list in the lobby from December 4th to noon on December the 12th. This let's us know what we will need to get to help the Social go well!

Journalism Club is throwing this event and it is for everyone! Please either come semi-formal or wear your santa hat!



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“Crock Hunter” dies at work

By Sherry

Investigation reveals how Irwin should have a second autopsy to investigate a head injury he sustained before going in to water. He may have been affected by a head injury shortly before shooting his last film. Investigations have also uncovered eyewitness statements that do not appear to match the facts of Irwin’s fatal last minutes. They said Irwin had hit his head and he did not really think anything of it.

He thought it might have been just a little bump, saying it was not serious and that he was always getting banged up and generally just laughed it off. There are several witnesses, but if you were to get them together, there would be twelve different explanations. Officials asked Irwin’s producer if Irwin had pulled the barb from his chest. His first answer was no, but after he had seen the video then he agreed that Irwin had indeed pulled out the barb. The officials did not know if he was covering for his actions.



On October third, a month had passed from the time of Irwin’s death when his wife finally decided to speak. She really did not know where to start her story. Then she spoke about when Irwin, their two children, and she were always together. She mentioned how Irwin taught people to love wild animals. He taught a lot of people how to see wildlife in a different way. He was a terrific husband and an awesome father, always there for his family. He still has a wonderful audience that admires him and loves him for what he has shown us.

Continued from left.

As she was speaking, tears ran down, and she told her daughter they both had to be strong. Irwin’s daughter, Bindi, is going to star in her own show, “Jungle Girl.”

Irwin was proud and had recently talked of how they might just go off and shoot some segments with small animals on the reef. The upshot of Irwin’s death seems to be that even the most careful person can die in one unprepared moment.

Eleven Citizens Volunteer and Complete COP’s Program

By Alison Miller

In association with *The Madera Tribune*

Eleven Madera county citizens have volunteered in Firebaugh’s Citizens On Patrol program, known as COPs. The citizens completed more than 40 hours of training in patrol procedure, first aid, driving, traffic control, and preservation of crime scenes. These citizens will be protecting and patrolling Eastside Acres. The volunteers were honored November 2, 2006 at the Firebaugh middle school in the multi purpose room. Of the new recruits, there were ranchers, retired police officers, and firefighters.

The youngest of the bunch was 18 year old Juan Torres. The group will be patrolling the west side of the county, and this includes the agricultural lands. Thanks to Eppler’s Towing and Firebaugh Chevrolet, the COPs program will patrol in a fully marked Ford pickup truck. We are proud to say that Juan Torres, our fellow student, has completed this great program. Keep up the great work! Thank you to all COPs officers. We greatly appreciate your support in our community.

Why West Hills?

By Yesenia Estrada

Jessica Barrera lives in Brawley, CA. Which is about eight hours away from Firebaugh. Jessica started college at West Hills in the NDC center, about two years ago. She has two daughters one is three years old and the other is four months old. She is currently working at a local Mervyn’s department store. She is taking online courses that are offered by WHC. In order to do her work online Jessica uses the computers at her local library, and counts on the support from her family. “I wouldn’t be able to continue my education if it wasn’t for the support of my husband and family,” says Jessica.

One of the questions that I asked Jessica is “why didn’t you transfer to a community college that was closer to home?” She answered by telling me that, she was given the choice to either transfer to another community college or finish the year at WHC, she chose online courses from WHC because she really likes the instructors and really likes the help that is given by the programs that are offered. She was enrolled in camp and eops, she appreciated the help that was given to her. She was even offered a job as a temp tutor by Mr. Rubio; she really enjoyed working with all the students and staff at NDC. Jessica is majoring in psychology, and hopes to one day become a counselor, in order to help teens with crisis. She will be finishing her sixty units needed to transfer by the end of the spring semester, and is planning to transfer to IVC (Imperial Valley College) to get her Bachelor’s degree. She would like to give special thanks to: Mr. Rubio, Marlese, Rosemary, Sara, and Alicia, for, “always encouraging me to do the best that I can.”



Learning Disorders

By Anthony Baslee

What would you do if you had a hard time with schoolwork? What if you could not read like your friends and the words just seemed to move around? Math problems seemed to be impossible to solve let alone working with them. You try to pay attention in class, but your mind just will not stop wondering off. Would you say that you are just stupid, mentally retarded, or just unable to perform the task at hand? No, you just have a learning disability that makes it harder for you to learn than your fellow peers.

Would you then want to know what a learning disability is? A learning disability is a disorder that affects your learning process. This disorder can affect your speech, reading, writing, and ability to solve mathematical problems. It is usually genetically passed down from your parents or grandparents to you. You should not be surprised that that you have a learning disability, because one in every five Americans have this disability problem.

The signs to look for may seem easy to spot, but are frequently overlooked. There may be a struggle in schoolwork, and you feel that you should be doing a lot better than what you are doing. Reading may be like an endless losing battle that cannot be concord. In writing you may be focused on one idea, but you hand may write something other than what you are thinking. You may have difficulties solving mathematical equations. It may be impossible to keep your notebooks organized and papers in order. Forgetting to do assignments and losing papers constantly is another sign in having a learning disability. Another symptom of having a learning disability could be trouble learning the alphabet and connecting letters to their sounds. These are just a few of the symptoms, which may be signs to someone who may have a learning disability.

There are many types of learning disabilities that scientist have discovered overtime. There is dyslexia in which is a condition were people have trouble in reading and writing. Dyscalculia is conditions were people have trouble in trying to solve mathematical equations. People who have trouble in writing and may not be able to form letters may have a condition called dysgraphia. People who have difficulty's in planning tasks, and who often jumps to conclusions are subject to having a condition called cognitive disorganization. Disinhibition is a condition were people will talk out to themselves, and may laugh at anytime when there is nothing to laugh about. A person who has trouble absorbing information and processing that information may have a condition known as a perceptual problem. A person who has trouble remembering names, numbers, and specific facts that just happened a couple of minutes a go may have some type of a memory problem. There are many other types of learning disabilities; these are just some of them.

One of the first steps in handling a disability is letting your parents and teachers know that you are having problems in doing your schoolwork. There are many different types of test that can help assist you in figuring out which type of learning disability you may have. There are special programs in school that can help students learn to overcome and deal with their disabilities. The task at hand can be broken down into simple steps that can be written down and be given verbally to you. The student can be given more time to complete class work, homework, and to complete tests. Students who have a reading disorder can use special textbooks that are recorded onto tapes. If there maybe a writing disorder the student may use a special programs that are on computers to help assist in writing assignments. You can find the strengths that the individual has and imply them to their learning process.

In all this if you are someone you know may have one of these disabilities seek assistance so that you may overcome your disability. You are not alone in this struggle for learning. The only dumb question is a question that is not asked. So speak up and ask for assistance. The only regret you may have is not asking for any assistance when you needed it.

Editors Note- Learning Disorders are serious and if you think you might be effected by a learning disorder you should ask for help, after all only you know what is hindering your education. Help is always there for you! Please feel free to speak with your teachers for further support or talk to any of the staff here on campus.



Tech's Corner

The Good and Affordable

By Manauri Marquez

Now let's see--I think on this issue's tech corner, I want to cover something new, something almost everybody has or wants: a good music mp3 player. I looked around at all the different possibilities and the many reasons for purchasing them, then focused on just two.

The first reason was the cost because, like you, I want to get the most for my dollar. Then I thought about the amount of storage I want my player to have. Those things in mind, I went hunting for that perfect mp3 player.

First, I went to the well known apple ipod and found that, for all its glory, it really is ridiculous. Who listens to two thousand songs? Plus, it's really expensive, so that is not the perfect mp3 player.

So my quest went on until I came upon the Sandisk Sansa c150. With the capacity of two gigabytes, you can hold up to one thousand songs. The price the cheapest. At 90 dollars, it's more for your dollar.

The c150's physical size is complemented by its convenient buttons. You can control the volume via a rocker switch located on one side of the unit; the other side sports a hold button and built-in microphone. The c150's navigation ring offers access to standard forward, back, and play/pause functions; when you press down you get a context-sensitive menu that offers options linked directly to whatever mode of operation you're in (music, FM radio, voice recording, photos).

The 128-by-64-pixel color display that handles 64,000 colors and shows two lines of text, plus a progress bar, playback mode (in other words, repeat and shuffle), and battery status.

I mostly found the menus easy to navigate, and I loved the on-the-fly playlists—but I wish it were easier to navigate a nested folder structure of music. The c150 ships with Rhapsody for organizing and transferring music to the player; however, since the device is recognized by Windows Explorer, you can also just drag and drop music (and data) directly to the player.

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The unit supports Microsoft's new Media Transfer Protocol—hence its MTP mode. Microsoft designed the drivers to connect and synchronize digital media between portable devices and a PC. In MTP mode, you can drag MP3 and WMA files directly to the Media folder on the player; in Mass Storage Class (MSC) mode, you can copy files directly to the root directory. Overall, I think this player is the best one available.

The Sansdisk Sansa 150c



Gornick: Continued from page 1:

Gornick has served at West Hills since 1994, first as president/superintendent of West Hills College Coalinga and then as chancellor once a second West Hills campus opened in Lemoore. He has also held positions at Bakersfield College and at community colleges in Illinois, Texas and Maryland. A native of Chicago, Dr. Gornick graduated from West Hills in the 1966 and went on to earn bachelors and master's degrees from California State University, Fresno and a doctorate from St. Louis University.

Deep waters can be scary, but that's where the big fish are. If you want the big ones, you've got to venture into the deep, the unknown, where it's often risky and fearful. In life, then, is there any point to lingering in the shallow waters? It's safe, but you'll never catch the big fish. So venture into the deep and cast out a line!



Some of the great businesses that support our newspaper.

Christmastime--wow, it's already here. Do you know how Christmas as we know it began? Well, give me a moment and you soon will.

The Roman Emperor Constantine became a Christian and made use of a pagan celebration that already happened every year--the Feast of Saturnalia. Christians then celebrated the birth of Christ during that time, what we now know as Christmas day. Continued on page 6-



Chicano Theater on Our Own Campus

By Juan Ruvalcava

Have you ever attended a live theatre performance? Our own college district is having one of these performances. Now attending one of these will be much easier, and you may also see your peers and classmates as actors.

The Chicano Theatre class is led by instructor and student dean Mr. Eliseo Gamino. They have been scheduled to perform in the surrounding communities of the West Hills Community College District. The performances will be based on actual events that occur every day in our communities, whether we live in a Chicano community or not. When you watch, you may relate the events to what happens to you or your family every day.

These performances are meant to show the public the hardships endured and goals achieved by people every day in our communities. It is also meant to make people reflect upon the actions of the actors. As well as the audience, the student actors will have the opportunity to grow as actors, learning more about their community's struggles as well as how to deal with the fear of presenting themselves in front of an audience.

They will have the opportunity to play a different character, maybe one which they know little about, and will be able to end the semester with a different perspective on Chicano life.

Accompanying theater performances will be the West Hills College NDC Folklorico dance group, which also works hard to prepare for performances. Each performance by the Chicano Theater group will begin and end with a performance by the Folklorico dancers.

Performances are planned for Firebaugh, Mendota, Avenal, Tranquility, San Joaquin, and Coalinga. If you have the opportunity to attend one of these



A taste of the truth, sugar-coat not included

By Jackelyn Madrigal

So your kid is a little on the hefty side—no wait, I mean “thick side”...or could he or she just be a little big boned? How’s “well-fed” sound? Still sound a little negative? Well, I guess we’ll just settle for the term “fat” or “obese” then. After all, isn’t honesty the best policy?

Well, as you might have guessed by now, this is in fact another one of those articles trying to alert people about obesity. And yes, same reasons, same arguments, and same old blah blah blah...just this time, I’m going to add a little more reality to the mix.

Nearly two thirds of Americans are overweight or obese. If that doesn’t sound too alarming, then how’s this? Statistics show that over the past three decades, obesity in children and teenagers has not doubled, but tripled over the past three decades! It’s been declared that 15% of today’s youth are overweight, while another 15% are at risk.

So what’s this mean? Oh, obese kids are most likely to become obese adults, and whose fault is it going to be? Mommy and Daddy’s of course! And if that still doesn’t open your eyes much, keep this in mind, the diagnosis of Type 2 diabetes has doubled within the past 25 years. Now as I say this, I’m not talking about adults, I’m simply referring to children alone. Now please let’s not forget about the numerous amounts of health problems that diabetes can then contribute to.

So by now, I’m pretty sure you parents out there are wondering “Why am I to blame? I’m only watching out for my kid...” Well, actually no, you’re not. It is in fact true that some people are prone to an increase of weight gain due to their genetic make up. But even then, as Dr. Nuala Byrne said it, “There’s no question that genes predispose some people to gain weight. However, environmental factors combined with our behavior have a much greater effect.” So basically, there is no such excuse. However, unhealthy eating habits have become the new wave throughout the younger generation. Kids and teens of all sizes have begun experimenting with weight loss in a self-destructive way. Often, they diet in an unhealthy manner, fast, binge, skip meals, under eat, and/ or overeat. Studies have shown that such eating habits are also due to cultural, social, psychological, emotional, and spiritual pressures that eventually collide.

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So where am I getting with this? Well, since dieting isn’t all that great (since it usually leads to eating disorders, malnutrition, and/or increased weight gain on the long run) and unhealthy eating habits won’t do much good to ones body, all that’s being asked is for families to think about food and physical activity. We should encourage healthy eating habits, such as what, how much, and how often to eat. If you love your children that much, please consider what problems and pressures they’ll face in the long run. Do you really want your kids to go through all that? Their future is in your hands. Use it wisely. After all, actions speak louder than words, so why not partake in a healthy lifestyle? Be that role model for your kids!

Continued from page 4-

The Roman holiday was centered around the Winter Solstice. Up to the time of the Winter Solstice, the nights lasted longer than the days. Winter Solstice, however, recognized the time when the days began making some headway. In other words, light began to overcome darkness.

The Christians saw their celebration the same way. Christ’s birth meant light began to overtake darkness.

And isn’t that what education is all about? Knowledge is light, and that light always overcomes the darkness of ignorance.

So as you celebrate Christmas this year, don’t forget to celebrate your own education here at WHC. Celebrate the light of knowledge chasing away the darkness it replaces. Merry Christmas!



“Take One... Take Two... and Action!”

By Beatriz Bernal

It's new, it's fun, and it's HERE! There is a new class at NDC, called PA (*Performing Arts*), 23 Chicano Theater. Chicano Theater teaches acting—not in front of cameras, but in front of a live audience! The class began on Wednesday, September 6th, 2006. It is made up of twenty-three students who meet on Wednesday and Friday nights. The instructor of this class is Mr. Gamiño, who is also an instructor and the night Dean at the Coalinga campus. Gamiño is the person who wrote the script and is also the director of the play. Gamiño has previously participated in drama classes in college. He shares that “Theatre played a very important part in my life, and I think it is only fair for others to live through this experience.”

But what do students have to say about the class? “Being in this class has been such a great experience. I think that with the topic of our play we will hit close to home for many people. This is a great class, especially since I love acting so much,” says Susie Gutierrez. Even though it is a fun class, one of the hardest things for these students is to lose their shyness, as Juan Velasquez tells us. “This class is very fun for me because we are able to act and get input from our friends. This helps us not be so embarrassed when we perform in front of an audience.” The students in the Chicano Theatre really enjoy this class.

Not only is this class fun, but just as in other classes there is a lot of learning involved. “I think this class is interesting and also fun. We are learning a lot about the many obstacles and decisions people our age have to make. It's very informative.” comments Juan Ruvalcaba. It is a new experience that will be with them for the rest of their lives. “I didn't know what Chicano Theatre was, but joining this class gave me the opportunity to learn how life really is for many young and even older Chicanos.” The best part of all is that this experience will not only develop students as young actors but also as great individuals. “I will be satisfied if I am able to develop my character in a positive way and learn from it. I hope that by the end of this experience I know what I'm capable of in acting.”

“Life Choices, Careers, and Dreams” is the name of the play that the Chicano Theatre class is now performing. The performances will take place all throughout the valley. They will perform in Tranquillity, Mendota, Lemoore, and Coalinga. Their debut was on Monday, November 20, 2006 at the Firebaugh Middle School at 6:00 pm. Tuesday noon saw them performing at West Hills NDC. Both performances brought down the house. Everyone will be able to attend, and the best part is that there is no cost! The students will give a performance that will relate to many in the audience and will surely be unforgettable to all. So, when you see these young actors, give them a thumbs-up because doing what they're doing takes more than just nerve—it takes determination, responsibility, and most of all, HEART.



From Left Photo: Juan Ruvalcaba, Juan Velasquez., Nubia Valenzuela, and Jose Alvarado practicing their lines during Chicano Theatre. **Center Photo:** The instructor, Mr. Gamiño giving instructions to one of his students, Juan Velasquez. **Right Photo:** Sherry Charles and Oskar Casarreal practicing a scene.

WHC ATHLETIC RANKINGS

West Hills College is pleased to announce the current rankings for our men's basketball and rodeo teams! The rankings are as follows:

Falcon Basketball—*Number One* in Northern California, Number two statewide, as ranked by the Official Statewide Coach's Poll. The Falcons currently have a 6-0 record and last week won the Cuesta Invitational Tournament last week. Next up for the Falcons will be the Moorpark Tournament on November 24th and 25th at Moorpark College. The next home game for the Falcons will be Tuesday, December 12th, against Ventura College. The game will begin at 7pm in the WHC Coalinga Campus gym. Be there for all the action!



Mens Rodeo—*Number one* in the nation, as ranked by the National Intercollegiate Rodeo Association. The Falcons will begin their spring rodeo season in March with the goal of capturing a national championship. Giddyup Falcons!



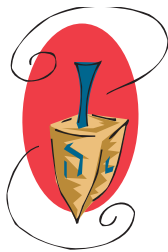


SPECIAL THANKS!!!!

Journalism Club, also known as The Barbary Times Staff, would like to thank students, staff, The Sablan's Office, and the Firebaugh Police and City Hall for supporting us by buying our donuts and goodies. Altogether we raised \$250.00 to support the printing of The Barbary Times.

The Season's Best from-
Editor-Alison Miller-Estrada
Assistant editor/tech-design- Manauri Marquez

Reporters--
Oscar Casarreal
Sherry Charles
Suzie
Beatriz Bernal
Yesinia Estrada



It's always easier to go down the mountain than it is to climb it. But look at all the people down there--is that where you want to be? Now look at the peak--see how few there are? But imagine the view! That's where you want to be--at the top of the mountain. Life is that way. Circumstances, like gravity, will pull you down if you do nothing to ascend the mountain of your goals. So keep climbing, no matter what!

Merry Christmas and Happy New Year!

By Marlese Roton (W.H.C./N.D.C. Director & Counselor)

The holidays are almost here! This is a fun time of the year. It is a time to get together with family & friends. I think it is especially fun for the children. I remember as a child participating in the elementary school programs, the smell of delicious food cooking at grandma's house, baking cookies, receiving that brand new bicycle, and the year that my mom burned our Christmas tree in our fireplace! I warn you to not try this little trick! It nearly burned our house down! As an adult, I mostly enjoy being with family. It is a time to communicate how much we care for each other. We do not have any little ones in our family right now but one day (I am sure) our Christmas celebrations will be even more special. I wish all of you a very Merry Christmas and Happy New Year!

Speaking of the upcoming New Year; our spring semester will begin January 16, 2007! We have a great selection of classes. Below is a listing of some of our newer classes which will be offered here at The North District Center (in Firebaugh).

Art 2A, 4, 5A, 5B (Drawing). This will be the second semester to offer hands a art class! If you get a chance, stop by room 31 and check out the art work on the walls. It was done by this semesters art students. You do not need to be an expert artist. For the transfer student (future teachers or for general education; choose Art 5A).

Bio 38 - #7223 (Microbiology). This is one of the core classes that future nurses need to take. The class meets T/TH 4-6:50 p.m.

Bus 80/81 (Keyboarding): This class is not a newly offered class but we have never offered in the evening. This is a great class for a person who struggles typing letters,

Com 3 - #7256 (Argumentation and Debate). Mr. Wiest will be teaching this critical thinking class. This is the first time that this class has been offered here in Firebaugh. The class meets M/W 4-6:50.

Eng 25 - #7277 (Literary Topics – Fairy Tales). Mr. Skaggs will teach this fun class and you will have opportunity to read some fairy tales. This class is transferable and meets T/TH 10:30-11:50.

FLSpn. 1, 11, 12, 2, & 4: We are offering various levels of Spanish this semester. They are being offered at various times of the day (morning, afternoon, and evening).

IS 2 - #7266: (Career Planning). If you are not sure what career best fits your personality, needs, values, etc; than this is a great class for you. You will also learn how to write cover letters, resumes, thank you letters, and practice interviewing skills. This class meets the last nine weeks of the semester and is on Wednesdays from 10-11:50.

Nut 1 - #7263: (Nutrition). This class is also for future nurses. It meets on Wednesday nights from 7:00 to 10:00.

PE 21 – #7525: (Fitness Laboratory). This class will meet in a regular classroom. It will meet M/W 11:30-12:50. You should be able to fit this class in after one of your morning classes.





Register NOW!!

West Hills College North District Center is enrolling students for Spring 2007 semester.

Classes will begin January 16, 2007.
Late start classes begin in March.

Enrolling is easy as 1..2..3

Have you tried Online Class to fill up on units?

Thank You to all students and staff who participated in Chicano Theater and Folklorico Dancing!!!

www.westhillscollge.com

