



# Highland Herald

Friday, Dec. 2, 2005 - Volume 45, No. 4



Eating Disorders:  
Dying To Be Thin

**'Lassies  
Place 3rd  
in Country**

MCC Students  
Kick Butts

CASA DE CAFÉ:  
PROJECT  
STORYBOOK

# This Time Around

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**On the cover:** Cast members pose at Spotlight performance on Monday, Nov. 28. Digital image by Sonya Packer.

*Opinion: All opinions expressed in this column represent the views of the author only.*

## Keeping an Eye on Heisman

Derek Kramolls  
Staff Writer

Even if you're stupid, you vote for Reggie Bush.

There's only one way the BCS will get off the hook this year—if Reggie Bush doesn't win the Heisman Trophy, awarded each season to the nation's top collegiate football player.

Fast forward 20, no 30 years from now. Suzanne Somers will cover the remaining five percent of her body in plastic, Freddy Adu will be one year away from reaching his potential and Flintstones Vitamins, not steroids, will be the latest drug used by MLB sluggers. More foolish, though, is the fact that the best college football player of most people's lifetime didn't win the Heisman Trophy. It's just as foolish as Citizen Kane not winning the Oscar in 1941.

That won't happen, though. And even if it does, you should have faith in the fact that Vince Young or Matt Leinart will hand the trophy over to Bush at The Downtown Athletic Club next month.

The Trojan's workhorse all but etched his name on the trophy with his 513 all-purpose yard performance last Saturday night, in a 50-42 win against No. 16 Fresno State. That's more than a half of 1,000 yards. He shattered Anthony Davis' school record and erased UCLA's Maurice Drew's name from first place on the Pac-10 record—by the third quarter.

And if you missed the game just watch the highlight from one of Bush's two touchdowns. Better yet, go to your PlayStation and hit the R1 button while running the football in Madden or NCAA. That's a juke move. The move Reggie Bush put on the Bulldogs' Tyrone Culver couldn't even be pulled off in the fantasy world of Madden 2006. Bush jetted to the sidelines and came to a dead stop as Culver flew past him. No. 5 then cut it back diagonally across the field to complete his 50-yard touchdown. When he reached the end zone, it was as if he had just scored on a halfback dive, not the play of the year. He not only exudes greatness, he expects it.

Ask anyone who has played against, coached against or just witnessed the junior athlete over the course of USC's 33-game winning streak and they'll tell you the same thing. He's the most explosive player in the game.

"Reggie Bush is the most dangerous player in college football today," said Stanford coach Buddy Teevens, as reported by the Seattle Post.

From anywhere, on any down he can break it for a touchdown. He's like a stick of dynamite, just waiting to explode. And as the game progresses, it seems like Pete Carroll just tosses matches onto the field to light the fuse.

He seems to go off just at the right time, too. Both of his touchdowns came in the third quarter when his team needed to take a lead. He shows up for the big games. He scored three times and put up more than 300 all-purpose yards against the Irish. Leinart may have made the game-winning touchdown and the key fourth down pass, but without Bush running out of his mind, Notre Dame is signing Charlie Weiss to a 50-year contract.

His 1,398 yards rushing might not knock you back, but considering he is sharing time with two All-Americans in the backfield (Leinart and LenDale White) it pops you in the jaw.

Bush has the occasional blemish, though. He isn't flawless, but neither is Young (Texas), Leinart (USC) or Brady Quinn (Notre Dame). Bush fumbled a kick return on Saturday night, leading to a FSU touchdown. But when you accumulate more total yards than the top contestant on "The Biggest Loser," a fumble once in a while is acceptable.

If Vince Young wants to win the Heisman, he should come back to Austin next season. His latest performance against A&M won't help his case either. Granted it was a rivalry game, Young threw for just 162 yards against a defense ranked 117<sup>th</sup> in pass defense in Division I, allowing 318 yards a game through the air.

So if you're tired of seeing USC on the front page of the Sports section every Sunday or watching their highlights at the beginning of every SportsCenter, that's tough; they earn that right and Bush has earned the Heisman.



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# Starving For Perfection

Kitty Clark  
Staff Writer

Anorexia (pro-ana) and bulimia (pro-mia) are desirable lifestyles, according to websites that promote and defend eating disorders as "personal choices."

*Cerulean Butterfly* and *Fragile Innocence* are two examples of sites that encourage this "binge and purge" behavior by forming support groups that share tips on how to hide the disease, photos of thin people for "thinspiration" and even ways to ignore hunger pangs.

The *Cerulean Butterfly* introduction page compares anorexia to the cocoon of an emerging butterfly, "I am not yet a butterfly, but no longer a caterpillar. Ana is my cocoon, and when she is through transforming me, I can be as free and light as the cerulean butterfly."

*Fragile Innocence* gives advice on avoiding food, "Drink tons of water throughout your fast, especially cold water. Your body has to use calories to warm it up during digestion, and water will make you feel full."

The disclaimer of *Cerulean Butterfly* justifies the author's disorder by arguing, "Christians don't go to Church to learn how to be good people; they'd probably do that anyway. They go there for support in their beliefs, to gain a sense of community and of peace. Their religion is just as much a part of their lives as eating disorders are a part of ours."

The issue of eating disorders was addressed Nov. 21 at an information session hosted by MCC's Career Development Services Department.

"These diseases consist of such addictive behavior



Digital Image by Kitty Clark

sometimes the victim doesn't see any reason to stop, even though they know what they are doing to themselves is wrong. To avoid the shame, they set up these personal blogs and look for validation from people just like them," Dawn Montaner, founder of Lifelines Foundation for Eating Disorders and mother of a recovered victim, said. "Anorexia is not a choice, and until we start treating it for what it is, a disease, we will continue to see dangerous results."

The session was "to organize an information session that might help students with eating disorders or provide them with information so that they could help someone else," Julie Groman, Career Development Counseling Specialist, said.

"Because of the stigma that is still attached to them (eating disorders), most people simply do not want to talk about them or to acknowledge that eating disorders are affecting people here in Waco and on the MCC campus," she said. "The problem at MCC is larger than most believe it is."

"A few semesters back,

there was an extremely attractive, thin dancer on the team, who always refused candy or snacks and constantly carried a large glass of tea with her. We knew her caloric intake was low, but couldn't accuse her or address her directly," said Alma Wlazlinski, MCC math instructor. "We had to address the issue in class, not specifically pointing fingers, but just putting the information out there."

"I knew a girl who was 5'6", 95 pounds and at a Christmas party, ate half an Oreo and called it quits for the day. That half an Oreo held all the caloric intake she allowed," Nicole Shubiach, a paralegal major at MCC, said.

"The hardest thing about these diseases is finding help," Montaner said at the session. "Mandy (her daughter) was prescribed inpatient residential care for a minimum of 60 days, treatment cost around 1,875 dollars per day, and our insurance wouldn't cover the cost."

Texas does not have an inpatient care facility that specialized in eating disorders, male victims are not permitted, and the family had to travel to Florida for the help they needed.

"Part of our (Lifelines Foundation for Eating Disorders) goal is to establish 'The Haven', Texas' first specialized eating disorder facility," Montaner said.

"There's no place to go for help. You have to go on the Internet or out of state, and people would rather ignore the problem than face it," Clair Otto, a nursing student who attended the session, said.

"Often, the disease can start with a dieting plan, usually the simple goal of losing 10-15 pounds," Montaner said. "Once the dieter starts restricting his or herself from certain foods, and 15 pounds isn't enough, those restrictions can apply to more and more foods, until the person wakes up with an out-of-control eating disorder."

Americans spend more than \$40 billion dollars on dieting and dieting-related products each year, according to National Eating Disorders Association (NEDA), and yet cases of obesity have dramatically increased in the past 20 years, according to the Centers for Disease Control and Prevention.

"We see obesity all over the place, and we think 'Man, I hope I don't look that way', and it's so hard to lose weight," Groman said. "Dieting and exercise are the ways to do it, but in this society, people look for instant gratification, and eating disorders are that quick fix."

During the presentation, Montaner suggested that See EATING, Page 6



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# Casa De Café 2005

## Digital Images by Allen Fisher

Allen Fisher  
Managing Editor

Music mingled with the smell of cookies, coffee and hot chocolate, filling the second-floor library of the Learning Technology Center. The library is usually as quiet as a tomb. But not last Nov. 9, not at Casa de Café.

Jim McKeown, English professor and in charge of Casa de Café, started the event off at 10:20 a.m. by handing out the student publication "The Stone Circle" and thanking everyone for showing up.

"I can't begin to tell you how proud I am of this. This is our fifth year of publication and we have had such tremendous support by the administration," McKeown said, adding "And this year for the first time we went with a slick cover and I think it really looks terrific. I think it is a testament to the talent that we have here on campus, here in our student body."

Marie Elbert received first prize for her photograph titled "Rooted in Stone." Ebony Jackson received second with her untitled entry, and Janis Jack took home third with an untitled photograph.

Beth Ullman, voice instructor for commercial music, started the music performance with "Route 66" with William Howard, a commercial music instructor, accompanying on his new piano. It sounded like the winter holidays had already arrived, with Christmas carols sung by MCC students Mark Klentzman and Nick Box. An ensemble of MCC music students also sang in the program.

I was a little nervous singing in front of people at first but it was great fun said Nick Box.

There were even readings from "The Stone Circle" by the writers. Richard Greenwalt, an English student, read his short story "Remembering".

"Casa de Café is a great thing for the students and staff. And The Stone Circle thing, I like that. Why else would I have done it?" Richard said.

The idea of "The Stone Circle" actually started in 1992, when Jennifer Black, English instructor, began collecting poems written by her students. A librarian at MCC, Alan Berecka, collected these into a magazine called "The Chapbook".

The following fall, the library staff began a new tradition at MCC, "Casa de Café." Howard and Ullman, along with some of their students, provided music, and Black was asked to coordinate a poetry competition among students. The art department contributed students' art work that was displayed in the library with servings of cookies, hot chocolate, and punch.

A small entry fee was charged with all profits going to "Storybook Christmas," a local charity that provides books for needy children in McLennan County. The winning poetry and photos of the artwork was printed in the MCC newspaper, "The Highland Herald."

"I really liked it, it was cool," said Sharon Bernard, another MCC student who was published in "The Stone Circle." "A lot of people brought some good stuff. I got here when they were singing, I really liked that, that was pretty cool."

"I think it's great. I wish there was more publication around campus and more people knew about it because it's a great organization and a great event", said Aaron MacFarland.

Displays did not include visual art, such as paintings or sculptures.

There will be another publication of "The Stone Circle" next spring, said McKeown.

"I want to encourage all of you that submitted this year to submit again next year. And next semester we're going to have another issue in the spring. I don't want to push my luck yet, but I want to go to color," McKeown said.



Left: Mark Klentzman croons a melody at MCC's 2005 Casa de Café.  
Top: Winners from the Stone Circle stand and receive acclamation. They are (from left to right) Marie Elbert, Ebony Jackson and Janis Jack.

# How to Kick Your Butts

Christina Taylor  
Staff Writer

The annual "Great American Smoke Out: Encouraging Highlanders to Kick Butts" was hosted by McLennan Community College's Career Development Services Department in the midst of an on-campus committee's smoking policy investigation.

MCC's Presidential Leadership Council has been collecting opinions from the students through questionnaires.

"We just completed a written survey conducted by our Office of Institutional Effectiveness and Planning in randomly selected classes which gives us an exact measure of what the student body as a whole thinks. It is an actual survey where they fill in the bubbles and rate their impressions or give us their attitudes," said Kim Patterson, Community Relations Director and Chairman of the Smoking Committee.

"We are going to incorporate the results with that of the results of the faculty/staff survey that we did about a month ago," Patterson said.

"The Presidential Leadership Council has a smoking sub-committee which will take the results of those two surveys as well as a study of campus possible smoking sites to create a report and recommendations to the administration," Patterson said.

"If the administration decides to take any action—they may decide not to do anything, it will be sometime in the spring. It is really hard to say when they will do anything if at all since it is a part of a study," Patterson said.

The seminar was geared toward educating students on the perils of smoking.

"My objective is to try to equip students with the tools they need to quit smoking, to start moving in a direction towards quitting and to actually make a plan to quit and follow through with it," Glenna Stewart, health educator for Waco-McLennan County Public Health District.

"Professionally it is important to me because I used to work with the cancer information specialist for the American Cancer Society about five years ago," Stewart said.

"I also worked a lot with people trying to quit smoking at the Drug and Alcohol Prevention and Rehab Agency about three years ago," Stewart said.

Stewart's lecture included facts on smoking and how it affects various people.

"Personally I think we all probably have family and friends who smoke. Most are at different stages: some don't want to hear it, some say they like to smoke and some have tried several times to quit," Stewart said.

"Smoking is the major single cause of cancer death and is the most preventable cause of death in the United States, with cigarettes killing more Americans than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs combined," Stewart said.

"We all have heard the facts about why you need to quit smoking, but maybe you need to find out how to quit," Stewart said, adding "Maybe you are at the point you want to quit, but you don't know exactly where to start."

"Depending on where you are in the stage of change, theory makes all the difference," Stewart said.

Stewart described the various stages of quitting.

"That is pre-contemplation, which is not even thinking about quitting; contemplation, where you are actually thinking about quitting; and preparation is when you want to quit smoking," Stewart said.

The dos of smoking are to respect that the quitter is in charge, help the quitter get what he or she needs and to spend time doing things with them to help keep their mind off of cigarettes. Don't offer advice to the smoker, smoke in front of them, or tempt them to go where people smoke.

Stewart also offered a method that may ease the strain attached to giving up nicotine.

"There are basically five steps to quit smoking. Pick a specific day to quit, circle the day on the calendar, decide on a plan such as cutting back on the number of cigarettes you smoke a day, get medication like anti-



MCC's smoke-out featured displays of lungs and teeth so students could see the damage smoking causes.

Digital Images by Cuyler Ayers



depressants or nicotine gum and tell your family members so they don't tempt you," Stewart said.

Smokers and non-smokers alike have an opinion.

"If they want to smoke that's their business, but I choose not to smoke so I don't think I should have to deal with an aura of smoke every time I walk out of a building. I think they need to move out of the way of the doors because I don't like to choke," said student Valerie Booker.

"I always thought that they (receptacles) should be so far, like twenty feet, from the building but they aren't. I got burned my first semester when I walked by they just tossed their arm back," said student Julie Bradford.

"I think people should be able to smoke wherever they please outside. It's bad enough that we can't smoke inside. Now they are trying to limit the places where we can smoke outside. I think that the non-smokers should respect the smokers and deal with it," said student Robert Musak.

"They shouldn't be so biased towards smokers by having such a place. If they have a problem with it, make a designated area for non-smokers and see how they like it," said student Carly King.

## Not About Bar-B-Que

Carolyn Chambers  
Staff Writer

The MCC Smoke-out was not about Bar-B-Que. It was about getting lungs both clean and free of smoke and tar.

Paul Hoffman, counseling and guidance specialist at Career Development Services had a few things to say about the smoke-out.

"If we were able to make even one person think about quitting, then it was worth all of the effort," Hoffman said.

Most of the students seemed more interested on the second day, Hoffman said.

The heightened interest may have been due to seeing and touching some real lungs, both healthy and smoke-damaged, Hoffman said.

"Our desire was to provide a service to MCC students in the area of personal health, and that's just one of the important areas in becoming a successful student," Hoffman said.

"Those who chose to attend and listen hopefully became more informed," Hoffman said.

"Even though I'm not a smoker, I might be able to help someone due to having gained some valuable information myself," Hoffman said.

## 'Lassie Golfers Rank Third

Amber Davis  
Ashley Anderson  
Staff Writers

McLennan community College's 2005 womens' golf team placed third in the Oct. 31 National Junior College Association Service Bureau Poll.

In addition, the team has been awarded four runner-up titles in the National Championships (1998-2001, 2003), a National Championship title (2002) and a fourth place title in the National Tournament (2004).

Other awards include Academic Team of the Year five years in a row (1998-2003), an Academic Team of the Year finalist in 2003, 32 All American Titles and four Academic All-American titles.

Conec Stan Mitchell is in his tenth season as coach of the womens' golf team.

Mitchell has led the team to the national championship tournament each season since MCC re-established the program in 1998.

### 2005-2006 Team Roster:

Layla Ahmed, Freshman  
Kim Carmody, Sophomore  
Jennifer Marks, Sophomore  
Mallory McAdams, Freshman  
Whitney Mitchell, Sophomore  
Katie O'Donnell, Sophomore  
Amanda Stuessy, Freshman

# Art Students Show Works

Alicia Lacy  
Staff Writer

McLennan Community College's Community Service Center and Learning Technology Center exhibited a collection of talent by students and faculty Oct. 31 through Dec. 2.

"The exhibition was to show work," said Glenn Downing, MCC art instructor.

"We have two shows each year, the fall student exhibit is where every (art) instructor picks work from their classes," he said.

"The instructor chooses - does it to include a lot of work from all classes, so people can see what's going on," he said.

"It's not only for the campus to view, but other art students," he said.

Downing is one of the faculty members included in the faculty exhibit in the LTC.

"In my drawings I'm trying to get across a story, like a narrative. Telling this story through different line qualities and different mediums," he said.

"I listen to music when drawing, kind of an improvisation," he said.

"We usually get together and exhibit work from our studios to give students and faculty an idea of what we do as an artist," said John Chatmas, art instructor.

"When I'm not teaching I am often working in my studio," Chatmas said. "I like to collect things that have value and meaning to me, simply because of the idea that they embody or because of the shape, color, or texture; and I like to juggle those things around," he said.

"I see relationships and connections that I didn't initially see and if they give off some sort of energy, excitement, spark, or some kind of value, even if it's undetermined by me exactly what that is and I still sense that it might be useful and I continue to pursue that by combining or developing it in a way that seems appropriate," Chatmas said.

"To me it's kind of an intuitive process, I don't have good rational strategies that I can explain as how it got the way it appears," he said.

"When I end up with something that I don't quite understand I still find value in it even if I don't identify what that value is, I'm inclined to wonder about it or to marvel over it a little bit and so I leave it and that's basically how it gets complete," Chatmas said.

"After living with it for a while and thinking about it I sometimes come up with a title that sort of relates to my feeling about it and how that feeling may be the same or different than the viewer's," Chatmas said.

"Sometimes a viewer can see the painting before they'll read the title and have a reaction to it and after reading the title it may change their reaction or confirm," he said.

"The idea of the change in their reaction is fascinating to me it's a way of generating some kind of additional dimension," Chatmas said.

"It was supposed to be an altar piece for the Day of the Dead, so I did mine on Walt Disney," art major Stephen Blocker said about the 'Mickey Mouse Altar-Piece.'

"I had a lot of Disney toys and characters at home, and I saw the Tigger, so I did something similar," Blocker said.

"It took about two and a half weeks to complete," Blocker said.

"I like colors and I like patterns and textures and I experimented," art major Angela Martin said about 'Squared.'

"It was an assignment to create something that was real, but not real," Art Major Jaret Smith said about 'Untitled.'

"That's why there's fruit that's different colors, a banana that's red and an apple that's blue," Smith said.

"We submitted our works and we were told if they were chosen or not," he said.

"There's a show at the art center featuring works from faculty members from MCC, Baylor, University of Mary-Hardin Baylor, and Temple College that will be shown until Feb. 12," Downing said.

## EATING, from Page 3

negative self-images can be learned behaviors taught to children by parents.

"After a few months in treatment, my daughter came to me and said, 'Mom, you've been dieting my whole life' and I realized my dieting behavior had been internalized in her (Mandy)," she said. "Many parents don't realize the effects dieting can have on their children."

Negative self-images can also develop from bullying and taunting in schools.

"When Mandy was seven years old, we signed her up for swim team," Montaner said. "At her first meet, she won first place, but one of her peers, a boy, said 'I didn't know Shamu was swimming today'. That crushed her."

The cause of eating disorders is an interaction of "psychological issues such as control, coping skills, personality factors, family issues and social issues such as a culture that promotes thinness and media that transmits this message," according to the National Association of Anorexia Nervosa and Associated Disorders (ANAD) website. They affect all segments of society, both males and females, and 86 percent of eating disorder cases report an onset of the illness by age 20.

The road to recovery is long and hard, but within reach.

"In order to begin my recovery, I had to put aside what friends and family wanted, and do what I knew I needed to do to live," stated Amanda "Mandy" Harsh, a recovering victim of two years, according to a Lifelines Foundation pamphlet.

**If you or someone you know is suffering from an eating disorder, call Dawn Montaner at 254-420-3947 or log on to <http://www.lfed.org>**



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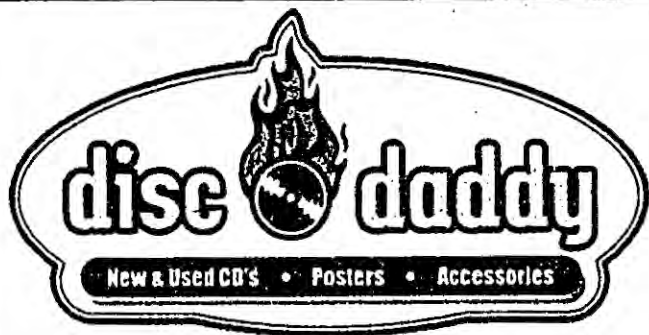
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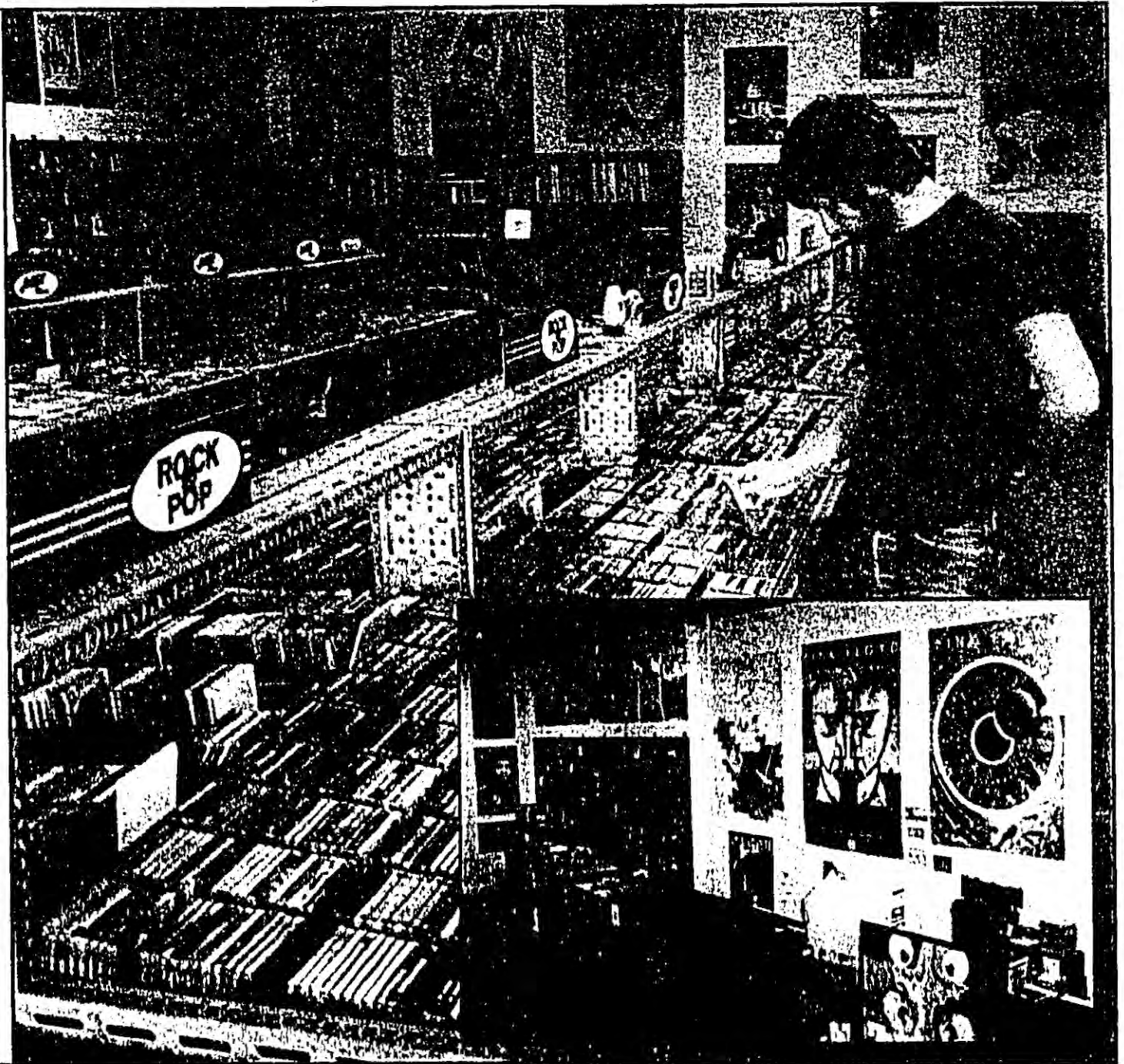


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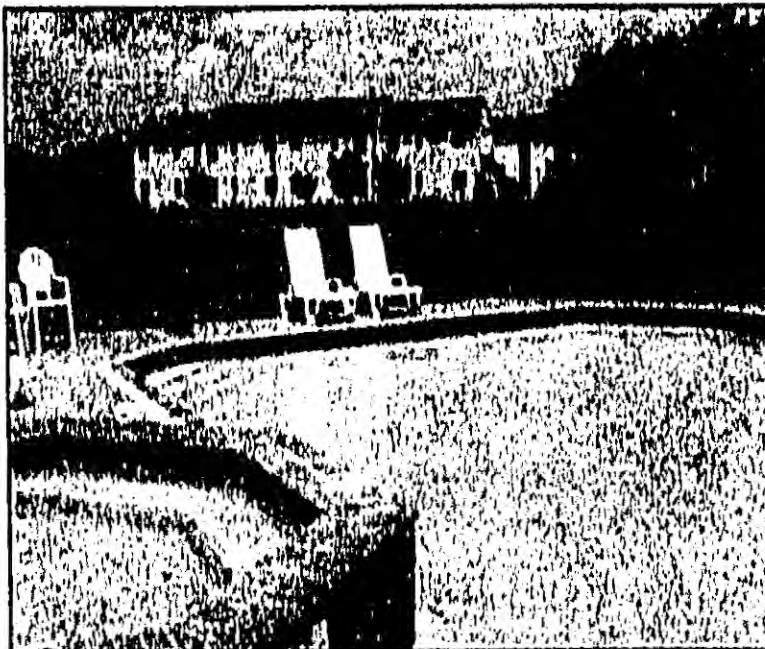
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