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Highland Herald



Tuesday, February 7, 1984

McLennan Community College

♥ HAPPY VALENTINE'S DAY ♥

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1400 College Drive Waco, Texas 76708

NEWS

MCC students, faculty/staff get holiday

MCC students and classified personnel will have a day off Feb. 17 while administrators and faculty attend the annual Texas Junior College Teachers Association convention in Houston.

MCC will remain open for Thursday evening classes. Saturday classes will remain the same.

The TJCTA convention, to be held this year at the Shamrock Hilton, provides workshops for various college departments. The TJCTA conference begins Feb. 16 and ends Feb. 18.

Art Dept. to host student exhibition

The Art Department will be hosting the Annual Student Exhibition on Feb. 24 - Mar. 23.

This exhibition is open to MCC students.

Each student may enter a maximum of five entries in any media. All work should be two-dimensional, mounted and ready to hang.

All works previously exhibited in competition at MCC are not eligible.

All art works selected by the juror will be shown in the Fine Arts Building from Feb. 24 to Mar. 23.

This year's juror is Patrick McCracken, curator of the Art Center.

"I expect we will have a great show. The students have shown great enthusiasm about the show. I expect a variety of different art work in the show from the students," said instructor John Chatmas.

All entries need to be brought to the Fine Arts Building, Room 114, between 12:15 and 5 p.m. on Feb. 13.

Notification of the results will be posted on Feb. 20 at Room 112.

Entry forms for the exhibition are available in the art department from John Chatmas, Room 112, Barney Fitzpatrick, Room 113, or contact Denise Montgomery in the Fine Arts Office.

Inter-club Council jumps for heart

Carolyn Rodabough, campus nurse, spoke to Inter-Club Council members about Heart Awareness Week at their meeting Feb. 1. Rodabough spoke about the Jump Rope for Heart activity she has planned for Feb. 14.

She said that clubs, teams or individuals may jump rope. Each participant needs sponsors, who will pay the jumper a given amount for the number of minutes that he or she jumps. The sponsor can also make a flat donation, said Rodabough.

She said that the activity is a fund-raising project for cardiovascular programs. "Cardiovascular disease is the number one killer for Americans, male or female."

Individual awards will be made to participants, depending upon how much money the individual takes in. The club that brings in the most money will receive a trophy, said Rodabough. Entry forms may be picked up in the nurse's office.

Other Inter-Club Council business included awarding \$25 to DPMA for a trip to Houston. Also discussed was the auto caravan to the MCC-Hill JC basketball game on Feb. 9. Those going will meet around 5 p.m. on game day.

The meeting was conducted by Paul Yeldell, president of Student Government.

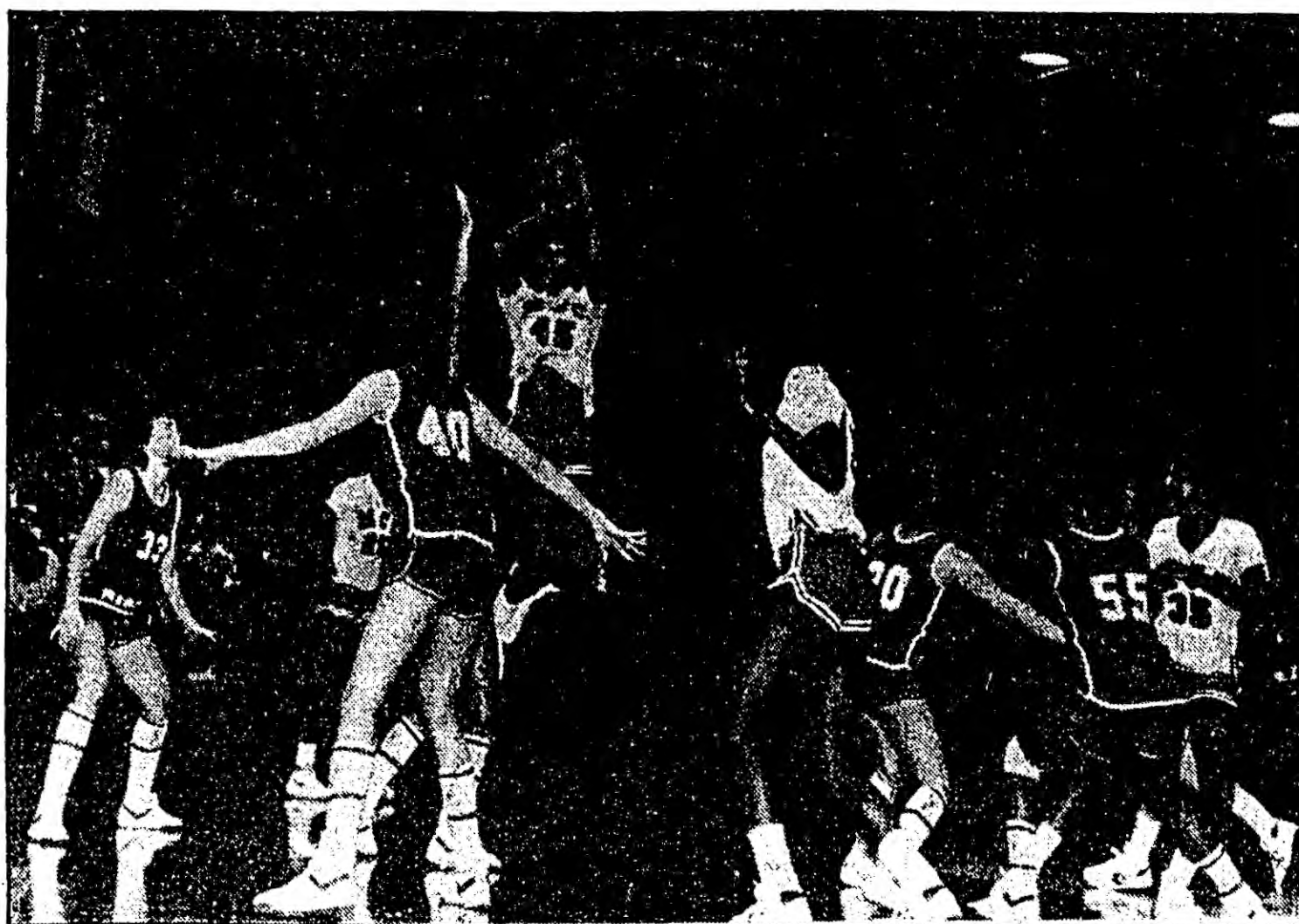
HOT offers funds to eligible students

The Heart of Texas Council of Governments Job Training Partnership Act Program has scholarship funds available for eligible MCC students who will graduate by June 30, 1984.

The program is designed to help persons of lower income become productive workers in private businesses in this region. The program will pay an employer in a private business 50 percent of the training costs for an eligible employee for a three-month period.

Transportation support services are available.

Interested persons should call Heart of Texas Council of Governments Job Training Office at 756-6631 or 1-800-792-2008 for an appointment.



Nationally-ranked Highlassies

Teammates look on as Sophomore Carolyn Sneed hits a jump shot. For more stories about the Highlassies and Coach Charlotte Mason, see pages 4, 5 and 6. (Photo by C. Allin Means)

Props 'stacking up' as play date nears

By C. ALLIN MEANS

The MCC drama department theatre crew, under the technical direction of Ed Marshall, has its hands full with set preparation for this spring's drama production, "Barnum." Things are definitely looking up — and piling up.

"We have two main revolving platforms built and the only way, in our small, crowded conditions here, that we could put them together, was to put one together on top of the other. So we just did one of them, and then just acted like that was the

stage floor and put the other on top of it. So we are literally *working our way up*. I do think things are stacking up — I hope 'for' us instead of 'against' us. No, I'm sure they're stacked for us here," said Marshall.

A scaled model of the elaborate stage was placed in a display sponsored by the Texas Educational Theatre Association and the United States Institute of Theatre Technology in Austin, the weekend of Jan. 29.

"It worked very well for its recruiting purpose, as stirring up in-

terest and getting the students excited who might want to come here. But as far as anything in competition, I didn't know exactly what to expect when I went. But I found out that there really wasn't what one would really call a competition," said Marshall.

The production, opening on March 28 and running through April 1, will be the largest play in MCC's history. "Barnum" will be performed in the Highlands Gymnasium in order to accommodate the magnitude of the set and the large number of cast members.

Student Government hosts spring workshop

By LYNDY YEZZI

MCC Student Government, in compliance with its duties as vice president school for the Region II Texas Junior College Student Government Association, hosted a spring workshop on Feb. 3.

"It was an outstanding meeting," said Director of Student Activities Bryant Burleson. "We ratified a regional constitution, which is the first of its kind for our region, and we had two very well-planned workshops presented by Marketing Instructor Dick Sydow, and Athletic Director Ken DeWeese."

Schools present at the meeting

were: Hill Junior College, Central Texas Junior College, Temple Junior College and Tarrant County Junior College.

To plan for the workshop, the SG held its Annual Spring Leadership Retreat on Jan. 30. Items discussed at the meeting were the workshop, and the upcoming Valentine's Dance on Feb. 10, which will be held at Magic Music. Also planned is a car caravan to Hill Junior College on Feb. 9. The caravan will leave the Highlands Gym at 5 p.m.

SG members also discussed the student elections, which will be held Feb. 9-10 in the Student Center, to fill vacancies on the SG. There are

six representative spots open, and the office of vice president also needs to be filled.

"If MCC is to maintain the level of excellence we have had this last semester, we are going to need the six best candidates available," said Burleson. "This will be for their constituency to decide."

Those running for vice president are Robert Mahan and Lynda Yezzi.

Representative hopefuls are Shirley Slavic, Janna Hatfield, Lowell Adkins, Shincen Hudson, David Nino, Sarah Muhondro, Carl Bryant, Heather Levins, Kathy Robinson and Randy Blankenship.

Voting for Homecoming Sweet-

Flu bug zeroes in on MCC

By KELLEY MUDRA

The flu bug may be zeroing in for a landing at MCC.

"There is some flu out here, but it's not in epidemic proportions. But I expect it to be," said Carolyn Rodabough, director of Health Services.

It seems the flu has affected MCC's faculty more than the students. Rodabough said she knew of only three students who were absent the past week. However, there were no figures available as to how many students were actually gone.

Many faculty members have also been absent. Among those are Ysleta Kudlaty, director of Counseling Services; Dr. Marylea Henderson, director of Displaced Homemakers; Lyn Kent, instructor of computer technology and data processing; Jean Phillips, teachers assistant for data processing; and Donna Pleasant, instructor/coordinator of Health and Human Services and Continuing Ed.

The Registrar's Office seems to be the hardest hit by the epidemic. At one point, for a period of about three hours, there were only two of the seven employees on hand. Among those who were out were Virginia Martinez, admissions clerk; Tracie Morris, records and information clerk; and Martha Knight, admissions assistant.

Also adding to the absentees are those who have had to stay home and care for children suffering with the flu. Rodabough expects the flu to be on the rise this week. So, be prepared.

Burned Vietnam vet rebuilds life after struggle through recovery

By LYNDY YEZZI

The year was 1969. The place, Vietnam. The scene, a battlefield. The man, Jim Billings.

"I walked into an enemy flame-thrower," said Billings. "I was burned pretty bad. Three out of the seven people I was with were killed."

"There were times when I just said 'I can't take it.' I wanted to die. But I liked life too much. I pulled through. People came to visit us every couple of months to cheer us up, and that helped."

"I'm receiving disability for my burns. But I was also shot in the head with part of a Vietnamese B-40 rocket. I still have shrapnel in my head, so I can't wear anything on my head. There are a lot of jobs I can't get because of that."

"The funny thing is, my head wound gives me more trouble than my burns now, and I'm receiving the disability for my burns."

"When I take off my clothes, I scare people to death because of my

"I walked into an enemy flame-thrower. I was burned pretty bad. Three out of the seven people I was with were killed."

burns. But I didn't get married until after I was hurt. My wife told me she married me for my personality, not my looks. She told me she was used to ugly people.

"Sometimes it's hard on my children because I can't get hit on the head or anything. I pass out real easy, and when they want to play, I can't."

"But I am athletic and play racketball and take aerobics at MCC. I'm majoring in nursing. One of the problems I have had with going back to college is the fact that I had been in the military for 14 years, and it is hard to adjust. But I'm doing okay."

"This is my second semester. I want to go into psychiatric nursing because of all that I've been through. I have the personal experi-

ence to help others with some of their problems. Someday, I hope to be able to work in the Waco V.A. hospital.

"I think (the National Salute to Hospitalized Veterans) is a good idea. I think anything would help. A lot of (the veterans) have been hospitalized for a while. The more times people visit them, the more they know they are not forgotten."

"If I had to do it all over again, I would. I think the situation in Beirut is the same as Vietnam...something we can't win. If (the situation) stays like it is now, it will grow. We are just sitting there being shot at."

"If there was another war, I would re-enlist," Billings said. "I'd rather not fight. But if I had to, I would."



Jim Billings and MCC Veterans Affairs Clerk Dottie Vannatta. (Photo by C. Allin Means)

2 Campus news

Briefs

Scholarships available for graduates

MCC merit scholarship policies are being revised so that recipients may use the scholarship benefits while still in high school, according to the Dean of Student Services Dr. LaVerne Wong. This change became effective Jan. 3.

In the past, the policy was concerned that the student use the scholarship only after graduation. This change has enabled the student to be a part-time early admissions student.

The recipient may use the scholarship for any or all of the semesters, including the summer terms, in the first two full years of college, according to Dr. Wong. Enrollment as an early admissions student will not be counted as a part of the two full years.

"These changes afford the recipient greater flexibility in the use of the Honors Scholarship," wrote Dr. Wong in a bulletin to MCC personnel.

Trustees purchase microcomputers

MCC Board of Trustees purchased six new microcomputers for the campus and selected a new carrier for campus fire and casualty insurance during a Tuesday, Jan. 10 meeting.

The Trustees purchased two IBM microcomputers PC and the peripheral equipment from Computerland of Waco for \$9,871. Four Apple IIe systems were purchased from Central Texas Business Machines in Corsicana for \$6,628. The math, biology, English and humanities departments will be using the new computers, as well as the Instructional Resource Center.

Dumas and Goble Insurance of Waco was named as the new carrier of campus fire and casualty insurance. The firm offered a low bid of \$15,014 annual premium, which covers all of MCC's buildings, equipment and vehicles.

Also discussed at the meeting was the hiring of new staff.

William J. Sowers was hired as program director of the MCC real estate department. Vicki K. Greenfield was hired as an AD nursing instructor.

Lois Kerr was hired as the coordinator and instructor of Health and Human Services for the continuing education department. In total, nine new instructors were employed for the Spring semester, other than those mentioned above.

Dwayne Chambers was commissioned as the chief peace officer of campus security.

Corrigan Week proclaimed 'exciting'

Women, now's your chance! You can finally ask out all those guys you've always wanted to go out with.

February 6 marks the beginning of Corrigan Week. The week will end with a Valentine's Dance on Feb. 10.

"I like Corrigan Week," said Sophomore Shelia White. "It gives us women a chance to assert ourselves."

Freshman Daniel Bensen said, "I think it's exciting. It gives a sense of guts to the ladies. It's unique and shows sense of balance."

The Valentine's Dance will be held at Magic Music. The dance will begin at 8 p.m. and end at 12 midnight. Students showing their student identification will be able to get into Magic for free. The cover charge for people without a student I.D. will be \$3.00 per person.

Youngsters experience life on campus

Saturday mornings have become a busy time for the MCC campus as "younger" students encounter the college life.

Children from the ages of seven to 10 and 11 to 15 are meeting each Saturday morning for 10 weeks to learn the stages of creative play, pantomime, improvisation and creative dramatics. The program began Jan. 21.

"The first exposure to the theater is fun," said Instructor Dristin Marshall. "Children go through a wide range of emotions, and we will try to bring out their best qualities."

This drama fundamentals course is the first of its kind offered by MCC.

Also being offered during this 10-week period are children's classes geared from elementary school to junior high school levels in the areas of basic algebra to advanced algebra, English grammar, effective studying, mathematical improvement, reading improvement and gymnastics.

Fees for the classes range from \$13 to \$20. For more information, contact Continuing Education at 756-6551, ext. 211.

Management Center offers course

The Management Center is offering a new, two-week course this Spring, "How to Dictate Effectively."

The course begins Feb. 22 and will meet the following Wednesday night for three hours. MCC Computer Literacy Instructor Linda Stanford will teach the six-hour course.

The purpose of the course is to teach business persons on the go, who are forced to dictate their letters and thoughts to be saved for later typing and revision, to "write out loud."

"Many people don't form their thoughts before they start talking. This course will help them save time and be more efficient," said Stanford.

Basic grammar, types of letters, basic letter forms, rules for dictation and transcription, increasing productivity and practice will be stressed.

Registration deadline is Feb. 17, and the cost will be \$20.

For more information, contact the Continuing Education department at 756-6551, ext. 300.

ADN-LVN Job Fair to be held Feb. 8

The ADN-LVN Job Fair will be held on Feb. 8 from 10 a.m. to 1 p.m.

Recruiters from 20 health care facilities will be on hand to talk to nursing students. The fair will take place in Rooms 108 and 113 of the Health Careers Building.

PAC elects Spring semester officers

Newly-elected officers for the Pan-American Club are Stefanie McChalm, president; Margaret Yarborough, vice-president; Patty Pechna, secretary; and Randy DeLeon, treasurer.

Omega Rodriguez, sponsor and director of Special Services, said the club was visited on Jan. 20 by Jean Hernandez, a representative from North Texas State University.

The club also sponsored a nacho sale Feb. 1. PAC plans to have a Valentine's Day bake sale Feb. 13.



Cafeteria workers

Cafeteria workers are (from left to right) Helen Hamilton, Sandra Carey, Linda Snider, Liz Knox, Nelda Miller, Margaret Page and Brian Jones. Not pictured is Frank Hernandez. The cafeteria people have been hard hit by

the flu the past couple of weeks. "We had two out sick last week," said Margaret Page. "We got the two back, then lost two more this week." (Photo by Gregg Loyd)

National 'love-in' honors veterans

By LYNDA YEZZI

The National Salute to Hospitalized Veterans will be celebrated Feb. 14, to remind veterans hospitalized in VA medical centers across the nation that they are not forgotten.

"This is a push to bring community groups to the medical center to visit," said Sally Johnston, voluntary service specialist for the Waco VA hospital. "The program starts at 8 a.m., with non-patient contact employees meeting each veteran on his ward and giving him or her an adhesive, cloth badge with the words I

am loved printed on it. The badges are very popular with the patients and can be seen on their clothing, in their lockers and just about everywhere else for months after the salute," Johnston said.

"Throughout the day, volunteer organizations will deliver valentines, candies and hold parties on all the wards. At 2 p.m., about 200 of the 900-plus patients will see the stage show in the Stracke Auditorium," said Johnston. Ambulatory patients will be treated to a variety show.

Entertainment for this year's show will include the MCC Dance Company; soloist Laura Kendall

from Central Christian Church; the CCC Choir doing "Boogie Woogie Bugle Boy;" Dancer Vicki Grant from the Jody Grant Dance Studio; Tina Schraeder, feature twirler from Riesel High School; singers from the Huaco Campfire Council; VAMC Nursing Assistant John Garcia and his parrot, "Pedro;" Josefin; and eight Baylor songleaders doing a dance routine.

There will also be a group of well-known celebrities present, including Baylor's Head Football Coach, Grant Teaff, and a special appearance on stage by General W. F. Ulmer Jr., Commanding General III

Corps and Fort Hood.

"Gen. Ulmer will land in a helicopter about 1:30-1:45 p.m. that day near the front entrance of the VAMC. He will appear on stage and visit the wards," said Johnston. "This is a first for us, to get the top man from Fort Hood. The patients will really enjoy the tribute."

Master of Ceremonies will be Jack Smith, formerly of "P.M. Magazine." Smith is a Vietnam veteran who served with the Army.

Also, the Saturday before the salute, six Dallas Cowboy Cheerleaders will tour the wards and sign autographs.

Two new exhibits showing at Art Center

By KELLEY MUDRA

Two exhibitions are now on display at The Art Center. One is "Jim Woodson: Recent Paintings," which opened Jan. 28 and continues through March 4. This exhibition of 11 recent paintings by native Wacoan Jim Woodson is a continuation of The Art Center's series: "Native Sons and Daughters."

Woodson's paintings are typically concerned with the contrast between cultural objects and natural settings. Woodson said his works are metaphorical statements concerning the relationship of parts to a whole.

The central imagery is an almost-

The central imagery is an almost photo-realistic landscape that is interrupted by geometric shapes and patterns.

photo-realist landscape that is interrupted by geometric shapes and patterns.

Woodson's paintings and constructions have been exhibited widely from the late '60s through the present. He has had one-man shows at the Vacaville Art Center in California; The Amarillo Art Center; and the Fort Worth Art Museum. He has also been selected in numerous group exhibitions in Texas and on

the West Coast.

Woodson is an associate professor of art at Texas Christian University. His bachelor of Fine Arts was awarded by TCU and he completed the Master of Fine Arts at the University of Texas.

Also on display at The Art Center is "Mitchell Byers: Photographs." The exhibition consist of black and white photographs focusing on the

events and sights of the State Fair of Texas which is held annually in Dallas.

The format of Byers' photographs is small — four and one-half inches at its greatest dimension — so that the viewer is brought into close contact with the image.

Byers is a resident of Dallas and works in the camera department of Typeworks.

"Mitchell Byers: Photographs" will be on display at The Art Center until March 4.

The Art Center is located at 1300 College Drive on the MCC campus. Gallery hours are Tues. through Sat., 10 a.m. through 5 p.m. and Sunday from 1-5 p.m. Admission is free.

Plaid Vests host tourney; winners travel to Wyoming

On Feb. 9-11, MCC will be hosting the Phi Rho Pi Region Six National Qualifier Tournament.

This tournament will determine who will qualify for the National Phi Rho Pi tournament, being held in Casper, Wyoming on April 1-7.

The individual events being held are: persuasive speaking, communication analysis, poetry interpretation, dramatic interpretation, extemporaneous speaking, entertainment (mixed genre) speaking and prose interpretation.

Group events being held are: NDT (National Debate Topic) Debate, CEDA Debate, Lincoln-Douglas NDT debate, duet acting and Readers Theatre.

In all of the events, competitors who place first through third will qualify for the national tournament.

On Jan. 20-21, the Plaid Vests speech squad competed in the Lumberjack Speech Tournament held at Stephen F. Austin University.

Of 15 colleges and universities competing, MCC was one of three junior colleges entered in the tournament.

Sophomore Joe Chapa won Third Place in After-Dinner Speaking and Fourth Place in Dramatic Interpretation. Junior Ruth Heldroth won third place in Informative Speaking. The debate team of Liz Allen and Robert Nading won Third Place in CEDA (Cross-Examination Debate Association) Debate. The team lost to Abilene Christian University in the semi-final round.

Southeast Oklahoma University, who MCC beat in the first round of competition, went on to win first place.

CLASSIFIED ADS

SALES/HARDWARE: Hardware, plumbing and electrical department of local hardware store. 20 hours per week, weekends included.

HOUSECLEANING: General cleaning. Two hours per week. \$5 per hour.

LIBRARY TECHNICIAN: Shelve books, work circulation desk. 20 hours per week (flexible). Saturday work a must.

LAWN CARE WORKER: Someone to work on a regular basis. Rake lawns and all duties included in lawn care. \$3.50 per hour.

CERTIFIED LIFEGUARD: Must be qualified for work-study. Afternoon work. If interested, contact James Burroughs. HPE office 115, ext. 253.

PART-TIME MICROCOMPUTER PROGRAMMER: Must have a good working knowledge of microcomputers and BASIC programming language. Ability to teach others in the use of microcomputers is necessary. Deadline for filling applications is Feb. 10. 20 hours per week (to be arranged). \$5.00 per hour.

INSTRUCTOR OF BUSINESS/OFFICE OCCUPATIONS: For more information contact:

Office of Personnel Services
McLennan Community College
1400 College Drive
Waco, Texas 76708
(817) 768-0551, ext. 321 or 304

If you are interested in any of the jobs listed above, please contact the Placement Office, third floor, Student Center.

4 Sports features

Kilgo advocates 'competition,' 'hard work,' 'self-discipline'

By ANNE-MARIE KIMBELL

"Competition is a key word in my philosophy. Being able to compete is important." Such is the coaching philosophy of Dub Kilgo, assistant MCC baseball coach.

Kilgo works to cover all areas of baseball with the players in preparation for games. "We work hard, and try to play just as hard as we work. If we do that, the players and coaches get a lot more out of the sport. Win or lose, it's more gratifying to prepare and play in that manner because if you do lose, you know that you've given your best ef-

fort," said Kilgo.

Kilgo worked as a graduate assistant at Baylor for two years before coming to MCC to teach in the HPE department. Coach Butler then asked Kilgo to assist in baseball and this will be Kilgo's seventh season with the baseball team.

Kilgo believes the main reason for the baseball team's success is that he, Coach Rick Butler and the other coaches are so compatible. "We try to stress player organization, self-discipline and hard work. Also, being in an enjoyable atmosphere is favorable as a coach and as a player. Faculty and administra-

tors are very supportive to our players."

Kilgo's goals for the baseball team are to "to try to repeat as a national champion. We set a series of goals. Our first goal is to go out and play equally as hard in each game without looking too far ahead and try to progress in that manner. I think, personally, I'd like to be with a team that doesn't lose a game. The closer you try to get to that particular goal, then probably the more successful you will be. The next goal would be a league championship which would give the team a berth to the national tournament."

Butler pushes hardballers

By JANNA HATFIELD

MCC's baseball team has gone to the National Championship for the past four years in a row. They came in third in 1980, eighth in 1981, third in 1982 and they won last year's World Series.

"The key is the consistency we have with the kids. Our discipline program is designed to keep them in shape more than as punishment," said Coach Rick Butler.

"The Bosqueville Run. It's not fun. But in the long run, it's worth it," said Steve Bertles, a freshman

on the team.

Butler's philosophy on coaching is that each player knows what is expected of him. "Dub and myself create the atmosphere of what we ask for is for their own good."

"He's hard, but he's a good coach," Chip Carnes, a freshman infielder, said of his coach.

Butler was a graduate assistant at Baylor for two years. As a Baylor Bear pitcher, he was 3-1, 3-2 and 3-2 with an earned run average of 0.48. In his work at MCC for the past 14 years, he has led the baseball team to victory after victory.

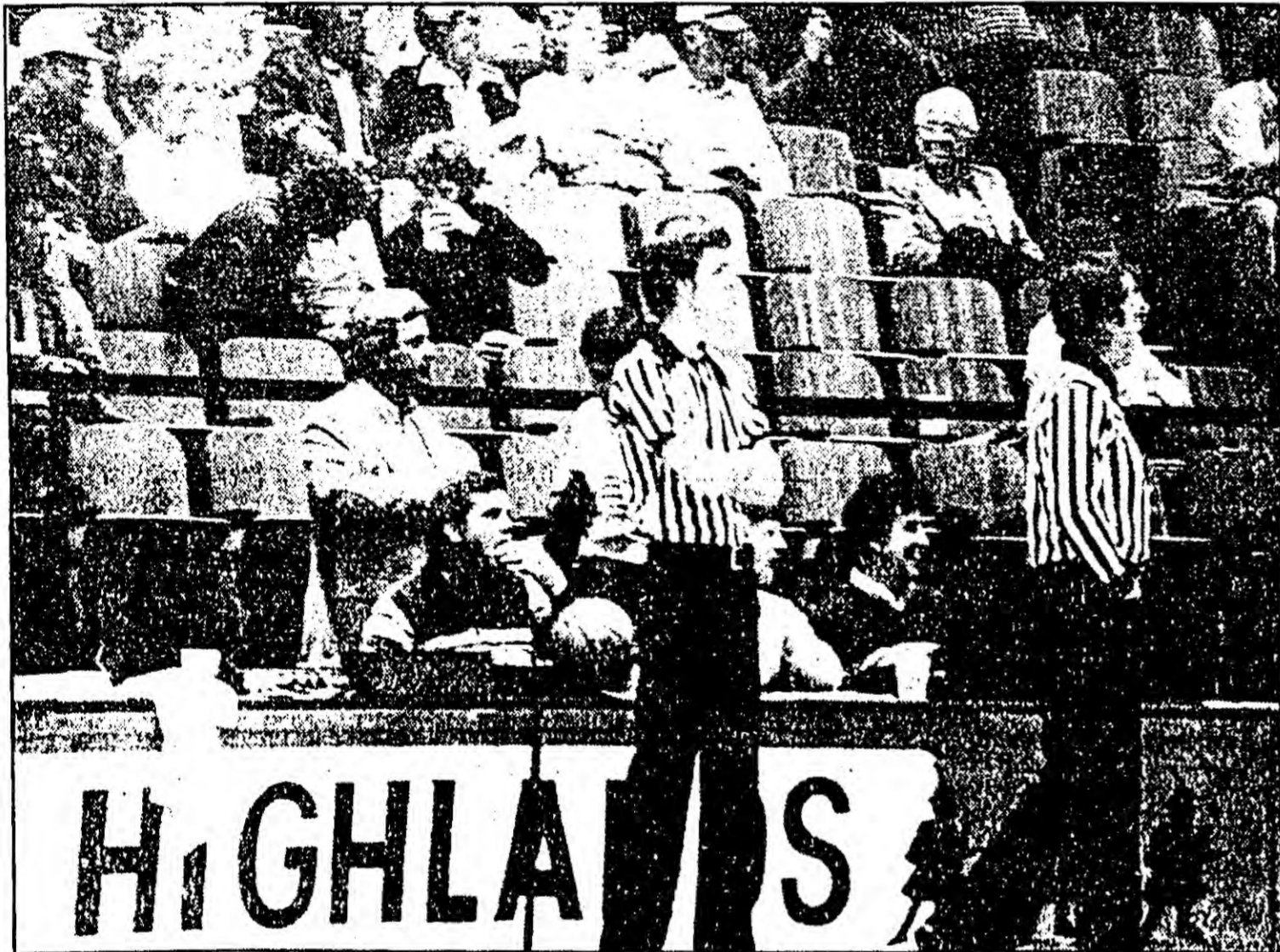
"If the baseball players are cocky, it's because they're the national champs. They have those rings, and it's like 'Hey look! We're champs!'" said Butler. "I hope on the field they're more confident than cocky. But it's a pride factor."

"It's tough, but we have a good program. We always try to succeed at what we do," reflected George Banda, also a freshman infielder.

"The main goal is for each player to improve each day. We have strength — but flexibility," said Butler.



Dub Kilgo, assistant baseball coach, is an integral part of the team's success. (Photo by Dave Nicholls)



Baseball Coach Rick Butler stands behind Tennis Coach Carmack Berryman as they watch MCC roundball.

(Photo by C. Allin Means.)

Transplanted Californian leads tennis teams to high playoff spots

Tennis coach Carmack Berryman is a transplanted Californian who has made quite a change in the MCC tennis program.

After spending his youth in San Diego, he came to Texas on a scholarship from East Texas State University where he was an All-American his senior year. He graduated in 1972 with a BS in math and HPE and received his master's degree in 1975. Upon graduation, he spent his summers working at Park Valley

Country Club where he met his wife. After spending four years at Grand High, he accepted a position as tennis coach/instructor at MCC. He will be starting his eighth year here at MCC and seems to enjoy it quite a bit. He is very happy with his tennis teams at MCC.

Berryman says that his playing in college has helped him out a lot in his dealings with his players. He says it helps him in his ability to relate to what his players are going

through on the court in competition. "I try to get to know as much about my players' personalities as I can right off, then I try to set my strategy for developing them according to what I perceive the individuals to need."

This approach seems to work well for Berryman. His Women's teams finished third in regionals last spring and his men's team finished fifth in the nation.

Women pump iron to 'beef up' and control weight

By PEGGY HEBERT

"I don't think weight-lifting is a fad," said Coach Robert Ammon, one of MCC's weight-lifting instructors. "I think it's something people are becoming aware of. They're finding out the benefits."

Horizons are especially opening up for women weight-lifters.

"Last semester, I taught a class of 25; 23 were guys and two were women. Now, out of 27 students, 13 are female."

Ammon said that television has played an important part in physical awareness for females by depicting more physically fit women. For example, occasionally television will air a women's body-building contest.

There is a vast difference, however, between the female weight-lifter and the male body builder.

Coach Ammon defines it as such; "Body building focuses on aesthetics — strictly looks."

He says that weight-lifting, on the other hand, is geared more toward health and endurance.

Granted, exercise is important, but that's not all there is to being physically fit. Fitness involves determining priorities.

Number one is sleep. Number two is a well-balanced diet. Protein is necessary if you want to build muscles. Coach Ammon teaches his weight-lifting class on MWF from 12:10-1:30 p.m. He instructs his students in four different types of weight-lifting. For example, a long-distance runner would need to do a different routine than say, a baseball player. Coach Ammon understands the different needs of each individual and each purpose is filled through a different routine.

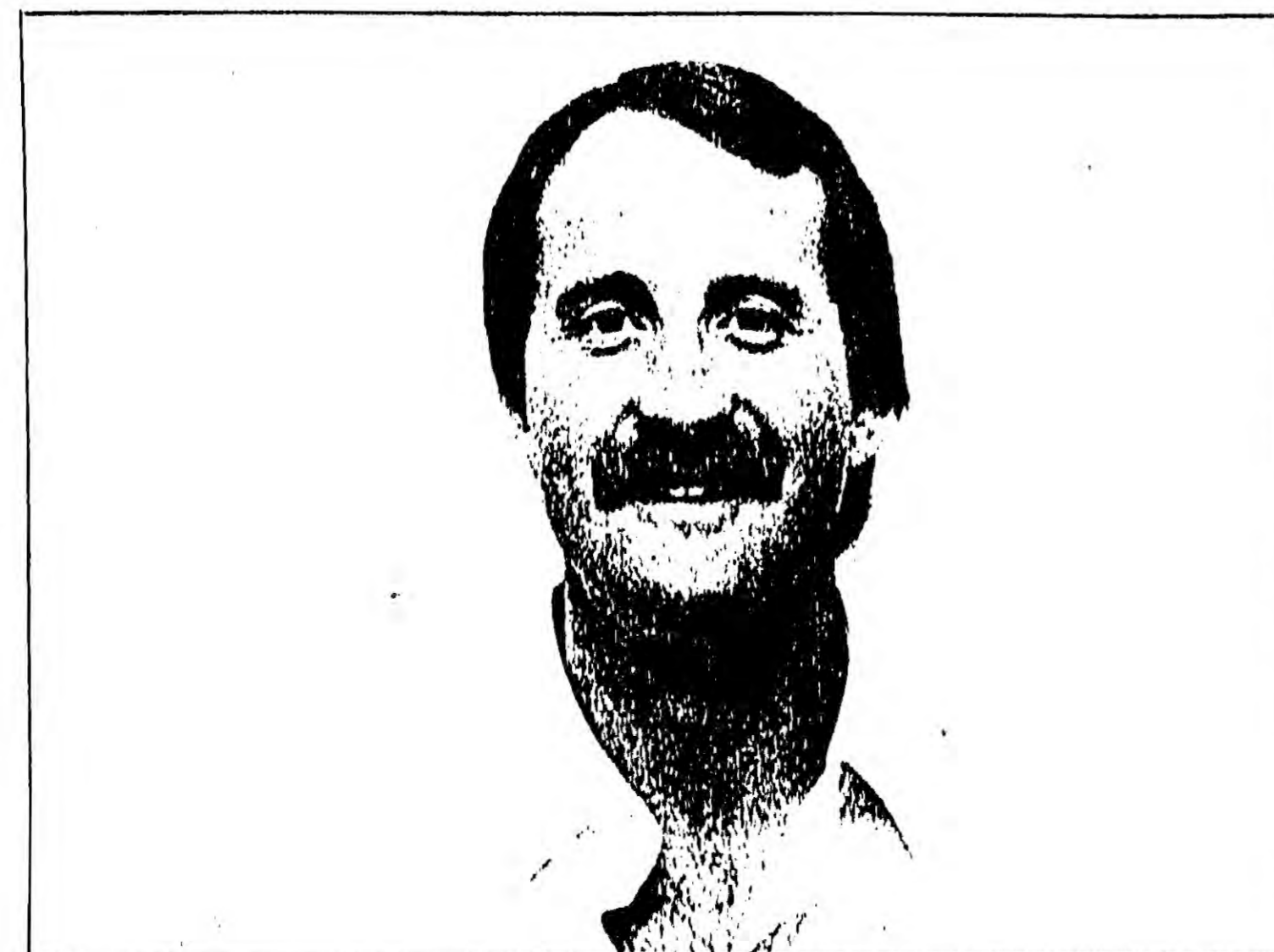
Ammon has some advice for women interested in getting involved with weight-lifting. "It's better to reach your goals with professional advice. I highly recommend that interested women come and speak to someone with lots of knowledge about it, or read a book. I don't recommend doing it without professional advice."

Many women are discouraged by stereotypes that depict women weight-lifters as masculine and over-defined. But since women don't have much of the male hormone, testosterone, it would be difficult for a woman to build to the same bulkiness of a man.

MCC has its own weight-lifting facilities. The dead weights are available only to instructed classes. The Universal weight room, however, is open to any MCC student or faculty member. The HPE building is open Monday through Thursday from 8 a.m. until 9 p.m. and on Fridays, 8 a.m. until 5 p.m.



Woman weight-lifter shows off physique and flexes muscles.



MCC Golf Coach Bob Ammon is the key behind the talented and successful linksters. (Photo by Dave Nicholls)

Winning is the hard part. . .

Success could be DeWeese's ticket to heaven

By TRACEY THOMPSON

In his four years at MCC, Athletic Director Ken DeWeese has chalked up 75 wins over 23 losses. His record this year stands at 15-7.

A coach's existence is simple. If you win, you're a good coach. If you lose, pack your bags, fella.

Winning is the hard part. There are oh-so-many ways to lose a ball game.

Ask MCC Athletic Director and Head Basketball Coach Ken DeWeese. He knows. But DeWeese also knows how to win. His record in his four years at MCC points that out.

DeWeese graduated from Bolton High School in Alexandria, Louisiana, where he

excelled in football, baseball, basketball and track.

"I was probably a better football player (quarterback) than basketball player, but I hurt a knee as a junior and I couldn't play the position like I wanted to," said DeWeese.

That bum knee not only ended DeWeese's career at directing an offense, but also finished any ideas that he had about piloting an airplane. It seems the Marines didn't cater to future aviators with damaged parts.

Louisiana State College, which became his alma mater.

In college, DeWeese concentrated his athletic ability in the area of basketball. He was on a four-year full-ride scholarship. But he also had a knack for the theatre — minoring in speech and drama, where he participated in various productions.

Well, if DeWeese enjoyed drama and was looking for a profession other than the theatre itself to find exciting plots, he chose the right job.

Except in coaching, one doesn't know "who done it" until the final buzzer sounds.

After college, DeWeese coached at four Texas high schools and was an assistant at the University of Texas at El Paso for five years before coming to MCC.

After high school, DeWeese enrolled at Tulane University, but later transferred to

"I wasn't that interested in coaching at the junior college level. I'd recruited some players from MCC while at UTEP, and I'd come to MCC for the annual Texas Association of Basketball Coaches Clinic."

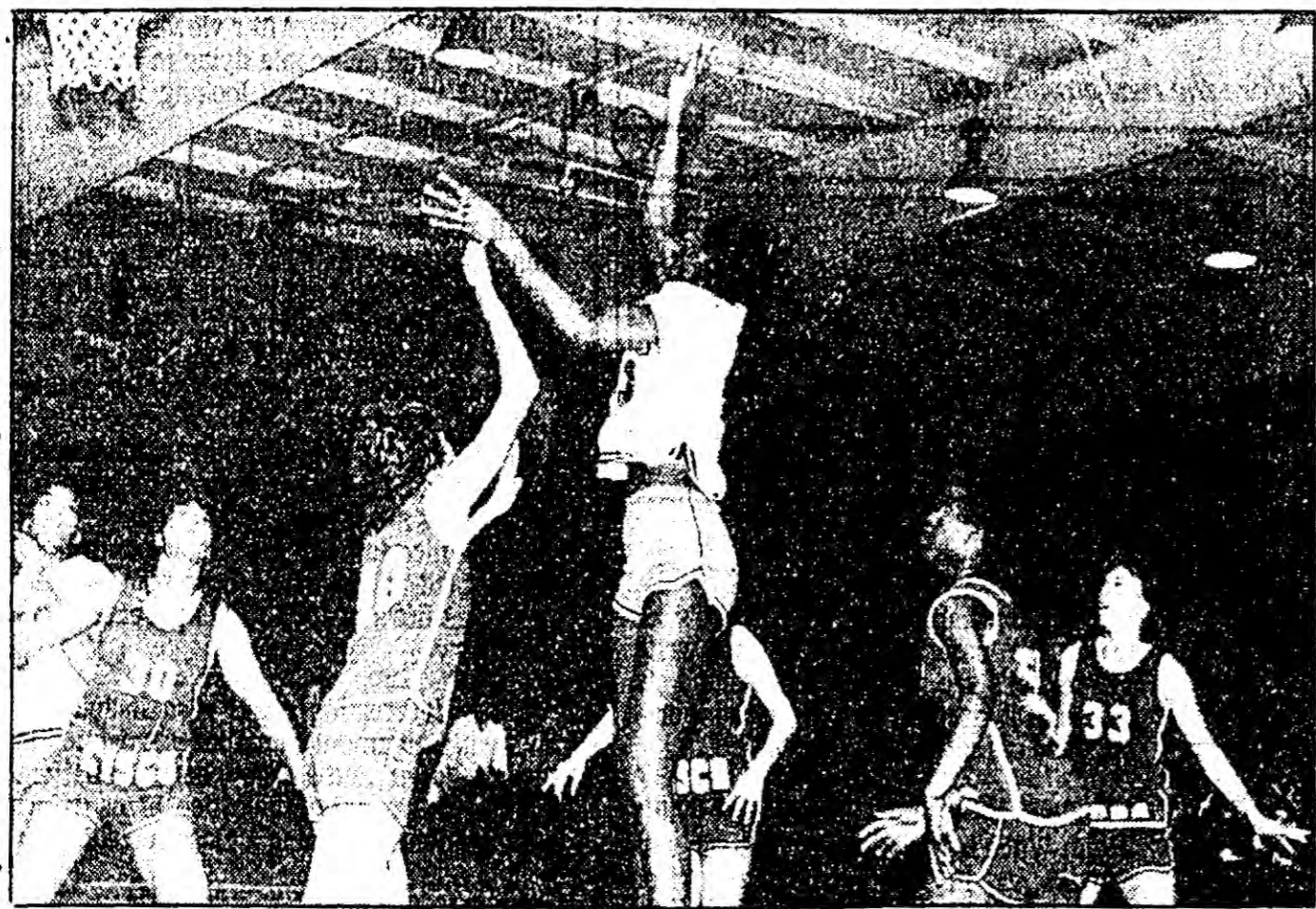
On his first visit to MCC while still at UTEP, "I couldn't believe the campus. I drove around and was really impressed. I went back to El Paso and told my wife that if I ever coach in junior college, I know where I want to coach."

Later, when the head coaching position at MCC was vacated, DeWeese took the job.

DeWeese is winning. But he's not blind to his profession. "There's a purgatory before you can go to heaven or hell. This is my purgatory."

With his record to show, it might not be too presumptuous of him to begin looking skyward.

That bum knee not only ended DeWeese's career at directing an offense, but also finished any idea that he had about piloting an airplane.



Coach Charlotte Mason has led the Highlassies to a national ranking. (Photo by C. Allin Means).

'Sports is a man's world'

By JANNA HATFIELD

Picture this typical scene.

The basketball game is, once again, a sure win for the Highlassies. It's late in the fourth quarter, and people finally start filing in for the men's game.

Why should a team that is nationally-ranked get such little attention from fans?

"It has to do with the priorities of the press. It's not the writers, the ones who actually come to the games. It's the people with power that put the paper together," said 'Lassie Coach Charlotte Mason.

Men's basketball coach Ken DeWeese said that it takes time for women to develop a following. "Women are new to sports — men were established years ago. I don't think women should be slighted just

Why should a team that is nationally-ranked get such little attention from fans?

because they're new, but it will take time."

Coach Mason went on to say, "Sports is a man's world . . . men write the sports stories and make the television and radio announcements." When asked if she thought women would ever be equal to men in sports, Mason replied, "No, men will never allow that. The power lies with the men and that's a fact."

The 'Lassies have problems with student support, also. "I think they would love to come if it weren't for

the time (of the games), and the distance," said Coach DeWeese.

Mason said that she thought most of the lack of support was caused by MCC not having dormitories. "Students don't want to use the gas to drive back and forth from school and home."

DeWeese also said that he didn't think there was enough support for men or women — period. He said that it wasn't the students' fault, "... they just don't have time."

"I don't understand it and it's hard to accept, but I can't change the fact that women are backseated to men in sports. I would think that if a good team is formed, that in itself would earn respect," reflected Mason.

"Society says that if we work hard we will get somewhere in life. That's bull. We are nationally-ranked and we haven't gotten anywhere."



Sophomore Ivan Young gets airborne over Cisco defenders. (Photo by C. Allin Means)

Hoopsters gun down Wranglers

The Highlanders blew the roof off the Highlands gym Thursday night as they rolled over Cisco 75-66.

The game got off to a speedy start when MCC took charge early with the help of Ivan Young, Arthur Goudeau, and Donald Harvey. The Highlanders blew to an early lead of 22-6 with the aggressive play of 6'6" center Ivan Young. Young had 13 of his 21 points in the first half of play.

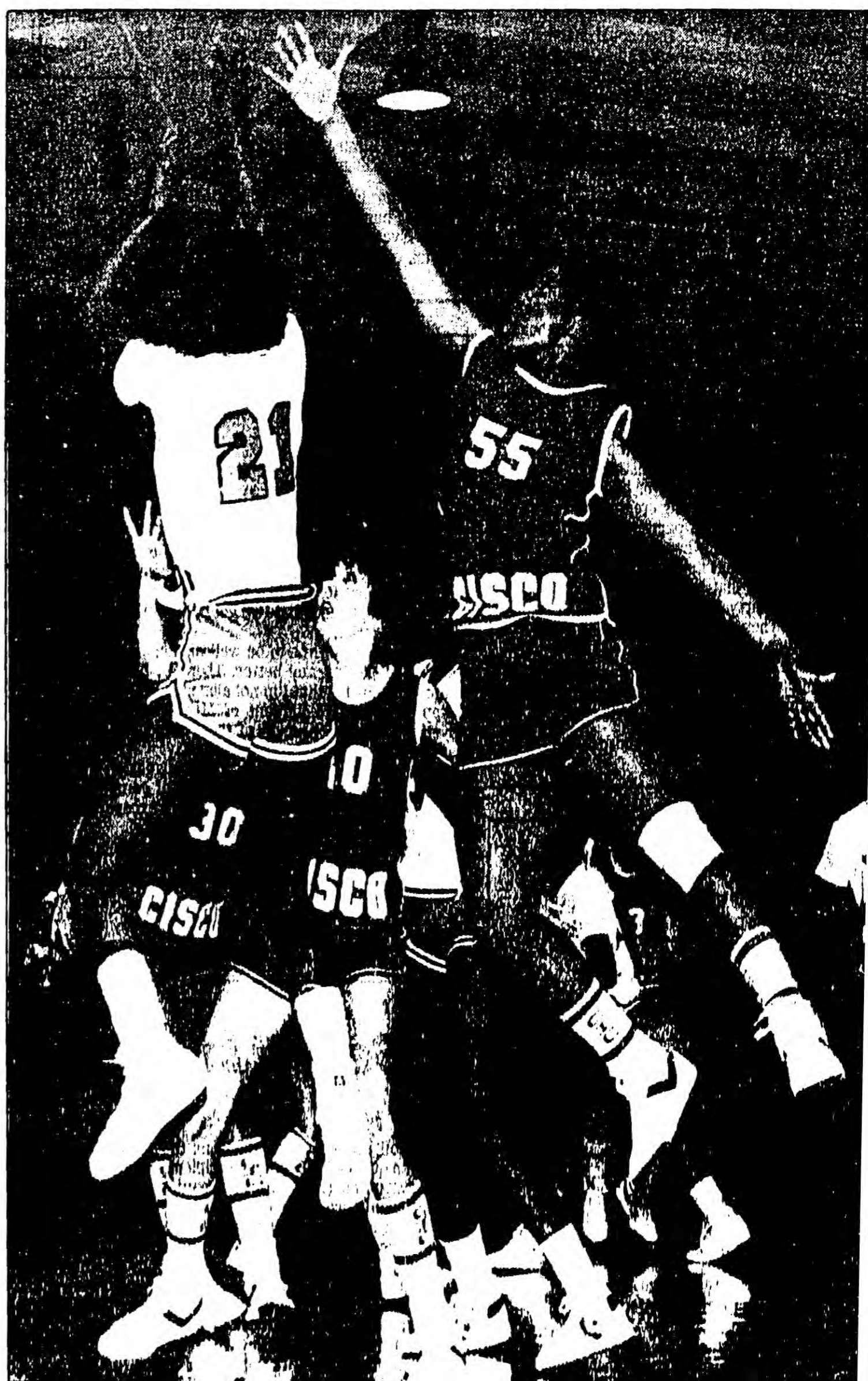
MCC finished the half with a 39-28 lead over Cisco that narrowed to within one point with eight minutes left in the game. At this point, Arthur Williams and Brian Mattson made Cisco wish they had left Waco after the first half was over.

After taking a charging call, Mattson dropped two free throws and nailed an outside shot on the next possession. Then it was Williams turn to burn the Wranglers with 10 of his 16 points in the last six minutes of play. He started with a distant jumper, followed by a couple of forceful drives inside.

The superb Highlander execution stifled a late charge by Cisco and enabled MCC to sail past Cisco with their 75-66 victory.

High scorers for MCC were Young with 21, Williams with 16, Mattson with 14, Goudeau with eight and Harvey with six.

The Thursday night win pushed MCC to 5-3, halfway through the North Texas Junior College Athletic Conference.



MCC's Rita Martin sinks a baseline jumper over Cisco players. (Photo by C. Allin Means)

Cisco Kids ride into buckets ambush; shootout scene: badlands of Highlands

With some shooting help from Jackie Benson and Rita Martin the MCC Highlassies rolled over Cisco 80-64. The 'Lassies were sluggish until late in the first half when they exploded on a shooting binge with a total of 16 points in just two minutes. The explosion was sparked by a drive inside by Rita Martin, a rebound and a pair of free throws by Vicki Gentry, and a boomer from

outside by Jennifer Murphy.

MCC put the pressure on defensively as they went to a full court press with three minutes to play in the first half. They played good containment basketball and rarely allowed the Wranglers an inside shot.

The second half also started another scoring spree sparked by more inside drives by Martin, five free throws and ten more points

from the field by Carolyn Sneed, and three lengthy outside shots from Kathy Byrd, Vicki Gentry and Carolyn Sneed controlled the inside boards to give MCC a 76 to 51 advantage with only four minutes to play.

With their victory Thursday night, MCC moved past Cisco in the first round of the North Texas Junior College Athletic Conference with a record of 6-2.

