

# Humphreys College

## Newsletter

DECEMBER 2013

FALL QUARTER



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## MEET COURT REPORTER TARA A. LOHMAN I STAYED POSITIVE THROUGH THE PROGRAM

**For almost six years, you have been working for the prestigious Oakland agency—Aiken Welch Certified Shorthand Reporters, Inc. Was it hard to find a job after graduation from Humphreys College?**

Aiken Welch Court Reporters' main office is in Oakland with various offices in Northern and Southern California. I found that it was easy to be interviewed and hired. I had interned with various Aiken Welch reporters for the two years leading up to my licensure. Finding a job with a deposition firm is not difficult. However, I found that to book more scheduled jobs depended on my time flexibility and willingness to go to different locations. Being an independent contractor for deposition firms differs from any nine-to-five job: the more open and flexible you are, the more jobs you have available.

### Once hired, how did you cope with the professional demands?

At the beginning of my career, a seasoned reporter advised me to schedule myself for three to four days a week at most. It gave me an open day when I could learn tricks and helpful things to shorten editing time and build my dictionary. Although this advice may contradict my previous answer of always being available, the four-day week still kept me busy. During my first year, that consistent day off not only helped with my dictionary building and editing, but it also contributed to my peace of mind. During the first six months of working, I was required to produce a lot of expedites that I needed to turn in within three days or less, rather than within the typical two-week turnaround. If it were not for that day off each week that I required from my deposition firm, I really do not know how I would have been able to get through so many demands. It is really important to know your limits, your schedule, potential conflicts, and your capability.

### Please describe your current job.

Typically, I am notified of my next job a day before between 4:00 and 5:00 p.m. Depositions usually start at 9:00 a.m., 10:00 a.m. or 1:00 p.m. The job can be local, but I typically stay in the San Francisco or Oakland area. Sometimes, we are asked to travel, at which point it is voluntary. Depositions can range anywhere from one hour to the

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entire day of eight to nine hours. You are looking at writing on your machine up to six hours at the most (this includes lunch, breaks or off-the-record discussions). Once my job has been completed, I go home. If my job has not ended around five, I usually require myself to work on the present job or previous jobs until 5:00 p.m., so I can keep up with my transcripts and the correct turnaround date. Typically, my goal is to edit and get through anywhere from 50 to 100 pages per night depending on how long I have been at the job for the day. Then I turn the finished transcripts into my production department; the billing, productions, and copies are done by the office.

### **What is the most demanding aspect of your daily work?**

There are two categories: physical and mental. The physical aspect is obvious. There is a lot of sitting at a desk with both the on-the-job and transcribing processes. It is important to stretch and walk around during breaks and while off work. The job can be mentally tough for a number of reasons. The content of various topics, including harassment, death or even murder, can be very unpleasant. Sometimes, the reporter has to speak up and not take anything too personally.

### **How do you balance your professional and personal life?**

During my first year, it was a struggle. Generally, it is important to find what works for you. My significant other has a regular work schedule from nine to five. I found that the best routine for me was to work all those hours whether I was physically at a job or at home. As I said before, there are days where the job lasts just an hour. In the past, it would offer me time for appointments, errands or the house care. I could actually enjoy dinner with my loved ones, not work so much on the weekends, and make time for everything else in my life such as painting, socializing, and taking cooking or yoga classes. Although I am busy between nine and five, there are maybe only one to two weekend days per month when I actually need to work. I believe in a balance.

### **What do you do for fun?**

I like to socialize with my family and friends. I have always been a painter at heart and enjoy that escape

at least once a week. I try to travel every year to other countries such as England, Mexico, France, Portugal or the Netherlands or to visit places in the United States – for example, Portland, New York, Denver, and Southern California. My to-do list is pretty long. Last year, I allowed myself to take almost three months off to live in London and travel. I live right at the beach on the Great Highway in San Francisco, so a beach day is never a bad day. I enjoy concerts in the park and at smaller, private, venues that I have found throughout the years. From time to time, my partner and I sign up for cooking classes and try to enjoy other activities that San Francisco and its surroundings offer.

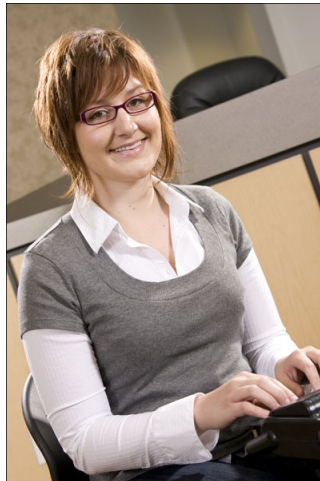
### **In retrospect, how do you see your Humphreys' court reporting training years? Is there anything you would have done differently?**

Humphreys was a great experience for me. From the beginning, I decided that I would throw myself in my studies and make it a positive experience. The bachelor's degree was one that was just starting to be popular; it was important for me to complete it. I also tried to be as involved in the court reporting program as I could. I helped with the theory class. I was always in touch with various instructors and other people involved. I threw myself into

conferences, networked, and interned as much as I could. I do not necessarily think I would have done anything differently besides doing even more interning hours than I did. I interned at places I wanted to work. Try to get a job (even once a week) at a deposition or law firm. The insight could be invaluable. I stayed positive through the court reporting program and knew that there would be a light at the end of the tunnel!

### **Based on your experience, how do you see the court reporting job market and its current trends in our region and nationally?**

I still think there is a lot of work out there. The court reporting field is always changing because of state/ government changes as well as adjustments on lower levels. For a new reporter, the job market is obviously slow, but there is and will be a build up if you work hard. In the past few years, every department



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of courts has been losing officials. This has actually given more work to the deposition firms. We at Aiken Welch have actually hired many of the officials who were laid off in San Francisco and Alameda courts because it is a very busy arena. Now, instead of the state/county paying for the officials, the law firms and attorneys are responsible for paying for the reporters' time as well as scheduling them. Because of this, typically, we are able to charge a higher per diem and page rate for our services. I am now in my sixth year as a reporter. My first two years were probably my slowest as far as the job market conditions. In addition, I was new and was not getting the "best jobs." Now, after I have built a rapport and am flexible with my deposition firm, I am being scheduled for more and better jobs. I am also willing to try new things. For instance, trials can actually become very lucrative because of the time spent, page rates, and bulk of

transcripts. They can also be slow; you only earn your per diem rate. As long as you are flexible, the work is out there and ready for you.

### **What would be your final advice?**

Stay positive! This program is difficult, but it is also extremely rewarding. We are in a field of work that provides a great perspective into life and offers an immense avenue to live whatever lifestyle you wish. Our field will always be challenged with being replaced by other means, but the most important thing is to be a great reporter and provide the best service. I am continuously praised for the work I provide by attorneys and court personnel alike. I look forward to another 20+ years in the field and know that it will be there throughout.

~ Stanislav Perkner

*FROM THE COURT REPORTING DEPARTMENT...*

## **CERTIFIED SHORTHAND REPORTERS CANDIDATES TAKE STATE LICENSURE EXAM**

By Kay Reindl, Chair

Court Reporting students Angela Sinclair and Ashley Whatley qualified as first timers to take the November 15, 2013, Certified Shorthand Reporters (CSR) examination in Sacramento. In addition to completing the A.S. degree in Court Reporting, both passed a state-required qualifying exam in order to be eligible to submit their applications for the exam.



*Angela Sinclair and Ashley Whatley took the CSR exam in Sacramento.*

The qualifying exam is a test dictated at 200 words per minute for 13 minutes with four speakers (to replicate a court setting). The last ten minutes of the dictation must be transcribed with an accuracy rate of 97.5% (50 errors are allowed out of the 2,000 dictated words). Counted within the errors are spelling, punctuation, and proper transcript format. In addition to the dictation exam, there are two written exams which must also be passed, English and Professional Practice and Ethics. Those tests are taken at a testing center.

There were a total of 132 test takers, 48 of whom were first-time candidates at the exam. The results will be published in six weeks.



## COURT REPORTING STUDENTS PARTICIPATE IN SAN JOAQUIN COUNTY SUPERIOR COURT FIRST IMPRESSIONS MOCK TRIAL PROGRAM

Court reporting students Shivanee Sujata and Carrie Kahn had the opportunity to volunteer as court reporters for Judge Kronlund's unique *First Impressions Mock Trial Program for Fifth Graders*. The program introduces children to legal career paths. The students work with attorneys and have the opportunity to present an actual case in court.

**Shivanee Sujata:** *Seeing the 5th graders perform this mock trial was fascinating. When I was in the fifth grade, I did not get this chance. In fact, I did not know what court reporting was. I thought a court reporter was like a news reporter.*

*I was not familiarized with my future profession until it was mentioned by a teacher in my senior year of high school. It's really great that young kids are being exposed to careers they can pursue. I felt very proud to participate as a court reporter. It felt good answering students' questions. Here is one of them: "How do you know what letter is on the key?" I responded, "Court reporting is a specialized career. You go to school and learn what letter is on each of the keys. It's a whole new language."*

*The children were really amazed that a person can write everything that's said and watch it translate into English in realtime. Court reporters' skills are definitely something to boast about. The mock trial was a great experience for me. I felt good to share what we court reporters do and the important role we play in the judicial process.*

~ ~ ~

**Carrie Kahn:** *For the second time, I participated as the court reporter in a mock trial with fifth grade students; the event took place at the Stockton Superior Courthouse with Judge Barbara Kronlund.*



*The children played the roles of the judge, attorneys, bailiff, the defendant, witnesses, and the jury in the case of the murder of a little pig by the big bad wolf. It was cute to watch them get into their roles. It was a great way to learn about possible careers in the legal field.*

*After the trial, the students came up in groups to ask me questions and see how a court reporter can write everything that is being said during trial. They were really interested in how the machine works and how the software can translate steno into English. They all wanted me to write their names on my machine, so they could see what their names looked like in steno. They treated their pieces of paper as precious souvenirs.*

*It was a great learning experience for me as well; I hope I gave someone the dream of becoming a court reporter.*

## STUDENT VOICES EDUCATION ON THE HIGH SEAS

By Candy Newland and Ozena Doughty, Court Reporting Students

**Candy Newland:** *In October, I was lucky enough to attend the Convention of the California Court Reporters Association, which just happened to be on a cruise to Mexico. This brings a smile to my face just thinking about what an amazing time I had as well as being given a great opportunity to learn. The Association has a student sponsorship program, and I was thrilled to be sponsored to attend this event. This is just one of the wonderful benefits it offers to its members.*

*I was excited by convention speakers. Mark Kislingbury is a Guinness World Record in speed writing with a staggering 360wpm recorded. Margie Wakeman Wells is the author of *Court Reporting: Bad Grammar/Good Punctuation*, the definitive work in the field. Both of them are the gurus in court reporting, and I was able to attend their classes. It was an experience one cannot get in a classroom.*

*My motivation skyrocketed after just three short days at that convention. I was able to speak with several court reporters from all over the state. Hearing their experiences on completing school and their ever-so-apparent advice was inspiring. I really hope I will be in their shoes one day and able to motivate students like myself into staying focused and accomplishing their goal.*

*I would recommend every student out there to become a member of a professional court reporting association and attend as many of its events as possible. It's hard to describe in words how motivating it was to be amongst my future peers and hear their kind words of motivation to help me finish the last leg of school. It really made a difference for me. I look forward to the next event.*

**Ozena Doughty:** *When I heard that the 103<sup>rd</sup> Annual Convention of the California Court Reporters Association was being held on a cruise ship, the only words my brain registered were "cruise" and "ship." I had never been on a cruise, and I could easily justify the expense of the cruise as "being a good opportunity to meet others" to myself (and my husband) as to why I had to go. The October convention took place aboard the Carnival® Inspiration for a cruise to Ensenada, Mexico. The convention theme was "Education on the High Seas."*

*While the cruising was fun, the convention exceeded my expectations. I went in with the mindset of "I'm just a student—do I really have a place here?" It didn't take long to get my answer. Every single person I met offered words of encouragement. I was overwhelmed with all of the positive reinforcement these working reporters were offering: Keep it up. Don't quit. If you need anything, please e-mail me. I can't even remember how many people offered advice and their contact information – there were that many.*

*The sessions were full of great information and taught by inspiring people. They too offered their time after the sessions and gave out their contact information if we needed anything.*

*While I came back a student, I didn't come back the same student. I returned empowered with confidence and purpose.*

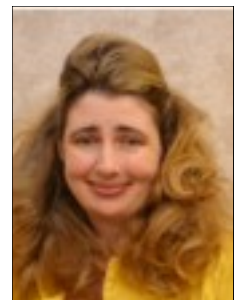


### FROM THE CREDENTIAL PROGRAM...

## NEWS AND ANNOUNCEMENTS

By Donna Roberts, Coordinator

We are eagerly taking on new students to the credential program each quarter. Simply contact the Coordinator, Donna Roberts (209.235.2934) and she can answer any questions regarding the program, set you up with admissions paperwork, and help you begin planning your future. We currently have our first students successfully finishing up the student teaching experience out in the school districts. We have also just finished with two helpful CBEST and CSET preparation workshops to help students meet their state requirements. We hope to be offering them again in the springtime, along with a CPR training.



FROM THE LIBERAL ARTS DEPARTMENT ...

## NEWS AND ANNOUNCEMENTS

By Cynthia S. Becerra, Associate Dean, Chair

After completing an exhaustive search for a science/math professor to replace the retired Dr. Cano, we hired Crystal Hootman from a selection of excellent candidates. With an animated delivery and over five years' college teaching experience, she captured the attention of the hiring committee that included Kay Reindl, Steve Choi, Lisa Kooren, and Cynthia Becerra. With a Master of Science from CSU, Sacramento, and memberships in several important professional organizations—including the National Association of Geoscience Teachers as its vice-president—Professor Hootman will have a positive impact on both our math and science programs.



This academic year we have hired three new adjunct faculty including math instructor Albert Castello, humanities instructor Tara Harlan-Fontanoza, and social science instructor Geoff Hutcheson. All three come with a wealth of experience and knowledge in their respective fields that will add to the academic quality of our program.

### GEOLOGY OF THE MOTHER LODE

The Saturday Physical Science class took its first field trip this November with its first stop at Stillman Magee Park in Clements; the class looked at river terraces, which provided the group with a picture of the geological history of California. The second stop was a sand mine in Ione. There local companies mine sand, clay, and coal. During this stop Professor Hootman introduced the students to how rocks fit into the California geologic history. Stops 3 and 4 were along Sutter Creek-Ione Road studying various types of rock that have built significant formations. Stop 5 highlighted the Knight Foundry in Sutter Creek, which was the first place hydroelectric power was generated in California. Stop 6 was in Volcano at the Chaw'se Indian Grinding State Park. Students examined the grinding stone made of limestone, which added to our state's geological history, and visited the Park's Center. The last stop of the day was in Jackson at the Kennedy Mine Water Wheels. There Professor Hootman discussed the history of gold mining and the purpose of the water wheels. With over six stops and a 20-question handout, the class found the trip not only informative but fun.



The students of CS101, in conjunction with the Humphreys College Academic Council, hope you will join them in giving the homeless of Stockton ...

**Warm Feet  
Sock Drive**

Yes, warm feet is all it takes to make someone smile. Homeless, broke, and getting by one day at a time. For all our problems and pressing needs, most of us can be thankful for having a warm home at night and clean socks in the morning. Such basic necessities make all the difference in getting through the day, and that's all we're asking from you. Not a large donation, not even a full hour of your time, just a pair of thick, warm socks. They're often referred to as "white gold" by those on the street, the means to keep feet warm when there's frost in the air but no shelter to duck into. Won't it be nice to know at the end of the year that in some small way you gave someone the gift of warmth and, if only briefly, the joy of a smile?

Buy a pair (or more) and *drop them by your friendly Humphreys College receptionist, professor, or librarian today.* The socks will be collected together and donated to the St. Mary's Interfaith Dining Room and Community Services in downtown Stockton. Let's make this Christmas the warmest ever!

For more information contact Richard Chabot at 235-2930



FROM THE BUSINESS DEPARTMENT...

## FINDING A COMPANY THAT REALLY VALUES ITS EMPLOYEES—A GEM!

By Jason K. Wolins, Chair

Question Number One: Do you work for a company that truly *values* you and its other employees?

Question Number Two: How do you *know*?

That second question seems as if it is as important as the first. To help you spot companies that truly value employees, Adria Saracino wrote an article, “Finding a Gem: How to spot a company that truly values its employees,” in *The Sacramento Bee*, September 29, 2013, p. G8.



She noted that great company culture comes from good leadership. It includes an environment where employees are free to take creative risks and pursue innovation. Employees tend to be loyal to people and environments, not their employers.

That leaves us with the question of what signs you should look for in trying to find companies where employee happiness is paramount. Saracino noted these:

- ❑ **What? They don't have a vacation policy?** This is an issue of trust. She cited a company, Hubspot, which recognizes that there is more to life than work, and its employees perform better if they are refreshed, relaxed, and happy. One way it accomplishes this: It trusts its employees so much that it offers unlimited vacation time.
- ❑ **They publicize their core values.** Saracino cited a company that is so passionate about its core values that it posts them online. This helps guide the company, and employees can regularly check to remind themselves of the “whys” and “hows” of their work. The company: One that has had *some* success—Google!
- ❑ **They allow you to test them out.** One company, Zappos, even goes to the extent of allowing new hires to “test drive” the firm before officially “signing on.” This sends the message that it knows how important employee satisfaction is to the organization.
- ❑ **The mission statement is clear.** This helps employees understand they are invested in something bigger than themselves.

The author gives this tip: “If a company not only lacks a mission statement but also seems to be obsessed with acquisitions and mergers and cost-cutting measures, it’s probably just interested in maximizing its own profits and won’t be the most inspiring place to work.”

- ❑ **They give their employees ownership.** You will be happiest when you feel like your company trusts you to do your job well and learn.

However, if you are looking for a new job, how can you tell? One way is to gauge it on interview day when you speak to potential managers (and if the company lets you speak to future colleagues).

Another way is to look for an official company policy. Back to Google. Saracino noted it has a “20 percent time” policy which allows time for employees to work on their own projects weekly.

- ❑ **There's low turnover.** The litmus test: If a company cannot retain its people for at least several years, look elsewhere.

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- **They pay you well.** Yes, we all want to be paid well. But would you be surprised if I said Saracino thinks this is a two-edged sword?

Being paid well is good, of course, but here is a however: What if a company pays its employees well, but lacks the items we talked about above? Bad Karma.

And what if you get paid well but the company has insufficient benefits, such as poor maternity leave or no 401(k) plan? This may be an indicator that the firm places its own profits over the welfare of its employees.

The bottom line really is the bottom line. Healthy cultures and happy employees help firms become more profitable.

If you are looking for a new job, these are some flags that tend to indicate a firm may be a *gem* which really values its employees.



FROM THE EARLY CHILDHOOD EDUCATION DEPARTMENT...

## CHOOSE YOUR COURSE: ECE 270 PROFESSIONALISM

By Pam Wood, Chair



This course is recommended for Early Childhood Education students who are nearing completion of their bachelor's degree program. It provides a comprehensive look at the Code of Ethical Conduct, as issued by the National Association for the Education of Young Children, employment opportunities in education, and the laws related to mandated reporting. Topics discussed will include ethical issues, professional growth planning, job search, resumes, interviews, job skills, occupational safety and the California Child Abuse & Neglect Reporting Law. To complete this course successfully, students are required to present their revised professional portfolio in class. Portfolios are to include evidence of meeting each of the five early childhood program learning outcomes.

As students are compiling their professional portfolio, they are given an opportunity to reflect back on their accomplishments and the knowledge they have gained throughout their years at Humphreys College.

Following are some of the comments that students have made after they have completed their portfolio; they are nearing their BA degree in Early Childhood Education.

- △ *The professionalism course has helped me grow professionally, I had to stop and think about my career and my future. Setting short-term and long-term goals have helped me realize what I want to do and achieve in life. I have used all of the information I have learned in the ECE program at work. I enjoy working with young children and the ECE program has equipped me with great tools! AD*
- △ *The ECE program has taken the solid child development knowledge I acquired for my AA and challenged my knowledge of it and how to apply it, while earning my BA degree. It has made me more aware and open to exploring other areas that this field can take me into professionally and other career options. AM*
- △ *I work at a center and use what I have learned every day. I always refer to what I have learned to back up what I teach. In the future, I plan to use what I have learned about child development and apply it to the medical field to make prognoses for ill children. SW*
- △ *The ECE program has made me more aware of diversity in others and learning different views and beliefs; it has taught me to stay true to myself. KM*



FROM THE LAURENCE DRIVON LAW SCHOOL ...

## NEWS AND ANNOUNCEMENTS

By L. Patrick Piggott, Dean

☐ The California State Bar Committee of Bar Examiners accredits the law school. Just like WASC it sends an inspection team periodically. The team was on campus the week of November 6. The Law School can happily report it did well. The exit interview was good. The team especially commended the President and Dean of Administration for their arrangements and for the beautiful facility the law school shares. Dean Piggott and his staff report they also received some excellent ideas on how to improve academic support.

☐ The Bar results from the July Bar examination have been released; the following graduates of Humphreys College Laurence Drivon School of Law passed:

- |                    |                    |
|--------------------|--------------------|
| • Claudia Aceves   | • Harmandeep Kaur  |
| • Ashley Albertoni | • Richard Moths    |
| • Tamran Amaral    | • Vita Palazuelos  |
| • Hong Choi        | • Nicole Parsons   |
| • Zachary Drivon   | • Ryan Roth        |
| • Janell Freeman   | • Rosalinda Ruppel |
| • Tracy Fritch     | • Spencer Sinclair |
| • Dru Hunt         | • Kathy Trosclair  |



☐ Mr. Hong Choi, from Korea, was the first foreign student to complete our program. Both Vita Palazuelos and Harmandeep Kaur were immigrants. Spencer Sinclair is only 22 now. Kathy Trosclair came here from Florida. Nicole Parsons was Nicole Cabral while in law school. Zachary Drivon is the third generation and the eighth member of the Drivon family to graduate from our law school. Janell Freeman is now engaged to our alumnus and instructor Gil Somera. So another diverse and interesting group of people has joined the Bar.

☐ There was a swearing in ceremony at 6 p.m. on Friday, December 6 in the Courtroom.

☐ The law school starts new sections of first-year law students three times a year, in August, November, and February. The November start is now in its fourth week. Included are four previously undergraduate students at Humphreys College: Kaycie Adams, Laurie Diarte, Sophia Sorenson, and Angelica Ornelas. Additionally, Maegan Fulenchek is serving as President of our Student Bar Association.

### WINTER 2014 DATES TO REMEMBER

With the upcoming Winter quarter's first week of classes starting in 2013 and then ending in 2014, we asked for clarification from our Dean of Instruction Bob Humphreys on when classes will meet and when the campus will be closed. Please see below so that you do not miss out on valuable class time or find yourself on campus when everything is closed:

- **December 30, 2013: Campus is open. All classes are as scheduled.**
- **December 31, 2013: Campus is open. Only day classes will meet; night classes will not meet.**
- **January 1, 2014: Campus is closed for the New Year. No classes will meet.**
- **January 2, 2014: Campus is open. All classes are as scheduled.**
- **January 3, 2014: Campus is open. All classes are as scheduled.**

## SCHOLARSHIP AWARD WINNERS

This fall Humphreys College was pleased to award the Humphreys College Scholarships. Many students from all majors, including students from the Master of Arts degree program, provided applications and essays to the Scholarship Committee. Overall, there were many deserving students who provided excellent essays for the committee. It was a difficult decision, and the following students were chosen to receive scholarships this year:

- ◆ *Jonathan Girsh-John R. Humphreys Jr. Memorial Scholarship - \$500*
- ◆ *Candy Newland- Gladys Humphreys Memorial Scholarship - \$500*
- ◆ *Natalie Hibdon- Ardith Harrison Memorial Scholarship - \$500*
- ◆ *Lindsey Powers- Len Sipe Scholarship - \$250*
- ◆ *Brittany Delaney- Bockman Scholarship - \$250*
- ◆ *Kimberley Brooks- Maria Stahl Court Reporting - \$250*
- ◆ *Faculty Scholarships - \$500*
  - ◆ *Juanita Alvarez*
  - ◆ *Jenette Halsted*
  - ◆ *Denise Johnson*
  - ◆ *Samuel Mellor*
  - ◆ *Larry Montgomery*
  - ◆ *Nicole Shaw*
  - ◆ *Diane Thomasson*
  - ◆ *Natasha Wentzel*

Humphreys College is planning to have these scholarships available each year. In order to apply, make sure to check that your Humphreys College email address is active, as important information will be emailed to all students. The scholarship application for the 2014-2015 school year will be made available by August 1st. The deadline for all applications and essays is September 1st. It is important to read all of the requirements for each scholarship, as all students may be eligible for more than one scholarship, and are welcome to apply for as many as they believe they are eligible for. We look forward to reading the essays of next year's candidates and awarding a deserving group of students.

### ACADEMIC COUNCIL EDUCATIONAL EFFECTIVENESS WORKSHOP ...

## PATRICK JOHNSTON ON CALIFORNIA'S WATER DILEMMA

On November 14, Humphreys College was privileged to hear Patrick Johnston, a member of the California Delta Stewardship Council, to share his views of the water issues in California.

The overarching goal is to meet the need for water throughout California despite geographical, demographic, agricultural, and environmental issues. It is not just the quantity of water, but also the quality that is of concern.

Johnston reviewed the historical background of water rights and water appropriations and brought the audience up to date on the conflicting groups involved in the water problem, especially a growing demand and supply discrepancy.



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The co-equal goals of the California Delta Stewardship Council are to

- ◆ Make the water supply more reliable
- ◆ Restore the environment of the Delta
- ◆ Do it in a way that recognizes various Delta constituents
- ◆ Reduce the reliance on the Delta through more conservation and desalination efforts

## FROM THE LIBRARY AND LEARNING CENTER ...

### HOW TO SUCCEED IN COLLEGE SERIES: FALL 2013

- Both New Student Orientation sessions were hosted by *Santa Lopez-Minatre*. During the first one, the students met the Dean of Administration *Wilma Okamoto-Vaughn*, the Chair of the Court



Reporting Department *Kay Reindl*, and the Admission Office Counselor *Julie Walker*. The second session offered an opportunity to see students' college experience as both a challenge and opportunity; it was focusing on the preconditions of academic success.

- *Linda Rahmoller*, *Richard Hunt*, and *Stanislav Perkner* led eight sessions of the regular Writing Clinic. The topics included the database search techniques, APA-style formatting and documentation of college papers, and the writing and formatting of college-level papers. Additionally, *Stanislav Perkner* spoke about the composition of short-essays, especially in the online setting.

- Professor *Barbara Coulibaly* explored the latest scientific results of brain studies. Under the heading "Meet a Young Professional,"

Humphreys' graduate student *Cruzita Whiteley* opened a conversation with *Christina McClimans* on speech language pathology, another topic relevant to all three education programs of Humphreys College.



Christina McClimans

- The final session of the quarter was a Conversation with *Debbie Johnson*, President and CEO of Without Permission, Inc., on the prevention of human trafficking in the Central Valley.

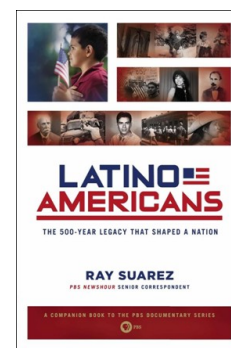


## FROM THE NEW BOOKS IN THE LIBRARY ...

### ON MIGRATION, IMMIGRATION, AND EMIGRATION

- 📖 **Ray Suarez. *Latino Americans: The 500-Year Legacy That Shaped a Nation*. New York: Penguin, 2013**

Broadcast journalist Ray Suarez is the host of *Inside Story* on Al Jazeera America. He was a senior correspondent for PBS *NewsHour* and host of Public Radio International's *America Abroad*. He has also been host of *Talk of the Nation* on NPR and a correspondent for CNN. Suarez is the author of *The Holy Vote: The Politics of Faith in America* and *The Old Neighborhood: What We Lost in the Great Suburban Migration, 1966-1999*.



(Continued on page 12)

(Continued from page 11)

His latest book chronicles the rich history of Latinos, who have helped to shape the American nation and have become, with more than fifty million people, the largest minority in the United States. This book companion to the 2013 PBS miniseries tells how the story of Latino Americans is the story of the United States.

The author explores the lives of Latino American men and women over a five-hundred-year span, encompassing a range of experiences from the early European settlements to Manifest Destiny; the Wild West to the Cold War; the Great Depression to globalization; and the Spanish-American War to the civil rights movement. *Latino Americans* shares the personal struggles and successes of immigrants, poets, soldiers, and many others—individuals who have made an impact on history, as well as those whose extraordinary lives shed light on the times in which they lived.

In November, Suarez introduced his latest book on C-SPAN's *BookTV*; the recording is available here: <http://www.booktv.org/Watch/15105/Latino+Americans+The+500Year+Legacy+That+Shaped+a+Nation.aspx>

📖 **Paul Collier. *Exodus: How Migration is Changing Our World*. New York: Oxford University Press, 2013**

Paul Collier is Professor of Economics and Director of the Center for the Study of African Economies at Oxford University and a former director of Development Research at the World Bank. In addition to the award-winning *The Bottom Billion*, he is the author of *Wars, Guns, and Votes: Democracy in Dangerous Places*.

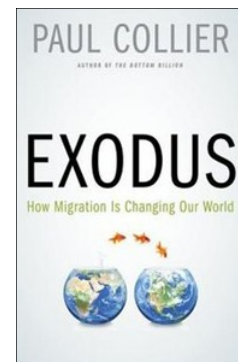
Migration is one of the most pressing and divisive questions of our time—not only in the United States. Who should be allowed to immigrate and who not? What are the arguments for and against limiting the numbers?

In *Exodus*, Paul Collier clearly and concisely lays out the effects of encouraging or restricting migration. Drawing on original research and case studies, he explores this issue from three perspectives:

- ❑ that of the migrants themselves,
- ❑ that of the people they leave behind,
- ❑ that of the host societies.

As Collier shows, immigrants from the poorest countries tend to be the best educated and most ambitious. And while these people often benefit economically by leaving their home countries, they also drain these countries of the skills they so desperately need. In the absence of controls, immigration would accelerate: the poorest nations would face nothing less than a mass exodus. The author argues that ultimately both host and countries of origin may lose their national identities—an outcome that would be disastrous. Migration must be restricted to ensure that it benefits both those countries left behind and those opening their doors.

Immigration is not only a simple economic equation; its effects are complex. *Exodus* confirms how crucial it will be that public policy face and address all of its ramifications. Well-written and documented, *Exodus* offers a provocative analysis of an issue that affects us all.



## MEET YOUR TEACHER ...

**THE IRON MAN AMONG US: CHAD WOOD**

*Here are the scary facts: Each Ironman Triathlon consists of a 2.4-mile swim, a 112-mile bicycle ride, and a 26.2-mile marathon run, all raced without a break. The time limit is 17 hours.... Chad Wood, Adjunct Professor in the Legal Studies Department and a Tracy attorney, finished the triathlon twice. In September, he needed only 16:44:02 hours to complete the Ironman Lake Tahoe race.*

**How did you feel on that Sunday, September 22, at 7:00 a.m., at Kings Beach before stepping into the cold water of Lake Tahoe? As far as I remember, a snowstorm had passed over the Sierra before the race.**

After seeing the snow the night before, I was sure this was a terrible way to celebrate my 40<sup>th</sup> birthday. However, I felt pretty good considering the training I had done. I was still nervous and very cold. When we were finally allowed into the Lake, it felt like a hot tub: the water was warmer than the air.

This was my second Ironman and I felt confident. That is what it takes to finish an Ironman: several months of preparation and a desire to finish. Anyone should be able to accomplish it, but keep in mind the training is like having a second job for several months.

**After the morning swim, you started a bike ride that included the Brockway Summit at a 7,200 foot elevation. You also knew that the mandatory bike cut-off time was 5:30 p.m (8 hours 10 minutes)...**

I had ridden the course before the race and knew the Brockway climb would be tough. However, I did not know that the added climb through Martin's Camp would be just as tough. It took me an hour and half longer to complete the bike ride than I had anticipated. I almost didn't make the bike cut off! It's a beautiful ride. When you reach the peak of Brockway, you have a view of Lake Tahoe and then you ride around the Lake until the Truckee River valley. The ride up the Truckee River is fast. You are riding downhill for 30 minutes. My plan was to consume all of my calories on the bike ride to be prepared for the run. I was able to accomplish it, although the hills took a toll on my legs.

**Immediately after your bike ride, you had to be ready for the marathon. The cut off was midnight and you had to complete it within 6 hours 30 minutes. How did you feel at that moment?**

Scared. I knew I had almost six plus hours to finish, but my legs were like jello! I managed to maintain a good pace for the first seven miles, and then it hit me like a brick. I panicked, thinking there is no way I was going to make it with the time left. I started to run-walk as fast as I as could. I finally calmed myself and came up with a plan. I would run to spots up ahead and walk 30 seconds, then run again. It worked to keep me going. Then I joined up with another racer doing the same thing, and together we pushed through the rest of the race. I was able to finish with about 14 minutes to spare.

**Do you plan to participate in the race again?**

Lake Tahoe? Probably not. Another Ironman? Sure—to mark my 50<sup>th</sup> birthday.



# Poetry Corner

## Featuring Students from LIT 101 & LIT 202

### OUR JETTMAN

*From heaven's arms, a child was born  
To soar God's wondrous skies  
A boy with eyes, like glistening stars  
A smile to warm the heart*

*Lord keep watch o'er our precious Jett  
Keep his journey safe and sound,  
As he grows to be a boy, a man  
Let goodness in him abound*

*With arms of steel, to serve as wings  
Through sometimes rocky skies  
Let him embrace life's ups and downs  
With tenderness and grace*

*Please bless him with courageousness  
When dark clouds should appear  
Bless him also with your wisdom  
To steer a course that's true and clear*

*Bless him with a life that's full  
And let him sometimes cry  
Tears like rain will cleanse his soul  
And make him a better man*

*Most of all, let him love and laugh  
And enjoy life's exciting ride  
Thanks for our gift, our little Jett  
Our blessing from the sky*

~Patricia Coward

### THE PERFECT PRETENDER

*When I find myself in the deepest despair  
I may not be consoled, for there is too much disorder  
I sit alone without moving a single hair,  
How did I come to build such a wall out of mortar?*

*I drown in the silence,  
For I am alone and alone I must be,  
I hear a knock at the door, a quiet "Your Highness?"  
The perfect face, the perfect life I must resemble.*

*My smile hides the lies  
My people will never be aware  
How I wish to be a bird who flies  
Life will never compare*

*For I am the perfect pretender  
My heart, my mind shall never surrender.*

~Deanna Stein

### ENJOY THE LITTLE THINGS

*Take time and enjoy the little things  
Too many people experience life too fast  
Missing opportunities and acting like Kings  
Who knows which breath will be your last*

*Being too focused on training  
One can miss the hours  
That fly by too fast straining  
The time one has to smell the flowers*

*But when you can appreciate time  
No matter your surrounding  
You will be able to climb  
And find firm grounding.*

*If you take time and enjoy the little things  
Your happiness will be the one that sings*

~ Scott Campbell

Continued from page 14

## Poetry Corner

### "LINDEN"

*We came here for a better life,  
But I feel we don't belong;  
My dad came for his wife,  
They look at me like it's so wrong.  
The South is where you'd think us to be:  
Burning me with that stare,  
Inside they are killing me,  
Holes in my skull with that glare.  
The people expect me to dribble or run,  
But I am just black sheep;  
I just wanted to have some fun,  
Instead I sit alone and weep.  
Though no words said,  
I know they all wish me dead*

~ Katie Withers

### "LINDEN"

*The lawns all perfect, the fences all white,  
The people all smile;  
Too small for a stop light,  
For it's only a mile.  
They all will lend a helping hand;  
The town comes for every game,  
And sings along with the marching band,  
While every person knows your name.  
A tab is at the store;  
Acres of beautiful crop,  
So perfect it's almost a bore;  
We all have time to stare and stop.  
We live in a perfect dome,  
But there is plenty of room to roam.*

~ Katie Withers

## Happy Holidays

*You are invited to our Annual Christmas Buffet Luncheon*



*Thursday, December 12 at Noon  
Stockton Campus*



*There will be raffle tickets sold for holiday baskets.  
Best wishes for a wonderful  
holiday season!*

## COMMUNITY HIGHLIGHTS

- **Lynn Fochs**, an accounting graduate from Humphreys College took her major loves—cooking and working with people—and combined them with her skills obtained from Humphreys and opened a Kitchen and Home Store on the Miracle Mile.

Stop by and check out her store. The store—**Home Thyme**—is located at 2111 Pacific Avenue, Stockton, CA 95204, 209-451-3986. The website is [HomeThymeontheMile.com](http://HomeThymeontheMile.com). Watch her website for interesting blogs, recipes, contests, and cooking class schedules.



- Currently 1.5 years into her Doctoral Program in Educational Leadership with an emphasis in College Administration at CSU Stanislaus, Humphreys Credential Coordinator **Donna Roberts** passed her Written Qualifying Exams (WQEs) with flying colors. Consisting of a 20-page research paper, the exam must be completed in 72 hours once the questions are released to the candidate. Unlike most doctoral students who have multiple revisions needed to pass this part of the program, Professor Roberts did it the first time with no revisions needed. Her research topic is supporting graduate-level success for students, including second-language learners. She is looking through the lenses of transformative learning, the role of mentoring, and critical multicultural education in a mixed methods study.
- Alumna **Britt Nunes** is now a published author with her book *Etched* (2013). Issued by Martin Sisters Publishing, the futuristic novel features a young teenage girl with a mysterious etching on her arm. Already at work on two sequels to the book, Ms. Nunes has been a featured author at the Great Valley Bookfest in Manteca.



*Humphreys*  
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