

Elections Today, Tomorrow

By Amy Dunlap

Today and tomorrow, students will be given the opportunity to vote for Student Government officers Highland Games Queen and the most outstanding legs on campus. Results will be given Friday at 1 p.m. during the Highland Games.

This year, the office of president is being sought by three candidates. The candidates are Mike Kelley, Martha McConnell and Albert Apel.

The three candidates recently outlined their campaign platforms. All were aimed at bettering communication between the student body and Student Government.

Apel said, "I feel the lack of communication has damaged Student Government's effectiveness. With this lack of communication SG has failed to represent each campus organization equally."

Apel says he plans to open new lines of communication by publishing weekly reports that would be mailed directly to each club president. Also, a student leader retreat would be planned.

"This retreat would help enable every officer of MCC clubs to learn SG goals."

Apel's main goal is to "bring MCC students closer together."

Miss McConnell would like to get both day and night students involved.

"I feel the student body is not fully aware of the decisions that

are being made by Student Government; I would like to make sure they know," Miss McConnell said. "I feel I have the willingness to make next year's Student Government a great one."

Kelley said, "I have learned much that would enable me to be the President of the most productive Student Government ever." As president, Kelley would attempt to "make inter-club Council a stronger voice on campus." He would "include all of the club leaders in a campus wide leadership conference, make regular surveys of day and night students for finding out their ideas and needs." Kelley also plans to sponsor a program called "Rap with The President." This would be for "Faculty, students and administrators on a panel to answer questions about problems and discuss any new ideas."

Owedia Kemp and Donna Goates are running for Secretary. Treasurer candidates are Mark Henson and Joe Martinez. Bernard Rohde is the only candidate for Parliamentarian.

How the Candidates Stand on the Issues

"My main goal, will be to bring MCC students closer together,"

— Albert Apel

"I would like to make sure every student knows what is going on,"

— Martha McConnell

"I have leaned enough to enable me to be the president of the most productive student government ever"

— Mike Kelley

Inside

MCC is often complimented for the beauty of the campus, but the school might have been built near the Veterans Administration Hospital or on the McGregor Airport.

See Page 3.



Could you revive someone who had stopped breathing or stop the gush of blood from a cut artery? Health Services is sponsoring a program that will teach such skills.

See Pages 4 and 5.

The Highlander baseball squad leads its conference with doubleheader sweeps of Hill and Grayson. They face Ranger at 1 p.m. today at MCC Field.

See Page 7.



Pie-eating is a traditional contest at the annual Highland Games.

Games, Corrigan Activites Make Festive Weekend

MCCers will have a long festive weekend beginning Friday. The Highland Games will begin at noon and last until 3:30 p.m.

The five-piece Gary Duncan Band will kick-off the Games with a concert under the Student Center. The band will stop playing at about 1:15 p.m. The Highland Games Queen, the winner of the Legs Contest and the Student Government officers will be announced over the band's speakers.

Food and drink booths will be set up by campus clubs. Scots 'N Water will be selling corny dogs and lemonaid. The Nursing Club will have hot dogs in its booth. OEA will sell cold drinks and baked goods. Tacos, chalupas and nachos will be sold by Chicanos Unidos. Plants, sausage and fruit kolaches will be on sale by Alpha Sigma Phi.

The caber toss and the tug o' war are the only authentic Scottish games. A trophies will be given to the winner of the caber toss. The legs contest will also be given a trophy of a pair of legs.

The MCC record for the caber toss is 53 feet, 3 and one-half inches. The current record for the tug o' war is Lads with five wins and the Lassies with four wins.

Two new games added to the roster of activities are a tricycle race and skateboard obstacle course. The other games to be played are the egg toss, the walking race, leap frog, the waterball o' toss, the pie eating contest, the three-legged race and the frisbee throw.

Last year about six-hundred MCCers participated in the games and other activities.

Corrigan Weekend also begins Friday and runs through Tuesday. During this time, females on campus will assume the male role socially. This covers everything from "hustling the guys" to picking up the tab for the expenses incurred in the process.

The festivities will end with a dance at Magic Music on Tuesday at 7 p.m. The dance will end at midnight. MCCers will be admitted free with an MCC ID card. Guests will be charged \$1.

Art Students Works On Display

Several MCC Art students' works are on display at the Texas College Art Show being held at Mountainview College through Friday, in Dallas.

The art show is open to all Texas colleges, both two-year and four year. Many students throughout the state entered work for consideration in the show. The works represented in the exhibit were chosen by jurors who are themselves renowned artists. All selections were chosen strictly on the basis of the quality of the work. The art show is divided into three categories: freshmen and sophomores; juniors and seniors; and graduate students.

MCC students being represented in the show are all art majors studying under art instructors Barney Fitzpatrick and John Chatmas. Students and their works exhibited are Glenn Downing, acrylic painting and wooden sculpture; Ted Edmondson, wooden sculpture; Joyce Rolando, batik (hand dyed cloth and wax); Warren Cozby, two oil paintings; and Linda Lane,

stuffed cloth sculpture. Monday, many MCC art students traveled to Mountainview to observe the show.

Instructor Chatmas has three of his works on exhibit in the Southwest-Tarrant County Annual Show being held at Fort Worth. The show is open to all artists in the Southwest. On display by Chatmas are three acrylic paintings.

Society To Induct New Members Today

MCC's chapter of Phi Theta Kappa, honor society, will induct new members at 10 a.m. today in the Science Lecture Hall. Members to be inducted qualified for membership because of their scholastic standing after the fall semester.

Requirements for membership in Phi Theta Kappa are that the student be at least a second semester freshman who has completed his preceding semester with a minimum grade point average of 3.50 for 12 or more semester hours.

Phi Theta Kappa was established in 1918 to recognize intellectual achievement in American junior colleges, to promote scholarship, to develop leadership and service, and to bring about fellowship among junior college students. Today, chapters of Phi Theta Kappa are active in more than 300 junior colleges in the United States, Puerto Rico and the Canal Zone.

Membership in Phi Theta Kappa entitles the student to

special recognition on his transcript and at commencement exercises.

The informal ceremony today will present incoming members with certificates of membership. Friends and family of members may attend. This is the second induction ceremony for this school year.

Garrett, Dunlap Named Editors

Highland Herald Associate Editor Debbie Garrett has been named editor of the paper for Fall, 1977. Amy Dunlap, a Highland Herald reporter, will serve as managing editor for the same semester.

Miss Garrett is a graduate of Waco High School and was editor of the school paper. Miss Dunlap is a graduate of Marlin High School and served as a reporter on the school paper and annual staff. She also held offices in Future Farmers of America and Future Teachers of America.

pipeline

Work-Study Session To Be Held

A work-study information session will be held May 6, at 10 a.m. in the Tartan Room. Students who have been approved for the college work-study program and who want to be placed on campus jobs this summer may attend. Information will be given on what jobs will be available on campus as of June 1.

Insurance Sales Representative To Visit

Steve Wilson, sales representative with Metropolitan Life Insurance Co. will be on campus May 4, at 10 a.m. to speak with students interested in employment in the life and health insurance sales area. Interested students should contact the Placement Office by Monday.

Business Students Tour Plant

Twenty seven students and their 13 guests toured the General Motors Assembly Plant in Arlington last week. The trip, sponsored by instructors Paul Concilio and Frank Taylor, brought bookkeeping and introductory business students to see the production of the mid-size GM cars.

The plant turns out 55 cars per hour and the precision and operation of the plant were very interesting, said Concilio. A similar trip is planned for next fall's business students.

Club Officers To Hold Meeting

Astronomy club officers will meet at 10 a.m. today in Wayne Duncan's office, HPE 206. A meeting for all club members is scheduled for 10 a.m. Friday, also in Duncan's office. The club's spring campout will be discussed.

Aptitude Test Given Tomorrow

The Psychological Service Bureau Aptitude for Vocational Nursing Examination will be given here tomorrow. Two testing times are set; one at 8:30 a.m. and 1:30 p.m.

A \$2.50 registration fee is required in advance for the three-hour examination. Registration for the test can be completed in the Counseling Office.

Along with other program requirements, the test is required of MCC Vocational Nursing students before class enrollment. The next Vocational Nursing class will begin in August.

Money-Raising Campaign Successful

Mrs. Carroll Sturgis, chairman of The Art Center's 1977 membership drive, announced recently that close to \$43,000 had been returned in the annual fund drive. The campaign, that began in March, raises approximately half of the Center's yearly operating expenses.

Art Exhibition By Waco Students On Display

An exhibition of student works from Waco Independent School District secondary school art classes opened recently at The Art Center. Over 250 works by Waco junior and senior high school students will be on view in the Center's upper level through May 1.

The exhibition that is co-sponsored by The Art Center and the secondary school art instructors features examples of the many different media and techniques used in W.I.S.D. art classes.

The Art Center is open to the public, without charge, on Tuesday through Saturday from 10 a.m. to 5 p.m. and on Sunday from 1 p.m. to 5 p.m. A collection of Old Master paintings from the Blaffer Collections is also currently on view in the main level gallery.

Cosmetology Students Victorious

MCC cosmetology students brought home a first place trophy plus several other honors at the North Texas Fifth Annual Cosmetology Clinic held recently.

Diane Hardin won first place with her version of an asymmetric scoop on model Anna David. Reta Stone came a fourth showing her version of the short wavy and curly symmetric scoop on Nanette Christopher.

Bobbie Thomas placed fifth with her version of the symmetric scoop on Linda Locke.

The students were accompanied by the Sherman competition by Olivia Vonner, cosmetology program director.

calendar

Wednesday April 27
Student Elections, 8 a.m. to 2 p.m., Student Center
baseball - MCC vs Ranger, 1 p.m., here
Circle K meeting, 10 a.m., Highland Room
Jro Student Kindred meeting, 9 a.m., LA 209
Picnics Unidos meeting, 10 p.m., LA 105

Veterans Club meeting, 10 a.m., Faculty Dining Room
Baptist Student Union meeting, 10 a.m., LA 204

Phi Theta Kappa induction ceremony, 10 a.m., Lecture Hall
Alpha Sigma Phi meeting, 10 a.m., Science Building 202

Thursday April 28
Student Elections, 8 a.m. to 2 p.m., Student Center

Office Education Association Bake Sale, 6 p.m. to 9 p.m., Applied Science

Friday April 29
Highland Games, band starts at noon, outside Student Center
Readers Theatre, 10 a.m. and 8 p.m., HPE Lecture Hall
Sixth Annual Stage Band Concert, 8 p.m., Student Center
NJCAA region V Golf Tournament at Sherman
Classes dismissed at noon for Highland Games

Saturday April 30
Baseball - MCC vs Grayson, 1 p.m., here
NJCAA Region V Golf Tournament continues at Sherman

Monday May 2
Annual Awards Assembly, 10 a.m., Lecture Hall

The Highland Herald

Editor: Donna Richter
Managing Editor: Terry Tacker
Editorial Assistant: Debbie Garrett
Director of Campus Publications: Carolyn Dodson

Staff Writers: Bryan Davis, Amy Dunlap, Marcia Mathews, Jan Faubion, Eddie Wiley

THE HIGHLAND HERALD is a publication of the journalism classes of MCLENNAN COMMUNITY COLLEGE, and is published weekly from September through May except during holidays. Opinions expressed are those of the writers themselves and do not necessarily reflect those of the college, faculty or administration. Offices of THE HIGHLAND HERALD are located in the Student Center, 1400 College Drive, Waco, Tx. Telephone 756-6651, extension 443 or 444.

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'We Considered Over a Half Dozen Sites'

Airport Once Considered For MCC Home

By Donna Richter

President Wilbur Ball's office on the Administration Building's fourth floor looks out over hundreds of green treetops, but if things had gone differently 11 years ago that view might have been over the Veterans Administration Hospital or hangars at the McGregor Airport.

When the college was founded in 1966, Ball, the board of trustees, architects and educational consultants considered more than six different sites for MCC's permanent location.

The group considered land on I-35 across from the VA Hospital, McGregor Airport, land in Woodway near old Midway High School and land on Old Dallas Road that was once the site of a country club.

"The degree of seriousness with which we considered each

of these sites varied," Ball said. "For instance, one little old lady, who apparently did not understand our needs, offered to sell a vacant lot she owned and the lot on which her house was built as a location for a junior college."

A list of criteria for the site ruled out some places and made others more attractive as a home for MCC.

"We wanted a place that was attractive and conducive to learning. Some of these places didn't have a single tree," said Ball.

If the college had been built at McGregor Airport, it would have been situated among several runways, he said.

Ball, the board and the architects and engineers looked for a place near the center of the county's largest concentration

of population, one that was at least 150 acres large, and one to which gas, electricity and sewer would be easily available. The group also looked for a good value. The land here was purchased for about \$290,000, \$1,800 per acre.

Another major consideration was accessibility for students.

"We not only looked for a place that already had good roads coming to it, but also checked city and county plans for future road-building," said Ball.

Steinbeck Bend, an extension of Lake Shore Drive, was originally scheduled to be built elsewhere, but we managed to get it moved along our property, he said.

The final decision was narrowed to two sites—near the VA Hospital and the land MCC

now stands on. This site was selected at the same time that the school was being moved to a temporary location at James Connally Technical Institute, now TSTI.

"We were renovating buildings and moving in; what was then James Connally Technical Institute was also moving in; and the Air Force was phasing out, so things were busy there," said Ball.

It was then that the site was selected; but visualizing a beautiful college campus being built on the land wasn't easy to imagine.

"This place looked really bad at first," Ball said. "There was brush everywhere, and it was hard to get a good look at it. We finally put on old clothes and walked around it. We even studied it from an airplane."

The land then was cluttered with old barns, carriage houses, servants quarters and an old water tower, all of which once belonged to lumber tycoon William Cameron. Even Cameron's summer home, "Valley View", still stood.

But that group of architects, engineers and administrators must have seen the same possibilities of the site that Cameron saw when he built his mansion here years ago.

Hundreds of trees have been saved, despite major construction. The servants quarters were torn down, but its tile roof has been saved.

And the most prominent mark of Cameron's legacy has been renovated. Sometimes referred to as "The House," "Valley View" now houses Waco's Art Center.

Davis Collections Includes Autographs Of Famous People

By Marcia Mathews

Mounted in several photograph albums are over 200 items collected by student Bryan Davis during the last seven years. These collectibles are not just junk that might have accumulated by mere chance. This is a collection of autographs from stars, politicians, authors and presidents and their wives.

Concentrating on his favorites which include novelists and Academy Award winning actors and actresses, Davis' collection could easily interest anyone who has ever had a favorite actor, actress, president or novelist.

Davis' oldest autograph is that of Harriet Beecher Stowe,

author of "Uncle Tom's Cabin." Davis has each president's autograph from Ulysses S.

Grant to Gerald R. Ford. Ford's was written on the day former President Nixon resigned. Most recently, Davis got the autograph of Lady Bird Johnson on her book, "A White House Diary"

When asked if his collection is up to date, Davis readily answers "yes." He has an autograph from every Academy Award winning actress from Janet Gaynor in 1927, to Faye Dunaway in 1976. Other autographs that might be of interest to movie buffs include Barbra Streisand, Bette Davis, Robert Redford, Doris Day, Elizabeth Taylor, Jack Lemmon, Mae West, Judy Garland, Jack Benny and James Stewart.

To make his collection even more interesting, Davis has each autograph mounted alongside a short history of the person's accomplishments.

Some unusual autographs collected by Davis include a letter from Edwina Trout, one of the survivors of the Titanic, along with a description of that tragedy. Davis also has a letter from Judge Sarah T. Hughes, describing the Kennedy assassination, one from the mother of Bonnie Parker of "Bonnie and Clyde" fame and one from Pat Nixon, written as her husband was being "consumed by Watergate."

Some of Bryan's favorite autographs are that of Katherine Hepburn, Sir Lawrence Olivier, Pearl S. Buck, Thornton Wilder, Carl Sandburg and Clara Barton. Of all his autographs though, Davis says his favorite is that of Helen Keller.

In collecting his autographs, Davis says there is a knack to "getting people to write to you."

"Addresses are important, because sometimes the addresses that you might see in magazines, etc., will only get you an autograph that was scribbled on a photograph," he said.

By writing to people at their home address and asking them questions about their career,

Davis has been able to collect a number and variety of autographs, many of which could be considered valuable.

Davis says that his collection could be worth a possible "But to me, my collection is worth much more than that", he said.

Herald Third In State

The Highland Herald recently placed third among major junior colleges in Texas Junior College Press Association competition.

San Antonio College, with an enrollment of more than 22,000 students won first, and Richland College, with 11,000 students, placed second.

Results were based on individual entries in 17 categories. Highland Herald staff members placed in seven categories.

Editor Donna Richter placed first in sports photography and Managing Editor Terry Tacker placed first in advertising. Miss Richter also placed second in page makeup and third in editorial writing.

Jim Munson placed third in feature photography and Bryan Davis won honorable mention for general column writing. Miss Richter and Joyce Fink placed second in headline writing.

MCC won second last year among smaller colleges and has placed in the top five in the state during all contests it has entered in the last five years. The paper is sponsored by Carolyn Dodson, director of campus publications.

Former Instructor Publishes Book

By Debbie Garrett

Bob Moore, former MCC Management and Real Estate Instructor, has written and published a book entitled "Give up The Fat."

In December of 1975 Moore weighed 238 pounds and decided to join MCC's "A Better You." The group is organized by the counseling office and health services with the concept to help over-weight people help themselves.

Moore said the group inspired him to begin losing weight and by July, 1976 he had lost 73 pounds. His average weight is now between 165 and 167. Within three months of the program he had bought an entire new wardrobe.

Moore dedicated the book to four of MCC's personnel who encouraged him to continue his progress. They are Mrs. Sandra Rosemore and Ed Lindsay for counseling, Mrs. Blanche Willis, director of health services and P.E. Instructor Jerry Walsh.

Moore said he knew the result would end with a book when he began.

"If it hadn't been for these people I never would have made it," he said.

Moore believes the first thing to tell yourself is that, "I no

longer want to be that fat thing." Then see your physician and discuss a food and exercise schedule. He said that it is very hard for a fat person to accept that he is fat, no matter what the cause is.

He says a diet is more than eating the right foods with the right amounts; it includes exercise, such as jumping rope, walking or jogging. An overweight person must accept that his life will be shorter, that a higher risk of high blood pressure and heart disease is present and a fat person is not as employable as compared to a slender person.

Moore said some people may read about the 73-pound weight loss and think it is a quick gimmick to losing weight but it is not. The concept of losing weight is a slow, easy learned process, which he explains in the book.

The overweight person must forgive and forget the past, says Moore.

He guarantees his book will work for the person who is serious about losing weight and is not in a big hurry. He has tried almost every type of diet all of which have ended in complete failures. He has spent over \$1,000 in memberships in

health spas.

"Give Up The Fat" is not written from a doctor's point of view but on a humorous side. In the book he explains that the secret is not really how much is eaten but how fast it can be burned off and out of the body.

If the food is not burned out of the body system within 30 hours then it will stay in the body at least 90 hours. He said even jumping rope four minutes a day or maybe jogging awhile will help burn these calories off.

Did you know that just eating a McDonald's hamburger and a coke you have just digested about nine spoonfuls of sugar?

Moore eats two tablespoons of Miller's gran and two tablespoons of yogurt a day plus plenty of fruits and vegetables. He eats no sugar and no processed flour which cuts a lot of food out of his diet.

"I know I feel better when I watch what I eat and I also am getting smarter in the subject of food by knowing how the body system works and how it reacts to food which is eaten," said Moore.

The book is 60 pages long and is spiral bound. It includes several charts and day by day diary style pages to record the

What To Do IF ...

As you sit in the Student Center wolfing down lunch before your next class, something catches in your throat. You swallow and nothing happens. You grab your throat, and in a steadily growing panic try to swallow again and again, but you know the food is stuck and you can't breathe.

Your friends sit, unaware. And as their faces begin to look cloudy to you, they finally realize you are choking.

Whether you live or die in the next few minutes depends on whether those around you know what to do.

On a picnic with another couple, their child, wading in the edge of the river falls in. Someone manages to reach her and bring her to shore, but she isn't breathing.

The parents are frozen in fear and you must revive the child. Can you?

While working on your car, your grip slips and your arm jams against a jagged edge. Blood gushes over your clothes and you begin to feel weak.

Can you stop the bleeding before it's too late?

The cuts and scrapes and bumps of life can be life-threatening if a person doesn't know how to handle them. Yet, most rely on hopes that emergencies just won't happen or, if they

do, that somebody will be there to help.

Demonstrations and talks this week sponsored by the Health Center students learn what to do in health emergencies and can help in genetic planning, birth control, cancer self breast examination, etc.

At 10 a.m. today in the Student Center lounge area (2nd floor) technicians will offer first aid training in these areas:

"Choking Syndrome—What to do if....and Artificial Respiration" by Anthony Fulbright of the American Red Cross.

Pressure dressing and bandaging cuts and burns; and splinting by Jim Pitts, emergency medical technician.

At 10 a.m. Friday in the Lecture Hall Ann Salter and Jan Lutz explain problems of genetics and inheritance, of Sickle Cell Anemia.

Sessions on Monday included nutrition and fads in food by Blanche Willis; exercise and health by Pearl Garcia, HPE instructor; Breast Examination by Louise Richards of the American Cancer Society.

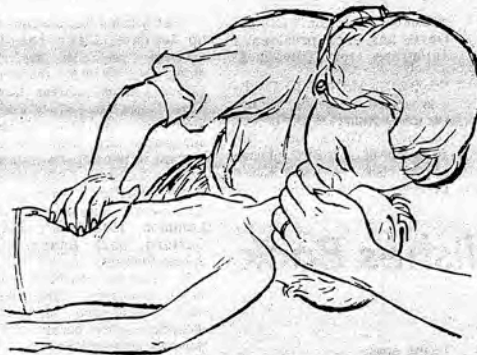
Some of the health problems cited during this "Better Health" series were explained on this page.

...Someone Stops Breathing

If there is foreign matter visible in the mouth, wipe it out quickly with your fingers or a cloth wrapped around your fingers.

1. Tilt the head back so the chin is pointing upward (Fig. 1). Pull or push the jaw into a jutting-out position (Fig. 2 and Fig. 3). These maneuvers should relieve obstruction of the airway by moving the base of the tongue away from the back of the throat.

2. Open your mouth wide and place it tightly over the victim's mouth. At the same time pinch the victim's nostrils shut (Fig. 4) or close the nostrils with your cheek (Fig. 5). If the victim is a child, cover both nose and mouth with your mouth.



Illustrations from Red Cross first aid handbook

Blow into the victim's mouth or nose. (Air may be blown through the victim's

blows between the shoulder blades in the hope of dislodging foreign matter

teeth, even though they may be clenched.) The first blowing efforts should determine whether or not obstruction exists.

3. Remove your mouth, turn your head to the side, and listen for the return rush of air that indicates air exchange. Repeat the blowing effort. For an adult, blow vigorously at the rate of about 12 breaths per minute. For a child, take relatively shallow breaths appropriate for the child's size, at the rate of about 20 per minute.

4. If you are not getting air exchange, recheck the head and jaw position (Fig. 1, 2 or 3). If you still do not get air exchange, quickly turn the victim on his side and administer several sharp

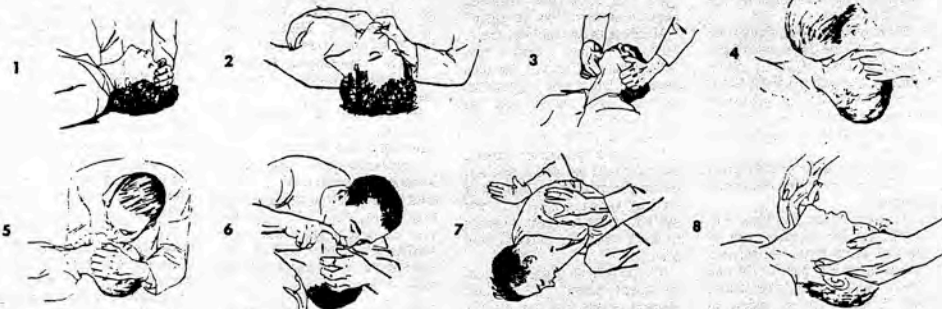
(Fig. 7). Again sweep your fingers through the victim's mouth to remove foreign matter.

Those who do not wish to come in contact with the person may hold a cloth over the victim's mouth or nose and breathe through it. The cloth does not greatly affect the exchange of air.

If the victim is a child and

you blow posit pass the suspi the s three the s hope obstr

Mouth-To-Mouth Resuscitation



Someone Cut Bad



Direct pressure on

The first step in controlling pressure over the wound or material available (sterile gauze) bleeding point and apply firm until a bandage can be applied. If elevated, it will aid the control. Wounds can be cared for in 1

Contraception

Replacing 'Wishful Thinking' Method

(The following excerpt from Planned Parenthood's "So You Don't Want to be a Sex Object" offers hints to women on contraception to replace the "wishful thinking" method.)

Unless you and your partner are completely monogamous, have yourself checked regularly for VD. There is only one thing more embarrassing than getting a venereal disease, and that is giving a venereal disease. If you were with someone last week and with someone else this week... well, the chance is always there. If he is with you this week but was with someone else last week, how do you know who she was? You can avoid the possibility of giving or getting by avoiding those kinds of relationships or by insisting that the man uses a condom. Don't expect the man to have a condom; you carry them.

Get and use good contraception. Women who have a consistent sexual relationship

Get and use good contraception. Women who have consistent sexual relationships are more likely to get and use good contraception. Women who have an occasional "just happened" kind of life either put off getting

contraception, tell themselves that it won't happen again, or engage in some other bit of wishful thinking.

Don't lie to yourself or kid yourself. If you ever have sex, get and use good contraception. The pill is the safest. Taken as directed, the pill is 99.7 percent effective.

The IUD is about 95 percent safe, and it's the best method for someone who doesn't plan, doesn't remember, and doesn't like to think about it.

The diaphragm is very good if you will have it properly fitted and use it correctly, which means every time you have sex. Many doctors, particularly young ones, have no idea how to fit a diaphragm. They feel it isn't "modern" and they bad mouth the method. If you want a good method with no side effects, go for the diaphragm. Most failures are failures to use it right.

The foam for you and the condom for your partner, used together, are very effective. The condom, even alone, is quite effective.

Douching, rhythm, suppositories, and wishful thinking are not contraceptives. "Mental attitude" is not a contraceptive. Repeating one hundred times, "I can't get

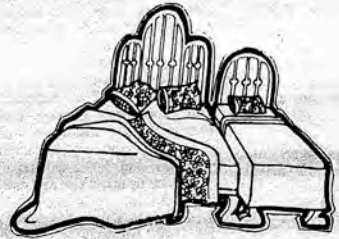
pregnant" is not a contraceptive. You can, and you probably will.

If something does "just happen," don't sit around chewing your nails. Do something. Get to the doctor within two days for the "morning after" medication. This is not a substitute for good contraception, but is an effective emergency measure.

Don't, for heaven's sake, go off into the wilds for a week's

vacation without taking contraception. If something "just happens" the first night, a week later will be too late for easy remedies.

Get a pap test every year. If you're on the pill, be sure that your blood pressure is checked and that you report any strange symptoms. Have bladder and vaginal infections attended to immediately. Learn to do a breast self exam, and do it, regularly.



Genetic Counseling Helps Plan Healthy Families

Genetic counseling provides medical information to couples planning a child and explains how that information could affect the children they may bear.

In some cases, the explanation offers odds that the child will be born with a defect. Parents who don't wish to take the chance don't have to. Those who are willing to have a child are forewarned and more able to cope if the prediction should come true.

Although individual birth defects may seem infrequent, each year about 250,000 American babies are born with physical or mental defects of varying severity. Some of these defects, though present at birth, do not become apparent until later in life.

Some defects are not inherited, but are caused by illnesses during pregnancy (German measles, for example), injuries during birth or other environmental factors.

But diseases such as cystic fibrosis, Tay-Sachs disease (brain damage affecting mainly the Jewish race), sickle cell anemia (blood disorder affecting blacks), muscular dystrophy, glaucoma (an eye disorder) and many others are inherited. In fact 783 inherited disorders can be cataloged by genetic planners including problems as diverse as how well a baby can metabolize milk sugar or the tendency to develop heart disease.

Now, most who seek genetic counseling are parents who already have one child with a

birth defect. But those with a family history of an abnormality believed to be hereditary are also prime candidates for counseling. A family doctor, obstetrician or other health professional can refer couples who fear they may pass on defects to any children they conceive.

A genetic counselor can tell couples what determines whether a brother or sister of an affected child will also be stricken. He may be able to assure parents that the defect of one child is not hereditary or is not likely to be repeated in other offspring. He can point out disorders that are transferred only to males or to females. Thus, during pregnancy the sex of the fetus can be determined,

and the pregnancy can be terminated if necessary.

Medical tests can determine, in some instances, whether parents are high risks in transferring some blood and metabolic disorders to the offspring.

The genetic counselor can offer couples data based on their family histories, medical reports and general medical knowledge of birth defects and can discuss the alternatives available to them. He can erase some fears and allow prospective parents to plan their family based on the medical research available. He cannot predict, or foretell all. But his advice and counseling can be useful to couples who want help in family planning.

Services Office can help major health areas such as exercise and nutrition.

), Red Cross and medical

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of Planned Parenthood will ia and of birth control.

Health Services Director structure; and Cancer - Self Society.

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meet resistance in your ing efforts, recheck the ion of the jaw. If the air ges are still blocked, child should be nded momentarily by nklies or inverted over arm and given two or sharp pats between oulder blades, in the of dislodging icting matter.

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Ken Salaman and Cassandra Cossey portray characters in their version of "The World of Carl Sandburg". Performances will be at 10 a.m. and 8 p.m. in the H.P.E. Lecture Hall.

MCC Readers Theater Performs Show

MCC Readers Theatre's award-winning production, "And out of the red tape came...", will open for two public performances Friday. The show won a superior rating recently in the Texas Junior College Speech and Readers Theatre state competition. MCC was one of only two schools receiving the award.

Adapted from Congressman Andrew J. Henshaw's article

which appeared in the October 1974 Congressional Record, "And out of the red tape came..." is the story of a naive God trying to create a utopia quickly. God meets resistance not only from the Devil but from the Angels as well.

Along with "And out of the red tape came...", Ken Salaman and Cassandra Cossey will perform a montage of characters and voices from "The World of Carl Sandburg."

"It took us about one and one-half months to complete," Wyatt said. Sherri Alexander, Ed Cupp, Roxanne Minze and Cindy Phillips served on the technical crew. Dr. Mike White, teacher aide program director, is supervisor of the technical crews.

Pam Batson, Susana Guerra, Ann King, Lance Pool and Carolyn Massie portray the Street People.

Street People, representing mankind, are projections into the future of the realities of things far from perfect.

God, played by Freda Winter, is portrayed in a more humanistic role than is accustomed.

"The music, sound effects and slides compliment and enhance the readers. We shot many of the slides ourselves and borrowed some from the Boy Scouts of America and the Waco Police Department," said Ron Wyatt, student technical director.

Movie Review

Newman, Hill Not Able To Save 'Slap Shot'

By Bryan Davis

Two of the film industry's finest teams have collaborated on another movie, "Slap Shot," (Cinema Twin). But the teaming of blue eyed legend Paul Newman and Academy Award winning director of "The Sting," George Roy Hill, does not guarantee another hit.

The worst thing going for the film is the plot, which concerns a second-rate hockey team known as the Charlestown "Chiefs." The "Chiefs" record is so bad, the owner can't decide if the team should be sold, or simply folded for tax purposes.

During the movie the team lowers its ethics and morals, and becomes downright wicked on the ice. With an impressive winning streak, it is questionable whether the team will still be sold, or folded, but by this time the audience could probably care less.

Newman's portrayal is that of the "Chiefs" aging player-coach, and of course the leader of the team. He is "torn between two loves" so to say. On one hand is his wife, who is in the process of divorcing him. On the

other hand hand is his career, which is also quite possible nearing its end. Newman wants both, but he knows he can have only one.

The plot of "Slap Shot" is unforgivable because it goes overboard on everything interesting. The first few times of seeing the "Chiefs" and their unusual style of playing hockey were quite enjoyable, but two hours was more than I could take. Another exaggerated item is the depiction of three extremely funny brothers who are rookies. Unfortunately, by the film's end, they were nothing but cheap rip-offs of "The Three Stooges."

What little dialogue there is in the film leaves much to be desired. It appears to be nothing more than a contest to see which actor can sputter the most obscenities by the film's end. Linda Blair's controversial language in "The Exorcist" seems as innocent as a Shirley Temple movie compared to this group of four mouths.

Another fault with "Slap Shot" is too much hockey. For

SG Elects Carol Degrate Outstanding Member

Carol Degrate was elected Outstanding Student Government Member Monday at the last spring meeting. Miss Degrate has served as secretary of this years Student Government and MCC representative as secretary of the state S.G. association.

Albert Apel read a report of the Highland Games schedule. Apel reported the traditional caber toss and tug-of-war games will be held. A tricycle race and skateboard obstacle course are two new games being held.

Special Recognition certificates will be given to five OEA members for outstanding

success at the recent state convention. Also Steve Border, Ramona Brown and Marilyn Tadlock were recognized for "service beyond their call of duty" for aid they gave to a fainting victim last Friday.

Representatives Cindy Burt and Carol Degrate were appointed to make signs for Corrigan Week. The highlight of the week will be an off-campus dance to be held May 3 at Magic Music.

Melinda Laufenburg, Keith Glass, Denise Kuykendall, Carol Degrate, Vint Carpenter, Don Bynum and Paul Holder were appointed to serve as election judges for elections.

Annual Awards Assembly Monday In Lecture Hall

By Eddie Wiley

The annual awards assembly will be held at 10 a.m. Monday in the Lecture Hall.

Awards will be given to Who's Who Among American Junior Colleges. The award is given to students who show outstanding academic and leadership abilities on campus.

Awards will also be given to students selected for outstanding scholarship in subject areas and technical programs, and students selected for outstanding service in campus organizations.

An outstanding student from

each club is picked by his fellow club members based on his performance and service in the club.

Also, awards of appreciation to organization sponsors, outstanding club scrapbook, outstanding organization award, and intramural awards will be presented.

The Texas Junior College Press Awards awards to the basketball teams, and swearing in of new Student Government officers will conclude the assembly.

(Continued from Page 3)

days intake of food and what you felt like that day. Also included in the book are suggested other related material to read.

"The book is designed for fat people who want to change themselves," says Moore.

When he began "A Better You", he kept a day by day account of his weight and the reaction of the people around him. He has included several of these accounts in his book so the people reading it would not feel so bad when his friends were not as excited about his weight loss as he.

In "A Better You" his weight and blood pressure were taken every week by Mrs. Willis. He went to Texas A&M University where they measured his weight, endurance and bone structure while underwater.

Moore is presently employed at the American College of Real Estate and holds frequent seminars dealing with time management.

He is also the author of "Time Management" and is currently writing "Time Management Techniques" which will be published early next year.

On May 26 Moore will hold a seminar about "Give Up The Fat" at the Sheraton Inn in Waco.

"Give Up The Fat" will be available in book stores in Waco and by direct mail beginning May 1. He said Waco is his best market for the book. About 10,000 copies are being printed.

Summer Jobs

\$210.00 per week

Apply in person. Interviews will be held in the Tartan Room (third floor of Student Center) Thursday, April 28, at 11:00 a.m.

sports

Conference-Leading Highlanders Sweep Hill Rebels, Grayson Vikings

By Terry Tacker

The Highlander baseball team widened their lead in the NTJCAAC standings with wins over Hill and Grayson this week.

MCC 5 HJC 1
MCC 3 HJC 0

Saturday was a very good day for the Highlanders as they swept an all-important doubleheader from the Hill Rebels. Freshman Donald George allowed a meek two Rebel hits in the opener as MCC won 5-1. In the nightcap, Oscar Tibbs also allowed only two hits as the Highlanders won 3-0.

The sweep of the Rebels marked the second occasion the Highlander nine have won both ends of a doubleheader. MCC sept Ranger earlier in the conference season.

Coach Rick Butler's squad continued its improving brand of baseball that has carried it to the top of the Northern Texas Junior College Athletic Conference standings. MCC played near-errorless ball and collected eleven clutch hits, three of the extra-base variety.

But the MCC stars of the day were pitchers George and Tibbs and how they kept the Rebel hitters off-balanced throughout the afternoon was a thing of beauty.

George, graduate of Waco Richfield, struck out four and walked three while giving up the two Hill singles. The lone Rebel run was unearned. The victory was George's third of the year against four setbacks.

Tibbs was just as impressive, striking out eight and walking three in nine innings of work. With the win, Tibbs' record increases to two wins and six losses.

The Highlanders started quickly in the opener, scoring two runs in the first inning. With one out, Glenn Mead and Brett Blackwell stroked back-to-back singles. Burt Burrow's grounder forced Blackwell at second, putting Highlanders on third and first. Mead scored on a balk by Hill starting pitcher Craig Slape. Terry Kunkel's routine ground ball to Hill shortstop Simental was overthrown, allowing Burrows to score. MCC led 2-0.

Burrows, as he has done so many times this year, started off another MCC rally with a sharp single in the fourth

inning. After reaching third on a walk and sacrifice, the Highlander centerfielder scored on a sacrifice fly by Scott Nichol.

The Highlanders added two insurance runs in the fifth. With one out, second baseman John Frechette singled and scored on Mead's line-drive home run over the right field fence.

MCC and Hill were knotted up in a pitchers dual in the second contest until the Highlanders

tallied two runs in the sixth.

Blackwell singled with two outs and nobody on base. Burrows reached base on an infield hit, and both runners scored on Kinkel's triple to the right-centerfield fence.

MCC finished the scoring for the afternoon with a lone run in the eighth inning. Blackwell opened with a double and the Highlander shortstop later scored on a sacrifice fly by Burrows.

MCC 3 GCC 2
MCC 7 GCC 3

As was the case in the wins over Hill, MCC received solid pitching from their starting pitchers as the Orange defeated Grayson County 3-2 and 7-3.

Brian Combs and Steve Tucker held the powerful Viking bats to only twelve hits for the doubleheader. Combs, whose record increases to 5-3, gave up five hits, struck out six and

walked two. Tucker, in his first starting job of the conference season, allowed six hits, fanned five and walked six Vikings. Tucker's record stands at 2-2.

The Vikings carried with them much momentum after a pair of wins over Ranger Saturday. But the improving Highlander nine pounced on Grayson starting pitcher Glenn Ammerman for a quick run in the first inning to calm the emotional Vikings.

Glenn Mead doubled and Burt Burrows drove him home to give MCC their 1-0 lead. Both Mead and Burrows had two RBI's for the afternoon.

The Highlanders added single runs in the fourth and fifth frames. Burrows reached base on a walk, and after being sacrificed to second by Terry Kunkel, came home on a single by Rusty Erwin.

Louis Rendon opened the fifth inning with a single. He later scored on Mead's sacrifice fly.

MCC scored five times in the first three innings of the nightcap. John Frechette, Burrows, Rendon, Brett Blackwell, and Kunkel each had important hits to give the Orange a quick 5-0 lead.

Kunkel, who had five hits against Grayson pitchers, singled home Blackwell for another score in the seventh inning. The Highlanders scored two insurance runs in the eighth.

Oscar Tibbs, who came in to pitch in the ninth inning, collected a save for MCC.

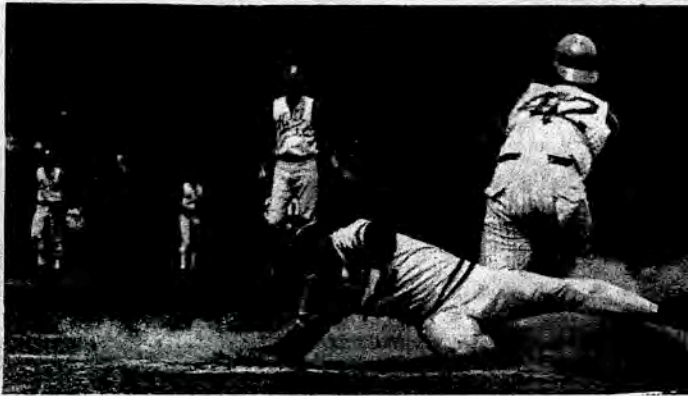


photo by Donna Richter

Highlander centerfielder Burt Burrows slides safely into home plate during the first game of a doubleheader against the Hill Rebels.

Finale For V.J., 'Easy'

Texas Juco All-Star Game Friday

MCC students and faculty will have their last chance to see two Highlander basketball greats, Vinnie Johnson and "Easy" Ed Marshall perform as the twosome participate in the Texas Junior College all-star game Friday night.

The contest, sponsored by the Waco Chamber of Commerce, and originally scheduled for the new MCC gym, will instead be played in the Midway High School gym.

The Midway gym is located on Farm Road 1695, between the cities of Woodway and Hewitt.

Johnson and Marshall will play for the Region V team. Joining the MCC sophomores will be Lawrence Butler and Darryle Smith of regional champion Western Texas, Steve Gibbs of Hill, Reginald Franklin of New Mexico Military Institute, Rex Spain of Ranger, Tony Forch of Odessa, Tommy Parks of Midland and Jamie Conner of Weatherford.

The Region XIV team, includes Phillip Stroud of Henderson County, Ollie Mack

and Chris Gonsler of national runner-up San Jacinto, Danny Salisbury of Temple, Wendell Mays of Tyler, Maurice Drinks of Henderson County, Joe Baxter of Lon Morris, James Harris of Lee College, Gene

Meggett of Schreiner College and Cornell Harrison of North Harris County.

Tickets for the game may be purchased at any Waco bank. They are \$2 for general

admission, \$3 for reserved balcony seats and \$4 for reserve floor seats.

One of the highlights of the evening will be a halftime "slam-dunk" contest pitting some of the participants.

Streaking Highlanders Host Ranger Rangers Wednesday

The league-leading MCC Highlanders baseball team hosts the potent Ranger Rangers today in a 1 p.m. doubleheader.

The Rangers were preseason favorites to repeat as Northern Texas Junior College Athletic Conference champions. But unexpected poor pitching on Ranger's behalf have led to their present 6-8 conference mark. However, the Rangers were still ranked seventh in the nation in the latest juco

standings.

Starting pitchers for MCC, who have won their last five games, will be Donald George and Oscar Tibbs. The remaining MCC lineup will have Glenn Mead at first base, John Frechette at second base, Brett Blackwell at shortstop, Louis Rendon at third base, Rusty Erwin in left field, Burt Burrows in centerfield, Terry Kunkel in right field, Robert Simmons catching and Scott Nichol designated hitter.

MCC closes out their 1977 home schedule Saturday when they take on the Grayson Vikings. The Highlanders close the regular season with road trips to Ranger and Hill.

The Highlander team batting average for the conference season is right around the .300 mark. Brian Combs with his 3-2 record is the only MCC pitcher with a winning record, although Steve Tucker is now 2-2.

NTJCAAC STANDINGS

MCC	11-5
Grayson	8-8
Ranger	6-8
Hill	5-9

Intramurals.....Intramurals.....

Table Tennis Tournament

Competition in the men's division table tennis tournament is presently in the first-round. The championship game for the 20-man tournament is set for May 4. Results of games thus far: Don Alley defeated Robert Fisher, David Dunnahoo defeated Johnny McMullens, Kenneth Turbeville defeated Neil Russell, Andy Rea defeated Martin Schwartz, Rick Ryer defeated Brian Biddle, Keith Glass defeated Mike Archer, Duff Burkes defeated Clifton Payne and Ronald Rusk defeated Curtis Melton.

Today, Gary Benson takes on Charles Muff and Randy Barton plays Mark McLemne.

Lucille Castillo won the women's division championship.

Volleyball Tournament

This week marks the end of the regular season play for both the men's and women's division of the volleyball intramurals.

In men's play, the P.E. Majors are unbeaten. They will put their unbeaten mark on the line today when they take on the Fuzzbusters. Other teams entered are the ASK-Breakers and the Crows. The men's playoff game is set for Friday when the P.E. Majors play the Crows.

The women's playoffs are set for today when the undefeated Perdales tackle the Crowetts. Other teams entered in the women's division are the Uncolas, ASK-Queens and Murray's Mistakes.



photo by Terry Tacker

Rick Ryer (right) and Brian Biddle compete in the intramural table tennis tournament. Ryer won and advanced to the quarter-final round

MCC Linksters Play In Regional Tournament

By Terry Tacker

The Region V Golf Tournament will be held Friday and Saturday on the Tanglewood Country Club golf course in Denison. Coach Jimmy Clayton's Highlander golf team will be tournament favorites for the 54-hole competition.

"This is our most important tournament to date because the regional tournament is the qualifying round for the national tournament," said Clayton. The national tournament will be held in Leigh, Fla.

Mark Knutson, David Sann, Steve Bowman, Dave Davis and Michael Michalka will make up the Highlander team. Sophomores Burt Atkinson and Bobby Heath will make the trip as individual competitors.

"We believe any one of our five could win the tournament. Mark and David have been our top performers this year, with each winning three or four tournaments. But anyone could win," said Clayton.

The Highlanders won the Grayson County College tournament last week in Denison. Knutson won individual honors.

Other Highlander team wins this spring are the Southwest Recreational Tournament in Fort Worth, the Bevo Intercollegiate Tournament in Austin, the Sam Houston State Invitational in Huntsville, the Temple Invitational in Temple, the Eastfield College Invitational in Mesquite, the Schreiner College Invitational in Kerrville, the Stephen F. Austin Intercollegiate in Nacogdoches and a three-team tournament with the University of Texas freshman and Temple. The MCC team finished second in the Bevo Invitational at Austin.

Orange Tennis Team 2nd In League Play

Although claiming no individual champions, the Highlander tennis team captured second place in the Northern Texas Junior College Athletic Conference tournament, held Friday and Saturday in Weatherford.

Coach Carmack Berryman's forces maintained a firm hold on second place throughout the tournament. The potent Cooke County Lions gathered 55 points to win first place, MCC finished with 38 points, one more than the third-place Grayson County Vikings.

Freshman Warren Gradick, who entered the action seeded fifth in men's singles play, lived up to the high-billing by advancing to the semifinals. There, Peter Wall of Cooke defeated Gradick 7-5, 7-6.

MCC players Denise Norred and Arlene Simms both advanced to the semifinals of the women's singles play. Debbie Donally of Cooke beat Norred 5-7, 7-5, 6-4 and Liz White, also of Cooke, bested Simms 6-2, 6-1, to eliminate further advancement by the MCC performers.

In women's doubles semifinal action, Donally and White of Cooke defeated the MCC team of Norred and Simms 7-6, 3-6, 6-3.

Scoring Points

By Terry Tacker

TEXAS BASKETBALL COACHES will make Waco their meeting place this weekend for the annual coaches clinic. Al McGuire, coach of the national-champion Marquette Warriors will be the main speaker of the clinic. A new facet of this year's event is the junior college all-star game, which will include MCC's Vinnie Johnson and Ed Marshall. Tickets for the game that will be played in Midway High School's gym can be purchased in the Student Activities Office. Prices are \$4 for reserved floor chairs, \$3 for reserved balcony seats and \$2 for general admission.

ONLY THIS WEEKEND'S THREE-GAME SERIES between Baylor and the University of Texas remain on the regular season schedule of the Southwest Conference baseball competition. Texas A&M, Texas, Arkansas and Baylor will be the teams competing in the SWC post-season tournament in Austin. The first-annual tournament should be one to remember for a long time due to the quality of the four schools represented.

THE HOUSTON ROCKETS lost to the Washington Bullets 93-90 Sunday in Landover, Maryland to fall behind 2 games to one in the best-of-seven playoffs of the National Basketball Association. Now the Rockets have to win one of the remaining games on Washington's home court if they are to survive.


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