

# HIGHLAND HERALD

Vol. 31, No. 6

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

Nov. 28, 1996



## Internet Part II

For learning how to use the internet, See story on Campus News, Page 2.

## NEWS BRIEFS

### Study assistance offered

Student Development/Student Support Services will be having its regular end-of-semester Studython on Monday and Tuesday, Dec. 9-10, in the ASC Lab and outside open study area. Tutors in most subject areas will be on duty to assist students. Information on test-taking helps will also be available. The hours for the Studython are 4-8 p.m. both days. There will be light refreshments as well as an excellent opportunity for one-to-one and small group study. (The open study area and ASC Lab are just inside on the second floor of the Student Center.)

### Crunch time Library hours set

Library hours for the rest of the semester are: Nov. 25 and 26 from 7:45 a.m. until 9 p.m. Dec. 2, through Dec. 17, from 7:45 a.m. until 9 p.m., Friday's times will remain from 7:45 a.m. until 5 p.m. Dec. 7, will be the last Saturday that the library will be open from 9 a.m. until 1 p.m. Tuesday Dec. 17, from 7:45 a.m. until 5 p.m. Dec. 18-20, from 8 a.m.-5 p.m.

### Class roll drop deadline today

Faculty members are reminded that all drops and/or reinstatements of students should be turned in by today, Nov. 26, in order that grade rolls will be accurate when printed on Dec. 2. "Any drops to be processed after Nov. 26 should be held to be turned in with grade rolls," said Shelly Sheffield of the student records office. Questions should be addressed to her at 299-8631 or to Linda Ramirez at 299-8638.

### Cooking contest winners named

"Cooks for Books," baking contest winners have been announced. In the Cheesecake division 1st place and Grand Champions were Deb Garrett and Karen Conine, 2nd place: Beverly Roberts, 3rd place: Gail Wade. Pie division - Nancy Ray Mitchell, first; Dave "Cool Whip" Keel, second; Linda Cook, third. The cake division - Pat Bliss, first; older preschoolers at the Child Development Center, second; Dorothy Cardwell, third. Cookies - Alberta Blackburn, first; Linda Hatchel, second; Amy Fitzgerald, third; Others - Susan Spooner, first; Macie Taylor, second; Terry Lecher, third. The recipes will be arranged in a book hopefully before Christmas. The cost of the book will be one dollar.

### Holiday schedule reminder

Thanksgiving holidays for MCC will be Wed. Nov. 27 through the 29. Final exams will be Dec. 11, through the 17. Christmas break will be Dec. 23, through Jan. 3. Classes will resume for the spring semester on Jan. 13.

### Canned food drive underway

MCC Office Personnel Association (MCCOPA) is sponsoring a canned food drive. Proceeds will go to the Salvation Army and Caritas. Help by dropping your canned goods in the boxes located at AC 324 (Pat Bliss), Continuing Education CSC 143 (Marie Cobbs), Personnel (Emmitt Flores, Joyce Schroeder), Adult Education Downtown (Sandi Gates, Peggy Grooms), Career Development in the Student Center (Darlene Kilgore, Pam Nichols), HPE, 1st floor (Teresa Lopez), HPE, 2nd floor (Cloddy Williams), Health Careers (Lydia Lugo), Public Information, CSC E115 (Mickey Reyes), Student Center, 3rd floor (Patti Weir), Library (Helen Goddard), Science Building (Lisa McNew), Applied Science Building, room 218 (Dorothy Johnson), Faculty Office Building (Mary Bass, Lea Rose DeLeon, Anita Dorris, Kim Henderson).

### December filled with music

The college's musicians will be active in several concerts and recitals in the next few weeks. The schedule includes:  
Dec. 3 - MCC Choral Concert, 8 p.m. at Ball Performing Arts Center.  
Dec. 9 - Wind Symphony Concert, 8 p.m. at Ball Performing Arts Center. MCC's Wind Symphony and Midway High School's Honors and Symphonic bands combine for this free concert.  
Dec. 12 - Jingle Jazz Concert, 8 p.m. at Ball Performing Arts Center. Celebrate the holidays in a unique way with jazz selections by the MCC music faculty.  
Dec. 17 - Holiday Concert, 8 p.m. at Jones Concert Hall, Baylor University. The Waco Community Band and Waco Civic Chorus join forces in this holiday concert. Tickets are \$7 and may be purchased at the door or by calling 866-6255.

### MCCOPA fund raiser begins

MCC's Office Personnel Association (MCCOPA) is holding its annual fund raiser. Prizes include a set of extra thick Purmeco dominoes, a full-sized crocheted bedspread donated by Mickey Reyes, a power planner donated by Avery Dennison, six gift certificates for 1/2 gallon Blue Bell Ice Cream, three month membership to Figure World, a \$20 Gift Certificate donated by Wal-Mart, a \$25 Gift Certificate donated by Rosettes Flower & Gifts, and a Christmas Cowboy donated by Beverly Roberts. Donations are \$1 each. You need not be present to win. Tickets may be purchased from most staff members around the campus. The drawing will take place Dec. 19.

### Employee Retirement summaries out

Faculty and staff are reminded that the Employees Retirement System of Texas (ERS) has printed a summary of insurance coverage for each employee detailing their insurance coverage. ERS provides these summaries annually, according to Phyllis Pruett of the personnel office. "Please review your summary carefully. Each employee is encouraged to verify their coverage, their mailing address, birthdate and dependent information listed on this form," she said. You may pick up your insurance summary in the personnel office. Insurance summaries that are not picked up before Monday, Dec. 2 will be placed in campus mail. If you notice errors on the summaries, please call Pruett at 299-8610 or e-mail "rjp."

## Missing student safe at home

By JOE GINGERICH  
An MCC student, missing for two days, is safe at home.

Dwayne Polk, a general studies student at MCC was reported missing late Monday night when she didn't return from her dinner break at Hollywood Video, 5201 Bosque Blvd. Two days later she was found lying near the intersection of West Waco and Valley Mills, with no remembrance of the 51 hours she was missing.

According to a report in the *Waco Tribune-Herald*, several witnesses saw Polk eating at the Chinese Kitchen in HEB across from Hollywood Video at 8:30 p.m. Little is known of what happened afterwards.

Dwayne has been recovering

at home after briefly being treated at the Providence Health Center.

Joyce Polk, her mother, is also an MCC student. "We would travel together to the school. Our classes were close to each other. I take a real estate class and she would take psychology."

Concerning the situation, Joyce said, "We are taking one day at a time."

The family is still adjusting to the trauma of the experience. "We are such a close family," Joyce said. "This has been real hard on us. When something like this happens, you just play the worst-case scenario in your mind. But we are so thankful, especially

when we hear of others found dead. As long as they come back breathing, we can deal with the rest."

The family is very cautious to comment on Dwayne's condition, but is very appreciative of the concern and help offered to them from all over the city. "Could you please let the city know how thankful we are for all the outpouring of support they have given us," Joyce said. "And please tell them to still be prayerful."

**"And please tell them to still be prayerful."**

## Casa de Cafe

### Come relax, enjoy the fine arts

By SONJA C. JOHNSON

As the holiday season approaches, there are small things you can do to do a your heart good. A sit-down with a cup of hot, steaming coffee on a cold winter's day, a moment of relaxation reading fine literature with melodic sounds surrounding you, and the joy of knowing you helped put a smile on a child's face stretching from ear to ear.

On Dec. 4 on the second floor of the library, the "3rd annual Casa de Cafe" will be held so that you might experience such wonders. The main purpose of "Casa de Cafe" is to raise money

and awareness for a Storybook Christmas, sponsored by the Central Texas Literary Coalition, an opportunity to share the holiday spirit with someone else.

Storybook Christmas is targeted at area low-income children. This year's goal is set for \$13,000, an increase from the \$10,000 goal set in past years.

Admission to "Casa de Cafe" is \$2 per person or one hard-cover children's book. In the past 2 years \$400 and 180 books were collected at this event. Library director, Jane Vargas says they're looking for books that children can enjoy all year long

and don't offend their religious backgrounds, so books with Christmas or religious themes can not be submitted as donations.

Vargas also says that from her experience she finds that children have a certain interest (See back page)

**Special supplement on Casa de Cafe with poetry and art is included in this issue of the paper.**



Photo by Helenmarie DeLeon

## 10 GALLONS OF BLOOD

DON TATUM, physics instructor, has donated blood to the Red Cross over a period of 28 years. (See Tatum story, page 5)

## STUDENT BURNOUT

By PATRICK M. WALKER

Let's say you're overloaded. You're taking 14 hours at school, working 40 hours a week at work, and can't let down your friends when they expect you to hang out on weekends.

You can't seem to focus on whichever task may be at hand. Worried about your grades suffering, you quit your full-time job and find a part-time job for less pay. Soon you find yourself in a financial bind, and the anxiety causes your grades to fall.

Or, maybe you broke up with your boyfriend last summer. When school started, you were still angry with him. You decide to bury yourself in studies to try to forget what a jerk he was to you.

But for some reason you can't finish what you start. You have trouble sleeping at night, and you have weeks when you might eat only five or six meals. Your



friends start to notice you just aren't yourself.

Let's say you have a friend who has no social life and doesn't think he wants one. He tells everyone it can wait until he graduates and gets a good job.

He spends hours studying, often revising and re-writing notes a dozen times. His parents worry but don't say anything. After all, his lowest grade has been a 96.

What are you going through and where do you turn for help?

Frequent headaches, ulcers, trouble focusing, sleeplessness or non-restful sleep, overeating or undereating, poor time management, excessive drinking, and ineffective study habits which can include spending too much time studying.

Henderson said a student who balances good grades with positive relationships (See back page)

## One-stop learning mall, Waco colleges begin pilot project downtown

By JOE GINGERICH

Anyone with an 8 to 5 job will soon be able to take morning, noon or evening college classes in a new learning venture in downtown Waco.

Three colleges in Waco are cooperating to offer courses for credit in the Downtown Higher Education Learning Center starting in January, said Jay Box, vice-president of instruction at MCC.

Baylor University, Texas State Technical College and McLennan Community College will participate in the joint venture. Paul Quinn College is considering their involvement in the near future.

Located at 209 North 8th Street, the center will target individuals as varied as teachers

aides and entrepreneurs. In addition, MCC will be moving the present downtown adult education program from the Washington Street location to the new facility.

"We will be offering some occupational safety courses as well as some computer training courses," said Richard Moore, dean of instruction at TSTC. "We are targeting the workers in the downtown area."

"Workers who are locked into an 8 to 5 job need to grab a quick one-hour course," said Box. "We interviewed 300 employees in the downtown area and asked them what they wanted, and they said, 'give us something we can go to right from work.' So we said, 'OK, we can do that.'" (See back page)

## Lights, camera, action: Peeking 'inside MCC' spotlighting the opportunities



DANIEL PANIAGUA, spanish instructor, films the "One Minute Spot" on "Inside MCC" with Kim Harrison. Tom McGee runs the camera. The spot will air on cable channel 17.

By HELENMARIE DELEON

"Inside MCC," the first regular television show giving you an inside look at the college's programs, runs Sunday through Saturday on Waco ISD TV.

The program first aired last April. Kim Harrison has been working with Terry Longbottom, cameraman of the WISD to put a new show together about every two months. This show produced by the public information office of MCC will later have Tom McGee, multimedia specialist, doing the camera work.

It couldn't have worked out better. Harrison has only been at MCC for about a year and a half so she is the perfect person to play the "outsider looking in." Harrison said one of the goals of the show is to "help people make informed decisions as opposed to trial and error" about their

career choices.

About the programs at the college that Harrison has visited she said, "Each program sells itself. They show what they can do." She just plays herself - a curious, interested newcomer.

**"help people make informed decisions as opposed to trial and error" about their career choices.**

When Harrison sat down with Alma Wasilinski, a math lab instructor, she received a hands-on look at the theory of probability, complete with

m&m's and a deck of cards. Through her experiences, the viewer is able to get a good idea of what the classes are like.

She had many questions in the beginning, as this program is the first experience she has had with this medium. "How do we do this? How do you deal with the camera? How do you make smooth transitions from one scene to the next?" Longbottom of WISD was helpful with the technical aspects of how to put the show together.

Such programs as the health career fields and the music business have been spotlighted on the show. But the program does not only focus on career programs. It also shows how MCC connects with the community. The daycare program's recycling center shows families how (See back page)



NEWS BRIEFS

Teaching excellence nominations sought

The Professional Development Committee is now collecting nominations for the 1996-97 Teaching Excellence Awards. This high honor is awarded through the National Institute for Staff and Organizational Development (NISOD). Any current or former student, faculty member, professional staff, or other employee of MCC, may nominate outstanding full-time MCC faculty. You may nominate someone on MCC e-mail, or you may pick up a nomination form from your Division Office, in the Library, at the Registration desk, in the Highland Herald, or from the Student Activities Office. The nomination MUST include two reasons why you think the faculty you are nominating represents teaching excellence, and the nominations must be in the office (or on e-mail) of Randy Schormann e-mail rrs, or Carla Cockrell, e-mail clic, by 5 p.m., Dec. 13. Late nominations or nominations without the reasons will not be considered, Schormann said.

Oden wins \$100 certificate

A licensed vocational nursing student, Debbie Oden, won a \$100 gift certificate to the MCC Bookstore on Nov. 18. The drawing, held by the Physical Therapist Assistant Club, will use the more than \$160 raised in the event for an MCC scholarship for a deserving student in the field of physical therapy. Next fund-raising project for the club will be to escort people to their seats at the Waco Wizards hockey game on Dec. 17.

Baylor Transfer Thursdays

Baylor will be holding Transfer Thursdays for students interested in attending the university. On Dec. 5, students can pick up information on admissions and transferable courses and take a tour of the campus. Those planning to attend should arrive at the Weithorn Visitors Center on the Baylor campus at 3:30 and plan on staying until 5:00. For more information call Donna McAninch at (817) 755-3440 or 1-800-BAYLOR-U, option 1.

World AIDS Day Dec. 1

The ninth observance of World AIDS Day will be commemorated on Dec. 1 at the Indian Spring Park at 6 p.m. with guest speakers, a local community choir and a Candlelight vigil. All communities are affected by continuing spread of AIDS. World AIDS Day will link communities throughout the United States in a unified observance of dimming lights. In Washington, DC, the White House will dim its lights from 7:45-8 p.m. as a visual demonstration of the commitment to the fight against the AIDS epidemic and in tribute to those living with HIV/AIDS and those who have died from AIDS.

Holiday stress seminar planned

Hillcrest Baptist Medical Center's Department of Preventive Medicine will host "Holiday Stress and Blues", a program discussing stress reduction during the holiday season. The program is on Wednesday, December 4, 1996 at 10:00 a.m. to 11:00 a.m. at the Ted and Sue Getteman Wellness Center Community Room, Hillcrest Clinic - Highway 6 & Bosque. David Hardt, Ph.D., a psychologist at the Lake Shore Center for Psychological Services, will discuss several ways to reduce stress, staying within budget and avoiding conflict with family and friends during the holiday season. The program is offered free-of-charge to the public. Reservations are necessary as class size is limited. For more information or to register call the Hillcrest Information Line at (817) 756-HBMC.

Students to intern on Channel 25

Recently two members of the Highland Herald staff were selected for internships in news at KXXV-TV Channel 25. First year reporters Carrie Story and Sonja C. Johnson will get the opportunity to work with the professionals who bring our community the news everyday, like news anchor Ann Harder. In order to qualify for this internship, students must have completed or be currently enrolled in News Gathering and Writing I and Introduction to Mass Communications. Students must hold at least a 2.0 GPA, have a satisfactory attendance record, outstanding journalism skills, and a reference from the journalism instructor. For further information on the intern program, contact Tom Buckner at 299-8717.

'Tuna Christmas' at Hippodrome

A Tuna Christmas, the sequel to the popular off-Broadway play Greater Tuna, will come to the Hippodrome Theatre for the first time Dec. 3 through 5. Tickets for the Dec. 5 performance are \$24, \$18, or \$12. Tickets for the Dec. 3 and 4 performances are \$18 and \$12. Tickets are available by phone with Visa/Mastercard/AMEX/Discover or at the Hippodrome Box Office, 724 Austin Avenue. Box Office hours are Monday-Friday from 10:00 a.m. - 5:00 p.m., and 90 minutes before show time. For tickets or information, call (817) 752-9797 locally or 1-800-701-ARTS outside of Waco.

A&M's cadets to sing

The Singing Cadets of Texas A&M University will perform Jan. 10 at 7:30 p.m. at Jones Hall at Baylor University. The 70-voice all-male choir is nationally known and has performed across Texas and the United States. The concert is sponsored by the McLennan County Aggie Moms' Club and will benefit that group's scholarship fund. Tickets are \$7.50 each and may be obtained by calling 756-3495.

'Transferring' workshop next week

"All You Need to Know about Transferring," is the PASS workshop that can attend on either Dec. 4 at 10:15 a.m. or on Dec. 5 at 4 p.m. in Room 101 of the Health and Physical Education building. Answers will be offered for common questions such as, "What schools offer the program I want to major in?" and "How much will it cost?" and "Will MCC courses transfer?" Admission is free for any of these sessions. For more information call 299-8482.

Telephone registration requirements

Students must meet current requirements to be eligible for telephone registration. Requirements are, students must be enrolled in fall or summer classes in 1996, completed at least nine hours at MCC, earned a 2.0 cumulative grade point average at MCC, and passed the TASP or be exempt from TASP.

Tuition, fee payment information

Tuition and fees can be paid by mail or on campus now until the deadline of 6 p.m. Dec. 8. Mail payments to MCC Business Office, 1400 College Drive, Waco, TX 76708. Student social security number and check, money order, or Visa/Master Card/Discover number and card expiration date must be included. To pay on campus, the time and places are:  
• Through Dec. 8 at the Business Office 8 a.m.-5 p.m.  
• Dec. 8 at the Student Center at 9 a.m.-8 p.m.  
Registration will be voided if not received by 6 p.m. Dec. 8. Additional information can be received by calling 299-8623, 299-8626 or 299-3627.

MCC goes abroad on the 'Net

By HELENMARIE DELEON

A student gets up, gets dressed for school then sits down at the computer terminal for his first lesson of the day with a cup of coffee and a doughnut in the comfort of his own home.

Instead of the mad rush for school fighting traffic and fighting for a parking space, courses will be taken over the Internet.

For the student with small children, it allows them access to an education. For the one living in remote areas, it saves time and travel expenses.

For the instructor, it allows him to teach more creatively and to reach more people around the world.

Three semesters ago David Hibbard taught a class to students in South Korea. He was asked to teach a course on single source licensing, which is a way of licensing music and recording rights.

He taught classes full-time at MCC. On the other side of the world, he taught his Korean students on Saturday nights through the 'net.

Hibbard was asked to teach the course by Jim Halsey of Oklahoma City University. Before Halsey retired from the entertainment business he discovered big names such as Roy Clark and the band, Alabama.

About the experience Hibbard said, "We used conference chat lines — we'd all call in to the

same number and chat. We also tried software that allowed us to speak. We tried two-way video and audio with multiple sites."

When asked about what worked best Hibbard said, "I like the two-way video and audio, but at the time it didn't work well. It works better now — the software is more developed. At the time we were testing software for Cornell University."

The web is changing the way we do things. It is becoming a useful networking tool, helping schools and businesses reach more people farther away, more quickly and economically. It is an interactive communications tool.

The 'net is interactive the way a phone is interactive because you can respond to your messenger, yet it is an entertaining visual medium.

Imagine, for a moment, sitting in your living room, surfing the net and doing your grocery shopping. Each grocery retailer on the 'net uses gimmicks and games to draw you to their "place." When you have decided where to shop, you make your selections and click on the items you need. Thirty minutes later your groceries are delivered.

In the business world, it's equalizing the playing field between large and small businesses. In some ways the small business will have the advan-



tage because they give more personalized service than the large corporation. The Internet will help them to make their service available to more people.

In John Naisbitt's most recent book, *Megatrends Asia*, he says, "The number of networks and individuals on the Internet is not limited because the Internet is totally decentralized. There are now more than 50 million individuals on the Internet. And that number could reach one billion by the year 2000."

Naisbitt explains that only the marketplace is in charge of the Internet, allowing for the free exchange of ideas and information. Each person on the Internet experiences being in the center of the network as he sends and receives messages.

It allows people who live in remote areas to do their work through the 'net. For example in

the community of Telluride, Colorado, many are hooked up to the 'net.

One woman, an executive for a company in a large city, got tired of the rat race one day and told her boss she was moving to Telluride. Because management did not want to lose her expertise they set her up on the Internet.

What kind of jobs are done through the Internet? Let your imagination be your guide. Anything that is done on the computer, can be done through the Internet.

Transmitting paperwork from one agency to another. Managing a group of retail stores. Consulting. Maintaining and repairing computer systems. Accounting. Writing. Educating. Banking. Buying and selling.

Reviewing medical research. Researching legal cases. Finding certain goods or services for a finder's fee. Matching organ donors with organ recipients. Bringing adoptees to parents who wish to adopt. Organizing information.

What kind of skills are needed to work on the Internet? With the program Netscape, the Internet has become very user friendly. If you can point and click a mouse on an icon on Windows, you can learn to surf the 'net very quickly.

Concise writing skills are im-

portant for communicating through the Internet. Journalism courses are a good training ground for these skills. Messages and documents must be kept short because of the space constraints on computers.

You might also want to have a basic knowledge of how HTML (HyperText Markup Language) works and how to use a program such as Web Weaver that helps to convert a document for the 'net. The technology is changing so quickly that conversion software is approaching the point where a person won't have to know anything about HTML.

The changes around the world made by communicating through the Internet are exciting. Though to some, the 'net seems impersonal, it promises more convenience as our lives get increasingly more hectic.

**"There are now more than 50 million individuals on the Internet. And that number could reach one billion by the year 2000."**

Student Government boosts morale on campus

By JANICE N. TURNER

Working with the Interclub Council and student services, the Student Government has helped to bring numerous activities to campus this semester.

The first activity that was offered to students was go bananas during welcome week. It involved entertainment from a DJ and the MCC Dance Company in addition to the banana splits and tropical drinks that were served.

During Student Government elections, a candidate recognition was held outside the student center. A country music performer entertained students and during his breaks Student Government vice president candidates were allowed to discuss their views on issues.

Student Government also helped to organize a voter awareness day before the presidential election. Officials were on hand to help students register to vote as well as representatives from the Republican and Democratic parties to provide students with information about the election.

A later event was rodeo day, where students could purchase barbecue from the Student Government while they listened to the country music provided by a DJ. At the end of October they organized a Halloween dance with the help of the Interclub Council. The proceeds from the dance went to the United Way.

Student Government also

played host at a board dinner for the MCC Board of Directors. The turn out was large with about 35 people in attendance.

Other highlights in the year for Student Government included attending a team building and leadership retreat at the Green Family Camp in Bruceville, Texas, and the Texas

Junior College Student Government Association conference in Wharton, Texas. Student Government members are currently preparing for the State Student Government convention to be held in Austin, Texas, in April. The group is putting together a scrapbook and a skit to use in their bid for the state vice presi-

dent school office.

Student Government attendance is up recently, going from eight members to 22, but they are still looking for more eager students to join. "Anyone interested in being a member doesn't have to be elected. They just need to talk to one of our officers," said Wesley Walker,

Student Government adviser.

Officers can be reached by calling the Student Government office, Room 301 on the third floor of the Student Center, at 299-8453 and leaving a message. The only requirement is that you have eight to nine hours and a grade point average of 2.0 or higher.



West is America's largest Information Services company. Right now, we are hiring Marketing Representatives to work in our NEWEST WACO location. In this position, you will represent some of America's best corporations while earning top pay for your hard work. If you desire an opportunity within our company, we invite you to stop in and apply today! Our new employees will enjoy the following benefits:

**Flexible Schedules:**

Full- and part-time, day and evening options available

**Great Benefits:**

Paid vacations and holidays, tuition reimbursement, health and dental plans, 401(k) savings plan

**Career Advancement:**

In the last three years, we have promoted over 300 employees into management and staff positions

**Paid training:**

No experience is necessary, we'll train you to succeed

**Professional Environment:**

Work in our professional, state-of-the-art facility

**Specialized Marketing Representatives:**

**Marketing Representatives:**

Qualified individuals will possess a clear, distinct speaking voice, be customer service oriented, and have a great attitude—additional qualifications for specific positions may be discussed at the time of your interview.

**TO LEARN MORE STOP IN OR CALL TODAY!**  
**MONDAY-FRIDAY, 8A.M.-5P.M.**  
(closed Thanksgiving)

West Telemarketing Outbound  
7524 Bosque Blvd. • Suite J  
Waco • (817)772-9290



\*after four week initial paid training

BOE

**HAIRgodz**  
3306 W. Waco Drive  
(817) 714-1811  
pager 715-0017  
hair by  
Jose Perez

**EZPAWN**  
(817) 755-7337  
**Jewelry sale**  
lay away  
NOW for  
x-mas!



Editorial

# Opportunities are knocking at MCC

Opportunity. It's a word that means so much, yet many people don't know they have it. MCC offers plenty of opportunities; its just that many people are unaware of them.

On the academic scale, MCC has a variety of programs that are developed to help everyone get the education they seek. For example, there are flex entry classes that provide people with hectic schedules with courses that can be completed in a reduced amount of time. Along with this, a student can choose to attend day or night courses. MCC also provides continuing education courses to fit the needs of students. Continuing education provides instruction in job-skills, health and personal enrichment. MCC has extensive programs in fields like art and health fields. MCC's wide array of classes have attracted students from neighboring cities and even foreign countries.

MCC also does a great job in preparing students for transfer to a four-year institute. Counselors work with students seeking to transfer by providing a degree plan that includes classes that are transferable. MCC also hosts a transfer fair that allows students to meet and confer with admission representatives.

In association with getting prepared for university life, MCC serves as kind of "basic training facility" for university life. People who attend MCC will learn about the responsibilities of college so the transfer will not be so difficult.

MCC is first rate with keeping up with the technology. Recently, MCC has gained access to the Internet which will be a new tool in education. The Highland Herald is now on Internet, only the second two-year college newspaper to do so. Voice mail and e-mail are also two new advancements available.

You take all these factors, add in affordable cost and the college's great reputation, and you have gold mine of opportunity.

Editorial

# Donate the gift of life

A fire burns in the fireplace, the Cowboys are on TV, and the whole family is gathered around a turkey. It is Thanksgiving, a time to be thankful for everything from happiness to life itself. And there is no better way to show thanks than to give the gift of life.

Donating blood is a way of expressing gratitude for your own health as well as giving of yourself to possibly save another's life. For just 15 minutes out of every two months another life could be saved.

Giving blood costs absolutely nothing except time and a desire to help someone who could be needy. Good health is almost always taken for granted until something life-threatening occurs. And there could not be any better way of showing you care than giving a gift that truly comes straight from the heart.

With Thanksgiving coming up and Christmas just around the corner, think about the impact that could be made from just one pint of blood. It could save a life.

Personal column

# Anonymous gift-giving

By HELENMARIE DELEON  
Giving and receiving. Every holiday season we look forward to the opportunity to show our love to friends and family members.

But do we examine our motivation for doing so.

We don't always give for the right reasons. Sometimes we give because we know that we will receive a gift from this person. Sometimes we give gifts to impress people.

Sometimes we give to our children because we don't give enough of our time to them and we want to make up for it. Sometimes we give gifts because we feel guilty about something we did or didn't do.

Sometimes we are motivated to give our boss a gift so we can get that raise or promotion. Sometimes we give to Aunt Martha because Mom told us to do it.

When I was a little girl, the thrill of my life was to wake up on Christmas morning and find presents wrapped, under the

Christmas tree from a jolly little fat man in a red suit with white hair and a long white beard.

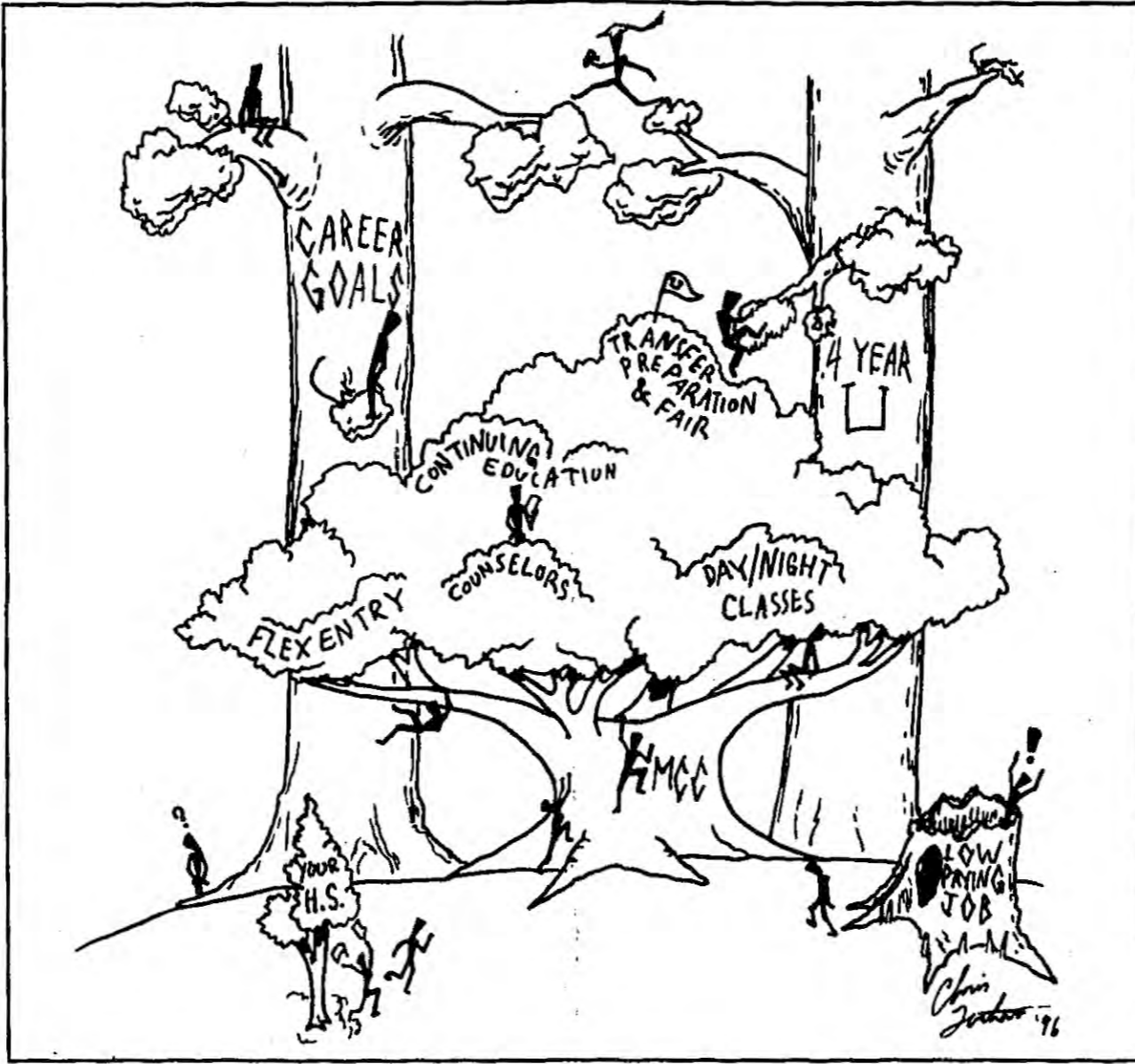
I didn't know who he was, but I felt special because I didn't know this stranger who gave me gifts.

When I was five, I found out that he wasn't real and that my parents had been giving me the gifts all along. I was broken-hearted at the loss because the idea of someone else thinking I was important (outside of my family) just made me feel special.

A couple of years later, when visiting my grandmother in Mississippi, a gift was left anonymously on the porch of the house.

It was for me. I opened it and it was a beautiful doll. The next year, the same thing happened again. Only this time it was a tea set.

The year after that there was no gift. Emily had died. She was a neighbor who used to give me cookies and milk and read stories to me when I was small.



Stone's momentary commentary

# Donating contests are irritating

By ROBERT STONE

The holiday season is here, again. I can just taste the warm, juicy turkey in my mouth, smell the pumpkin pie baking in the oven, and hear a referee's whistle signaling a first down coming from the television set.

The holiday season also brings to mind those who are less fortunate and those who will not have a warm place to sit and watch football.

Give all the time

Fortunately, the spirit of giving increases during the holidays and those who are less fortunate can count on Caritas, The Salvation Army and Toys For Tots.

Unfortunately, this spirit of giving only comes once a year and charities need food, clothing and other assistance all throughout the year.

The giving cannot stop after the Christmas trees are thrown out and the lights are packed away. Local charities can only give out what the good citizens of the community give them.

Giving contests

I encourage everyone to give what they can, but do not give because the neighborhood association is awarding a trophy for the person who gives the most. The spirit of thanksgiving and Christmas comes from the heart.

It irritates me when contests have to be run just to get people to give a little extra. In particular, are the businesses who run special offers as incentives for the public to give.

These contests would be okay if the companies did not benefit from the contests. However, in order for a person to give, the

**"Do not give because the neighborhood association is awarding a trophy."**

company's goods or services have to be bought.

Unwanted donations

Another thing which irritates me is the quality of the food or materials being donated. About nine times out of ten, the food and materials local charities get to give out are the canned goods which have been sitting in the back of someone's pantry for months or the clothes which have holes in them.

It may be donated, but charities cannot distribute out-dated canned goods or torn-up clothes. If you did not want it, what makes you think someone else wants it?

Taken advantage of

While I am on the subject of giving, those who take advantage of people's goodwill and kindness irritate me, as well.

This kind of activity does not just take place on the holidays, but it is more evident during the holidays.

After the spirit of Christmas and Thanksgiving is hyped up and people are ready to give, one person comes along who does not need assistance and takes what was meant for the person in need. This is why it is so hard to get people involved.

It is because of people like this shelters and charities run out of food and money, and have to turn away the mother of a hungry child. For those who do take advantage of charity, remember these two words: JUDGEMENT DAY.

Ask for help

However, I do encourage those out there who need help to ask for it. During the holidays, help is available. Do not let pride get in the way of getting a hot meal if you are in need of it or getting presents for your children if you have no money.

I know what it is like to be without and have to ask for help. Just recently, I had to accompany my mother to Caritas where we had to ask for help getting our electricity turned back on.

Personal example

In 1988, my dad lost his job as

a dishwasher due to a back injury. A month after he lost his job, my family had little money to spare.

We did not know what we were going to do for groceries, until late one evening we received a knock on our front door.

We opened the door to find Pastor Edward Willis standing in front of us with a bag of groceries in each arm. Somehow, he had gotten wind we were in need of groceries and took up a collection at church for us.

In any event, if you are able to give, please do. If you need assistance do not be afraid to ask for it. If you take advantage of the spirit of the season, let your conscience be your guide; if you even have a conscience.

**"If you did not want it, what makes you think someone else wants it?"**

Editor's corner

# Just when you think you have it right

By JOE GINGERICH

The other day I got a tip about the Family Learning Center. I made my first contact by phone and began the interview.

"Hello. My name is Joe Gingerich. I'm from the Highland Herald. Is this the family learning center? Good. I was wondering if I could chat with you about what you do there. Oh you take care of students and try to work together as families? OK."

So I begin composing a plausible lead in my mind as I contemplate the information.

*The family learning center is a place where teenagers in Waco are given a second chance and their parents are encouraged to do things together with them.*

Then I continue the interview.

"Oh, it is specifically for the students in the Waco Housing Projects. A key ingredient is inter-generational learning? And you use a crazy quilt curriculum? OK"

I revise my lead in my head to read:

*The family learning center is a place where teenagers in the Waco Housing projects are given a second chance and they work together with their parents on strange quilting projects."*

I continue the interview by phone.

"You try to expose them to a broad range of learning experiences through having them do such things as listen to Baroque music and go on Safaris together. Mmm. You also help them to get their G.E.D. OK. You give them pre-vocational training? Great. What mix of male and female participation do you find? 99 percent female? Mmmm. And you've had some already get their G.E.D and go on to MCC and TSTC? Good."

Second revision:

*The family learning center is where teenagers, mostly females, get exposed to a broad range of learning experiences, listening to Baroque music, going on field trips such as going to a Safari or museum, and even sewing crazy looking quilts with their parents. They do things together as a family. Through the support of the parents they are going on to successful careers in local colleges.*

"What is the average age of the youth? Infant to 5 years old? Uh huh... Okaaaaay. Well, uh, who is getting the G.E.D.? So it is the mothers studying. OK. Where does the funding come from? It is a pilot program of the Gateway Project through the adult education program. They even get into crafts? Good."

*The Family Learning Center is a program of the Gateway Project of adult education where mothers with small children from the Waco Housing Projects can come to further their education, get their G.E.D. and are assigned to their own aircraft as they become successful airplane pilots.*

"How many hours do these mothers fly before they get their license? Yeah, you know. Flying in an airplane. They don't fly? No airplanes? Oh. Uh...It's a test program to give mothers and other students an opportunity to become self-sufficient? Yeah, I understand. Who funds it? The Texas Education Agency? OK."

*The Family Learning Center is a test program of the adult education agency which gives mothers and their children from the Waco Housing Projects a chance to become self-sufficient through education in parenting, getting their G.E.D. and through pre-vocational training. It is funded by the Texas Education Agency.*

"What was that you mentioned? MCC is the fiscal agent? And the funds belong to the Waco Housing Authority. Yes. The adult education agency is the administrator.

*The MCC Family Learning Center is a test program of the adult education agency which gives mothers and their children from the Waco Housing Projects a chance to become self-sufficient through education in parenting, getting their G.E.D. and through pre-vocational training. It is funded through a grant from the Texas Education Agency to the Waco Housing Authority...*

I'm beginning to wonder how I chose to be a writer. Maybe if someone would interview me I could figure it out.

"What was that you mentioned? Not all the participants have children? .....Excuse me, I have another appointment I really need to get to. Sorry I have to run."

*Journalist last seen running three red lights on way out of town.*

# Final Exam Schedule

CLASSES	DAY SCHEDULE EXAM DAY	EXAM TIME
Mon. - Wed. - Fri. classes		
6:55 - 7:50 am	Wed., Dec 11 Fri., Dec 13	*6:55 - 7:50 am
*(precludes uninterrupted exam time of 120 min.)		
8:00 - 8:55 am	Wed., Dec 11	8:00 - 10:00 am
9:10 - 10:05 am	Fri., Dec 13	9:10 - 11:10 am
10:20 - 11:15 am	Wed., Dec 11	10:20 - 12:20 pm
11:30 - 12:25 pm	Mon., Dec 16	11:30 - 1:30 pm
12:40 - 2:00 pm	Wed., Dec 11	12:40 - 2:40 pm
2:15 - 3:35 pm	Mon., Dec 16	2:15 - 4:15 pm
3:50 - 5:10 pm	Wed., Dec 11	3:50 - 5:50 pm
Tues. - Thurs. classes		
8:00 - 9:20 am	Thurs., Dec 12	8:00 - 10:00 am
9:35 - 10:55 am	Tues., Dec 17	9:35 - 11:35 am
11:10 - 12:30 pm	Thurs., Dec 12	11:10 - 1:10 pm
12:45 - 2:05 pm	Tues., Dec 17	12:45 - 2:45 pm
2:20 - 3:40 pm	Thurs., Dec 12	2:20 - 4:20 pm
3:55 - 5:15 pm	Tues., Dec 17	3:55 - 5:55 pm
6:00 - 7:20 pm	MW Wed., Dec 11	6:00 - 8:00 pm
7:35 - 8:55 pm	MW Mon., Dec 16	7:35 - 9:35 pm
6:00 - 7:20 pm	TTH Thurs., Dec 12	6:00 - 8:00 pm
7:35 - 8:55 pm	TTH Tues., Dec 17	7:35 - 9:35 pm
6:00 - 9:00 pm	M Mon., Dec 16	6:00 - 8:00 pm
6:00 - 9:00 pm	T Tues., Dec 17	6:00 - 8:00 pm
6:00 - 9:00 pm	W Wed., Dec 18	6:00 - 8:00 pm
6:00 - 9:00 pm	TH Thurs., Dec 12	6:00 - 8:00 pm
<b>EVENING SCHEDULE</b>		
6:00 - 7:20 pm	Wed., Dec 11	6:00 - 8:00 pm
7:35 - 8:55 pm	Mon., Dec 16	7:35 - 9:35 pm
6:00 - 7:20 pm	TTH Thurs., Dec 12	6:00 - 8:00 pm
7:35 - 8:55 pm	TTH Tues., Dec 17	7:35 - 9:35 pm
6:00 - 9:00 pm	M Mon., Dec 16	6:00 - 8:00 pm
6:00 - 9:00 pm	T Tues., Dec 17	6:00 - 8:00 pm
6:00 - 9:00 pm	W Wed., Dec 18	6:00 - 8:00 pm
6:00 - 9:00 pm	TH Thurs., Dec 12	6:00 - 8:00 pm

**SATURDAY CLASSES**  
EXAMS FOR SATURDAY CLASSES WILL BE GIVEN AT REGULAR CLASS TIME ON DEC. 14, 1996.

**DOWNTOWN CENTER (DAY OR EVENING)**  
EXAMS FOLLOW THE ABOVE SCHEDULE.

**ALL OTHER OFF-CAMPUS CLASSES (DAY OR EVENING)**  
THE EXAM SCHEDULE WILL BE ARRANGED BY YOUR INSTRUCTOR. HOWEVER, EXAMS WILL NOT BE GIVEN BEFORE DEC. 11.

**OR OTHER EXCEPTIONS**  
CLASSES WHICH BEGINNING (DOWNTOWN OR ON CAMPUS) BETWEEN 5 AND 5:15 P.M. WILL HOLD FINAL EXAMS AT REGULAR CLASS TIME ON DEC. 11, 12, 16, 17, OR 18 AT THE DISCRETION OF THE INSTRUCTOR.

**ALL FINAL GRADE REPORTS MUST BE DELIVERED IN PERSON TO THE REGISTRAR'S OFFICE BY 12 NOON DEC. 19, 1996.**

**The Highland Herald Staff**

Joe Gingerich	Editor-in-Chief
Helen Marie DeLeon	Senior Associate Editor
Robert Stone	Senior Associate Editor
Brown Smith	Sports Editor
Kelly Charlton	Associate Editor
Michael Bergent	Associate Editor
Chris Latham	Cartoonist
Shelley Hampe	Cartoonist
Tom Buckner	Adviser

Staff—Caroline Blahova, Nancy Carlton, Anitra Cotton, Malysa Graham, Sonja Johnson, Scott Mattlage, Rachea McMurray, Josh Rambo, Carrie Story, Janice Turner, and Patrick Walker.

The Highland Herald is a publication of journalism classes at McLennan Community College, 1400 College Drive, Waco, Texas, 76708, which is published every other week September through May with the exception of holidays and spring breaks. Opinions expressed are those of the writers and do not necessarily reflect the views of the colleges' administration or faculty.

**Dial up, sign up**  
299-TREG (8734)  
Telephone Registration continues through Dec. 6  
Call 24-hours a day, 7 days a week

More and more students are now eligible for this easy registration option, and PIN numbers are updated daily.

To see if you are eligible or to get your PIN number, call 299-8629 during regular office hours — then register at your convenience.



SPORTS

# Highlanders building up to conference play

By **BROWN SMITH**

The Highlanders are 3-6 as they will wrap up their longest road stint of the season when they travel to Navarro tonight for a 7:30 tip-off. And after spending 28 days away from the Highlands, the team will host Navarro Saturday with a 7:30 p.m. start.

"I am extremely pleased with our guy's effort and enthusiasm coming out of this tough road stretch where we had to play nine games in the first 18 days of November," Coach Steve Shields said.

The team hopes to build on the momentum from winning two of their last three games on the road when they play their next two games against a Navarro team which features three excellent guards and strong post players.

**At Blinn**

On Nov. 18 the Highlanders traveled to Blinn and returned home with their third win of the season. The team defeated the Buccaneers, 85-77, in a game they led from start to finish.

Scott Gradney and Erik Halgunseth led the way with 20 points as Jermaine Higginbotham had 14 and Bronsha Miles added 13. Gradney also added 10 rebounds to register the double-double.

Rebounding was the key to the Highlanders all-out control of this contest. Blinn tried to get back into the game with three-point bombs and was able to cut the lead to three with less than a minute left to play.

But the Highlanders were able to take care of the ball, and effective free throw shooting down the stretch helped preserve the victory.

**Rebel Round-Up Classic**

The Highlanders traveled to Baytown Nov. 15-16 for the Rebel Round-Up Classic where they struck revenge over Lee, 80-72, and fell to Angelina 95-84.

When the team boarded the bus for their rematch with Lee all they could talk about was revenge. Lee spoiled the Highlanders home opener and now it was time for the Highlanders to return the favor. And they did from start to finish.

Four players scored in double digits as Gradney led the team with 18 points. Higginbotham scored 15, Miles had 12, and Halgunseth added 10 points and 13 rebounds.

The difference in the game was the Highlanders shot 49 percent from the floor and hit 21 out of 29 free throws.

"We put the ball in the hole, made some clutch free throws and most importantly we took

care of the ball at the end of the game," Shields said.

The Highlanders were off to an early lead but lost their starting point guard and the game. Brandon Manning suffered a sprained ankle forcing the team to play with only one point guard for the remainder of the game.

With Manning's absence the team committed 28 turnovers and simply just ran out of gas. Gradney led the team with 24 points and 13 rebounds as Miles scored 12 and Halgunseth and Higginbotham added 11.

**With three players fouling out**, Ajani Williams saw some quality minutes and stepped-up his play as he scored eight points and grabbed eight rebounds.

**At Kilgore**

On Nov. 12 the Highlanders traveled to Kilgore for a see-saw battle which they were edged, 63-60.

Despite shooting only 32 percent from the floor and 15 percent from the perimeter, the Highlanders managed to stay in the game with an excellent defensive and rebounding effort.

David Dar-Ziv led the team with 15 points, Gradney scored 13 and Gabe Rapiere added 10 points and 11 rebounds.

**Getting geared up**

With the longest road stretch of the season nearing an end and

the conference opener just around the corner, the Highlanders are beginning to look more and more like a contender. Conference play will begin Dec. 4 on

the road against Hill.

"We have been taking care of the ball, rebounding at both ends of the court and playing solid defense," Shields said. "We have

been gearing everything toward conference all season and our guys are excited going into the race for a conference championship."

Men's Basketball Schedule		
Nov. 26	Navarro	7:30 p.m.
Nov. 30	Navarro	7:30 p.m.
Dec. 4	Hill	8 p.m.
Dec. 7	Cisco	5 p.m.
Jan. 6	Paris	7 p.m.
Jan. 8	Richland	7 p.m.
Jan. 11	Collin	8 p.m.
Jan. 15	Temple	8 p.m.
Jan. 18	Weatherford	8 p.m.
Jan. 22	Ranger	8 p.m.
Jan. 25	S'west Christian	8 p.m.
Feb. 1	Grayson	4 p.m.
Feb. 3	Hill	8 p.m.
Feb. 5	Cisco	8 p.m.
Feb. 8	Collin	8 p.m.
Feb. 12	Temple	7:30 p.m.
Feb. 15	Weatherford	4 p.m.
Feb. 19	Ranger	7:30 p.m.
Feb. 22	S'west Christian	8 p.m.
Feb. 27	Grayson	8 p.m.

Women's Basketball Schedule		
Dec. 4	Hill	5:30 p.m.
Dec. 7	Cisco	3 p.m.
Jan. 7	San Jacinto	6 p.m.
Jan. 8	Richland	7 p.m.
Jan. 11	Collin	6 p.m.
Jan. 15	Temple	6 p.m.
Jan. 18	Weatherford	6 p.m.
Jan. 22	Ranger	6 p.m.
Jan. 25	S'west Christian	6 p.m.
Feb. 1	Grayson	2 p.m.
Feb. 3	Hill	6 p.m.
Feb. 5	Cisco	6 p.m.
Feb. 8	Collin	6 p.m.
Feb. 12	Temple	5:30 p.m.
Feb. 15	Weatherford	2 p.m.
Feb. 19	Ranger	5:30 p.m.
Feb. 22	S'west Christian	6 p.m.
Feb. 27	Grayson	6 p.m.

**(Bold Face Denotes Home Games)**

# Highlassies still rolling

By **PATRICK WALKER**

The Highlassies are hoping a 6-3 non-conference record will translate into a strong conference showing when they resume play after Thanksgiving.

The Highlassies, coming off a stretch where they've lost two of their last four games, will face Hill in their first conference game. The 5:30 p.m. tip-off will be Dec. 4 in Hillsboro.

Angelina defeated the Highlassies, 94-91, in a road game last Wednesday. Sophomore Tisha Washington, usually one of the team's highest-scourers, was held to three points.

Leading the way for the Highlassies were sophomores Lisa Wachmann and Randi McKinney, and freshman Tenay Garrett. Each contributed 20 points. Sophomore Ivory Asberry added 17.

In the Juco Round-Up Nov. 14-16, the Highlassies won two of three, losing only to No. 1-ranked Trinity Valley.

The Highlassies defeated Frank Phillips, 80-71, and Panola, 98-74 in the tournament. In between the victories, the Highlassies shot only 32 percent from the field and fell to the defending national champions, 104-73.

Following Hill, the Highlassies' final game of the calendar year will be at Cisco Dec. 7 at 3 p.m.

# Students, faculty have miles and miles of fun

By **ROBERT STONE**

On Nov. 16, students, faculty members and their relatives laced up their running shoes and hit the pavement walking and running for the annual MCC 5K Fun Run.

The five kilometer course began on Powell Drive at the entrance to Parking areas A and B and proceeded on McLennan Drive across College Drive and around the Community Services Center to Tanglewood Drive, crossing North 19th. The course then proceeded off campus for two miles and runners took the same route back to the finish line. The finish line ribbon was just beyond the Student Services building along Highlander Drive.

According to Mary Darden, director of the event, she said she believes the most challenging part of the course was the hills and turns. Although this year's event and others in the past have been put on just to provide a service for the college and the community, Darden said next year's event will be conducted in conjunction with "Toys For Tots."

Contestants from ten different age divisions in both male and female categories competed for some 50-60 trophies, with trophies being awarded for the top three contestants in each division. Trophies were also given to the fastest overall male and the fastest overall female.

The following results were provided with courtesy from the continuing education department.

The fastest overall male award went to Ryan Carrigan who competed in the male 25-29 division who finished at 17:34

who finished second overall to the female category's fastest Wendy Anderson who finished with a time of 17:24. Anderson competed in the female 25-29 bracket.

In the male 14 and under division, Cody Wells took home the first place trophy with a time of 17:35. Andrew Lanham took the second place trophy with a time of 22:06 and David Lopez took the third place trophy with a time of 22:57. Also finishing in the division was Adam Martin who finished fourth with a time of 24:50, and Joshua Yakick who finished fifth with a time of 35:47.

In the male 15-19 bracket, Keith Schroeder crossed the finish line first with a time of 21:51. Just seconds behind him, Mark Kunish crossed the line at 22:12. Eric Martin took the third place trophy with a time of 26:10. Also finishing was Jesse Courtney who finished fourth with a time of 40:22.

In the male 20-24 division, Charles Lowe, the only competitor in the male 20-24 division, finished with a time of 51:02. Kevin Lawrence took first place in the male 25-29 division at 25:45. In the male 30-34 age group James Dixon was given the first place trophy with a time of 22:25. Jose Yau took second place with a time of 31:56.

In the female 20-24 age group,

Shari Buzbee took home the first place trophy when she crossed the line at 40:22. Coming in second was Amanda Hill at 41:49 and taking home the third place trophy was Sarah Harris at 42:09. Also finishing in the age group was Jana Hardwick at a time of 42:43. In the 25-29 age bracket, Joy Evans took first with a time of 26:51 and Pamela Lowe took second place with a time of 51:03.

In the female 30-34 division, Mary Buddo finished in first place at 24:38, Krist Heid finished second with a time of 24:54 and Rae Turner finished in third place at 26:22. Also competing was Cheryl Yakick who finished fourth at 35:48 and Rita Davis who finished fifth at 38:14.

In the male 35-39 bracket, Phillip Ballmann crossed the finish line at 21:44 to take the first place trophy. Less than a minute behind him, Fernando Martinez took second place at a time of 22:43 and Johnny Adams took third at 26:23.

In the female 35-39 age group, Christine Dixon crossed the finish at 22:44 to take first place honors. April Braig took second with a time of 24:41 and Elise Wells took third place honors with a time of 29:00. Also competing was Phyllis Tipton who took fourth at 35:05.

In the male 40-44 bracket, the first place trophy went to Kim Young who finished with a time of 22:02. Steve Martinez crossed the line at 24:48 to finish second and Ralph Getman came in third at 25:19. David Malone finished

fourth at 28:28.

In the female 40-44 age group, Sherry Meligren's time of 25:41 helped her to a first place finish. Finishing second was Rhonda Dunahoo at 32:40 and Sherry Cockrell finished third with a time of 36:13. Also competing was Maria Swenson who finished fourth at a time of 40:42.

In the male 45-49 bracket, Ronnie Bardin finished first at 17:52 and finishing second was Eric Kunish at 21:09. Richard Frederick took third place at 22:33 and Keith Poehl took fourth place at 23:50. Also competing was Greg Glark who took fifth at 24:10, Steve Martin who finished sixth at 24:52 and Ken Coihrt who took seventh place at 26:09.

In the female 45-49 division, Gale Murphy took first place honors at 23:37. Taking second place was Patsy Miller at 27:37 and Susan Taylor finished third with a time of 28:51. Also competing was Mary Frosch who finished fourth at 40:51 and Rebecca Griffin who finished fifth at 51:55.

In the male 50-59 bracket, Rayford Bowden crossed the line at 27:17 to finish first. Robert C. Case finished at 30:10 to take second and just two seconds behind was Dan Hurst who took third at 30:12. Also competing was Cecil Jacinto who took fourth at 33:51 and John Nobis who finished fifth at 36:04.

In the female 50-59 division, Linda Phippen took first at 25:19. Viola Denny took second at 35:15 and JoAnn Wiese took third at 36:13. Also competing was Alice Meyers who took fourth at 51:55.

In the male 60 and over group, John Nors took first at 21:32, Simon Rainwater finished second at 26:06 and Barney Eary took third at 28:38. Also competing was Max Bunting who finished fourth at 28:51 and John Turdle who finished fifth at 34:21.

In the female 60 and over category, Phyllis Provost finished first at 27:33, Nancy Gehlbach finished second at 28:19 and Betty Rainwater took third place at 49:35.

"... the most challenging part ... was the hills and turns."



**CRISPY TACO**

**Breakfast menu**  
6 am 10 am

Sausage & egg  
Bacon & egg  
Potato & egg  
Chorizo & egg  
your choice \$1.90

1225 S. 31st (behind Jack and Jill)  
752-1182 and  
3616 N. 19th  
754-0124

---

**daily menu**  
beef & potatoes/beef & beans/soft  
tacos/beef fajitas/gorditas/carne quilsada  
chicken burritos and more

# Over the speed bumps, through the campus and on to the finish

By **ROBERT STONE**

As part of its annual 5k Fun Run, the continuing education department held its 1 mile run on Nov. 16.

The start line for the course was at the speed bump located by the Student Center. Participants continued around Highlander Drive past the Faculty Office and Health Careers buildings to the Art Center parking lot entrance. At the Art Center parking lot, runners turned to the right and ran through the parking lot to the small circle located beside the Art Center. Here, they circled around and made their way back through the parking lot.

Once through the parking area, runners proceeded across Highlander Drive to cut through the parking lot behind the Applied Sciences and Fine Arts buildings. When participants came across Highlander Drive again, they turned left. With the finish line located just beyond

McLennan Drive, contestants were in the home stretch.

The following results were provided courtesy of the continuing education department.

After all the perspiration, Ronnie Bardin was the first competitor across the line at 6:20. Because trophies were awarded to the fastest three contestants in two categories, male and female, Gwen Butler took first place honors in the female category with a time of 8:02.

Finishing second in the male category was Larry Southwell who crossed the line at 8:42. Finishing second in the female category was Sandy Hinton at 10:29. Third place honors in the male category went to Garland Wagner II who finished at 8:31. Finishing third in the female category was Allice Guin at 11:29.

Also competing in the male category was Richard Coronado who finished fourth at 9:27 and Chase Martin who finished fifth with a time of 9:30. David

Burgett placed seventh at 11:49, Rick Butler took eighth place at 12:07, and Dennis Michaelis finished ninth at 15:29. Finishing in 10th place was Donnie Hogan.

Also competing in the female category was Dianne Hampol who finished fourth at 12:17 and Pam Winoos who finished fifth with a time of 12:40. Valorie Payne finished in sixth place at 12:40, Cathy Hagan finished seventh at 13:49 and Martha Thomas took eighth place at 13:57. Mogan Mann finished ninth at 14:02, Jennifer Kingery took 10th at 14:02, and Mindy Parriah finished 11th at 14:03.

Maria Miller finished 12th at 14:03, Stacey Fuentes took 13th at 14:09, and Amy Luper placed 14th. Taking 15th place went to Gretchen Jarosek at 14:24, Kelly Rogers finished 16th at 14:33, and Lisa Pounder took 17th at 14:34. Misty Sleaf finished in 18th place at 15:14 and Felicia Gutierrez took 19th place at 15:29.

We'll sell you a seat.....

**But you'll only need**

**THE EDGE!!!**

1996-97 WACO WIZARDS Home Schedule

Nov 15 vs New Mexico	Feb 15 vs Central Texas
Nov 16 vs Central Texas	Feb 21 vs Amarillo
Nov 19 vs Central Texas	Feb 22 vs Austin
Nov 26 vs El Paso	Feb 23 vs Amarillo
Nov 30 vs Austin	Feb 28 vs New Mexico
Dec 6 vs Amarillo	Mar 1 vs Central Texas
Dec 7 vs El Paso	Mar 2 vs Austin
Dec 10 vs Central Texas	Mar 4 vs El Paso
Dec 12 vs Austin	Mar 7 vs Central Texas
Dec 13 vs El Paso	Mar 14 vs Austin
Dec 17 vs Central Texas	Mar 15 vs El Paso
Dec 20 vs New Mexico	Mar 16 vs Austin
Jan 24 vs Amarillo	
Jan 25 vs Austin	
Jan 28 vs Amarillo	
Jan 31 vs Central Texas	

\*All games start 7:30 p.m.

**STUDENT DISCOUNTS AVAILABLE!**  
For ticket information call the Wizards' office

**399-9300**



Highlassie tennis team

With international flavor

By ROBERT STONE

Imagine college without college athletics. No scholarships to award to high school stars. No dreams of making it big in the pros. Most of all, no chance for those who cannot afford it to get an education.

For three players on the Highlassie tennis team, this kind of world was almost certain. These three players are international recruits from Indonesia, Mexico, and Australia. In their countries, college sports like tennis are non-existent. The tennis careers of these players hit a dead end after high school. Luckily, tennis coach Carmack Berryman saw potential in them.

While Berryman was happy to be getting such raw talent for his team, the players were elated to further their education and continue playing tennis. Sylvia Lokollo, recruit from Indonesia, said she decided on MCC through the advice of her ex-coach who was an American who knew Berryman. Brooke Munday from Australia, who is now in her second season with the Highlassies, said she was just happy to get to play tennis again. She said in Australia it is real expensive if a person wants to try to go pro. Gabriella Ramirez from Mexico, who is also in her second season with the Highlassies, said she was advised of Berryman's intentions to recruit her through her coach after Berryman requested a video of her game performance.

Performing in tennis is just what these ladies have done in the fall semester. Lokollo has posted a 77 percent success rate, winning seven out of nine matches. Munday has posted a 50 percent success rate, winning six out of twelve matches and Ramirez has posted a 50 percent

success rate, winning five out of ten matches. Berryman said this was a considerable standing since most of the matches were against tough, NCAA Division I-A schools.

These three recruits have also shown par excellence in the classroom. According to Berryman, all three recruits have a grade point average of 3.0 or better.

Berryman said this type of arrangement provides an educational experience for both the international players and college students. He said it gives the international players a chance "to learn firsthand about U.S. customs, and at the same time gives students here a chance to learn about the customs of the players."

For the players, one common goal was to transfer to another college so they can continue playing tennis and their education. One individual goal Lokollo said she would like to accomplish is to improve her tennis skills. Munday said she would like to play well enough to make it to nationals next spring. A goal Ramirez said she would like to accomplish is to learn other language.

Berryman's goals for the ladies is for them to "graduate from MCC and get a four year degree and become a contributing member to society."

To the recruits, seeing America for the first time was what they had expected. Ramirez had been to the United States before, because her grandmother lives in California. However, Munday did mention Texas was a lot different than what she had expected. She said she expected to see "a lot of cowboys and cactus."

Lokollo said her favorite thing about America is "I get to play

tennis and continue my education and at the same time, gain new experiences." Munday's favorite things about America is traveling to different states and the amount of restaurants. With a hint of humor in her voice, she also added, "Wal-mart." Ramirez said her favorite thing about America is people are more free to do what they want without someone talking about them all the time.

As far as adapting to the American way of life, all the recruits said they are doing fine except in a couple of areas. For Lokollo, she found it hard to adjust to the lack of public transportation available. In her country, she said public transportation was readily available. For Munday, it is the weather, the food and the Texas accent. For Ramirez, it is being away from her family and the Texas accent.

The advice Lokollo would give to someone from her country considering MCC: Come on. She said, "It's a good place to learn. They're really serious about tennis and they're very competitive." Munday said she would tell the person to come as well, because it is a "good opportunity to experience America and to get an education."

Ramirez's reply was, "If I can bring somebody from Mexico, I'm gonna'."

When it is time for these three tennis players to leave, Lokollo said the one thing she will remember most about MCC is the general college atmosphere and the experience of meeting new friends. Munday said she will remember the running, the practice, and the new friends. Ramirez said she will remember, "the people, my coach and the experience MCC gave to me."



Giving straight from the heart

By BROWN SMITH

When it comes to donating blood, Don Tatum is much like the energizer bunny; he keeps giving and giving.

Tatum is a charter member of MCC where he currently teaches physics. Since the fall of 1966 he has taught some math and also started the first tennis team which he coached for six years.

But for the past 28 years Tatum has done more for the community than just teach, he has donated ten gallons of blood which has come purely from the goodness in his heart.

"Donating blood is a very enjoyable thing to do," Tatum said. "In addition to checking all the

vital signs, they always give you good cookies."

Tatum first began giving blood because his wife Susie, who is a nurse at the Baylor Health Center, was a blood donor. Once every two months he makes a donation which he feels is "very worthwhile."

With a fairly rare blood type, A-negative, Tatum feels even more inspired to donate on a regular basis.

"It's a good feeling to know that through 80 pints of blood there is a good chance some people have been helped," Tatum said. "And if I have only been able to help just one person it would still make it all worthwhile."



Women's golf par for the course

By SCOTT MATTLAGE

The women's golf team closed out the season with a third-place finish at Pack Saddle.

Only four teams competed in the tournament.

Western New Mexico University (NCAA II school) won the tournament with a score 335-337-672. The University of Mary Hardin-Baylor (NCAA II school) finished with a total of 339-334-673. MCC finished with a score

of 355-341-696 and Hill College shot a score of 389-426-815.

Individually, Julie Wenzel placed sixth with a score of 87-84-171, Marissa Gortny shot a score of 89-86-175, Avery Litton finished with a score of 88-87-175, DeLaina Shahan shot a score of 91-84-175, Misty Cathy shot a score of 91-94-185.

The two girls playing for a medal only were, Farrah Litton who finished with a score of 93-

88-181 and Amanda Stite who shot a score of 96-96-192.

The team is in their first semester of play and finished third in each tournament.

Coach Stan Mitchell said he hadn't seen the NAA schools play very much, therefore he wasn't sure what it would take to beat them. But the team did very well and exceeded his expectations.

Dance Company tryouts

By SCOTT MATTLAGE

The MCC Dance Company will be holding tryouts on Dec. 9 at the Highlands. The time is to be arranged. Participants will be judged on leaps, kicks, turns, splits, toe touches, dance routine, showmanship and appearance.

Workshop

On Saturday, December 7, a workshop teaching the dance routines will be held at the Highlands from 9 a.m. to 1 p.m.

Uniforms

MCC provides uniforms, costumes and all props. Personal items such as leotards, tights, hose, gloves, tennis shoes, and jazz must be provided by individual members.

Scholarships

MCC Dance Co. scholarships are available. Applications for grants, scholarships and other financial aids are available to eligible students.

80 join Phi Theta Kappa

By NANCY CARLTON

Eighty students were inducted into the Phi Theta Kappa honor fraternity Nov. 13 in the Community Services Center.

The students and guests were greeted by Dennis Michaelis, president of MCC. In a short statement to the students Michaelis reflected on the importance of the honor they were to receive. Michaelis went on to jokingly say, "I am only an honorary member of Phi Theta Kappa. My grades were not good enough to receive it the honest way."

The keynote speaker was Jack Schneider, dean of arts and science. Schneider commented on

the commitment it took for the students to be where they were today. Schneider went on to remind the students that they were in the top of their class.

Not to be out-joked by Michaelis, Schneider added, "My wife was Phi Theta Kappa, but I, like Doctor Michaelis, did not make the honor society. I like to think of myself as a late bloomer."

The certificate presentation was conducted by John Nobis, counseling specialist.

Ages of the inductees ranged from recent high school graduates to mothers, fathers, and even grandmothers. (continued on



Photo by Joe Gingerich

WINNERS in the "Cooks for Books" were Karen Conino, left center, and Deb Garrett, right center, flanked by representatives from Hastings. The contest helped the Living Library Fund for the college.

Everybody has a sweet tooth

By SONJA C. JOHNSON

If you are a person with a sweet tooth and were not at the Library Nov. 13 from about 10:30 a.m. to 12:30 p.m., you missed out on a room full of sweets and arts prepared by some of the college's talented bakers.

The first ever MCC "Cooks for Books" was well represented with 22 entries of baked desserts. The contest was open to students, faculty and staff, but in this first contest the staff dominated as participants.

Cheesecakes, cookies, pies, cakes, and other dishes were the five categories that could be chosen from for entries.

Winners from each of the categories were awarded with prizes from local businesses. Hastings donated five \$25 gift certificates for 1st place entries, HEB donated five \$15 gift certificates for 2nd place entries, and Subway donated 5 Meal Deal gift

certificates for 3rd place entries. The contest was overseen by eight judges who chose the following in the five categories based on their presentation, taste, and texture:

**Cheesecake category**

1st place- Sponsor Deb Garrett/ Chef Karen Conino  
2nd place-Beverly Roberts  
3rd place-Gail Wade

**Pie category**

1st place-Nancy Ray-Mitchell  
2nd place-Dave Keel  
3rd place-Linda Cook

**Cakes category**

1st place- Pat Bliss  
2nd place- Older Preschooler MCC Development Center  
3rd place-Dorothy Cardwell

**Cookies category**

1st place-Alberta Blackburn  
2nd place-Linda Hatchel  
3rd place-Amy Fitzgerald

**Other category**

1st place-Susan Spomer

2nd place-Macie Taylor  
3rd place-Terry Lechler

Grand prize winners were crowned with medieval horns and awarded golden trophies, as well as their gift certificates.

A total profit of \$208.50 was earned in the contest from the \$5 entry fees, dessert servings sold at \$1, and the popular MCC "Cooks for Books" apron sold out at \$10 each.

The money from this contest will be placed in the Living Library Fund. This fund was set up by William Stanford about five years ago with a \$3,000 deposit donated by him personally.

Stanford is a resident of Colorado, but has a love for the city of Waco and the MCC Library. He still continues to give small donations.

Last spring he left Colorado to attend a recognition reception that was held here in his honor.



Spring Clay at MCC

This spring, MCC will offer pottery courses for both the beginning and advanced student. The beginning student will have an opportunity to learn techniques including working with coils, slabs and numerous other hand-building processes with a great deal of time spent mastering the potter's wheel. The advanced student will be encouraged to write their own syllabus.

Classes will be offered at the following times:

ARTS 1375..... Clay for Non-Art Majors  
section .01 ..... 1:00-2:50 p.m., T/Th  
section .50 ..... 6:00-7:50 p.m., M/W

ARTS 2346 ..... Ceramics I  
section .01 ..... 9:10 a.m.-Noon, M/W  
section .02 ..... To be arranged  
section .50 ..... 6:00-8:50 p.m., M/W

ARTS 2347 ..... Ceramics II  
section .01 ..... 9:00 a.m.-Noon, M/W  
section .02 ..... To be arranged  
section .50 ..... 6:00-8:50 p.m., M/W

ARTS 2377 ..... Problems in Clay  
section .01 ..... 9:00-11:00 a.m., M/W  
section .02 ..... To be arranged  
section .50 ..... 6:00-7:50 p.m., M/W

Early registration is strongly advised as enrollment is limited and classes will fill quickly. For more information, contact Trey South at 299-8791 or 896-1930, or e-mail at tsouth@eramp.net. Early registration continues through December 6.





## Scholars selection continues

By Janice N. Turner

After three years on campus, the Tartan Scholars program continues to help broaden the educational horizons of students by providing them with stimulating courses and expeditions. The program, which accepts 15 new members per long semester, is in the process of selecting new Tartans for the spring.

Those that are accepted can look forward to taking one of the four honors colloquiums, or courses, offered. They can choose from critical thinking, introduction to humanities, social and psychological issues in the workplace, or introduction to statistics. Though these classes are specifically for the honors program, a small number of non-Tartan students can apply to take them. "We admit two to three students per class that are not in the Tartan program providing they can prove that they can do well and benefit from the course," said Tartan sponsor Marilyn Kelly.

In addition to challenging courses, Tartans also take trips to various educational sites. In the past they have attended symphonies and visited museums in various parts of the state. They have also gone to NASA, the San Antonio Zoo, and the state capital. On Nov. 16 and 17 they attended a Renaissance Festival.

Becoming a part of this program requires a student to submit a portfolio that represents them as a person. The selection committee does not focus solely on academic achievement. They also look for students who demonstrate creativity, work in their community, and are successful in the workplace.

The students in the program come from a wide variety of majors. They currently have education, business, engineering, nursing, and music majors among others taking part in the program.

Kelly says that those who participate in the honors program do well in their work beyond MCC. "I have heard from several students that transferred to Texas A&M and the University of Texas who are doing extremely well."

For more information about the Tartan Scholars program, contact Kelly at 8936.



**SORTING OUT** boxes and boxes of materials that others have discarded, these child development workers keep the Recycle Room in order. From the left are Verlene Archibald, Karen Briggs and Eva Ayers. Children make good use of the materials, such as these children

finding the joy of creativity in their art projects. Those who have items that might be used can contribute them to room C-17 in the Community Services Center.



# Helping them grow

## Child Development Center recycles to build creativity

By JOE GINGERICH

Three preschoolers stand around a low table, shoes in hand. With big eyes and wide grins, they stick the shoes in paint and stamp colorful blotches all over a large piece of newsprint. At another table, children are attacking a piece of paper with a toilet-bowl plunger with paint dripping off of the end. Still another child gleefully grabs a feather duster, dips it, and spreads broad strokes of paint on a piece of paper. The teacher stands in the corner taking it all in, with a smile on her face.

This is not a class in utter chaos, but the Child Development Center at its best. The saying — One person's trash is another's treasure — is certainly true here. The shoes, plungers and feather dusters are among the many salvaged items which had been destined for the trash bin but ended up in the hands of these creative preschoolers. "We don't throw anything away," a phrase mentioned by one of the teachers, seems to be a motto for the center. Even cutouts from art activities find their way back onto the easel for another art masterpiece.

To help others take the plunge into using recycled materials

for working with preschoolers, three teachers from the center presented a one-hour workshop Friday at a national convention in the Dallas Convention Center. "Creative, Unconventional, Recyclable Art Activities for Young Children" was one of many workshops offered at the conference for the National Association for the Education of Young Children. Presenting it were Eva Ayers, Karen Briggs and Debbie York, all MCC Child Development Center teachers. Twelve other staff members attended the national conference which drew an estimated crowd of over 25,000 workers from around the country, said Center Coordinator Dorothy Cardwell.

The center receives donated items from many different businesses. "We use only safe, nontoxic items for our program," said Karen Briggs, teacher at the center. "People bring in the items and we immediately sort them into basic categories, according to how we will use them with the children." The categories include cooking, learning games, home living, building blocks, props, art, science, book cen-

ter, manipulative objects, sensory and music. This allows teachers to go right to the materials they need for a certain activity without having to search through a mountain of disorganization.

In addition to staff members, the center uses MCC nursing students who are in training. Each classroom has an adjoining observation room behind one-way mirrors. This is for instructors to evaluate the activities of the training students.

"We also have 'Tech-Prep' students from area high-schools such as Bosqueville ISD who are taking dual-credit courses in preparation for coming to the college," said Cardwell.

To show another of the many art projects, Ayers held up a paper which had many folds in it. "Someone gave us these filters from a photocopier and we had the children use eyedroppers to put paint on them. The paint is held in discarded cake pans. Then we cut the paper part of the filters out," said Ayers. In addition, the children had glued some of the tear off strips from some tractor-feed computer paper to the Xerox filter paper. "The children have a great time," said Ayers.

## A winning essay in psychology

# Menopause: Ugly faces of meaning exposed

This is the winning essay from among students in the psychology Human Development classes taught by Jim Hail. The topic for the essayists this semester was "The Mid-Life Crisis." Gina Blain is a second year student working toward an associates degree.

By GINA BLAIN

When people hear the expression "mid-life crisis," they usually think of a middle-aged man that has abandoned his wife and family, bought a Corvette, and run away with some young thing he met two weeks ago at Two Minnies.

When these same people apply this expression to women, they immediately picture a middle-aged woman so depressed and grieving because her kids have grown up and left home that she pops Valium like popcorn. When these people do address the meaning of mid-life crisis as it relates to women, they normally shift to its synonym menopause and address it with focus only on familiarizing details usually drawn from magazine articles they have recently read.

One such article is Jet's "Understanding Menopause," which shares these familiar details.

A "change of life"

The "change of life," or menopause, usually occurs to women in their forties or fifties. "Menopause" is the name doctors use for the cessation of the menstrual period. Dr. Lisa Schwartz states that menopause results directly from the estrogen deficiency produced by failing ovaries. Certainly, a woman should be aware of the signs of the onset of brutal menopause. Otherwise, says Lila Nachtigall, Director of the Women's Wellness Division at the New York University Medical School, women may blame everything but menopause for their middle-age changes. Or

they think they have some dreaded disease, like a brain tumor. Yet these general details, though many arise from magazines, do a poor job of getting at the REAL MEANING OF MENOPAUSE.

The "Real Meaning"

As a concept, menopause is probably best understood in the light of the major negative effects and the secrets of dealing with this mid-life crisis when it occurs. One way to understand the meaning of menopause is to concentrate on its less-than-pleasant consequences. Two of these are physical changes and psychological changes.

According to Doctor Schwartz, when changes in the blood vasculature occur, the body seems to lose some control of the regulation of the blood vessels, which expand and, in turn, contribute to the overall irritability and insomnia that normally occur during this time. Some women may blame this insomnia and irritability on other stressors in their day-to-day life.

Physical effects

In addition, osteoporosis affects 35 percent of menopausal women. Osteoporosis may initiate stress on the weaker and more brittle bones, and eventually lead to fractures of varying kinds. Moreover, decreased muscle tone in the pelvic floor muscles, bladder, and urethra may result in urine leakage and frequent urinating. Obviously, women should get plenty of calcium before and during menopause to offset some of the above effects.

The psychological effects of menopause include anxiety, depression, irritability, diminished energy, difficulty with concentration, and tension. Ironically, menopause may coincide with other crises related to caring for children, career frustrations, age

frustrations, and illness or death of a parent. A decline in sexual activity in some women may also occur. About 20 to 25 percent of menopausal women experience pain during intercourse, called "dyspareunia," which arises from the thinning of the vaginal wall and lack of lubrication.

Of some satisfaction is that all of these changes can usually be treated either with drugs or with some other kind of therapy. Elizabeth Austin reports in *McCall's* magazine that about 70 percent of menopausal women also experience hot flashes. Of those who do, some 10 to 15 percent consult a physician. In a 5-year study of 2600 menopausal women, Sonja Mckinlay, an epidemiologist at the New England Research Institute in Watertown Massachusetts found that 15 percent of these women reported serious vaginal changes.

Exposing secrets

Another excellent means of seeing more in depth what menopause means is to expose some secrets of reacting positively to this crisis period. One approach to doing battle with menopause is to enter this period with clear arteries, strong bones and strong pelvic muscles. Strong bodies can obviously withstand stressful changes better than weak ones can.

Too, women can perform certain exercises helpful in reducing urine leakage. For example, women can keep pelvic floor muscles in shape by doing an exercise called the "Kegel Exercise." This exercise tightens the pelvic floor muscles so that they can better prevent urine leakage.

Another secret weapon is calcium intake. According to National Osteoporosis Foundation, premenopausal women should get about one thousand milligrams of calcium a day. After menopause women who do

not take hormones should increase their intake to fifteen hundred milligrams.

Doctor Austin also advises that women maintain an ideal weight throughout their lifetime. By reducing fat intake and by exercising, women can maintain their ideal weight. Women should keep their total fat intake to fewer than 30 percent of calories and keep saturated fat to fewer than 10 percent.

Work that heart

To work that heart, women can start with 15 minutes of low intensity to moderate aerobic activity, such as brisk walking or cycling three times a week, and work up to 30 minutes 3 to times a week. Keeping healthy and keeping a clear mind helps and maybe even reduces many of menopause's bullets.

Another secret battle-tool is hormone replacement therapy (HRT) comprised of estrogen and sometimes progestin, a synthetic progesterone. HRT can reduce the discomfort of menopausal effects. HRT may also protect women from other menopausal conditions such as osteoporosis and heart disease, since estrogen therapy lowers cholesterol and lipids.

Admittedly HRT poses some risks as breast cancer, gallbladder disease, and phlebitis (inflammation of a vein). According to Dr. Brian Walsh, if a patient has a family history of breast cancer, for example, he is more reluctant to prescribe HRT.

The best defense

Perhaps women's best defense against menopause is education. Hattie Gossett's *Essence* article, "The Change" holds that menopausal tendencies are passed along the generations and that the more information women can get from their mothers or grandmothers, the better.

(Continued on back page)

Thanks for reading  
the Highland Herald  
Have a joyful Thanksgiving.

## TEACHING EXCELLENCE AWARDS 96-97

### REQUEST FOR NOMINATIONS

The Professional Development Committee at McLennan Community College is collecting nominations for 1996-97 Teaching Excellence Awards. This high honor is awarded through the National Institute for Staff and Organizational Development (NISOD). The awards will recognize three outstanding faculty from Arts & Sciences and three outstanding faculty from Technical Education.

Any current or former student, faculty member, professional staff, or other employee of MCC may nominate outstanding full-time MCC faculty.

Use this form or a photocopy only.  
To nominate more than one, use a separate form for each.  
Return the form by mail (1400 College Drive, Waco, 76708, Attn: Schormann), or in person to either:  
Student Activities Office - Student Center  
OR - Circulation Desk MCC Library  
OR - Carla Cockrell, Community Services Center

All nominations must be received at one of the locations above by 5:00 p.m., December 13, 1996, they must be signed and they must have two reasons for the nomination or they will not be considered.

NAME OF TEACHER YOU ARE NOMINATING: \_\_\_\_\_

ARE YOU A \_\_\_\_\_ STUDENT \_\_\_\_\_ FACULTY \_\_\_\_\_ OTHER

PLEASE SIGN \_\_\_\_\_  
(Note: Your signature will be kept confidential)

Give at least two reasons how you think this person represents TEACHING EXCELLENCE.



# THANKSGIVING

## Toys for tots give smiles to youngsters

By CAROLINE BLAHOVA  
MCC is participating in the donations of toys for needy children in the larger Waco area. Toys for Tots is a Marine Corps project and it has worked 49 years with the community to provide toys for needy children. "This organization helps families, who can't help themselves on Christmas," said Lionel Pruett of student activities, a former member of the Toys for Tots Organization. "Toys for Tots is a worldwide organization, which includes thousands of people," said Susan Copeland, a member of Toys for Tots Committee at MCC. "People are able to collect about 25,000 toys in the United States," she said. "The Toys for Tots Committee has 10 members, and we also have some Baylor members on the committee" as well as from other schools, Copeland said. Over the years, the Marines

have been successful with the Toys for Tots program and have worked to meet the evergrowing demand for the toys in order to allow many parents, who may not otherwise be able to provide their children Christmas toys and answer their Christmas dreams. The Marine Corps Toys for Tots collection and distribution sites have become an important and familiar element of Christmas Holidays. To many, Christmas just doesn't seem complete without the uniformed Marines collecting and distributing toys for the less fortunate children. Donation may be done two ways—you can bring the toys or you can bring the money for which members from Toys for Tots will buy the toys. To donate you must bring brand new toys and take them to the Marine Corps Organization or to the Copeland's office which

is in MCC in CSC Building. Donation is not limited by age, so everybody can donate, Pruett said. "It's our second year to donate and distribute toys," Copeland said. "Last year we gave about 11,000 toys, and we also receive various amounts of money, it means from a few cents to \$4,000," Copeland said. "The store will usually give us a discount for the toys we buy," Copeland said. She herself donates every year, and her whole family as well, because it is lot of fun and they all really enjoy it. According to Copeland, this association is very reputable and people like to donate toys. They also have many sponsors like businesses, banks, toy stores, and many others. Donation is an annual event and in that case they make the club concerts, doll exhibitions, Harley Davidson Run, which will

be held at Dec. 1 and other activities. Those who want to donate should bring brand new toys to Copeland in the RSVP office in the CSC Building before Dec. 20. In sorting the toys they make two groups of the toys—for boys and girls. People who want the toys must have a ticket from Caritas in order to come to MCC and pick up three toys they choose. "Everybody has the same chance, because we sort out the best and worst toys so people who came first have the same chance as the people who came at the end," Copeland said. "We receive everything from dolls for girls, the basketball and baseball stuff for boys, to games and books," Copeland said. "Many people donate Barbies, Teddy Bears, stocking stuffers, everything for children 12 years old or under," Copeland said.



**"You can bring the toys or you can bring the money."**

"People also donate puzzles, plastic caps and balls for football and plastic action figures like Power Rangers and others," Pruett said. "Each toy is worth about \$7," Copeland said. She said the program includes children from the entire Waco area. "I guarantee it will bring smile on the child's face at the Christmas morning," she said.

## Family living Holiday traditions

Traditions and festivals are what tie us to our families. Not just the family we live with now, but our past family. It helps us to identify who we are and to be more connected socially. We asked for students, faculty and staff to give us some of the traditions they celebrate in their families and these are some of the things that we received. "We eat — my family drives hundreds of miles just to eat my mother's home-cooked meals. And we sit around and gossip about each other," Mike Jones, financial assistance department. "We spend Christmas Eve at my husband's parents then all of my family meets at my parents on Christmas morning. Peggy Dickerson, financial assistance department. "My parents decorate the tree in secret and the children don't see it until after supper when they are called into the room to open presents. Christmas dinner consists of potato salad and fried carp." Iva Korinkova, English major. "Daddy was a truck driver and never knew when he would be December 25th so he started a tradition. When he got home in December it was Christmas when he said it was. He would call the boys in and say, 'It's Christmas when I say it's Christmas.' After a few hours of torchering the boys' patience he would say, 'I guess it's Christmas today.' Then all the presents that Mom had been wrapping would be opened. Today, he no longer drives a truck and his name has changed to Bampa. Bampa says, 'Mamma call our boys and our girls and tell 'em to bring the babies. It's Christmas.' Nancy Carlton, journalism major. "We always have Thanksgiving supper with my aunt. Our church does an outside Christmas drama every year that goes from the birth of Christ, through his life, ending with the crucifixion of Christ. We are involved in it

every year. People come to see it from all over. Some people come back to see it night after night." Kathleen Plemons, financial assistance department. "We celebrate Christmas at midnight on Christmas Eve by opening Christmas gifts at my family's house and then we celebrate in my household with the children on Christmas morning." Val DeLeon, business major. "On Christmas Eve in our family the girls all go to a back bedroom and make up a Christmas program. Sometimes it's a dance to a song—sometimes we put on a play. Then after the show we clear out the furniture and play Country-Western music and dance. Then we are all so tired we crash out on the floor instead of going home." Ramona Zejda, financial assistance department. "Santa Claus comes on Christmas morning and everyone tries to make it a big surprise for our littlest children by playing the game. Before Christmas the children draw names (we have seven children in our family) so they can give gifts to each other. The children also team up (three children buying a gift for Mom and four buying a gift for Dad) to buy a gift for us instead of separate gifts. They pool their resources, go out together and shop." Helenmarie DeLeon, journalism major. "At Thanksgiving, cooking the meal is a family affair. My wife writes the different cooking chores on pieces of paper, which we as a family draw out of a hat. One of us may cook the turkey, another makes the salad, and a third may cook the sweet potatoes." Joe Gingerich, journalism major.



## Food for the holidays

Recipes were collected and sent in from staff and students around campus. Bon Appetit..

### Hollyday Mint Pie

- 1 1/2 cups crushed Keebler Grasshopper Fudge Mint Cookies
- 4 1/2 tablespoons hot water
- 9 oz. Keebler Ready-Crust Graham Cracker Pie Crust
- 8 oz. package Philadelphia Brand Cream Cheese, softened
- 1/2 cup sugar
- 3 tablespoons milk
- 1/2 teaspoon peppermint extract
- 3 1/2 cups (8 oz.) Cool Whip Whipped Topping, thawed
- 6-10 drops green food coloring
- Red hot cinnamon candies and spearmint leaves
- Mix cookies and hot water. Spoon into crust and gently spread to cover bottom.

- Beat cream cheese until smooth; gradually beat in sugar, milk and peppermint extract. Fold in whipped topping. Divide mixture in half; stir food coloring into one half until evenly colored.
- Fill pie crust with alternate dollops of white and green whipped topping mixtures. Smooth top of pie with spatula.
- Chill 3 hours. Make berries and holly leaves using cinnamon candies and spearmint leaves.
- This recipe is a modified Kraft General Foods recipe. Peggy Dickerson, financial assistance department

### Pumpkin Supreme

- 1 3/4 cup graham cracker crumbs
- 1 1/2 cup sugar — divided
- 1/2 cup melted butter
- 2 eggs beaten
- 1 8-oz. cream cheese softened
- 1 12-oz. carton whipped topping
- 3/4 cup milk
- 2 pkgs. (2 3/4 oz) instant vanilla pudding
- 2 cups cooked mashed pumpkin (I use one can)
- dash of cinnamon
- dash of nutmeg (according to taste)
- chopped pecans
- Combine crumbs, 3/4 cup sugar and melted butter. Mix well.
- Press into 13x9x2 inch baking dish and set aside. Combine

- eggs, remaining 3/4 cup sugar and cream cheese.
- Beat until light and fluffy. Pour over crust and bake at 350 degrees for 20 minutes. Remove from oven and cool.
- Combine milk and pudding mix in a bowl beating well; add pumpkin and spices and mix well.
- Fold in 1 cup whipped topping. Spread mixture over cream cheese layer and chill.
- Garnish with remaining whipped topping and pecans. (I use the large box of pudding mix which is 5 1/4 oz instead of the two small boxes and that works just as well.) Kathleen Plemons financial assistance dept.

### Earth Bread

- 3 eggs
- 1 cup vegetable oil
- 1t. vanilla
- 2 cups sugar
- 2 cups whole wheat flour
- 1 cup all purpose flour
- 1t. baking soda
- 1t. baking powder
- 1t. (scant) salt
- 1/4t. cinnamon
- 3/4t. pumpkin pie spice
- 1/2 cup grated carrots
- 1 cup grated zucchini
- 1/2 cup mashed bananas
- 1 cup chopped pecans
- Preheat oven to 350 degrees. Grease and flour two medium loaf pans. Mix first 4 ingredi-

- ents; set aside.
- Sift next 7 ingredients; add to egg mixture. Add carrots, zucchini, bananas and nuts.
- Mix well. Mixture will be very thick. Pour into loaf pans; should be at least half full.
- Bake at 350 degrees for 50 to 60 minutes.
- If you prefer a glaze use the following: Combine 1/2 cup sugar, 1/2 cup water and boil for 5 minutes. Add 1T. margarine and teaspoon rum flavoring.
- Mix well and pour over loaves. Kelly Charlton, journalism major

## Winning essay: Menopause

(Continued from page 6)  
Simply defined, menopause is a "mid-life crisis," "a change of life," "an estrogen deficiency produced by falling ovaries." However, menopause is best defined in the light of its serious consequences and ways of doing battle with it. Fully grasping menopause's many faces of meaning is an excellent start at preparing for war with a natural, painful enemy. Extended definitions, like the one provided herein, may mean extended life with extended meaning.



cartoon by Shelley Hampe

### Quick Thanksgiving Chicken

Here's a quick stuffed bird in case you don't have a traditional Thanksgiving dinner to go to this holiday that will make your holiday special. A large chicken (4 to 4 1/2 pounds, it can be a fryer, it doesn't have to be the expensive roasting kind). Stove-top stuffing mix (cornbread or bread whichever you prefer). 1 stalk celery sliced 1/2 onion chopped fine poultry seasoning and one egg garlic powder and salt. Mix stove-top stuffing mix according to the package directions. Sauté the celery and onion for a couple of minutes (cook over me-

### Fruit Cake Cookies

dium high heat in a frying pan over the stove until limp). Mix vegetables into stove-top stuffing mix then sprinkle about a teaspoon of garlic powder into the mixture. Beat the egg in a small bowl then add to the mixture. This holds the stuffing together. Rub the chicken inside and out with garlic powder, salt and poultry seasoning. Stuff the chicken with the stuffing and use string to tie the drumstick legs together to close the cavity. Bake in a 400 degree oven for 45 minutes to an hour. Helenmarie DeLeon, journalism major

- 1/2 lb. chopped candied pineapple (green)
- 1/2 lb. chopped candied cherries (red)
- 1 lb. chopped dates
- 2 cups chopped pecans
- 4 eggs beaten 1 cup sugar
- 1 cup flour 3 T. whiskey
- 1 t. cinnamon 1 t. nutmeg
- Mix well, refrigerate overnight. Form small balls or drop from scant teaspoon onto cookie sheet. Bake at 325 degrees for 25 minutes. Makes 7 dozen. Kelly Charlton, journalism major

### Pineapple Sweet Potatoes

2 large sweet potatoes (enough to go in a 9x9 baking dish) 1 can of crushed pineapple 1/2 teaspoon salt miniature marshmallows. Cover whole sweet potatoes with water in a pot large enough to hold them. Cover with a lid. Bring to a boil. Turn down and simmer until tender. Potatoes are tender when a fork will insert into them easily. Cool potatoes by running cold water over them. Peel potatoes.

### Shoepeg Corn

4 cans of shoepeg corn 1 tub soft cream cheese 1 small can cut green chilies garlic salt to taste. Mix all ingredients together in a casserole dish then bake at 350 for 25 minutes. Ramona Zejda, financial assistance department

**BUY 1 ADULT LUNCH BUFFET GET 1 FREE!**

EXPIRES 1/30/97

4019 N. 19th Street  
753-3333

**NOW HIRING DELIVERY DRIVERS**

\*\*\*\*\*

**Outdoor Christmas Drama**

★

**Dec. 11-15, 8 p.m.**

Take Shiloh Church Road  
In Ocee on Highway 185  
(Crawford Highway)

**Shiloh Baptist Church**

For information call 752-3824, leave message

\*\*\*\*\*

## YES YOU CAN!

You can become a member of

**Educators Credit Union**

Students and faculty of MCC can have access to outstanding financial services by joining Educators Credit Union. All it takes is a \$25 deposit to your savings account.

Savings, auto loans, educational loans and quick toller (24 hour audio response) are just a few of the services available.

Call or stop by an ECU office today!

Home office 4900 Sanger Ave. (817) 776-7900	Eastside office 7th & Airline Dr. (temporary address) TSTC Campus (817) 790-8848	Hewitt office 805 Hewitt Dr. (817) 666-7711
---	--	---

This is our last issue this semester. If you have suggestions for stories or features, call the Highland Herald at 299-8524. Happy Thanksgiving!

### CLASSIFIEDS

ARTISTS of Central Texas United HOTARTS needs your input. If you are an actor, musician, painter or any other kind of artist, call 260-9018. We are forming a comprehensive art group as a non-profit organization. Web site under construction! E-Mail Bubba Waco@hotmail.com

RAISE \$1,500—The Diamond Shamrock Fundraiser is here to help you! Fast, easy, no financial obligation—groups, clubs, motivated individuals. Call (800) 862-1982 ext. 33.



## Student art on display; includes paintings, photos, sculpture

**By NANCY CARLTON**  
Clay pots that could have come from another century, pencil and charcoal drawings, or designs that could have come from the mind of Van Gogh, even photographs that may some day don the walls of some famous home, all can be seen right here on the MCC campus.

In building F of the Community Service Center building, and up a few steps are two large blue doors. Pull open the doors and on the walls hang photographs, drawings, and design works. Setting around on pedestals are hand crafted ceramic pieces. What are being displayed are the accomplishments of this semester's students.

Trey South, head of the ceramic department, chose 18 pieces that students in his class had finished. "If you are an art major, then you need to see your work in a different setting than right in front of your own eyes. Art majors will be dealing with galleries and competition for the rest of their life. MCC has a place that students can see their work through someone else's eyes," said South.

John Chatmas, another of the curators of the student exhibition show said, "The students who's art is exhibited in the show surpass what is asked of them." He went on to say, "To have their work hanging for others to see gives them confidence and points to put on a transfer to a four year college."

The one responsible for the photographs hanging on the walls is Barney Fitzpatrick. "This is the first show of this nature in the new building. We hope that the students gain enthusiasm and pride in seeing their works displayed," Fitzpatrick said. According to students Lisa Freedman, Alexis Matlick, Jenny Beard, and David Ross, the three instructors have accomplished what they set out to do.

## A restaurant review Burgers and Blues for you

**By KELLY CHARLTON**  
As I walked in the front doors I knew it was my kind of place. Blues music played in the background as the atmosphere became clearer. I had made my way into a blues hall of fame. Last Saturday night my boyfriend and I enjoyed a wonderful yet fairly affordable meal at Waco's newest restaurant, Burgers and Blues. It is located downtown right off of Franklin next to Diamond Backs.



Photo by Kelly Charlton  
A GIANT SAXOPHONE bids the customers a promise of music at Burgers and Blues restaurant

I knew as soon as I walked in the doors that it was a happenin' place. Blues music filled the building and there were people everywhere. We got our name on the list and waited to be seated. Our wait was about 45 minutes long, but it was well worth it. While we waited we stuck our heads into the club on the other side of the restaurant. They call it the Big Easy and they have bands that come and play several nights a week. We were seated and told the "Blues Plate" special of the day. Soon after our waiter came over and got our drink order and asked if we would like to try one of the "Opening Acts" or appetizers. The "Opening Acts" included everything from plain cheese nachos to oysters on the half-shell. We wanted to save room for the main course so we just got drinks to start off our meal. Our drinks were brought out and we ordered the main course. I had a "Cheesy Ray Vaughn" burger and my boyfriend had an "Ella Fajita" on a bun. Both items came off of the "Ham Dives" part of the menu. They are served with homemade potato chips, but fries are also available.

The "Ella Fajita" is a half pound of spicy beef or chicken, grilled onions and pepper on a bun. This meal also costs \$5.57. The meal was wonderful and by the time we were finished we were stuffed. We couldn't possibly think of trying to eat dessert, even though their dessert menu is tempting. They have "Strawberry Shortcake" which is pound cake topped with strawberry sauce. There is also "Skillet Cobbler." This is a serving for two with vanilla ice cream a la mode and it comes in the flavor of the day. Finally there is the "Sundae for 4." It is served in a fishbowl with four scoops of ice cream and three sundae toppings. Our meal was wonderful and when we got the check we were once again amazed. The price of our meal was only \$17.77. That may not sound cheap, but for a dinner at many other restaurants in Waco, we would have been paying at least five to ten dollars more for the same type of meal.

## Downtown Center Continued from front page

**By JOE GINGERICH**  
Anyone with an 8 to 5 job will soon be able to take morning, noon or evening college classes in a new learning venture in downtown Waco. Three colleges in Waco are cooperating to offer courses for credit in the Downtown Higher Education Learning Center starting in January, said Jay Box, vice-president of instruction at MCC.

Baylor University, Texas State Technical College and McLennan Community College will participate in the joint venture. Paul Quinn College is considering their involvement in the near future. Located at 209 North 8th Street, the center will target individuals as varied as teachers aides and entrepreneurs. In addition, MCC will be moving the present downtown adult education program from the Washington Street location to the new facility.

Spanish, Business and Professional Speech, Interviewing and Counseling. In addition, two continuing education courses will be offered, Defensive Driving, and Mid-Management. In the future there will be definite opportunities to expand it to include other educational institutions, Box said. "Concerning the big picture, there is a shift to a student-centered paradigm, trying to provide the students what they are demanding," Box said.

## Students to nominate instructor

**By ANITRA COTTON**  
Students will have an opportunity to nominate outstanding instructors from the college for induction into the National Institute for Staff and Organizational Development. "MCC will once again participate in NISOD's teaching excellence award celebration," Randy Schormann said. "Outstanding teachers from over 1,000 community colleges are selected each year to represent their colleges as outstanding teachers." NISOD is the outreach organization of the Community Colleges Leadership Program in part with the University of Texas at Austin. The program recognizes excellence in teaching and leadership across the nation as well as other parts of the world. Last year several instructors from MCC were nominated and accepted into the organization. Linda Austin, Jennifer Black, Paul Holder, Rob Granberry, Jimmy King and Jo Ann Jumper were among the teachers chosen for this honor last year.

## Inside MCC

continued from page 1  
South, a clay artist in the fine arts department. As part of the show, South "threw" (made a clay pot on a turning table) a clay pot. He then gave it to her at the conclusion of the show. The half-hour program is scheduled for Mon. 1 p.m., 7 p.m.; Tue. 6 a.m.; Wed. 6 a.m., 11 p.m.; Thu. 1 p.m., 12 a.m.; Fri. 6 a.m., 2 p.m., 11 p.m.; Sat. 6 a.m., 7 p.m., 12 a.m.; Sun. 6 a.m., 7 p.m., 12 a.m.

Those who are nominated will attend a series of preconference seminars at the Austin Convention Center during May. The conference will offer sessions that emphasize skills in the areas of teaching and learning, leadership development, career development and team development. There will also be sessions that involve recreation like Western Dance. Keynote presentations are presented by educators from across the country. Schormann, the Director for Professional Development at MCC and Nancy Ray-Mitchell, instructor and over Management of MCC will be giving a lecture. The lecture is titled "A Laughing Classroom Makes the Connection Between Critical Thinking, Creativity and Humor—Seriously!" "You may nominate an outstanding faculty member who may be selected to represent MCC in this honor," Schormann said. Those who wish to nominate an instructor to NISOD can use the form "Teaching Excellence Awards" on the last page of this issue.

## Student Burnout (continued from front page)

and good physical health will be the most effective at test time. She used the type of testing with multiple-choices as possible answers as an example: "Tests with one right answer and one better answer require a fine line discernment that is best achieved when a student is well-balanced," she said. In other words, don't place too much emphasis on any one area of life. Friends are just as important as grades, and vice-versa. And don't neglect your body. Eat well, sleep well, and exercise some—even if it only means parking in the spot farthest away from the Liberal Arts building and walking to all your classes. The second stage of student burnout occurs when a student has missed a few classes. If a student does not check with the instructor to see if work can be made up, the anxiety he or she might be feeling can get worse. This usually happens at the end of the first month, Henderson said. Causes of burnout include anger/unforgiveness/old grudges, perfectionistic tendencies and stressors—everyday problems we all deal with, such as our car not starting. But Henderson said the stressors can be dealt with more easily if anger or perfectionistic tendencies are not present. "The perfectionist says, 'I can not settle for less than the right or perfect solution to my problem,'" she said. "This is very draining, and may not be possible. Sometimes you have to settle for what is available." A bottom line Dr. Henderson said the bottom line in most burnout problems is a relationship problem—with yourself, with others, with our school or job, or with our spiritual selves. "We usually need nurturing

and an effective plan for regrouping and redirection," she said. "This community college is set up to help each student achieve his or her goals." Career Development Services counselor John Nobis defines burnout as not knowing what to do. "Burnout is not necessarily a bad thing," Nobis said. "It could just be a signal that a student is not doing the right thing (for himself or herself.) Maybe the student needs to try something else." Help is available The CDS offers several options to students who may be unsure of what they want for their career field. Both counselors are prepared to help students deal with their frustration any way they can. Dr. Henderson's office is located on the third floor of the Student Center. Her office hours are 8 a.m. to 5 p.m., Mon.-Fri. She said it is helpful—but not required—to make an appointment. Nobis is located in the CDS office below the Student Center, and appointments are necessary this time of year. AIDS Day observance The ninth observance of World AIDS Day will be commemorated on Dec. 1 at the Indian Spring Park at 6 p.m. with guest speakers, a local community choir and a candlelight vigil. All communities are affected by continuing spread of AIDS. World AIDS Day will link communities throughout the United States in a unified observance of dimming lights. In Washington, DC, the White House will dim its lights from 7:45 p.m. - 8:00 p.m. as a visual demonstration of the commitment to the fight against the AIDS pandemic and in tribute to those living with HIV/AIDS and those who have died from AIDS.

## A review

### 'Odyssey' captures imagination

**By MAYLISSA GRAHAM**  
The music chanted and the actors danced through the theater Thursday night at the opening of The Odyssey. The post-modern approach worked very well, and the feeling of the play was captured well by the actors and the set. The set of the play resembled that of a dream world with fog machines, and a set made of plastic, metal and foil. The costumes in themselves were captivating. Made of vinyl and leather, the costumes gave almost as much to the dance moves as the dancers themselves. The choreography was well done and well rehearsed, a well-mixed balance of jazz, ballet and mechanical movements. Enigma and Pink Floyd, the music chosen for this version of the classic, brought a unique feel to the play.

they can use household throw-aways to make crafts with their children. Harrison's look at the adult education program to improve literacy, spotlights success stories. These stories encourage others in the community. During the production of the second show, Harrison was pleasantly surprised by Trey

The cast members included Patrick Kyle as Odysseus, Hero of the Trojan War; Jamison Driskill as Telemachus, Odysseus' son; Heather Huggins as Penelope, Odysseus' wife; Matt Miser as Philosopher; Samuel Brown as Cyclops; Dierdre Conner as Calypso; Megan Hamaker as Circe; Michael Lamendola as Menelaus; Tiffini Ginn as Helen of Troy; Geo Haynes as Ram; and Shea Squires as Young Penelope. The cast also included Tom Rebenolt, John Moffatt, Jeremiah Leeson, Ty Mayberry, Curtis Howard, and Will Brunson as the Warriors and Sailors. The Suits were played by Santry Rush James Bergauer, Ethan Chappell, Richard Ramsey, Zachary Moore, and Rob Holland. The next showing of the production will be Jan. 31 at 7:30 and 10 p.m. All together the production was a beautiful work of art, one that the entire theater department should be very proud of.

## Students place in state meeting of national Teachers of Singing

**By CAROLINE BLAHOVA**  
MCC singing students attending in the NATS competition at the Tech University made it to the semi-final round. MCC students participated in the National Association of Teachers of Singing Nov. 7-9 at Texas Tech University. From the six girls who attended the competition three of them advanced to the semi-final round. These three girls in age between 18-20 years old were Carmel Wickham, Marlena Whitney and Esther Montemayor. "The other three girls attending made it only to the preliminary round and were in 25 percent of the singers who had the chance to be advanced," said Lisa Uhl, one of the two attending teachers. "The girls were pretty good,

they sang very nice," she said. Students were supposed to sing an art song in a foreign language, which is the classical song for the piano, accompanied by the voice, an opera oratorio and perform from memory before panel of judges. "This art song varied from a person, but the time required for it was from 10-20 minutes a piece," Uhl said. Hundreds of colleges were there attending the competition and they represented states of Texas, Oklahoma and New Mexico. "Although the name of the organization says its national, it's just regional contest, so there weren't any international colleges," Uhl said. "Teachers and students also listened to the various operas and learned how to teach bass voice and tenor voice."

Speakers Bureau offers varied topics The Speaker's Bureau is an organization that could be one of the college's best kept secrets. The Speaker's Bureau consists of faculty and staff members who are available to speak on a wide variety of topics. More than 80 speakers are on the bureau with more than 215 topics. The speakers can be called on to speak at any function, meeting, or organization. The Bureau also offers musical groups that include vocalists, soloists, instrumental and ensembles. A catalog listing the speakers and their topics is available from the PIO office, call 299-8710.

## DCH STUFFED PIZZA

**\$9.99** NO COUPON NECESSARY

**Pizza Inn.**  
BACON CHEDDAR HAM STUFFED PIZZA  
A delicious blend of bacon, cheddar and ham stuffed between two layers of our San Francisco crust and served with our special dipping sauce.

**NEW!**

NOT VALID WITH ANY OTHER OFFER

**Pizza Inn.**  
4315 LAKE SHORE DR.  
WACO, TX. 76710  
751-1723

## HEARTWORKS Co

PAPER BEAR

GIFTS & TOYS  
FOR ALL AGES

children's toys, stickers, cards, puzzles, games, candles, jewelry, aromatherapy products

**1412 N. Valley Mills @ Town West Center**  
Hours: 10-6 MONDAY THRU SATURDAY