

The Highland Herald

McLennan Community

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Fairgoers get filled, thrilled

See story page 3.

photo by Marvin Clynh

Board approves exes' ssociation

After a meal sponsored by Student Government Tuesday night, the Board of Trustees unanimously approved a proposed constitution for the Ex-Student Association.

In other business, the board considered and approved the purchase of a compact pick-up truck, plywood for Highlands project, musical instruments and a Pitney Bowes Mailing-Postage machine.

The board also approved a two-year contract with Edutronics-McGraw-Hill Book Co. for services, equipment and educational materials for the data processing department for \$9,450.

"The material is suited for group as well as individual instruction," said President Wilbur Ball.

"We will get first class, modern teaching techniques with this material," said Ball. "We are trying to build the best computer process department around."

Before adjournment, the board heard a report from Student Government President Galen Harry on Student Government plans and activities.

Harry said that Student Government hoped to develop a strong inter-club council, wear T-shirts to let students know "who the Student Government members are."



FINGER-LICKIN' GOOD

Literary magazine organized

A new literary magazine is being created by the language arts department to feature works written by students and faculty.

Sponsor Susan Smith initiated the project after getting the suggestion from some of her students.

"A lot of colleges have literary magazines and MCC used to have one," Smith, an English instructor, said. "We thought we'd give it a try this year."

The magazine, which will be

published in late April, will be divided into areas of poetry, short fiction and essays.

A \$25 prize will be given for the best of each category.

A special faculty section will also be featured.

Smith said a selection committee of two students and three other faculty members will select works to appear.

Students who wish to serve on the committee should contact

Smith.

Tentative title for the magazine is "Hearth." Smith said she likes the title because it fits with the school's Scottish motif.

Although the exact cost is not known, Smith said the publication will be sold to help with costs.

"This is not a money-making venture," Smith said. "We hope to sell enough to break even."

"The magazine will be paperback," Smith said, about the size of the Highlander's Guide.

Smith hopes to have good student response.

"We're trying to see what kind of writing is going on on campus," said Smith. "It needs to be recognized."

Deadline for entries, which may be submitted to Smith, is March 1.

Pipeline

Candidates speak tonight

The League of Women Voters will sponsor "Meet the Candidates" tonight at 7:30 at the Waco Convention Center in the Cultural Center. U.S. Representative candidates Marvin Leath and Jack Burgess will be there along with Texas State Representative 35A candidates Betty Denton (incumbent) and Brent Rickles; and 35B candidates Gordon Erkfitz and Joe Gibson.

Talent show Friday

The campus talent show will be held Friday in the Student Center at 10 a.m. Admission is free and orientation credit will be given for attendance.

During the show, Afro-Student Kindred is sponsoring a bake sale.

Shakespeare film to run

The film "King Lear", Shakespeare's monumental play, will be shown Tuesday and Wednesday in the health and physical education building lecture hall. Shown at 7 p.m. Tuesday and 10 a.m. Wednesday, it will last 134 minutes. The film will be free.

Boo !!!

The March of Dimes will open its haunted house Friday at 7 p.m. The house will be open through Halloween night. It will be open from 7-11 Sunday nights through Thursday nights and 7-12 Friday and Saturday nights. It will also be open Oct. 30 and Halloween. Admission is a \$2 donation.

Proceeds from the event will be used to support the prevention of birth defects through March of Dimes programs of research, medical research and education.

BEOG checks to arrive

Basic Educational Opportunity Grant checks will be issued Wednesday in the business office.

Test time again

Testing dates for the General Education Development test (GED), American College Test (ACT), and Psychological Service Bureau test (PSB) have been scheduled by the counseling services office.

Cost for the five-part examination is \$10. Interested persons should call the counseling service office for an appointment.

The first ACT test is Oct. 21 at 8 a.m. in the science lecture hall. Other dates include Dec. 9, Jan. 16, Feb. 10, May 28 and June 23.

GED tests will be offered each Monday, Tuesday and Thursday from 8:30 a.m. - 11:30 a.m. and 1:30 p.m. - 4:30 p.m. The GED will be given Wednesday evenings from 5:30 p.m. - 8:30 p.m.

The PSB examination for prospective nursing students will be given Oct. 23, Nov. 16, Dec. 12, Jan. 31, Feb. 26, Mar. 27 and May 4.

A \$2.50 registration fee (\$3. after Jan. 1) is required in advance.

Foreign films provide rare treat

Foreign films used to come to Waco theaters, not often but occasionally. "La Dolce Vita" may have been one of the last.

Apparently it is not sound business to book Italian or French or even British movies here. It has been said that Central Texans are turned off by accent. Que lastmal! We are the losers, doomed to a diet of chicken-fried steak, never to taste chicken cordon bleu or even a decent pasta. It seems a dreary prospect.

A hundred miles away Austin is risking it with two French films, "Dear Inspector" and "Cat and Mouse". Both are murder-mysterles, worth your while, and, for a real movie buff, worth a drive down.

French films are rarely spectaculars. They are, rather, examples of the soft-sell -- underplayed, not terribly long and not terribly wordy. They make their point once and assume the audience has it.

American script writers and directors have a way of tacking on scenes one, then another, with the fond hope that if we don't get the message the first time, we still have three or four more chances. This was the case in "An Unmarried Woman" which was painfully repetitive.

A scene in a good French movie is usually a perfect entity, polished and complete.

In the film "Dear Inspector" there are multiple murders and a woman inspector who pursues the murderer and a boyfriend with equal energy and humor. She has the delightful support of a mother, an aunt, and a school-aged daughter who keep things going at home in an absolutely charming fashion.

Phillippe de Broca has prepared a clever movie with some very funny scenes and beautiful effects. To describe a scene would betray the plot, but one effect would not: at the

beginning, a soft lens slowly pans through the glass window and all around the interior of an elegant Parisien bake-shop, slowly, slowly, going over trays of glazed strawberry tarts, almond tores, and chocolate petit fours as the credits are super-imposed. What could be lovelier than a screenful of French pastries?

The dubbing job, however, is not so lovely. It is unsettling at first. Just ignore it.

"Cat and Mouse" is a more sophisticated murder-mystery comedy brought off as much by the performance of Michele Morgan as anything else.

She is tops, beautiful to watch no matter what she's doing. She can hold her head and scream in fear and anguish; she can seduce a man half her age; or just eat melon at breakfast with her husband and she doesn't lose her audience for a second. Her handling of a knife and fork alone deserves some kind of Oscar. The entire cast is first rate.

The French make a lot over meal time, and there is a great deal of eating in this film. Everyone eats and everyone eats with pleasure. The detective eats; his daughter eats; his mistress, a prostitute, eats and cooks well besides. The food all looks tremendously interesting and special, an effect not usually achieved in American movies.

Everybody laughs a lot in "Cat and Mouse", and something really must be said about the quality of the laughter. It is unforgettable, real and spontaneous, uncontrollable and contagious. Afterwards you wonder how, on a set, under lights, in the confusion of production the actors could summon such genuine mirth. No dubbing in this film. The spoken French falls softly on the ear, and the subtitles are succinct.

Rx from Rodabough

A weighty problem

by Carolyn Rodabough

Are your jeans getting harder and harder to button? Is it becoming more and more difficult to conceal that roll at your waistline? Are you convinced that someone sabotaged your entire wardrobe by a mass shrinking attack? Or could it be that you are actually losing "the battle of the bulge"?

If so, you are among the twenty million Americans who are overweight. Isn't that an astounding figure! Although you may think of obesity as a problem of only middle-aged and older adults, that is not necessarily the case. A recent study showed that as many as one-fifth of the nation's high school graduates are overweight.

What causes such a widespread problem? (No pun intended.) Very simply - calorie-rich meals and inactivity. We all hate to face up to that fact. It is really so much easier to blame those extra pounds on heredity or glandular problems. We don't want to admit to overeating and underexercising. Neither do we want to believe statistics that

relate an increased incidence of heart attacks, diabetes, arthritis, hypertension, kidney disease, gall bladder problems, and thus shortened life span to obesity.

Nevertheless, the verdict is in and many of us are already serving the sentence of living with health problems, lack of self-esteem, or just by not being able to enjoy life more fully in a variety of ways due to being overweight.

What can be done? Well, if you go to the nearest bookstore or drugstore you will find enough diet books and plans to boggle the mind completely. Once in a while, someone actually finds some truly helpful information in some of those books, but in reality, the only successful way to lose weight is to modify eating habits and increase activity.

Here are a few hints that may help dieters to trim away some of those unwanted pounds and inches:

1. Write down everything you eat. Learn where, why, and what you eat.
2. Drink a glass of water before each meal.
3. Eat at specific times and

places. Always eat three meals a day. Be aware of good nutrition. Remember that constant snacking is definitely a cause of excess weight.

4. Eat slowly. Avoid rushing through meals.
5. Use a salad plate for your servings and never take a second helping.
6. Cut out all desserts except fresh fruit.
7. Look at yourself naked in a full-length mirror at least once a day. (This can prove to be real punishment and provide incentive to keep on dieting.)
8. Stay busy - don't give yourself time to eat out of boredom.
9. Become more active - jump rope, walk, swim, jog, or begin bicycling.
10. Avoid eating anything after 7 p.m.

11. Train yourself to leave something on your plate at the end of each meal. This gives you control over the food, instead of letting the food have control over you.

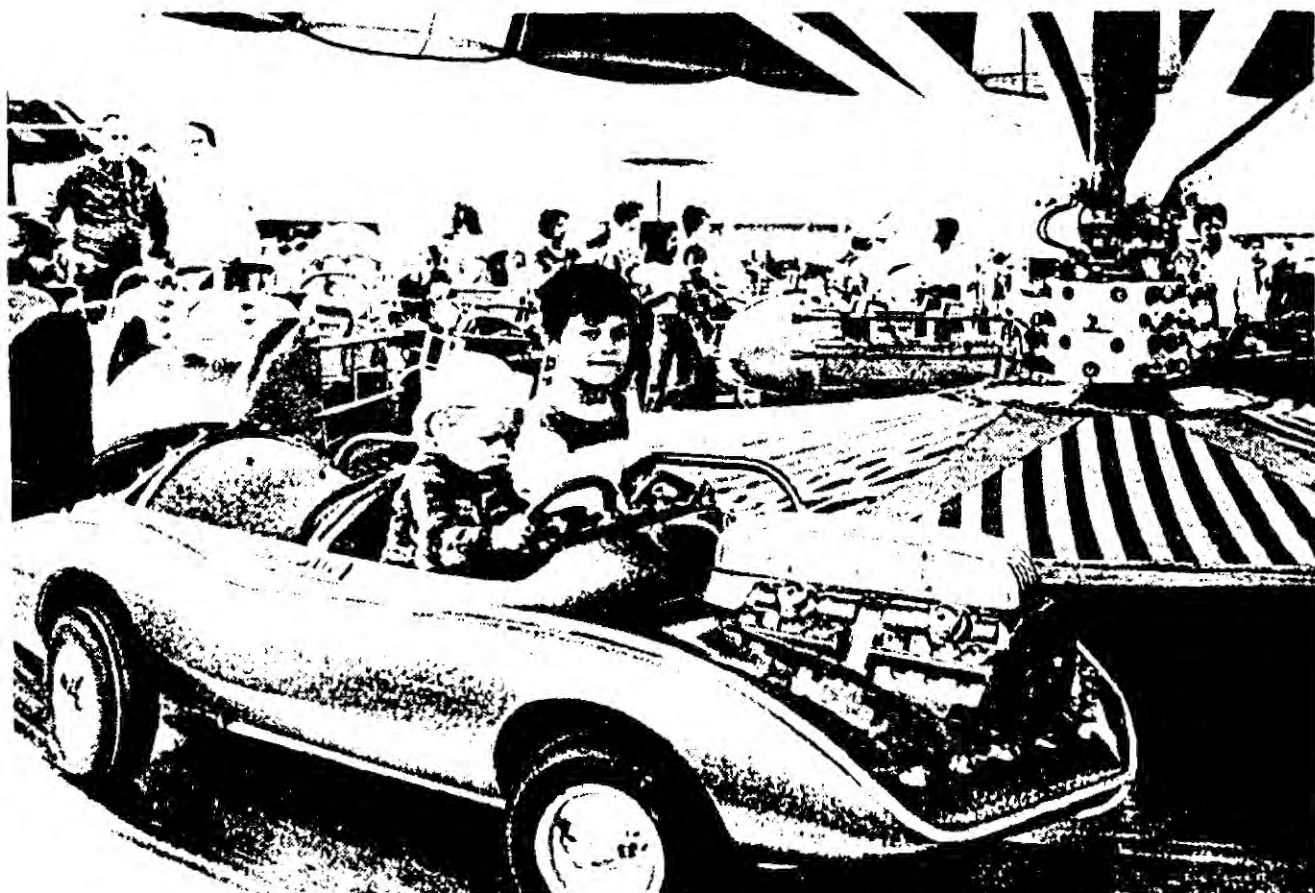
12. Brush your teeth after each meal to signify the end of the meal.

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Editor's note: The guest essay that appeared in last week's issue of the HIGHLAND HERALD was written by Dale Linkous.



COMIN' THROUGH...

photos by Marvin Clync



COME ON BUDDY -- GIVE IT A TRY

Fair attracts thousands

The Heart of Texas Fair and Rodeo made its annual debut in Waco last week with thousands attending.

For many children, it was a first. For others, it has become tradition to dress in cowboy hats, boots, western-style pants and shirts.

The fair is many different things to different people. To MCC, it is a chance to recruit. A booth in the exhibit building was complete with a model of the school and tape recorded information. Students and faculty were on hand to answer questions.

Rides that go round and round, cotton candy, corn on the cob, and stuffed animals are the

visions dancing in children's heads. To the older set, perhaps it is a chance to relive childhood days.

But what keeps the fair going is the persons who work in it. Walking down the midway, one may hear "Pick a color. Any color. Oh, you don't want to pick a color, well sir, how about you...?"

"HEY! How would like one of these big, beautiful dogs. All you have to do is throw the ball in the

basket." Or then again, "Gotta quarter? Let me show how easy it is to win..."

One 67-year-old man had been working in fairs since he was 12, because he "likes it."

While "barkers" lured visitors to their various booths, dancers, drill teams, and bands entertained nightly. Yes, there is something for everybody. So, until next October, people will be saving nickles, dimes, pennies for another rendezvous with the fair.



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Sports



REACH FOR IT—Philis Oliver goes up for a spike in the playoffs of the volleyball tournament.

photo by Marvin Clync

In VB tourney

Force remains alive

Borrowing some of the power tactics of their adversaries, the Force kept its hopes alive in this year's coed volleyball tournament with a 8-12, 14-8, 9-7 victory over the Hard Hitters.

The win sets up a final match to be played Friday between the two teams, who now have one loss each in the tourney. The Hard Hitters had previously defeated the Force 14-9, 15-1 last Friday.

The Hard Hitters took control of the match in the first game as they fought back from an early deficit to take a 6-3 lead on the serves of David Ross and the net play of Cindy Reinke and Ruthie Simms. But the Force kept things interesting when Robin Ross smashed three straight spikes to knot the game at 6-6. It see-sawed for several serves before Reinke broke the game open with four straight points off her serve as time ran out.

At this point, the script read for the Force to roll over and die, but they did not get the cue. Leading 4-1 on the strength of spikes by Brenda Chappell, the

Force controlled the game. But a spike by Joe Bob Potter and then four serving points by the Waco sophomore gave the Hitters a 8-7 lead. A dink and a vicious spike by Philis Oliver were the big plays in the streak. The Force eventually took the lead 9-8 and after an exchange of serves, captain Galen Harry served for five points as time expired.

Fine net play and a strong serve by Reinke gave the Hitters an early 5-2 lead in the final game, but Lisa Catharn, Chappell and Ross put the Force back on top 7-5. Mitch Bragg served a point for the Hitters, but Ross countered with a fine dink to make the score 8-6 in favor of the Force. The Hitters' David Ross added a dink, but the Force's Chappell and Robin Ross combined to seal the victory.

The Force scored on 31 of their 56 serves for 55.4 percent while the Hard Hitters made good on 27 of 57 serves for 47.4 percent.

Finishing the tournament in third place were the Question Marks, who were eliminated Monday by the Force.

Pro, College Football Fortunes

by Robert Gough and Tex Stidham

Last week's unbeaten, Los Angeles, Pittsburgh and Washington, stayed undefeated with wins Sunday, but the big news is the surprising Green Bay Packers, who beat Chicago 24-14 to run their record to 5-1 and a two game lead in the NFC Central. The Bears, Minnesota and the improving Tampa Bay Buccaneers are tied for second with 3-3 marks. The upsets of the week were Seattle's 29-28 nipping of the Vikings and San Diego's shelling of Denver 23-0.

DALLAS 21 ST. LOUIS 7 All the signs point to a Cardinal upset victory. They always play the Cowboys tough, a winless team is a hungry team and they are at home. But Dallas knows that it can ill afford any loss right now and the Pokes played too well last week to lose this one.

LOS ANGELES 17 MINNESOTA 10 Another possible upset, but the Vikes do not have the horses to keep up with the Rams. If this game were being played in mid-December, LA might freeze up on the Bloomington turf. But lately only Minnesota's defense has frozen.

PITTSBURGH 28 CLEVELAND 24 The Steeler offense has been awesome and that defense is not bad either. Cleveland played well in beating the Saints last week, but were passed dizzy by New Orleans' Archie Manning. Pittsburgh's Terry Bradshaw had a field day against the Falcons and RB Franco Harris got in gear with his first 100 yard rushing day. Despite the home field advantage for the Browns, the Steelers should win their seventh straight.

DENVER 17 CHICAGO 13 The Broncos were embarrassed last week by San Diego while the Bears were losing to Green Bay. At home in front of endearing fans, the Broncs should get back on the right track.

GREEN BAY 24 SEATTLE 14 The Hawks can squawk, but the Puck is back. The best of the rest: Washington 27, Philadelphia 21; Miami 17, San Diego 16; Tampa Bay 23, New York Giants 21; New York Jets 35, Baltimore 17; New England 17, Cincinnati 7.

Last weeks games: 7 right, 3 wrong, .700 pct.

Season's totals: 26 right, 14 wrong, .650 pct.

College Picks

The Oklahoma Sooners are everyone's pick this week as the No. 1 team in the college football. The Sooners (5-0) received 35 first place votes. USC was second and Penn State third.

This week Grant Teaff's

Baylor Bears host offensive minded Mike Ford and the SMU Mustangs. "SMU will come in here higher than a kite," says Teaff. The Ponies are undefeated in Southwest Conference play and possess an offense that can strike at any second with the lethal arm of Pony Quarterback Mike Ford. SMU trailed last week by 14 points late in the fourth quarter and Ford led his team to two quick touchdowns and tied Ohio State. SMU could have won the game but the field goal fell short on the last play of the game.

Baylor is averaging 159 yards rushing 211.8 passing, 370.8 total yards and 20.3 points per game. The defense is allowing 246.3 yards on the ground 113.7 passing and 359.7 total offense and 23.8 points per game. "The key will be for our defense to keep them out of the end zone and that looks pretty tough right now," said Teaff. It should be a high scoring game and plenty of passes will be thrown. Ford and Steve Smith are one and two in the conference in passing.

My choice SMU by 10.

The Houston Cougars host the sixth rank Texas Aggies. Last year A&M won 27-7. The Cougars will have to play their best game in order to beat A&M and I don't think they will. The Aggies should win and the score should be about like last year.

My choice is A&M by 21.

Other games have Tech traveling to New Mexico, with Tech a 10-point favorite. Pittsburgh faces Notre Dame in Southbend and the Irish fans will be calling for Coach Dan Devine's job as Pitt pulls out a narrow victory.

Texas' season could depend on this week's game against North Texas State. The Horns have Arkansas and SMU next. The Horns should rebound and look like a different ball club than the one they showed last week

against Oklahoma. NTSU plays Texas close everytime they meet and they know they have a good chance to beat the Horns according to Haden Fry, head coach of the Eagles.

My choice Texas is by 13.

TCU and Rice meet in Fort Worth to decide who will finish in last place. TCU won last year 35-15 and will do the same this week as the Owls begin to think about giving up football.

My choice is TCU by 20.

'Landers split four

The Highlanders split four games over the weekend to run their fall record to 10-9 with only two contests remaining on the schedule.

MCC defeated the University of Dallas 12-5 in the opener Saturday, but dropped the nightcap 3-1. Joe McMurray and Jose Llamas pitched the opening victory as they were supported by lots of firepower. Brad Coker went two for four with two runs batted in, Charlie O'Brien was 3-3 with two RBI and Mark Simon had a 3-4 day with two runs scored. Danny Moolo and Mike Gothard each had two hits and Todd Yancey drove in two runs.

The 'Landers pounded out 13 hits in the contest and committed only one error, while UD was limited to four hits by McMurray and Llamas.

In the second game, the bats

were silent as Brad Hisle's double and Max Hahnel's single were the only Highlander hits. Llamas and Jeff Patterson both had fine outings, limiting UD to just four hits, but six MCC errors contributed to the loss.

On Sunday, the Highlanders again split, losing 5-4 to the University of Texas at Arlington in the opener but taking the final game 8-5. Perry Kilgo started and surrendered only one run in his four-inning stint. Stan Hill relieved and was hurt by wildness in the fifth inning as the Mavericks scored four runs. Tim Boyce went 2-3 and Yancey added a single for the only 'Lander hit.

Carlos Hidalgo and Ted Tobolka worked the nightcap as the Orange pounded out 11 hits. Terry Williams went 3-4 with two doubles and O'Brien had a 2-3 day and three RBI.

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