

★ NEWS ★

## Dr. Gandy participates in breast cancer foundation marathon

POPLARVILLE - Dr. Barbara Gandy, Director of Recruitment and Orientation at PRCC, participated in The Susan G. Komen Breast Cancer Foundation 3-Day 60-mile marathon in San Diego, Calif. in October.

Joining her was Cheryl Pittman Carlton, a Columbia native and graduate of Columbia Academy.

"Over the course of three days, we walked 60-plus miles with 4,200 participants and raised more than \$10.5 million for breast cancer research," said Gandy.

"Each participant was required to raise \$2,100. This was held in 12 cities across the U.S., and San Diego was the largest in the event's history."

The following is Gandy's account of the event:

Day 1 - It all started with Opening Ceremonies at the Del Mar Fairgrounds for the biggest 3-Day event of the season. I spent a large part of the 21-mile day walking along the ocean. Torrey Pines State Park served as a backdrop, where we rested a little before tackling the huge mountain. At this point, I was 4.5 miles into this. And I still have 15.5 miles to go today and two more days after

this.

Lunch was at the half-way point on the beach in La Jolla's Kellogg Park, which was beautiful, and later in the day we walked along the boardwalk at Pacific Beach. After a painful 22 miles, we entered camp grounds at Crown Point Shores in Mission Bay Park.

This was a beautiful spot on the waterfront. During dinner each night was a program where walkers were asked to speak, and I was one of the lucky four. I spoke about what Mississippi is like since Katrina.

Day 2 - We left the camp grounds at 6:45 a.m., after breakfast and a visit to the medical tent for mole skin to cover my blistering feet and Ben Gay for the shin splints, and started on the 20.6 mile journey for the day. After a mile or two, I started to feel like I had overcome the worse, and I can do this.

The scenery gave us even greater ocean views. The route stopped at Fanuel Street Park on the bay before continuing on to Belmont Park and the roller coaster at Mission Beach, where Miss California stopped in for photos. Lunch was at Robb Field in Ocean

Beach.

Later in the day, I passed a surfing competition at Ocean Beach and dog beach. The killer for the day was walking up a street named Hill Street. The route entered the camp at Crown Point Shores - Mission Bay Park.

Day 3 - We packed our tents and gear and headed out for the last day. The 16.6-mile day started by walking around Mission Bay, and I caught a glimpse of the camp in the distance - then we headed inland.

We walked through Old Town then up another steep hill. After 15.6 miles they stopped you at a holding area in Balboa Park. During this time, we were given blue or white shirts, breast cancer survivors got pink, and all 4,200 walkers walked the final mile - on the El Prado Bridge, past the Old Globe Theatre, the Organ Pavilion, several museums, and into an emotional closing ceremony. With the walking in the campgrounds and to the hundreds of visits to the porta potties, I walked more than 65 miles.

The three days were emotional and extremely rewarding, and now that the pain has worn off, yes, I would do it again.



Students in Career & Technical Education Programs recently had the opportunity to learn how to "Dress for Success" at a workshop sponsored by Tech Prep. Linda Montgomery, an expert on etiquette certified by the Protocol School of Washington, gave common-sense advice to students on how to dress properly at work and for interviews. Pictured above is Jo Ann Eure, instructor of Business Technology (left), helping Montgomery display the proper attire. Below, Montgomery (left) gives Medical Billing & Coding student Nikki Jones of Hattiesburg some advice on dressing for an interview.



Dr. Barbara Gandy, (right) Director of Recruitment and Orientation at PRCC, and Cheryl Pittman Carlton, a Columbia native, participated in the Susan G. Komen Breast Cancer Foundation 3-Day 60-mile marathon in California.

## Bookstore Christmas celebration



Staff at the PRCC Bookstore/Gift Shop posed for a picture last week moments before guests started arriving for the store's annual open house. The staff serves treats as guests eat and take advantage of a 10-percent off sale on everything in the store. The store is open until December 20, so stop by to purchase last-minute gifts for your PRCC fans. Pictured, from left, are Steve Herndon, Elaine Seals, Sylvia Lord, Mollie Williams, Peggy Fairchild, Frances Rawls, and Janice Tyner.



Martha Willoughby, Humanities Department Chair and English Instructor, peruses the selection of treats offered during the Bookstore/Gift Shop's open house.



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