

HIGHLAND HERALD

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McLennan Community College, 1400 College Drive, Waco, Texas 76708

April 8, 1997



Coach Paul Miller picks line-up for doubleheader against Brookhaven.

See 'WINNING STREAK', page 4

Did you know...

...the college has over 850 computers, 508, in labs?
...a small cave lies under the Library?

NEWS BRIEFS

Minority Job Expo visit Friday

The college's career development department plans to take a van of students to the National Minority Job Expo Friday at Southwest Texas State University in San Marcos. The Expo will also be held Thursday, but students need to arrange their own transportation that day. Admission to the Expo and transportation on the van is free, but students are responsible for paying for their own meals. Students are encouraged to bring a one-page resume, and they should also bring with them a 3.5-inch formatted disk. Deadline for signing up for the trip is Thursday by 6 p.m. at the career development office, ground floor of the Student Center.

Trips to university campuses planned

The van trip for students to look at Tarleton University has been rescheduled for Friday by student services. The trip is free, all the student needs to provide is lunch money and any spending money for the bookstore if desired. Any interested students should contact Katherine Calucci's office, 299-8494, to reserve a place on the van. Also, student services will be taking a group of students to the University of Mary Hardin-Baylor on April 25, so students should make reservations for that trip also. Both trips will leave the campus at 8 a.m. and return about by 5 p.m. Groups leave from the second floor of the Student Center.

Bonfire for college students coming

A bonfire will be held April 17 at 6 p.m. next to the MCC baseball field. There will be fellowship, fun and games, prizes and music. All collegiate students are invited, including those from MCC, Baylor and TSTC. The event is sponsored by the Baptist Student Ministries.

Changes posted for coming courses

Additions, deletions and changes have been noted about coming courses for which students are registering.

• Students who are looking to get their TASP reading development program out the way may want to consider the READ 0302 course to be taught in a minimester between the spring and summer sessions.

• Also planned during the minimester is an 11-day English 0301.30 course for remediation requirements. The latter course will be 8:30-12:40 for the class and 1:15-2:45 for lab M-F beginning May 12.

• Additional ENGL 0111 courses have been added to both summer sessions. In summer I control number 0374 taught by Wanda Sudbury will be Monday and Wednesday from 2-3:30 p.m. and number 0375 will be taught by Betty Smith Tuesdays from 7-9 p.m. Summer II will have control number 0158 taught by Gail Patton M and W from 2-3:30 p.m.

• LEA 1100.5 for summer II has been changed from Tuesday to Thursday.

INVESTMENT closet, opportunity for giving

The Single Parent and displaced Homemakers Program, with the assistance of Career Development, is giving another opportunity to students in the way of fashion. The project, INVESTMENT in success is providing free clothes appropriate for interview to graduating single parents/displaced homemakers/financially needy students. Donation for the INVESTMENT closet that include seasonal, clean, stylish clothes. Shoes, purses and accessories that are in good condition. If you have any questions or would like to make a donation please call Vickie Hampton-Mitzel at #8428, Susan Martindale at #8414 or Marylea Henderson at #8451.

Trustees chairman undergoes heart surgery

Last Monday MCC Board of Trustees Chairman Don Hay underwent heart bypass surgery at Providence Hospital in Waco. Hay was experiencing angina pain that week, but did not suffer from a heart attack. Surgery was successful, but for procedure purposes Hay did have to be admitted into intensive care for two to three days. Hay was released this past weekend. He is now resting and recuperating from his surgery at home and doing well. His wife, Beverly, and his family appreciate your thoughts and prayers during this time.

Wiley students 'shadow' instructors today

Today the college hosts students from Wiley Middle School, which is a campus Adopt-a-School, as part of the "Shadowing" program.

"Shadowing" is a program which allows Wiley Middle School students to join campus instructors and students in the classrooms to observe what is involved in course at college level. Approximately ten instructors and department heads have volunteered to participate in this program.

Job hunting, victim awareness workshops

The spring semester will be finished off with four helpful PASS workshops. The upcoming workshop is "Castles in the Air." It deals with setting goals and will take place Apr. 8 and 9. On Apr. 15 and 16, the workshop topic will be "Landing a Great Job." In conjunction with Victim Awareness Week, the workshop "Crime, Victimization, Coping with Trauma, and Helping Those who are Suffering" will be presented Apr. 23 and 24. The Apr. 30 and May 1 workshops will provide students with "Everything You Need to Know About Transferring." All PASS workshops are held in HPE 101 at 10:15 a.m. on Wednesdays and 4 p.m. on Thursdays.

Family Fun Fest

Event will mix fun and learning opportunities at MCC

By TARA GROVER
MCC will be host to this first Family Fun Fest from 10 a.m. to 3 p.m. on Saturday, April 19. This event is to inform the community about the process of higher education in a fun way, and also to premiere the summer Kids College Program.

Family Fun Fest is geared toward high school seniors, parents and children from age 5-12. For those interested in attending college, financial assistance and admission specialists will be available to answer questions. Current students are invited to come out and participate in the activities. Some of the entertainment includes a country-western band and demonstrations of ballroom dancing and belly dancing. As a free introduction to the continuing education department, MCC students and other adults may sample the non-credit course, Country-Western

Line Dancing. Free seminars will be also presented. Children will be able to participate in Kids College courses such as Computer Fun, Arts & Crafts, Clay Creations and Volleyball. Daycare is offered for children 2-5 years of age. Free lunch and refreshments will be offered. The pool will be open all day for free swimming. For more information about continuing education and Kids College, call Mary Darden at 299-8784. For more information about college admissions and seminars, call Teresa Duron at 299-8622.

College issues awards

Departments will recognize outstanding students in upcoming Awards assembly

By WILL PARTIN
On Wednesday April 16 MCC will have its Annual Awards Assembly. The assembly will be located in the Lecture Hall and will start at 1:30 p.m. It is the one time out of the

year that MCC students can be rewarded for their outstanding academic and extra-curricular achievement. Each academic department and club on campus will have an outstanding student or member

for recognition. Special groups will also be recognized including Tartan Scholars, Phi Theta Kappa, the Texas All-State Academic Team, and Who's Who Among Students in American Junior Colleges. Psi Beta, the society that recognizes outstanding students in psychology, will hold its initiation at the assembly (see related story.) Students, family and friends are invited to attend.

Careers can be a 'quick find'

By PATRICK M. WALKER
Students who have decided on a major but not a transfer school now have access to computer software in Career Development Services that is designed to help search for that perfect match. The department has had the software, called Peterson's College Quick Find, for approximately a month, said Susan Martindale, a counseling and guidance specialist for CDS. "I think this will be really helpful to students," Martindale said. "But not too many of them know about it yet." To use the program, a student will begin by entering his or her name and then choosing from among several options. Students who already have decided on a major and simply want to know what schools offer degrees in that field can choose from national or regional searches. Students also can narrow the search to a specific state.

Once the user has found the selection of schools available for the choices made, he or she may look at a wide variety of hard data from each one, such as enrollment, housing availability and a breakdown of majors. Other options in the software allow students to search for schools by region or state and by cost instead of by majors offered. Martindale said CDS also has college catalogs and degree plans from schools around the country, so students can start planning their transfer as soon as they've picked a school. "We try to have as much information for students as possible," she said. "We order new catalogs every year, and can update the software to make it current." Another counselor in the department, Kathy Calucci, sets

up campus tours of four-year schools. The next tour is scheduled for April 25 when interested students may visit the University of Mary Hardin-Baylor in Belton. "These trips are beneficial because schools set aside time to talk to our students," Calucci said. "Their admissions and financial aid representatives will talk to us, as well as any other representatives they might send. So it's not the same as just showing up and taking a tour." Calucci said she is thinking about sponsoring an overnight trip to San Antonio next semester, where students would be able to visit several schools within the area. She said 10-15 students would have to show strong interest before the trip could be scheduled. Students can call Calucci at 299-8494 or Martindale at 299-8414 for more information.

BALMOS: 16 years of service to chorus

Balmos steps down as director of Waco Civic Chorus

By JANICE N. TURNER
Dr. Donald Balmos has directed the Waco Civic Chorus for the last time. Balmos, who has held numerous positions with the Civic Chorus, stepped down as director following the Mar. 25 performance. He led the group in a rendition of Handel's "Messiah" before being presented with a song written in his honor. Entitled "Let All the World in Every Corner Sing," it was composed by Dr. Robert Young, a retired Baylor professor and a former instructor of Balmos. In addition to the song, Balmos received another surprise from the group. "They also gave me a trip to New York City, which my wife and I will take this summer," said Balmos. Though his time with the Waco Civic Chorus has drawn to a close, Balmos still plays an important part here on campus. He was originally hired as director of the MCC Chorale, which he has been with for 20 years, and has since moved up to the position of Director of Fine Arts. On Apr. 28, Balmos and the MCC Chorale will appear in concert with the MCC Band. The Chorale plans to perform a variety of folk songs and spirituals.

Well-known musician, conductor takes a break

By HELENMARIE DELEON
Donald Balmos, director of the fine arts department, was honored for 16 years of service to the Waco Civic Chorus at his last concert on March 25. He was honored first with a proclamation from the City of Waco signed by the mayor designating March 25 as Donald Balmos day. "I didn't get the day off though," he joked. From the Waco Civic Chorus, he received a three day trip for two to New York City for travel and lodging. He also received tickets to two shows of his choosing. When asked what shows he plans to see he said, "I'm trying to figure out when I have time to go." The third way he was honored was with a special song written by Robert Young for this event and sung to him by the chorus. The lyrics are well-known words by George Herbert (1833-1833). The song was sung after Balmos conducted the chorus in "The Messiah" by Handel. The name of the song was "Let all the World in Every Corner Sing" and it was conducted by Robert Young. It is particularly appropriate that Young would write and conduct a piece to honor Balmos since he was involved in the chorus' inception with Balmos. It is also appropriate that Balmos would lead the chorus in "The Messiah" since the beginnings of the chorus started with a community sing-a-long of "The Messiah." The history of the Waco Civic Chorus is interesting. In Balmos' first three or four years at MCC he worked to bring in people from the community to the school's chorus. Then he received a call from a group of people who had the vision of doing a sing-a-long ("The Messiah"). A sing-a-long is when the audience is invited to sing in a professional setting, with a

professional conductor and professional orchestra. "Out of that was formed the Waco Civic Chorus," said Balmos. "I was on the founding board. That group formed from a broad base of community people who wanted to see something musical in the community." Formed by non-professionals makes this group unique. Young conducted the group for about the first three years while Balmos served as board member, president and sang in the group. Young was an instructor at Baylor University for many years but is now retired. He still writes music for youth groups. Early on, an agreement between the college and the chorus allowed the chorus to work through the college, explained Balmos. "This way the tuition and financial support for the group was taken care of through the college." Taking a break from the chorus, Balmos said, was kind of like when he took a sabbatical to work on his doctorate for a semester. "I needed a break also from all the behind the scenes work that doesn't have much to do with making music. The organizational structure of the chorus is changing. I hope to see more broad ownership of the group," he said. "I've had a vision of a musical umbrella. In athletics, football, baseball, tennis and basketball — all support each other instead of competing. In the arts, there is a lot of competition for the arts dollar. I believe the arts in Waco can be more unified." It makes sense that the arts should be unified. Since many of the different disciplines complement each other. Theater needs the use of musicians. Singers need the back-up of an orchestra. Great art work fits in quite nicely in the lobbies of theaters where drama productions and concerts are held. Of course one of the reasons for the competition is because in Waco, many choices are available for the public to enjoy the arts. "There are many performances at Baylor." (Continued on page 8)



HIGHLANDER ANTHONY HENSLEY slides safe into third in a doubleheader sweep of Brookhaven.

Registration begins

By JANICE N. TURNER
Registration is underway for the 1997 summer and fall semesters and students have three ways to get it done. Telephone registration, which began Mar. 24, allows students to phone in their course choices. Those who were enrolled in fall 1996 or spring 1997 and have passed all three sections of the Texas Academic Skills Program Test, or TASP, and have completed one semester hour of college-level work at MCC with a grade point average of 2.0 are eligible and should receive their personal identification number through the mail. If you are eligible and have not received one, the number can be picked up at Student Admissions. The process for telephone registration is easy. The first step is to fill out a sample schedule form. Once that is done, the telephone registration system can be accessed by calling 299-8734. The system will deliver a series of prompts to let you know when to

enter information. When that is completed, press 6 to save your schedule and to receive your tuition and fee total. That's not the end, though. Tuition and fees must be paid by May 9 for the first summer session, June 30 for the second summer session, and August 11 for fall. Another way to get into your classes is through express registration. Students first need to (Continued page 4)

Student reports mugging

By MICHAEL DURMON
Wednesday, March 26, at noon, a mugging of an MCC student was reported to the campus police. "The student was getting out of her car when a man, who had been standing between nearby cars, approached her and asked for her purse," Police Chief Larry Radke said. "According to the student, when she said she didn't have her purse, the man reportedly slapped her in the face and demanded her ring and then reached up and snatched her ear rings off. The man then walked away, but the student did not know which direction." "The incident was reported to have taken place on parking lot G," Radke said, pointing to it on a campus map. "She was parked on the backside of the lot against the tree line." Parking lot G is the small lot located behind Health Careers and the Faculty Office building. "After the incident, the student said she went to the Health Careers Building to look for help, but could not find anyone," Radke said. "She then went to the Faculty Office Building where the incident was first reported." Though several faculty members recalled the student reporting the incident, none would comment or elaborate on the incident, other than the student had been there. "There were no witnesses." "Though the student was emotionally upset and visibly shaken, no injuries were apparent," Radke said. The student's husband was called, and he came and picked her up. The suspect used no weapon in the assault and robbery. The only description lists the suspect as a Hispanic male, 5-foot-8 inches tall and in his mid-20s. He was wearing a brown T-shirt.

Banquet to honor employees

By HELENMARIE DELEON

Seventy-one employees will be honored at the 22nd annual service awards banquet titled "Symphony of Service."

This is one of two annual events that involves the entire faculty and staff.

Those who have been employed by the college for multiples of five years will receive special recognition and an award.

Randy Schormann and Fay Gutierrez are co-chairs organizing the event.

This is not a black-tie event but it is a dress-up affair. Because the event is such a special occasion, Schormann explained, "the dress is not formal but we are asking that those attending wear their Sunday best."

A coat and tie for men and a nice dress for women is considered appropriate dress.

Al Pollard, Dean of Technical Education, and Jack Schneider, Dean of Arts and Sciences, will be co-masters of ceremonies for the evening.

This awards ceremony is unique in that it includes all full-time campus employees, both instructors and support staff.

That includes everyone from secretaries to custodial and people in every department.

"If recipients choose, they can designate the financial equivalence of their award to be given to the MCC Foundation," Schormann said.

Jane Gamez Vargas, direc-

tor of the library, opted to donate her award.

"Instead of the double pen set, I decided to give the financial equivalence to the library endowment fund," Gamez said.

About the college she went on to say, "It's been really nice being here for ten years — nice people and a beautiful campus. I have enjoyed it."

Last year was the first year 30-year awards were given. Many of those recipients were charter members of the college.

This year seven will receive 30-year awards — James C. Burroughs, Wayne V. Duncan, Robert D. Ford, William R. Haskett, Betty James, Evelyn E. Pratkanis and Doris J. Stevens.

These recipients have been at the college almost as long as MCC has been in existence.

In order to honor their years of service, they are receiving a travel voucher.

The 25-year recipients are Ann Harrell, Donald L. Hurst, Janice Roberson and Frank D. Taylor.

They will receive their choice of either a polished lacquer finish chair with cherry wood arms and a gold MCC seal on the back or a diamond added to the 14 K gold Highlander pendant or lapel pin received at the 15-year ceremony.

Twenty-year recipients include Donald C. Balms, Charles W. (Bill) Bane, Mary E. Bass, Donna S. Bringham, Gladys W. Hammic, Dave Keel, Charles Redrick, Micheala Reyes, Jamie Stanford and Judith Walsh. They will receive a watch with the

Highlander logo engraved on its face.

The 15-year recipients are Hugh E. Belger, Cheryl D. Bohde, Bill Howard, Johnny Kasner, Sharon Kenan, Jean Phillips, Carmen Shaw, Cindy SoRelle, Johnnie M. Morris Talton and Cloddy Williams. They will receive the 14K gold Highlander pendant or lapel pin.

Eighteen 10-year recipients include Eva Ayers, Beverly L. Bredemeyer, Luther T. Fisher, Jr., Debra L. Fultz, Gary L. Fultz, Jane Gamez Vargas, Glenda F. Gammons, Lucy C. Garcia, Barbara Gresham, Charlotte Keeney, Yvonne C. Kutschersky, Carol A. Lowe, Clark Nauert, Nancy Ray-Mitchell, Marisa Sliva, Macie J. Taylor, Mary Kay Trail and Brenda J. Wilkinson.

They will be receiving an engraved double pen set.

Twenty-two faculty members who will receive a five-year plaque include recipients: O.C. Beasley, Jennifer Black, Shirley Doss, Amy M. Fitzgerald, Faith Glatter, Denise Linch, Jewel Lockridge, Tammy London, Santos Lopez, Brenda Montemayor, Bridgit R. Moore, Stan Norman, James Popejoy, James Rambo, Christina Ramon, Edward Solano, Lorraine Stansel, Carolyn Sue Stevens, Rose Stewart-Fram, Janie Vicinai, Clarence Walker and Paulette Williams.

The Board of Trustees are invited to the banquet as are retired members of the faculty and staff.

Restaurant Review

Enjoy steaks and pancakes

By SONJA C. JOHNSON

Breakfast is the first meal of the day and it helps you start your day in the right way. And even though some people say it's essential, a lot of people skip it because they don't have time or energy to prepare it in the mornings.

But there's a solution to this problem.

Just have breakfast at Harold Waite's house, they'd love to have you. And who's Harold you ask? It's not who, but "what".

It's the Harold Waite's Pancake and Steak House, a restaurant located at 941 Lake Air Dr.

Nothing's better than homecooking and in this house from the food to the surroundings you can't help but feel like you're at home.

When you first walk into the restaurant, feel free to seat yourself where ever you want, there's plenty of dining room. Booths line the left and right wood panel walls. And in the middle of the open white tile floor, you'll find rows among rows of tables seating four.

A breakfast bar lies straight ahead and all the way to the back of the restaurant. From the breakfast bar you can see the warm personalities of the kitchen staff shine through an open window, and through the magic of those chefs somehow the warm meals brought to your table leave you feeling like sunshine before you leave.

What would the staff recommend? Well, what would you like, because at the Harold Waite's Pancake and Steak House there's plenty to choose from.

A popular breakfast item is the No. 2 special. It comes with two eggs just the way you like them, toast and jelly, or pancakes and syrup. And can we say cheap, cheap, cheap.

The cost of the meal is only \$2.60, and if you add ham, bacon, or sausage it's just \$3.65.

If that's not what you like, there's more.

You have an option of butter-milk pancakes for \$2.85, little piggies in a blanket for \$3.35, or silver dollar pancakes for \$2.75.

And if you want a taste of Paris, try their 4 slices of French toast sprinkled with powdered sugar, butter, and syrup for \$2.95 or take bite out of those desirable French Pancakes with strawberries and whipped cream for \$3.95.

A selection of waffles all under \$4.50 is an added delight at the restaurant, if you don't like pancakes or toast. They have their golden tender creamy crisp waffles, a bacon waffle treat, strawberry waffles, and choco-

late chip waffles.

The omelette is another option you have at the restaurant. Choose from something simple like the plain or cheese omelette, or go for something with a little more spice like a western or Spanish omelette.

For dieters watching those calories, the diet center offers a diet center breakfast that comes with two eggs scrambled dry or poached, two slices of Wasa bread and half a grapefruit all for \$3.45.

If you want just a small portion of something and not a complete meal or if you want to add a little more to your breakfast meal, their a la carte menu has a variety of breakfast meats, breads, and potatoes to choose from.

A selection of dry and hot cereals are also available.

And to wash these meals down, nothing's as refreshing as the fresh assorted juices they serve.

While I was there, I enjoyed their No. 6 Farm Ranch Meal. It came with a juicy, tender U.S. Choice steak, two eggs scrambled as I requested, a large golden hash brown, and a side of light fluffy pancakes. The meal got a grade "A" in my book.

And what if you're just not in the mood for breakfast. That's not a problem.

Harold Waite's Pancake and Steak House serve a selection of steaks like sirloins and chicken fried steaks, a variety of seafoods such as fried shrimp to stuffed crabs, salads of all kinds, hamburgers and sandwiches hot or cold.

The restaurant is open Monday through Saturday from 5:30 a.m. to 1:30 p.m. and Sunday from 6 a.m. to 12:30 p.m. They also prepare to go orders Monday through Friday.

The Harold Waite's Pancake and Steak House opened in 1961 under the ownership of Harold Waite and his wife Yvette Waite.

About 15 years ago when Harold died, his wife passed on ownership to Tom Voige, who's the present owner. However, for old times sake, Yvette Waite still serves as hostess for the restaurant on weekends. In 1996, the restaurant celebrated its 35th anniversary.

It's a great place to catch a wholesome breakfast. And every time you enter the restaurant the owner is to the side smiling to greet you. Pictures of Tom Voige and his family and friends don the wood panel walls to your right as you walk in along with a coffee table that has a glass top of memorabilia pictures of the staff, customers, and their tasty food.

Good enough to run again

Help for mothers

(A portion of this story was left out of the last issue of the paper. In order to make it more coherent, we have included it in this issue in its entirety.)

The Editors

By Sammy Arevalo

Having to raise a child and earn a degree at the same time can be one of the most challenging things any student can face.

However, whether students are single or married, there is plenty of help on campus to help those students successfully reach their goals.

"MCC offers two big programs for single parents/displaced homemakers," said Marylea Henderson who works for Services for Single Parents/Displaced Homemakers on the third floor of the Student Center.

The Texas Workforce Commission Department of Human Services is located on the second floor. Students must be on Medicaid, food stamps or some other type of government aid to qualify for their services. Those meet any of these criteria might qualify to get their child care paid up to 100 percent and monthly transportation.

"Gone are the days when once you got on welfare you were on for life," said Jeffie Sanders who works on the second floor.

Under the new Welfare Reform Act, welfare recipients are entitled to time limit benefits (12 months, 24 months or 36

months) based on certain criteria.

Furthermore, this is not the only help that is out there for students.

One of those, Services for Single Parents/Displaced Homemakers, is located on the third floor of the Student Center. Students are provided with personal counseling, support groups, referrals to agencies, encouragement, team approach, crisis intervention, career assessment, budget planning and funds to assist with child care or transportation.

Requirements for applicants are:

- must be attending MCC on a Pell Grant
- vocational/technical major
- enrolled for six or more semester hours.
- must maintain a 2.0 or higher grade point average.

Help is out there for those who need it and want it. Marylea Henderson and Jeffie Sanders both work closely with students who are raising families and trying to finish school at the same time. Both are great people to talk to if you should have any questions regarding any of these programs.

If they can't help, they will help you find someone who can.

Ways to overcome the blues

By CARRIE STORY

Everyone has had the blues at one time or another. For one person, depression may mean apathy and lack of motivation. For another, it could be an experience of grief, or deep longing. Yet another person's depression might center around a sense of hopelessness or failure, or it may represent a loss of meaning and value, a worthlessness of life in general. All of these can deeply affect one's self-esteem. As there is a wide range of inner feelings, there is also a variety of external expressions. When depressed, some people weep openly, while others isolate themselves from the world. Some seek distractions and release. Others indulge in dark moods, or in feeling of self-recrimination, or resentment towards others. Sad moments are part of human experience, but

at certain times the stranglehold of emotional reactions becomes intolerable. When these feelings limit one's ability to function and experience the freshness and beauty inherent in life, they must be addressed and resolved. When people are stuck in an emotional spiral, they need help.

Many modern psychiatrists rely almost exclusively on prescription drugs, with Prozac being the runaway favorite. Prozac successfully alleviates depression, but it also causes agitation. In addition, it has been shown to induce suicidal and violent thoughts — sometimes leading to violent acts. What's more, Prozac is on record as having the most adverse drug reactions of any drug in history.

In addition to, or as an alternative, these other treatments have also been used:

• Perhaps the single most effective mood elevator is PHYSICAL EXERCISE. Exercise increases not only the action in your brain, but also the endorphins, which relieve pain and create a sense of well-being.

• Practice good nutrition. Depression can stem from deficiency in thiamine, biotin, B-12, B-6, B-3, and others. A high vitamin/mineral supplement is at least as important as exercise.

• Get out into the sunlight. Often depression stems from a sunlight deficiency. When you don't take the time to get out and smell the roses your mind begins to feel as if it is in the dark all of the time.

Take care of yourself; you are the only thing that can help. In this life we all must make choices and we may not always choose the right one but in the long run we must be happy with ourselves.

Ninety-seven guitarists shut out by Queen for only slot in college jazz band

By WILL PARTIN

In auditions last December, Geoff Queen was selected from 97 other guitarists for the Texas Junior College All-State Jazz Band.

He got a chance to play with the other band members when the Texas Music Education Association held its annual convention in San Antonio in February.

The love for jazz music comes from the many hours he has listened to the soothing sounds of Pat Martino, Wes Montgomery and the voices of Miles Davis

and John Coltrane. The question of what to do with the rest of his life was easily answered. After hearing these influential artists, Queen started to get serious with his music, and he began practicing more and writing songs that he hopes will influence others someday.

Jazz guitar is an instrument that's often drowned out by the sounds of saxophones, trombones and horns alike, but to Queen, playing the guitar allows him to contribute to the unique sound of jazz.

Becoming the only guitar

player in the All-State Jazz Band helps his chances of being noticed around the state for his talents. This is important for Queen, a commercial music major who would like to continue his music education at William Patterson College in New Jersey.

Keeping his standards high is the reason for choosing this school because it is regarded as the top college for jazz music in the world. After his schooling is finished, his ultimate goal is to play, write and record jazz music in New York.

Playing the guitar hasn't come easy to him. It's been difficult for him to find time to practice and to have all his hard work come together.

"It's frustrating learning something that doesn't come to you as easy as you expect it to," Queen explains. "But practicing a lot does pay off."

At the age of 9, after seeing Stevie Ray Vaughn on Austin City Limits, Queen developed the urge to play the guitar. His interest was nurtured by his family background — his mother was a choir teacher and his father had

a doctorate in music. He first began playing his mother's guitar when he was 12. Three years later he got his first electric guitar and things took off from there.

One aspect that attracts Queen to playing jazz on his guitar is that it allows him to improvise when he plays solo.

"The guitar is just a vehicle to improve because you have a lot more freedom when playing jazz," Queen says about his instrument.

After practicing day in and day out there is nothing more gratifying to him than performing in front of an audience. Performing well is something that is necessary if he is to get work in the future.

Stretching time for a more manageable day

By NANCY CARLTON

Lush valleys of emerald green, gentle breezes of spring beauty, fast cars and faster women, all of these make up that magical time just before waking.

The beep, beep, beep of an alarm clock drags reality to the surface.

The reality is, this is another school day and time must be found to cover school, home life, and work.

The problem that assaults most students is how to manage time so that all of life can be dealt with.

If a day is broken down into time, a better look at the problem can be seen.

Three hours of school, driving time, and eight hours of work takes up 12 hours of a 24 hour day.

The recommended study time for a class is three hours for each classroom hour.

If this advice is followed, take another nine hours from the day and end up with seven hours in which housework, eating, and sleeping can be done.

If this advice is disregarded and study is changed to two hours for each classroom hour, that adds three more hours to catch up on mowing the lawn, repairing the fence or doing upkeep on a car.

Most of these things affect the single adult student.

Add to this situation a spouse, children, or aging parents — and suddenly no time is left.

Help!!!

At one time or another every student realizes that there are not enough hours in a day.

There are no magical answers that solve all the problems.

Here are some tips on saving time at school:

• When making up a class schedule allow a break between

classes so you can do your studying before the next class.

• If possible, keep all classes on the same day. This allows you the next day to do your studying.

• Family comes first, but if you have to work plan on taking longer to get your degree. Take fewer classes.

• Once you have your current schedule established make a schedule to follow. It is a good idea to make an alternate schedule to fall back on if there are any emergencies. But, return to the original schedule as much as possible.

On the other hand, there are some tips that have been suggested for saving time at home:

• When you prepare a meal, make enough to freeze in packages. When you have to study for a test you then have your meals ready to put in the oven to heat.

• Make use of time-saving devices such as coffee pots that can be set to have coffee made when you get up.

• If you have children, delegate jobs.

When there are not enough hours in a day, learn to stretch the days that are there.

When you prepare a meal, make enough to freeze in packages. When you have to study for a test you then have your meals ready to put in the oven to heat.




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Editorials

No cure for that disease known as spring fever

Winter's gone and all the sniffing, sneezing, and running noses are diminishing, but there's another "bug" students are catching now. Medicine can't cure it. Doctors can't diagnose it, but still more and more students are getting it.

They've got the fever, or "spring fever" to be exact. Students don't need to pull out the thermometers, because their body temperatures are normal and their foreheads aren't warm. Spring fever symptoms are nothing like the common cold.

So how do you recognize those who have got the "fever", well the symptoms vary.

Here's a look at some of the obvious:

You know how in the fall semester it was almost impossible to find parking on campus, well I bet by now those looking for parking spaces are overwhelmed with opportunity.

That's spring fever...

And if you've been in the back of one of your classrooms since the spring semester started because the front row was full, there's no doubt that now you can have your pick at a seat on the front row, the second row, and so on. In fact, chances are so great that you could probably play a game of musical chairs and win every round with no problems. Spring fever is spreading....

And let's not forget those who were already known for their famous late arrivals into 8 a.m. classes, well by this time it's a sure bet their grand entrances are now only memories along with their attendance.

Another case of spring fever....

Procrastinators are at dooms end, because assignments that used to be last minute turned into work that's just not done, so more than likely their grade point average will soon be "done in".

Spring fever at it's worst...

But for those who would like to alleviate spring fever, there is one solution. You must view the semester as half over, and not just beginning, put forth your best effort and bear it until the end. Finals will soon be around the corner and the semester will end.

At least for those who aren't attending summer school!

Computer lab important to student success

As time goes on computers are becoming a necessary part of daily lives and computers especially effect the average student.

The typical student will need to use a computer on at least a few occasions during their college career. For example, a student enrolled in a freshman composition class will probably need to gather research information for a paper. The most popular way of retrieving information now is through the broad spectrum of the Internet. Furthermore, that student may also need to type out his paper using a word processor. This whole process requires the modern technology of computers.

There are many students who do not have the availability of their own personal computer and may need to go to an outside source. MCC offers access to several computer labs on campus but the quality and efficiency of one of the labs is lacking.

Many of the computers in the lab are not working. Upon entering the lab the student will see several computers with "not working" or "do not use" signs. The average student wants to log on to a computer as quickly as possible because they have limited time to meet deadlines for assignments. They don't have time to wait around for the next available computer.

If and when a student gets on to the computer another problem may arise. Sometimes the computers will lock up and take away necessary time for a student to work. There have been numerous times when the machines won't cooperate with discs or will not print documents or the mouse will not function properly. All of these little quirks cannot be ignored and will take unwanted time to fix.

Not all students are computer wizards. However, because computers have become such a great part in our everyday lives most students have an adequate amount of computer literacy that will help them in surfing the net or editing a document. The problem is that some of the computers can be complicated, often causing frustration on such simple tasks as getting into the right program or knowing how to sign on. One may have to ask for the assistance of one of the instructors of the lab.

Asking for help can be a pain, too. It may take some time to get the attention of one of the lab assistants because the assistant is busy with another student. The wait could be long. When an assistant does come to help, that assistant may not take the time to guide the student through the steps to correct the problem. Instead, the student sees a few quick strokes on the keyboard as the assistant does the work, and often without explanation the computer is handed back to the student. Whenever the problem arises again the student, still not knowing what to do, may have to go through the whole waiting process again.

The college is doing a good thing by providing computers services on campus. The technology that can be accessed is impressive. However, the condition of the computers and help provided is a key factor to the efficiency. Changes should be made to correct the situation.

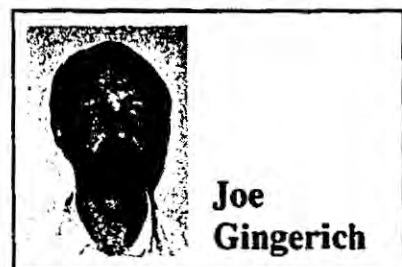
Perhaps there could be an upgrade of computers in the lab. If a machine is not working properly then it should be replaced or fixed as soon as possible. Students shouldn't pay lab fees for faulty computers.

Also the computer lab could use more people to help students answer any questions or solve any problems that come up. Once a difficult situation with the machine arises, then an instructor should carefully take the time to show the user what the problem is, in a language that can be understood, and take them step by step through the process of correcting the problem. These changes would make school work easier with less time and hassle.



Editor's Corner

Solutions to life's problems not easy



Joe
Gingerich

Problems in life are like sticky doors. The way to fix them is to firm up the foundational principles of our life and take care of the root problems. Let's not put band-aids on the symptoms.

Sticky doors are easy to fix.

"Fixing sticky doors the easy way" seminars are available in every major city. They explain the fine art of door-shaving to free the sticky things in your life.

John Q. Public phoned Mister Sticky-Door Fixer the other day, complaining.

"Sir, your system doesn't work."

Of course, Fixer replied that it did work if Public would just patiently repeat the process as often as necessary.

Highland Games April 25

By MICHAEL SERGENT

In keeping with campus traditions, the annual Highland Games will be held on April 25.

To reflect MCC's heritage, the Highland Games serve as a throwback to the field days held by the Scottish. During the games, students will be given a way to practice friendly competition and at the same time enjoy spring and the excursion from the daily grind.

Campus clubs are encouraged to enter the games. In the past there has been stiff competition to determine which club will be the champion of the games. Individuals may enter, but are encouraged to consult with Student activities to find out how they can participate.

The schedule of events and entertainment are being arranged and will be listed in the next issue of the *Highland Herald*. For more information call Student Activities at 299-8482.

Corrections

In a story about Dana Gioia visiting the campus which appeared in the March 25 issue of the *Highland Herald*, Gioia was spelled "Glogia" in the headline and several times throughout the story. The correct spelling is "Gioia."

Public wasn't satisfied. "I've been doing just that for the last eight months. I shaved over an inch off the top of my front door — till it quit closing. I ended up having to move the strike plate up about half an inch."

Fixer didn't quite latch on to why that was such a problem. "So what's the deal?"

"Now, the door is moving the other direction," Public said, trying to show how the new problem hinged on such a little detail.

"And when I close the door, I can see right out doors. Yep, my neighbor's mosquitoes come right in without having to knock," Public said.

Fixer muttered something under his breath about trying to find better neighbors, and said, "Our company will begin researching into it immediately."

Public replied, "That's not necessary. My neighbor is a foundation repair contractor and said the real problem is not the door but the foundation on my house. When it moves, the door jam moves with it and causes the

door to stick."

Fixer said, "You don't believe that do you? You can spend thousands of dollars to fix it in such an out-dated way, or you can spend a few minutes applying these easy principles you learned at my 'Fixing sticky doors the easy way' seminars and have your door up and running in no time."

Just then Fixer's phone rang. "ACME Replacement Doors," he said. "May I help you?"

What foundations have crumbled in your life?

Problems in life are like sticky doors. The way to fix them is to firm up the foundational principles of our life . . .

Highland Herald

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Editorial

Even newspapers make — gasp! — mistakes

Unfortunately, many newsworthy events relative to McLennan Community College are not reported in the *Highland Herald*. Some information printed in the *Highland Herald* is erroneous. It is a student newspaper, and even students occasionally make mistakes. It is hoped they learn something from their errors, if only an appreciation of the difficulties involved in accurately and responsibly reporting news. The *Highland Herald* invites your comments and assistance in accurately informing our readers.

Personal opinion

Let's decide on school colors once and for all

By MICHAEL DURMON

Our school colors:

Go orange; Go black.

Wait... no it's, Go orange; Go blue.

Wait... no, no, it's, Go red, white and blue.

What are our school colors?

Unlike most schools that decide early on what the school's mascot and colors will be and pledge allegiance to them, MCC is a bit more creative. MCC has separate colors to go with each sport, though all teams call themselves Highlanders or Highladies.

The basketball team is orange and blue, the baseball team orange and black, the Dance Co. red, white and blue, or occasionally black. The color list goes on with all the other sports.

Solution: Why don't we change our mascot to Rainbows like the University of Hawaii. That way, whatever you wear to any sporting event, will be appropriate and at the same time show school spirit.

Or for that matter, don't have a mascot at all. Opposing teams will not play the Highlanders, they will just play MCC. Furthermore, we will save money by not having to pay as much for lettering of jerseys.

Problem: Officially, our school colors are orange and black.

Explanations vary on why we don't see those colors at our sporting events.

The black numbers didn't show up well on the orange.

The lines were hard to see on the court.

Or my favorite: Studies by Baylor have shown from a marketing perspective, orange and black have negative connotations, like Halloween colors.

Whatever the reason to

change school colors, at least some of those in charge could have made it a unilateral change between the sports.

And it would have been nice to ask the lowly student body about changing school colors. I'm pretty sure we all took Crayola 101 in kindergarten.

As for as our school colors having negative connotations, from a former athlete's point of view, I never knew the main goal was to be sure that you leave positive thoughts with your opposing teams.

I can't wait until MCC's breakthrough in marketing reaches the outer world. Imagine, the Tooth Fairies lined up across from the Easter Bunnies in a football game.

I think I'll keep MCC's official Halloween colors, black and orange.

Boo!

Balmos

(Continued from page 1)

Plus the college is so close to Dallas and Austin and even Houston to enjoy performances put on in these great metropolitan areas, Balmos said.

Balmos did not say he would be back with the chorus but he did infer that he was just taking a break. He is known throughout the community as an excellent musician and conductor. He will be missed by members of the chorus.

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Banquet to honor employees

By HELENMARIE DELEON

Seventy-one employees will be honored at the 22nd annual service awards banquet titled "Symphony of Service."

This is one of two annual events that involves the entire faculty and staff.

Those who have been employed by the college for multiples of five years will receive special recognition and an award.

Randy Schormann and Fay Gutierrez are co-chairs organizing the event.

This is not a black-tie event but it is a dress-up affair. Because the event is such a special occasion, Schormann explained, "the dress is not formal but we are asking that those attending wear their Sunday best."

A coat and tie for men and a nice dress for women is considered appropriate dress.

Al Pollard, Dean of Technical Education, and Jack Schneider, Dean of Arts and Sciences, will be co-masters of ceremonies for the evening.

This awards ceremony is unique in that it includes all full-time campus employees, both instructors and support staff.

That includes everyone from secretaries to custodial and people in every department.

"If recipients choose, they can designate the financial equivalence of their award to be given to the MCC Foundation," Schormann said.

Jane Gamez Vargas, direc-

tor of the library, opted to donate her award.

"Instead of the double pen set, I decided to give the financial equivalence to the library endowment fund," Gamez said.

About the college she went on to say, "It's been really nice being here for ten years — nice people and a beautiful campus. I have enjoyed it."

Last year was the first year 30-year awards were given. Many of those recipients were charter members of the college.

This year seven will receive 30-year awards — James C. Burroughs, Wayne V. Duncan, Robert D. Ford, William R. Haskett, Betty James, Evelyn E. Pratkanis and Doris J. Stevens.

These recipients have been at the college almost as long as MCC has been in existence.

In order to honor their years of service, they are receiving a travel voucher.

The 25-year recipients are Ann Harrell, Donald L. Hurst, Janice Roberson and Frank D. Taylor.

They will receive their choice of either a polished lacquer finish chair with cherry wood arms and a gold MCC seal on the back or a diamond added to the 14 K gold Highlander pendant or lapel pin received at the 15-year ceremony.

Twenty-year recipients include Donald C. Balmos, Charles W. (Bill) Bane, Mary E. Bass, Donna S. Bringham, Gladys W. Hammic, Dave Keel, Charles Redrick, Michaela Reyes, Jamie Stanford and Judith Walsh. They will receive a watch with the

Highlander logo engraved on its face.

The 15-year recipients are Hugh E. Belger, Cheryl D. Bohde, Bill Howard, Johnny Kasner, Sharon Kenan, Jean Phillips, Carmen Shaw, Cindy SoRelle, Johnnie M. Morris Talton and Cloddy Williams. They will receive the 14K gold Highlander pendant or lapel pin.

Eighteen 10-year recipients include Eva Ayers, Beverly L. Bredemeyer, Luther T. Fisher, Jr., Debra L. Fultz, Gary L. Fultz, Jane Gamez Vargas, Glenda F. Gammons, Lucy C. Garcia, Barbara Gresham, Charlotte Keeney, Yvonne C. Kutscherousky, Carol A. Lowe, Clark Nauert, Nancy Ray-Mitchell, Marisa Sliva, Macie J. Taylor, Mary Kay Trail and Brenda J. Wilkinson.

They will be receiving an engraved double pen set.

Twenty-two faculty members who will receive a five-year plaque include recipients: O.C. Beasley, Jennifer Black, Shirley Doss, Amy M. Fitzgerald, Faith Glatzer, Denise Linch, Jewel Lockridge, Tammy London, Santos Lopez, Brenda Montemayor, Bridgit R. Moore, Stan Norman, James Popejoy, James Rambo, Christina Ramon, Edward Solano, Lorraine Stansel, Carolyn Sue Stevens, Rose Stewart-Fram, Janie Vicinai, Clarence Walker and Paulette Williams.

The Board of Trustees are invited to the banquet as are retired members of the faculty and staff.

Restaurant Review

Enjoy steaks and pancakes

By SONJA C. JOHNSON

Breakfast is the first meal of the day and it helps you start your day in the right way. And even though some people say it's essential, a lot people skip it because they don't have time or energy to prepare it in the mornings.

But there's a solution to this problem.

Just have breakfast at Harold Waite's house, they'd love to have you. And who's Harold you ask? It's not who, but "what."

It's the Harold Waite's Pancake and Steak House, a restaurant located at 941 Lake Air Dr.

Nothing's better than homecooking and in this house from the food to the surroundings you can't help but feel like you're at home.

When you first walk into the restaurant, feel free to seat yourself where ever you want, there's plenty of dining room. Booths line the left and right wood panel walls. And in the middle of the open white tile floor, you'll find rows among rows of tables seating four.

A breakfast bar lies straight ahead and all the way to the back of the restaurant. From the breakfast bar you can see the warm personalities of the kitchen staff shine through an open window, and through the magic of those chefs somehow the warm meals brought to your table leave you feeling like sunshine before you leave.

What would the staff recommend? Well, what would you like, because at the Harold Waite's Pancake and Steak House there's plenty to choose from.

A popular breakfast item is the No. 2 special. It comes with two eggs just the way you like them, toast and jelly, or pancakes and syrup. And can we say cheap, cheap, cheap.

The cost of the meal is only \$2.60, and if you add ham, bacon, or sausage it's just \$3.65.

If that's not what you like, there's more.

You have an option of butter-milk pancakes for \$2.85, little piggies in a blanket for \$3.35, or silver dollar pancakes for \$2.75.

And if you want a taste of Paris, try their 4 slices of French toast sprinkled with powdered sugar, butter, and syrup for \$2.95 or take bite out of those desirable French Pancakes with strawberries and whipped cream for \$3.95.

A selection of waffles all under \$4.50 is an added delight at the restaurant, if you don't like pancakes or toast. They have their golden tender creamy crisp waffles, a bacon waffle treat, strawberry waffles, and choco-

late chip waffles.

The omelette is another option you have at the restaurant. Choose from something simple like the plain or cheese omelette, or go for something with a little more spice like a western or Spanish omelette.

For dieters watching those calories, the diet center offers a diet center breakfast that comes with two eggs scrambled dry or poached, two slices of Wasa bread and half a grapefruit all for \$3.45.

If you want just a small portion of something and not a complete meal or if you want to add a little more to your breakfast meal, their a la carte menu has a variety of breakfast meats, breads, and potatoes to choose from.

A selection of dry and hot cereals are also available.

And to wash these meals down, nothing's as refreshing as the fresh assorted juices they serve.

While I was there, I enjoyed their No. 6 Farm Ranch Meal. It came with a juicy, tender U. S. Choice steak, two eggs scrambled as I requested, a large golden hash brown, and a side of light fluffy pancakes. The meal got a grade "A" in my book.

And what if you're just not in the mood for breakfast. That's not a problem.

Harold Waite's Pancake and Steak House serve a selection of steaks like sirloins and chicken fried steaks, a variety of seafoods such as fried shrimp to stuffed crabs, salads of all kinds, hamburgers and sandwiches hot or cold.

The restaurant is open Monday through Saturday from 5:30 a.m. to 1:30 p.m. and Sunday from 6 a.m. to 12:30 p.m. They also prepare to go orders Monday through Friday.

The Harold Waite's Pancake and Steak House opened in 1961 under the ownership of Harold Waite and his wife Yvette Waite.

About 15 years ago when Harold died, his wife passed on ownership to Tom Voige, who's the present owner. However, for old times sake, Yvette Waite still serves as hostess for the restaurant on weekends. In 1996, the restaurant celebrated its 35th anniversary.

It's a great place to catch a wholesome breakfast. And every time you enter the restaurant the owner is to the side smiling to greet you. Pictures of Tom Voige and his family and friends don the wood panel walls to your right as you walk in along with a coffee table that has a glass top of memorabilia pictures of the staff, customers, and their tasty food.

Good enough to run again

Help for mothers

(A portion of this story was left out of the last issue of the paper. In order to make it more coherent, we have included it in this issue in its entirety.)

The Editors

By Sammy Arevalo

Having to raise a child and earn a degree at the same time can be one of the most challenging things any student can face.

However, whether students are single or married, there is plenty of help on campus to help those students successfully reach their goals.

"MCC offers two big programs for single parents/displaced homemakers," said Marylea Henderson who works for Services for Single Parents/Displaced Homemakers on the third floor of the Student Center.

The Texas Workforce Commission Department of Human Services is located on the second floor. Students must be on Medicaid, food stamps or some other type of government aid to qualify for their services. Those meet any of these criteria might qualify to get their child care paid up to 100 percent and monthly transportation.

"Gone are the days when once you got on welfare you were on for life," said Jeffie Sanders who works on the second floor.

Under the new Welfare Reform Act, welfare recipients are entitled to time limit benefits (12 months, 24 months or 36

months) based on certain criteria.

Furthermore, this is not the only help that is out there for students.

One of those, Services for Single Parents/Displaced Homemakers, is located on the third floor of the Student Center. Students are provided with personal counseling, support groups, referrals to agencies, encouragement, team approach, crisis intervention, career assessment, budget planning and funds to assist with child care or transportation.

Requirements for applicants are:

- must be attending MCC on a Pell Grant
- vocational/technical major
- enrolled for six or more semester hours.
- must maintain a 2.0 or higher grade point average.

Help is out there for those who need it and want it. Marylea Henderson and Jeffie Sanders both work closely with students who are raising families and trying to finish school at the same time. Both are great people to talk to if you should have any questions regarding any of these programs.

If they can't help, they will help you find someone who can.

Ways to overcome the blues

By CARRIE STORY

Everyone has had the blues at one time or another. For one person, depression may mean apathy and lack of motivation. For another, it could be an experience of grief, or deep longing. Yet another person's depression might center around a sense of hopelessness or failure, or it may represent a loss of meaning and value, a worthlessness of life in general. All of these can deeply affect one's self-esteem. As there is a wide range of inner feelings, there is also a variety of external expressions. When depressed, some people weep openly, while others isolate themselves from the world. Some seek distractions and release. Others indulge in dark moods, or in feeling of self-crimination, or resentment towards others. Sad moments are part of human experience, but

at certain times the stranglehold of emotional reactions becomes intolerable. When these feelings limit one's ability to function and experience the freshness and beauty inherent in life, they must be addressed and resolved. When people are stuck in an emotional spiral, they need help.

Many modern psychiatrists rely almost exclusively on prescription drugs, with Prozac being the runaway favorite. Prozac successfully alleviates depression, but it also causes agitation. In addition, it has been shown to induce suicidal and violent thoughts — sometimes leading to violent acts. What's more, Prozac is on record as having the most adverse drug reactions of any drug in history.

In addition to, or as an alternative, these other treatments have also been used:

• Perhaps the single most effective mood elevator is PHYSICAL EXERCISE. Exercise increases not only the action in your brain, but also the endorphins, which relieve pain and create a sense of well-being.

• Practice good nutrition. Depression can stem from deficiency in thiamine, biotin, B-12, B-6, B-3, and others. A high vitamin/mineral supplement is at least as important as exercise.

• Get out into the sunlight. Often depression stems from a sunlight deficiency. When you don't take the time to get out and smell the roses your mind begins to feel as if it is in the dark all of the time.

Take care of yourself; you are the only thing that can help. In this life we all must make choices and we may not always choose the right one but in the long run we must be happy with ourselves.

Ninety-seven guitarists shut out by Queen for only slot in college jazz band

By WILL PARTIN

In auditions last December, Geoff Queen was selected from 97 other guitarists for the Texas Junior College All-State Jazz Band.

He got a chance to play with the other band members when the Texas Music Education Association held its annual convention in San Antonio in February.

The love for jazz music comes from the many hours he has listened to the soothing sounds of Pat Martino, Wes Montgomery and the voices of Miles Davis

and John Coltrane. The question of what to do with the rest of his life was easily answered. After hearing these influential artists, Queen started to get serious with his music, and he began practicing more and writing songs that he hopes will influence others someday.

Jazz guitar is an instrument that's often drowned out by the sounds of saxophones, trombones and horns alike, but to Queen, playing the guitar allows him to contribute to the unique sound of jazz.

Becoming the only guitar

player in the All-State Jazz Band helps his chances of being noticed around the state for his talents. This is important for Queen, a commercial music major who would like to continue his music education at William Patterson College in New Jersey.

Keeping his standards high is the reason for choosing this school because it is regarded as the top college for jazz music in the world. After his schooling is finished, his ultimate goal is to play, write and record jazz music in New York.

Playing the guitar hasn't come easy to him. It's been difficult for him to find time to practice and to have all his hard work come together.

"It's frustrating learning something that doesn't come to you as easy as you expect it to," Queen explains. "But practicing a lot does pay off."

At the age of 9, after seeing Stevie Ray Vaughn on Austin City Limits, Queen developed the urge to play the guitar. His interest was nurtured by his family background — his mother was a choir teacher and his father has

a doctorate in music. He first began playing his mother's guitar when he was 12. Three years later he got his first electric guitar and things took off from there.

One aspect that attracts Queen to playing jazz on his guitar is that it allows him to improvise when he plays solo.

"The guitar is just a vehicle to improve because you have a lot more freedom when playing jazz," Queen says about his instrument.

After practicing day in and day out there is nothing more gratifying to him than performing in front of an audience. Performing well is something that is necessary if he is to get work in the future.

Stretching time for a more manageable day

By NANCY CARLTON

Lush valleys of emerald green, gentle breezes of spring beauty, fast cars and faster women, all of these make up that magical time just before waking.

The beep, beep, beep of an alarm clock drags reality to the surface.

The reality is, this is another school day and time must be found to cover school, home life, and work.

The problem that assaults most students is how to manage time so that all of life can be dealt with.

If a day is broken down into time, a better look at the problem can be seen.

Three hours of school, driving time, and eight hours of work takes up 12 hours of a 24 hour day.

The recommended study time for a class is three hours for each classroom hour.

If this advice is followed, take another nine hours from the day and end up with seven hours in which housework, eating, and sleeping can be done.

If this advice is disregarded and study is changed to two hours for each classroom hour, that adds three more hours to catch up on mowing the lawn, repairing the fence or doing upkeep on a car.

Most of these things affect the single adult student.

Add to this situation a spouse, children, or aging parents — and suddenly no time is left.

Help!!!

At one time or another every student realizes that there are not enough hours in a day.

There are no magical answers that solve all the problems.

Here are some tips on saving time at school:

• When making up a class schedule allow a break between

classes so you can do your studying before the next class.

• If possible keep all classes on the same day. This allows you the next day to do your studying.

• Family comes first, so if you have to work plan on taking longer to get your degree. Take fewer classes.

• Once you have your entire schedule established make a schedule to follow. It is a good idea to make an alternate schedule to fall back on if there are any emergencies. But, return to the original schedule as soon as possible.

On the other hand, here are some tips that have been suggested for saving time at home:

• When you prepare a meal, make enough to freeze in packages. When you have to study for a test you then have your meals ready to put in the oven to heat.

• Make use of time-saving devices such as coffee pots that can be set to have coffee made when you get up.

• If you have children, delegate jobs.

When there are not enough hours in a day, learn to stretch the days that are there.

When you prepare a meal, make enough to freeze in packages. When you have to study for a test you then have your meals ready to put in the oven to heat.



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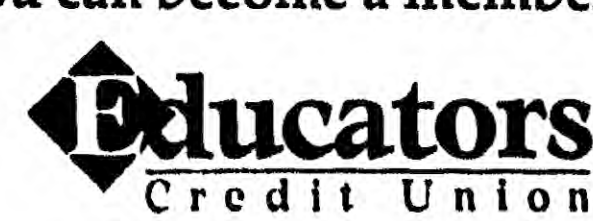
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Editorials

No cure for that disease known as spring fever

Winter's gone and all the sniffing, sneezing, and running noses are diminishing, but there's another "bug" students are catching now. Medicine can't cure it. Doctors can't diagnose it, but still more and more students are getting it.

They've got the fever, or "spring fever" to be exact. Students don't need to pull out the thermometers, because their body temperatures are normal and their foreheads aren't warm. Spring fever symptoms are nothing like the common cold.

So how do you recognize those who have got the "fever", well the symptoms vary.

Here's a look at some of the obvious:

You know how in the fall semester it was almost impossible to find parking on campus, well I bet by now those looking for parking spaces are overwhelmed with opportunity.

That's spring fever...

And if you've been in the back of one of your classrooms since the spring semester started because the front row was full, there's no doubt that now you can have your pick at a seat on the front row, the second row, and so on. In fact, chances are so great that you could probably play a game of musical chairs and win every round with no problems. Spring fever is spreading....

And let's not forget those who were already known for their famous late arrivals into 8 a.m. classes, well by this time it's a sure bet their grand entrances are now only memories along with their attendance.

Another case of spring fever.....

Procrastinators are at dooms end, because assignments that used to be last minute turned into work that's just not done, so more than likely their grade point average will soon be "done in".

Spring fever at it's worst...

But for those who would like to alleviate spring fever, there is one solution. You must view the semester as half over, and not just beginning, put forth your best effort and bear it until the end. Finals will soon be around the corner and the semester will end.

At least for those who aren't attending summer school!

Computer lab important to student success

As time goes on computers are becoming a necessary part of daily lives and computers especially effect the average student.

The typical student will need to use a computer on at least a few occasions during their college career. For example, a student enrolled in a freshman composition class will probably need to gather research information for a paper. The most popular way of retrieving information now is through the broad spectrum of the Internet. Furthermore, that student may also need to type out his paper using a word processor. This whole process requires the modern technology of computers.

There are many students who do not have the availability of their own personal computer and may need to go to an outside source. MCC offers access to several computer labs on campus but the quality and efficiency of one of the labs is lacking.

Many of the computers in the lab are not working. Upon entering the lab the student will see several computers with "not working" or "do not use" signs. The average student wants to log on to a computer as quickly as possible because they have limited time to meet deadlines for assignments. They don't have time to wait around for the next available computer.

If and when a student gets on to the computer another problem may arise. Sometimes the computers will lock up and take away necessary time for a student to work. There have been numerous times when the machines won't cooperate with discs or will not print documents or the mouse will not function properly. All of these little quirks cannot be ignored and will take unwanted time to fix.

Not all students are computers wizards. However, because computers have become such a great part in our everyday lives most students have in adequate amount of computer literacy that will help them in surfing the net or editing a document. The problem is that some of the computers can be complicated, often causing frustration on such simple tasks as getting into the right program or knowing how to sign on. One may have to ask for the assistance of one of the instructors of the lab.

Asking for help can be a pain, too. It may take some time to get the attention of one of the lab assistants because the assistant is busy with another student. The wait could be long. When an assistant does come to help, that assistant may not take the time to guide the student through the steps to correct the problem. Instead, the student sees a few quick strokes on the keyboard as the assistant does the work, and often without explanation the computer is handed back to the student. Whenever the problem arises again the student, still not knowing what to do, may have to go through the whole waiting process again.

The college is doing a good thing by providing computers services on campus. The technology that can be accessed is impressive. However, the condition of the computers and help provided is a key factor to the efficiency. Changes should be made to correct the situation.

Perhaps there could be an upgrade of computers in the lab. If a machine is not working properly then it should be replaced or fixed as soon as possible. Students shouldn't pay lab fees for faulty computers.

Also the computer lab could use more people to help students answer any questions or solve any problems that come up. Once a difficult situation with the machine arises, then an instructor should carefully take the time to show the user what the problem is, in a language that can be understood, and take them step by step through the process of correcting the problem. These changes would make school work easier with less time and hassle.



Editor's Corner

Solutions to life's problems not easy



Joe
Gingerich

Problems in life are like sticky doors. The way to fix them is to firm up the foundational principles of our life and take care of the root problems. Let's not put band-aids on the symptoms.

Sticky doors are easy to fix. "Fixing sticky doors the easy way" seminars are available in every major city. They explain the fine art of door-shaving to free the sticky things in your life.

John Q. Public phoned Mister Sticky-Door Fixer the other day, complaining.

"Sir, your system doesn't work."

Of course, Fixer replied that it did work if Public would just patiently repeat the process as often as necessary.

Public wasn't satisfied. "I've been doing just that for the last eight months. I shaved over an inch off the top of my front door — 'till it quit closing. I ended up having to move the strike plate up about half an inch."

Fixer didn't quite latch on to why that was such a problem. "So what's the deal?"

"Now, the door is moving the other direction," Public said, trying to show how the new problem hinged on such a little detail.

"And when I close the door, I can see right out doors. Yep, my neighbor's mosquitoes come right in without having to knock," Public said.

Fixer muttered something under his breath about trying to find better neighbors, and said, "Our company will begin re-searching into it immediately."

Public replied, "That's not necessary. My neighbor is a foundation repair contractor and said the real problem is not the door but the foundation on my house. When it moves, the door jam moves with it and causes the

door to stick."

Fixer said, "You don't believe that do you? You can spend thousands of dollars to fix it in such an out-dated way, or you can spend a few minutes applying these easy principles you learned at my "Fixing sticky doors the easy way" seminars and have your door up and running in no time."

Just then Fixer's phone rang, "ACME Replacement Doors," he said. "May I help you?"

What foundations have crumbled in your life?

Problems in life are like sticky doors. The way to fix them is to firm up the foundational principles of our life . . .

Highland Herald

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Editorial

Even newspapers make — gasp! — mistakes

Unfortunately, many newsworthy events relative to McLennan Community College are not reported in the Highland Herald. Some information printed in the Highland Herald is erroneous. It is a student newspaper, and even students occasionally make mistakes. It is hoped they learn something from their errors, if only an appreciation of the difficulties involved in accurately and responsibly reporting news. The Highland Herald invites your comments and assistance in accurately informing our readers.

Personal opinion

Let's decide on school colors once and for all

By MICHAEL DURMON

Our school colors:

Go orange; Go black.

Wait. . . no it's, Go orange; Go blue.

Wait. . . no, no, it's, Go red, white and blue.

What are our school colors?

Unlike most schools that decide early on what the school's mascot and colors will be and pledge allegiance to them, MCC is a bit more creative. MCC has separate colors to go with each sport, though all teams call themselves Highlanders or Highladies.

The basketball team is orange and blue, the baseball team orange and black, the Dance Co. red, white and blue, or occasionally black. The color list goes on with all the other sports.

Solution: Why don't we change our mascot to Rainbows like the University of Hawaii. That way, whatever you wear to any sporting event, will be appropriate and at the same time show school spirit.

Or for that matter, don't have a mascot at all. Opposing teams will not play the Highlanders, they will just play MCC. Furthermore, we will save money by not having to pay as much for lettering of jerseys.

Problem: Officially, our school colors are orange and black.

Explanations vary on why we don't see those colors at our sporting events.

• The black numbers didn't show up well on the orange.

• The lines were hard to see on the court.

• Or my favorite: Studies by Baylor have shown from a marketing perspective, orange and black have negative connotations, like Halloween colors.

Whatever the reason to

change school colors, at least some of those in charge could have made it a unilateral change between the sports.

And it would have been nice to ask the lowly student body about changing school colors. I'm pretty sure we all took Crayola 101 in kindergarten.

As for as our school colors having negative connotations, from a former athlete's point of view, I never knew the main goal was to be sure that you leave positive thoughts with your opposing teams.

I can't wait until MCC's breakthrough in marketing reaches the outer world. Imagine, the Tooth Fairies lined up across from the Easter Bunnies in a football game.

I think I'll keep MCC's official Halloween colors, black and orange.

Boo!

Balmos

(Continued from page 1)

Plus the college is so close to Dallas and Austin and even Houston to enjoy performances put on in these great metropolitan areas, Balmos said.

Balmos did not say he would be back with the chorus but he did infer that he was just taking a break. He is known throughout the community as an excellent musician and conductor. He will be missed by members of the chorus.

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Outlaw guns down Brookhaven

Highlanders extend winning streak to four

By BROWN SMITH
The Highlanders are riding a four game winning streak going into this week's action against conference front runners Hill and Grayson.

The team played Hill yesterday, will travel to Grayson Wednesday and return home Saturday to start the final round of conference play against Collin County.

Vs. Brookhaven
After losing to Vernon, the Highlanders were ready to unleash their anger. And in six innings, they run-ruled Brookhaven, 10-0. Mark Outlaw tossed a two-hit shutout and struck out eight, while Steve Solis, Brad Turner and John David Jarek each had two hits.

Solis doubled home Chris Abbott and Kelley Pettit in the bottom of the third to get the Highlanders on the scoreboard first. Then the floodgates opened as the offense scored four runs in the fifth and four more in the sixth.

The Highlanders put together a dramatic come from behind victory in the second game. Trailing 8-4 going into the bottom of the eighth, the offense rallied for seven runs and John Robertson finished the ninth to present the 11-8 win.

Abbott led off the eighth with a single and scored on Janek's double to left. With two outs, Roger Robinson singled to keep the inning alive and bring the tying run to the plate. Then Hayden Holecek, with a 3-2 count, hit a laser over the left field fence to tie the game, 8-8.

Turner followed with a sharp single, and Adam Love crushed his second homerun of the season to give the Highlanders a 10-8 lead. Kevin Bruce finished

the rally with a deep bomb way out of left and the team held on to win, 11-8.

Vs. North Central
Daren Bartula struck out 10 batters and went the distance to pick up the victory as the Highlanders won the first game, 9-2. Robinson went 3 for 4 while Anthony Hensley, Turner, Bruce, and Jarek each collected two hits.

Leading 2-0 in the second inning, Turner smashed a bases loaded double into the gap to score three runs and open up a 5-0 lead. Then in the third Turner came to the plate again with the bases juiced and delivered a two-run single. Kelley Pettit drove home the game's final run in the sixth.

The Highlanders won the second game by the run-rule after seven innings. Allen Laine picked up the win in the 10-2 victory.

Trailing 1-0 in the fifth, the offense rallied for six runs to take the lead. Robinson's RBI-single and Love's bases loaded double to the gap that plated three runs highlighted the inning.

North Central answered back in the sixth with one run, but the Highlanders added two more in the bottom half of that inning to extend the lead, 8-2. Then Abbott singled home Love in the seventh to give the Highlanders the run-rule victory.

The Highlanders put together a dramatic come-from-behind victory



LEADING HITTER for the Highlanders, Steve Solis, receives help from concerned teammates after an injury against Brookhaven. Solis is expected to return to the lineup today against Hill College.

Shields success hushes critics

By MICHAEL DURMON

When first year MCC basketball coach Steve Shields entered the 1996-97 season, he never dreamed the team would have the amazing season it did.

"Early in the season I wasn't overly concerned with our play," Shields said. "We knew we were going to struggle early, but felt that it would prepare us for conference play. We tried to stay focused on conference. The goal for the team was to finish in the top four in the conference."

However, the team would far surpass that goal. Though the Highlanders lost in their bid to capture the Starburst Texas-New Mexico Junior College Basketball Championship, they laid to rest the many soothsayers' ominous predictions by building an awe inspiring season.

When long-time coach Ken Deweese left MCC last season, all players scheduled to return for their sophomore season also left.

What a coach's nightmare! Remarkably, however, without a single returning player, the newly recruited MCC squad would win a share of the conference crown and have two players named first-team all conference.

"Coach Shields has a knack for melding a team together," said sophomore guard Eric Halgunseth. "He has a way of getting everyone to play their role. Though some players know they may only play five to six minutes a game, each player feels like he can contribute to the team during those minutes on the floor. In junior college basketball, it is easy for players to want to be a superstar, Coach Shields has a way of getting players to play as a team."

"Even when the team was struggling at 3-8, the team never lost confidence it could win the conference title," Halgunseth said.

It was then that the team would circle its wagons and make a stunning turnaround and bring down one conference opponent after another.

The Highlanders finished the season at 12-4 in conference and 17-14 overall.

But Shields was more than just concerned with records. Shields would routinely call, or have an assistant call, to check on his players progress in the classroom.

"Though I don't know how many players will graduate off this years squad, certainly education is important to us and our athletes," Shields said.

Furthermore, between studying film, practice, scouting reports, phone calls, games etc. unlike other coaches, Shields always found time to speak to the press. . . no matter how small the press was.

If MCC ever needs an ambassador for the school, they have one residing in the Highlands.

Despite all odds, Shields, through all his efforts, helped keep the rich winning tradition alive and well at MCC.

And for all you soothsayers out there, you will just have to swallow the "I told you so" and climb aboard with a group of real winners — Steve Shields and his tightly-knit Highlander team. Congratulations to Coach Shields and the Highlanders on a great season.

'Coveted' bowling traveling trophy returns to MCC

Baseball squad strikes out opponents

By MICHAEL DURMON

Though a five-member squad from MCC's baseball team was throwing a little larger ball Sunday, the players were still throwing strikes.

At Lake Air Lanes, the MCC baseball squad blew away the rest of the competition in the spring semester Collegiate Bowling Tournament to reclaim the traveling trophy for MCC.

Team members include, Paul Darnell, Roger Robinson, Denton Agum, John McDonald and Haden Holecek.

MCC had kept the trophy six straight semesters before losing it to Temple a couple of semesters ago. Temple was able to retain the trophy last semester by winning the tournament as

the host school.

The winning five-member squad from MCC rolled an impressive average of 233 handicap game per player for the three game series. The team finished with 3489 total pins.

However, earlier in the day, before the tournament began, things did not look so promising for the team.

"You couldn't tell we would bowl that well in the tournament," team leader Darnell said. "By the we practiced earlier in the morning — we stunk"

But when the tournament cranked up, last semester's tournament was on the players minds.

"We should have won the tournament last semester," Robinson

said. "We just had a bad last game."

High for the team was Darnell with a 552 scratch series, followed by Robinson with a 487 and Agum with a 455.

Furthermore, MCC made sure the trophy would return home by sweeping the top three spots.

The second place team, Power of the Press, finished with 3350 total pins.

Leading off for the team, Darlene McNeil rolled a rock solid 265 handicap game and Nancy Carlton tilted the score sheet with a 282 handicap game in her last game. Teammate, Nate Jackson, led all bowlers in the tournament with a 614 scratch series.

MCC's team No. 5 finished

third with 3231 total pins.

Blake Padgett led the team with a 563 scratch series, followed by Bobby Hall with 552. Jenny Goodwin rolled scratch games of 156, 164 and 132.

Mike Warren, bowling for MCC's team No. 2 broke the tournament's all time scoring record with a 269 scratch game.

Warren three games series included scratch scores of 269, 132 and 212 for a 613 series.

A total of 27 teams from MCC, Temple College, and Central Texas College competed in the tournament.

Though the traveling bowling trophy may one day sit inside another's school's trophy case, at least for now, MCC owns the bragging rights.

Tennis team backhands conference opponents

By KELLE SUTTON

Since Spring Break, the Highladies tennis team has been serving up victories against the competition.

On March 19, the 'Lassies travelled to Plano to compete against Collin County. The team came out on top against the Express with a dual match score of 5-4.

In singles competition, Heidi Henderson fell to Aliassa Bennett 0-6, 1-6. Brooke Munday played tough but fell to Caroline Donders 3-6, 2-6. In a close match, Jennifer Robison fell to Maria Villareal 4-6, 4-6. The girls held on to win two singles matches with Sylvia Lokollo defeating Debbie Hung 3-6, 0-6 and Kelle Sutton defeating Natalie Smith 2-6, 1-6. MCC won the number six singles position through a default.

The team lost the number one doubles position but volleyed

well and worked together to win the number two and three doubles matches.

On March 24, the Highladies faced DePaul University, a tough Division I school from Chicago. The team played well but fell to the university 2-7.

The girls dropped the top four singles positions but won the number five and six singles matches. All three of the women's teams fell in doubles.

The team bounced back three days later by defeating junior collegerival North Central Texas with a score of 7-2.

Despite having to play in Gainesville and fighting the windy weather, the Highladies felt right at home. The team won four out of six singles matches but did not stop there. The girls would go on to win all three doubles matches. The Highladies definitely rose to the occasion to defeat a team that

was recently ranked number two in the nation.

The tennis team has many tough matches coming up. The girls will compete in the Texas State Junior College Tournament in Houston on April 11-12.

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'The Elephant Man' opens here April 24

By GARY LASSETER
Although Bernard Pomerance's "The Elephant Man" has its roots in reality, fantasy is the tool that evokes a more vivid picture than that which could be done realistically on the stage.

According to a news release from the theater department, the film and the stage play are not to be confused. In the stage version, the actor portraying John Merrick does not resemble the elephant man, he alludes to him.

The cast has been chosen for the MCC production opening April 24.

Tom Robenolt will portray Frederick Treves with Matt Miser as the Belgian Policeman, Santry Rush as Carr Gomm, Michael Lamendola as the Conductor and Justin Seyb as Snork.

John Merrick will be played by Richie Ramsey, with Heather Huggins as Nurse Sandwich, Kim Dunn as Princess Alexandra, Tiffani Ginn as the Duchess, Dierdre Connor as Mrs. Kendal and Tiffani DeGrater as Countess. The part of Pinhead Manager will be played by Ben Raso, that of the English Policeman by Andy Reed, with Zachary Moore as Will, Jamey Rabold as Lord John and Tiffani DeGrater, Kim Dunn, Rob Holland and Patrick Kyle as Freaks.

Reservations for the MCC production can be made by calling the box office at 299-8200. Rehearsal is now in progress.

"Now we are working on the emotional palette and the subtext of the play. The freakishness of John Merrick is suggested in the stage play,

rather than proathetic, as in the movie version, so how the actors react to him is very important," said director Jim Rambo.

Using a real incident uncovered in Ashley Montague's "Elephant Man: A Study in Human Dignity, Pomerance wrote "Deformed" which was later retitled "The Elephant Man." The play was originally staged in 1977 at the Hampstead Theatre in London.

"Now we are working on the emotional palette and the subtext of the play"

Registration begins

(Continued from page 1) pick up a course advising form from Student Admissions. After that, students need to attend an advising session where their schedule will be entered into the campus computer. As with telephone registration, registration is not complete until all tuition and fees are paid by the dates mentioned above.

The last way to get enrolled is through traditional registration. Students should pick up a course advising form from Student Admissions and make a registration appointment. They will be given a form showing the day and time they should register in the student center. After paying tuition and fees, your enrollment is complete. Students should bring with them their course advising form, social security number, and money for tuition and fees or proof of scholarship.

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