

Just do it

Walk for life courses grow in popularity

By SONJA C. JOHNSON
Excuses to find time and equipment to work out have become a thing of the past because a simple practice is leading many people to fitness step by step.
One of today's most popular aerobic activities doesn't require much of anything to participate. Brand name workout clothes and state-of-the-art gym equipment aren't needed in what has become a craze in exercising. The only thing needed is a good pair of old tennis shoes, with a flexible sole.
The new workout everyone's trying to get into, well most everyone began at age one or two. Walking has become one of the most popular, effective and efficient ways for fitness. It's leading people to better health, and this idea is being implemented on campus for the ninth year.
Rick Butler, instructor for Walk for Life, says after 20 years of coaching his knees and ankles wouldn't permit a regular workout activity. Butler became familiar with aerobic walking and found that it worked his cardiovascular system as he desired. Overall, the activity isn't that strenuous.

Research shows that aerobic walking is just as effective as aerobic dance, water aerobics, cycling, and cross-country skiing.
Cross-country skiing has been studied to be the workout that utilizes the entire body which includes upper and lower body muscles. So, when you see people participating in aerobic walking their arm motions resemble those used in cross-country skiing in an effort to get the same type of complete workout.
Like other workouts, if you're not feeling some sort of pain or tingling then it's not working. Well, in aerobic walking it requires to walk with the toes raised which causes an interior tibular strain. It's nothing overbearing; it's only a sign of muscles strengthening in the shin area.
Walking is a great workout for the lungs and heart. Butler says it's the time and intensity that make the workout effective, not the distance. In his classes, students generally begin with a five minute workout and then follow up with a 20 minute brisk walk that eventually leads up to a 45 minute walk.
On campus during the day,

Butler says you can catch 30 to 40 people participating in aerobic walking, and the majority aren't even enrolled in classes. They are just staff, faculty and students who've joined this new fitness craze.
Two Walk for Life courses are now offered with 70 enrolled, and the courses are typically full. However, because of walking's popularity next semester three courses will be offered, two during the day and one at night.
Research has proven walking to be beneficial to your bodily health, but it plays a part in mental health as well. "Walking cleans the mind," Butler said.
Butler says he's witnessed many students who just walk and visit with friends after finishing some stressful activity.
Another great benefit from walking as Butler sees it is that it can be done anywhere that's safe — track, street, campus or your local neighborhood.
However, what's to gain from a great workout without a proper diet? "It's all moderation," Butler said. "Eat healthy for the majority of the time, but treat yourself once in a while."
A normal intake of grams of

fat for people are 50 grams per day for men and 60 grams per day for women. The difference is because of hormones.
Today, 45 to 50 percent of Americans are overweight and consume more than 43 percent of their daily intake of fat.
An example, say a guy and his girlfriend head out to McDonald's for lunch and order two Big Macs and two medium orders of fries, and neither had breakfast because they were running late for 8 o'clock morning classes.
A Big Mac contains 27 grams of fat and a medium order of fries contains 20 grams of fat, that's already half of what the normal fat gram intake is for both and they haven't even considered what they would have for dinner.
Butler says those who practice eating fast food day by day are contributing to the health market that's booming in America trying to unclog arteries, transplant valves and hearts, and stop heart attacks.
Butler goes on to say as you get older your activity decreases and fat starts to accumulate.
Walking has become an easy way to solve the problem.

First in a series on the environment

This campus comparatively quiet

By NANCY CARLTON

On a hill, nestled neatly among beautiful oak trees and sprinkled abundantly with cedar trees rest several buildings.
Language Arts, Student Center and Administration come alive every morning about 6:30. By 8 o'clock there is a hustle and bustle of students, faculty and staff. With more than 5,000 students enrolled and a staff and faculty of hundreds, MCC should be at the top of the noisy list.
But it is not. This campus is one of the quietest and most peaceful in Texas.
The continuous zoom, zoom, zoom of cars and the urgent blast of the air horns of diesels are a few of the things that speed past Baylor campus.
University Park Drive hosts several truck terminals and repair shops that add to Baylor's noise level by the constant braking of diesels as the trucks exit.
Hill County is also bombarded with similar sounds because it, like Baylor, is located on

Interstate 35.

Central Texas College and Temple Junior College are both located on major highways.
This is not to imply that MCC does not have noise. It is disrupted on occasion by music that breaks the sound barrier.
Summer time finds cars with loud pipes showing off to passing students.
Every effort is made to keep the campus a relaxing and quiet place for students to attend and do their studies.
One of the original trustees, Robert Sheehy said "As I recall, there were three other choices for sites of the campus. One was on Loop 340 behind the Veterans Administration Hospital, another was at a location downtown, the last was to stay at the air base at Texas State Technical College."
In a unanimous vote the Cameron tract of land was purchased because of the beauty, view and size of the land.
Because of the location and well-researched plans, this campus meets all the noise pollution laws and regulations.

200 employers due at Job Fair

By JOE GINGERICH
More than 200 employers will offer job opportunities to students and alumni from more than 36 colleges and universities at the Arlington Convention Center March 5, 10 a.m.-4 p.m.
Spring Metro Job Fair '97 is sponsored free of charge by MAC III (Metroplex Area Consortium of Career Centers).
"Not all schools can afford to travel to the different job fairs, so they came up with the idea to

consolidate them into one location," said Kathy Calucci, counseling specialist in career development.
Register early
Participants are encouraged to register early because of the potential for long line.
Freshmen and sophomores are encouraged to attend. Though they may not be considering a job immediately, they can explore the fair and prepare for the time they will graduate;

"This is a great opportunity, and it's free. Parking at the Center is \$4, but there is free parking a couple of blocks away," said Calucci.
Participants should come dressed professionally, with a supply of resumes in hand and working pencils.
On-site interviews
"Many employers are prepared to give on-site interviews during the fair," said Calucci. Also, during the afternoon, vari-

ous employers will give 50 minute seminars explaining what they as employers look for in job applicants. In addition, free resume critiquing will be offered from 8:30 a.m. to 3:30 p.m.
Registration packets may be picked up ahead of time at the career development office. The forms may be filled out early and turned in at the fair along with a resume. Call 299-8614 for more information.

Discover what job is best for you

By JOE GINGERICH
Students having difficulty deciding what profession they would like to enter can get some help by taking an interest inventory test at career development.
The department offers two separate tests — the Strong Interest Inventory and an interest test which is part of a larger career guidance program called DISCOVER. Both help students decide what their main areas of interest are and analyze them so they can get a picture of what they might enjoy doing in the future.

Students can discover what jobs they might enjoy by deciding whether they are drawn to jobs relating to people instead of things, ideas instead of data, or any other combination. As the Strong Interest Inventory says, "You don't watch the clock when you are doing a job you enjoy."
Not a crystal ball
Because the inventories are subjective, you decide what is the correct answer for you; they are not intended to be a mysterious predictor of future happiness. Rather, they are only a tool for defining what students might enjoy doing based on their present reservoir of experiences and values.
Once students decide on what they like and dislike, the program assembles a list of occupa-

tions which fit the interests they indicated in the tests. The students can then browse through a description of each job until they find something which appeals to them.
"The tests are based on the students' experiences and can change," said Susan Martindale, counseling specialist. "Typically, older students tend to show more definite clusters of interest."
Career plans
The DISCOVER program goes on to suggest potential schools which offer degree programs in those areas.
"The DISCOVER program would probably be more helpful to students, because they can explore more about different jobs," said Martindale.

Earn credit for courses while watching television

By JANICE N. TURNER
Telecourses provide an easier way to get through a class, but also pose a few problems.
The advantages of taking a telecourse are obvious. It allows students to take classes at home, coming to campus only for tests and a one-day orientation.
Telecourses also offer flexibility. They make it possible for students to record lectures and watch them at a more convenient time. This is a strong ad-

vantage for students who work at all hours of the day.
Despite the appealing advantages, telecourses also have a downside. One of the major problems is less contact with the professor, which results in less individualized attention. This makes it necessary for the student to make special arrangements to see that all of his or her questions are answered before a test. It also requires a student to be more responsible for monitoring

their own progress.
Another problem is if a student gets behind he or she may have a very hard time catching up. For example, if a student got behind in his lectures it could result in a massive cram session prior to the test, which most people know does little good.
The most prevalent problem with a telecourse is that it doesn't motivate people as well as attending traditional classes. For many people, knowing they will

be face to face with their professor encourages them to keep up with what is going on in class.
Since those enrolled in a telecourse can turn the professor on and off, it doesn't provide as much incentive to stay on top of things.
While telecourses do offer many lucrative advantages, the problems are still there to be dealt with. It all comes down to each student deciding if he or she is ready to be more responsible for their education.

Poetry workshops open to public here in March

Public Information Office news release
Award-winning poet Dana Gioia will be at McLennan Community College for two days of lectures and performances

March 3 and 4.
The public is invited to attend two events scheduled during Gioia's visit. On Monday, March 3, he will read selections of poetry at 8 p.m. in the Ball Performing Arts Center. In addition to the poetry readings, Lise Uhl, Director of MCC's Opera Workshop, will sing a libretto written by Gioia. A book signing tops off the evening's performances.

Also open to the public is a lecture Tuesday, March 4. Gioia will discuss poetry and the role it plays in a multicultural society from 2:30-3:30 p.m. in the MCC Lecture Hall.
Gioia merges a lifetime of ex-

perience in two often contradictory fields — poetry and business — to weave words that linger to nurture the mind and soul. Before becoming a full-time writer in 1992, he worked in business for 15 years, eventually becoming a Vice President for General Foods.
His works have been published in many magazines. His full-length books of poetry include Daily Horoscope, The

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Poets artists WRITERS

express your creativity

Creative Writing (Engl 2307) invites MCC students, faculty, and staff to submit up to 2 works each for possible publication in a special section of the April 22 *Highland Herald*.

Format: 250 words maximum (no words required)
Topic: any
Submission deadline: March 19
Location: Faculty Office Building 216
Information: Jennifer Black 299-8918/ab@dec40.mcc.cc.tx.us/FCB 218

READ THE "EXPRESSIONS" INSERT IN THE APRIL 22ND EDITION OF THE HIGHLAND HERALD TO SEE IF YOUR WORK WAS CHOSEN FOR PUBLICATION!



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PASS workshops
(Continued from page 1)
"The workshops originally were modeled after a similar program at Texas Tech," said Beran. "The workshops' primary focus was to help students in the problem areas of academics. However, the workshops have now branched off into more personal things."
"We try to vary the topics being presented to meet the broad needs of the students," said Wesley Walker, current director of the PASS workshops. "Many important academic topics are repeated each semester."
Some instructors feel strongly enough about the benefits of the workshops to give extra points to their students that attend the workshops.
Jim Hall, instructor of general psychology and human growth and development, is one of those instructors. "If you go, you're bound to get something out of the workshops," Hall said. The workshops give you some general skills to make it in college, such as test taking, how to study and ways to adapt to college life.
The PASS workshops benefit more than just college students. (Continued on next page)



Find your sweetheart's message on page 3

NEWS BRIEFS

Music department schedule of events

The music departments of the college have a busy schedule in coming weeks. Some of the activities include: Waco Community Band concert at Baylor University Jones Hall on Sunday Feb. 23 at 3 p.m. Guest conductor on the program will be Dr. Mallory Thompson, director of Bands at Northwestern University.

"Cabaret," a musical comedy set in 1929 Berlin, will be playing Feb. 25 through March 1 with performances every evening at 7:30 and a matinee Sunday at 2:30 p.m.

"Winnie the Pooh" at Waco Hippodrome

The Waco Hippodrome Theatre '96-'97 New Horizon Series, sponsored by Hillcrest Baptist Medical Center will present "Winnie the Pooh" on Friday, March 21. Performances are at 10 a.m. and 1 p.m. School groups and the general public are welcome to attend.

CIS Lab will stay open this Friday

The Computer Information Systems Lab in the Applied Science building will be open Friday, Texas Community Colleges Teacher Association Day. Though officially a non-class day for MCC students, the lab will be kept open for students to use from 9 a.m. until 3:50 p.m.

Swimming pool refilled

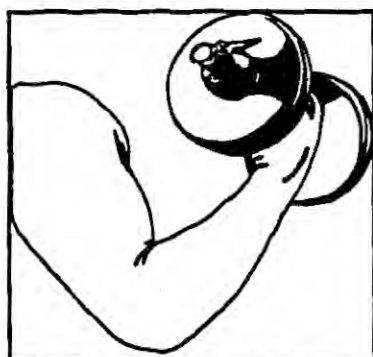
The MCC swimming pool was refilled last Wednesday with a little help from Mother Nature. Heavy rains exposed leaky skylights as water streamed in around them and into the pool.

The pool had been emptied so it could be repainted. MCC maintenance crews started refilling the pool Wednesday morning with city water.

Athletic facilities schedule

Use of the following athletic facilities is free of charge to all MCC students.

Pool Hours:
Monday and Wednesday 2-4 p.m.
Thursday 12:30-2:30 p.m.



Gym Hours:
Monday and Wednesday 2:15 p.m.-3:30 p.m.

Weight Room Hours:
Monday and Wednesday 2-4 p.m.
6:30-8 p.m.
Tuesday and Thursday 12:30-3 p.m.
6:30-8:30 p.m.
Friday 12:30-5 p.m.



Students wanting to use the racquetball courts, should reserve a court with the student/worker in the Weight Room. Anyone with any questions can contact Teresa at 299-8326.

"Mind and Body Health Fair '97"

The Waco Family Y will hold a "Mind and Body Health Fair '97" on Saturday, Feb. 22, 1-3 p.m. in the WFY gym. It is open to the entire community and the screenings are free. Adult health screening tests will include a measurement of body fat, cardiovascular step, sit and reach flexibility, injury assessment, hearing, glaucoma, diabetes, blood pressure, nutrition, cholesterol, oral cancer, personality testing and much more. Free seated massages will be given by an ASMT student. Children can take part in video identification, fitness assessment, obstacle course, and finger painting. Door prizes will also be given. For more information, call 776-6612.

Regalia orders at Registrars office

During the year MCC has two formal graduations. This year Spring graduation will be held on May 13th and Summer graduation will be Aug. 14. The college requires that the faculty/professional staff participate in at least one. New staff who do not own their regalia and those who would like to upgrade may do so at cost. If you need to order regalia, please contact the Registrars office and speak with Anita Doris, or you can also speak with Brenda Montemayor in the office of student admissions.

Waco Community Band Concert

The Waco Community band will present its winter concert at 3 p.m. on February 23rd in Jones Hall on the Baylor University campus. The concert is free and open to the public. For more information about the program please contact James Popejoy at 299-8286.

Student Art Exhibit at campus gallery

The annual Student Art Exhibit is on display through March 5 in the Visual Arts Building Gallery, located in the MCC Community Services Center. On exhibit are works of art by 27 MCC students. The gallery is open from 8 a.m. to 5 p.m., Monday through Friday. For more information about the exhibit, call John Chatman, at 299-8781.

Health Careers

By NANCY CARLTON

Recruiters in the health careers field will arrive on campus March 5 at 9:30 a.m. for the annual Allied Health Careers Day.

A student needs to be a graduate of this May or last August in one of the following fields:

- Associate Degree Nursing
- Vocational Nursing
- Radiologic Technology
- Respiratory Care
- Medical Lab Technician
- Phys. Therapy Assistant

Prospective employers from various hospitals such as Providence and Hillcrest along with other medical field employers will be here to talk to students. The time and place is 9:30 a.m. to 1:10 p.m. in the Community Service Center.

Modeling United National Conference

Options students compete

By CAROLINE BLAHOVA

Students from the OPTIONS program at MCC participated in the Modeling United National Conference at the University of Oklahoma last Wednesday through Saturday.

Modeling United National Conference took place at the University of Oklahoma and students from the OPTIONS program at MCC participated.

Modeling United National Conference is the assimilation of schools all around the country and is held every year. Schools represented different countries and different points of view. A committee of six members established what topics they discussed.

"For example terrorism, nuclear weapons and much more stuff," said Kaare Taylor, one of the teachers from the OPTIONS program.

Different committees were assigned at the conference such as Economic Security Council or Economic Social Committee, Humanitarian Committee and many others.

Each committee discussed about three topics. Before the conference Taylor said this about getting ready.

"Students are preparing for the discussion; they are supposed to explore the Internet, which is a big task, and prepare

themselves for the conference."

"Yeah, I feel quite prepared," said Andrew Gasner before the conference. Gasner was one of the students who participated in the competition, who represented the state of Iraq and spoke about international trade.

About 350 students will be in the competition representing 70 countries.

Six students from the OPTIONS program went to the conference including Andrew Gasner, Larsen Burns, Kris Shalin, Rachel Puryear, Jana Smith, and Melissa Anderson.

Students had the chance to step outside and see another perspective from the view of a foreign country.

"I will represent the USA and speak about the fighting in the northern 'Irish Soviet Union.' But I don't feel totally prepared yet," said Kris Shalin, a few days before the competition.

"They are excited. That's the chance for them to get up there and argue why terrorism is a good idea," Taylor said, laughing.

Teachers from the Options program asked for volunteers for this competition. The conference itself lasted four days and cost \$200 per student. "We found out about this conference at the last minute and it's our first visit there," Taylor said.

Discover your dream occupation

Discover computer program can help you plan your career.

By JOE GINGERICH
If you desire information about your dream job, go to career development and use their Discover computer program. It's free.

By spending a few minutes with the computer you can find, among other things, out how much money you will make, what the job requires, entry-level training you will need, the setting in which you will work, the personality qualities best suited for the job, and the physical demands of the job.

And if you haven't decided what your dream job is, answer some questions on a test and you will be given a list of potential jobs.

How much can I make?
For example, a marketing major could find that the beginning salary for a sales manager in Texas last year was \$29,000; the average for all sales managers in the state was \$55,000, and the average for experienced managers was \$77,000. In addition, this job market is expected to grow by 15 percent in Texas over the next eight years.

The good and the bad
Another tidbit of information you will discover is a list of things disliked by some sales manag-

ers, such as dealing with sales workers who are unable to meet their quotas, working long hours on evenings and weekends, and the pressure to meet deadlines and goals.

Offsetting these potential problems are the nice salary, fringe benefits and the pleasant working conditions.

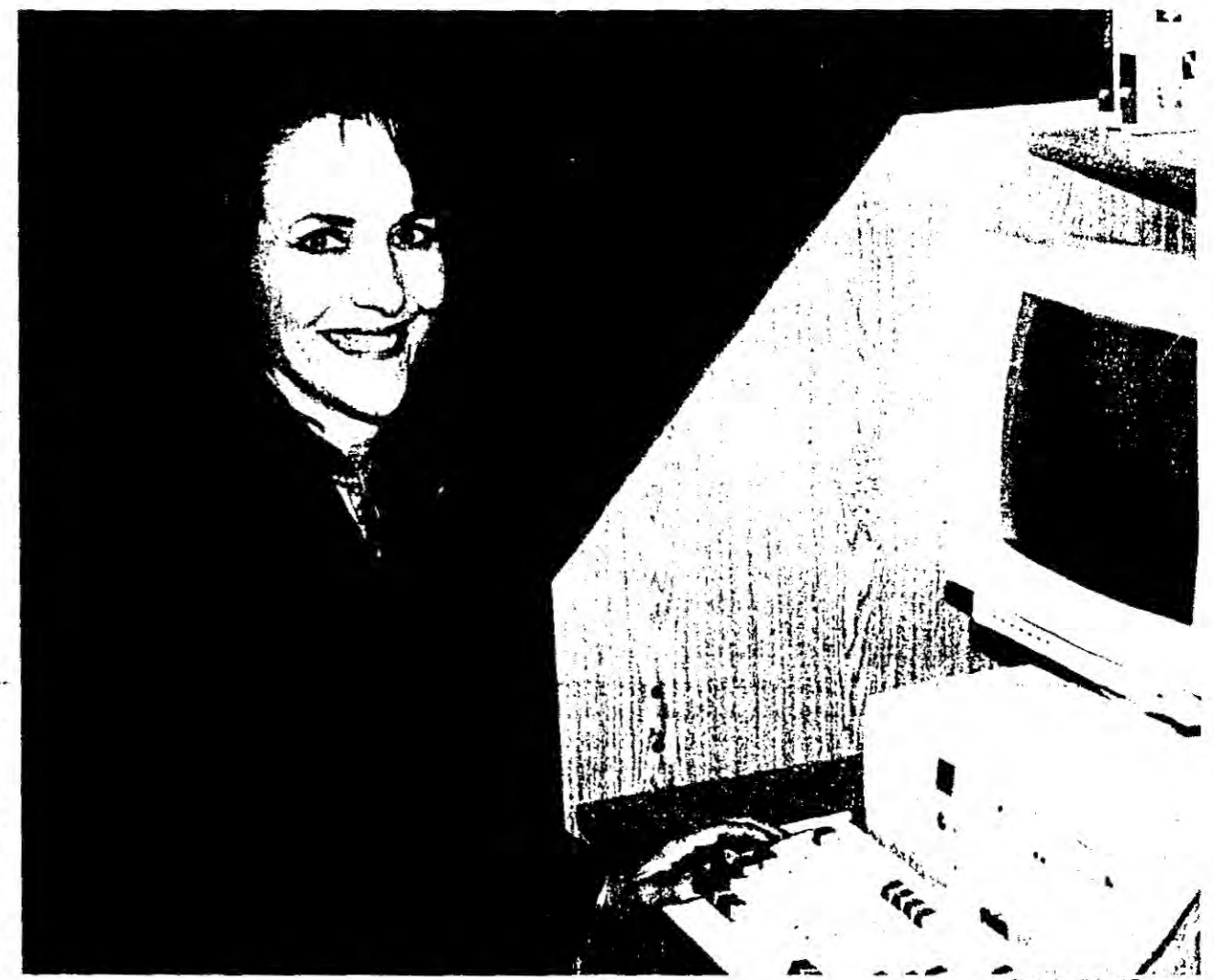
Physical demands
And if that doesn't satisfy your curiosity, look for the normal physical demands of the job, which in the case of sales managers are few. But in some situations it would be helpful to know ahead of time if the job required more than you could give.

In addition, you will find a list of related civilian occupations such as Media Marketing Director, Field Representative, Advertising Manager, Account Executive, Fashion Coordinator, etc.

Using the program
Those desiring to use the Discover program should call career development at 299-8614 and ask for an appointment.

They will assist you in any way necessary. After filling out some information such as your name, social security number and gender, you can go right into the program consisting of nine modules.

Your dream job
To get information about a specific job, log in to the program, go to module five and choose "create new occupation list." In the next dialogue win-



SUSAN MARTINDALE, counseling specialist of career development, demonstrates the DISCOVER program for students. The program can give you valuable information about a potential career.

Information about that particular job such as work tasks, usual work settings, special tools or equipment used, training for entry, salary range, what workers like or dislike, and where to get more information.

When you have selected the categories interesting you, print out the information, and you will have in your hand the information you need to forge ahead in the career of your choice. (See related stories inside)

Financial assistance back to normal

By HELENMARIE DELEON

The ceiling caved in and flooded the financial assistance offices the week before the school closed for the holidays.

During the time the offices were being cleaned up, most financial aid business ceased. Files were moved to a temporary location and checked for water damage. Computers and all electronic equipment had to be checked to make sure it was safe to turn on again.

About the incident, Kathleen Plomons, assistant director of financial assistance, said, "We had about two or three days of downtime because of moving the files out of the office and trying to assess the damage done."

When a maintenance person went to the financial assistance offices that morning "about one to one and a half inches covered the floor" in one area of the offices, said John Kuback, director of financial assistance.

He went on to explain that they were concerned for the safety of employees working in the offices because of possible water damage to the wiring located in the subfloor. Some of the computers in the offices got wet and had to be checked to make sure there was no damage.

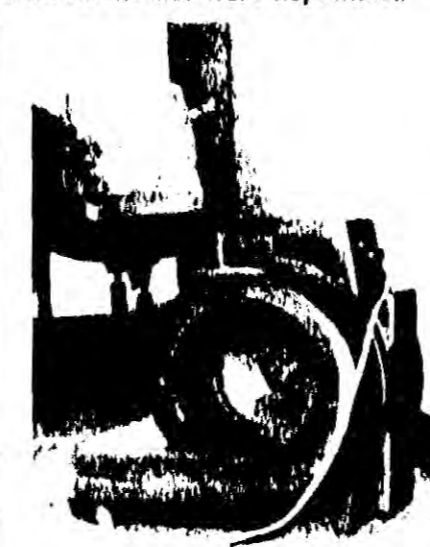
The maintenance department hoped to salvage the car-



PAPERWORK WAS AIRED OUT so that it could dry. The main filing cabinets were moved to a dry location. All the files were kept intact.



FILE CABINETS were covered to protect from water damage.



BLOWERS DRIED OUT the carpet throughout the offices.

pet by cleaning it. It was thought that because of mildew problems they would have to replace it. However they discovered last week that the carpet could be saved. The A.C. Parsons Roofing company was willing to replace it, if that was needed.

"The flood could not have happened at a worse time. It could happen now or two months earlier and it would have not been the problem that it was."

"We were lucky, we could have lost a lot of equipment. The studs in the wall are metal, they could have shorted something out and caused a fire," said Kuback.

The timing was bad because between semesters is a heavy load for financial assistance. Scholarships have to be awarded, hundreds of loan checks have to be processed and now PELL grants have to be processed, all in addition to the full normal workload of the office.

Most of the files have since been returned to the financial assistance offices. They were being kept in another office locked up.

Though it happened at a critical time, financial assistance workers were able to take care of the work load and process their paperwork.

Student Success

PASS

Workshops

By MICHAEL DURMON

Ears are tuned to the professor's lecture and pen race in an impossible task to write down his every word, as if recording each word depends on passing or failing. Unfortunately, this notetaking scene takes place in many college classrooms, but for many MCC students, notetaking has been made easier.

Thanks to past lectures on notetaking presented by Programs for Academic Success for students or more commonly known by the acronym PASS, students have improved their notetaking skills.

PASS workshops are a series of lectures and presentations designed to help the students in and out of the classrooms; notetaking was one of the subjects recently covered. The workshops take place every Wednesday at 10:15 a.m. and Thursday at 4 p.m. in the Health and Physical Education building, room 101.

Janice Beran, who is now the director of developmental education, implemented the PASS workshops in the fall of 1991. (See PASS page 2)

Editorials

Playing loud music often annoys others

Behind tall trees, squatted under green shrubs and laying in every available gully were hidden minute men, ready to attack the advancing British.

From the very beginning Americans have fought to get and maintain their rights.

But the war being fought today is not about having rights, but knowing when a right ceases to be a right.

One answer lies in this truth, "My rights end where your rights begin."

We as Americans have the right to express ourselves even if this expression is listening to any kind of music at any level we want. If students choose to express themselves with loud vulgar music, that is their right.

What students do not have the right to do is force their freedom at others' expense.

Music coming from a car that rattles another's windows is illegal. There is a noise level that, when exceeded, is not only unhealthy for the driver but is dangerous to others. An inability to hear an emergency vehicle could cause a delay that costs lives.

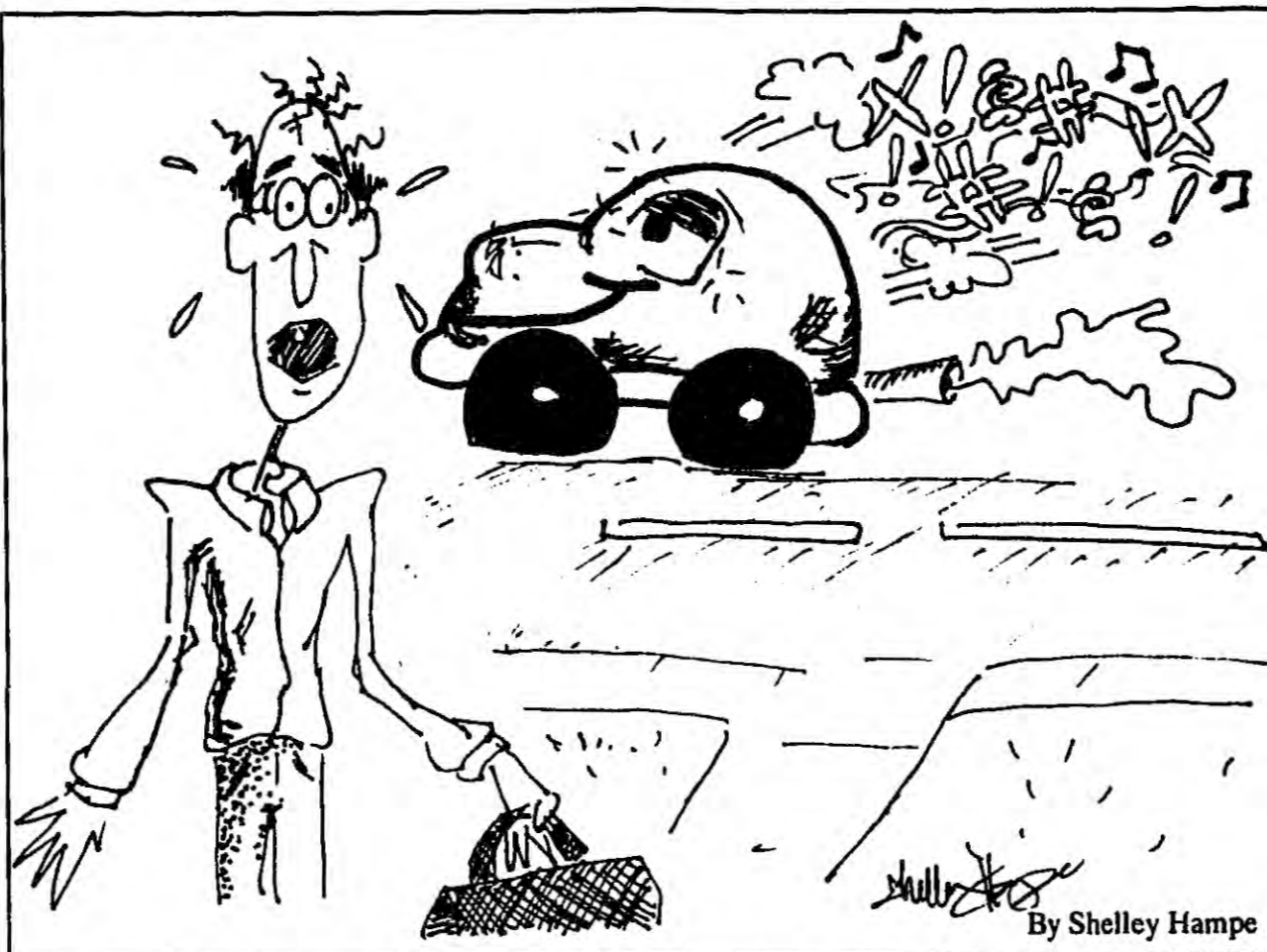
Obscene music coming from a student's open car windows is demeaning to the campus and is also illegal.

Detective Thomas Calucci explained that if you are bothered by loud music coming from a car you can request help and the offender will be ticketed.

Americans are known for their great compromises. Even something as simple as this can be settled by a compromise.

If students must play loud and vulgar music, then maybe they should do so at home or keep their windows up.

When this is done, other students offended by this type of music should keep their opinions to themselves.



By Shelley Hampe

Highland Herald

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Students' ways of fighting boredom can be creative

By GARY LASSETER
Boredom is the biggest problem facing young people today, according to a study done by me. I conducted my study in this manner: First, I asked myself some questions. Why tattoos and body piercing? Why elaborate hairstyles and dye jobs? Then, I answered myself.

Boredom. Classes are boring. Text-books are boring.

Let us examine the fuzzy logic of a typical MCC student and follow the train of her thoughts. "I am bored," she thinks.

"My professor is so-o-o boring. They should have called the text 'A Boring Presentation of Even More Boring Studies' edited by People More Boring Than You Can Possibly Imagine, published by Slow Death Educational Tools Inc. In order to understand the subject, all I have to do is become as boring as they are. Well I won't do it!"

At this point, the hypothetical student henceforth referred to as student A, runs from the classroom.

Student A returns to class, after a three day absence, with a nose ring and two-tone hair. She takes her seat carefully, so as not to disturb the bandage

covering a likeness of Dennis Rodman.

Student B, observing, thinks: "Thank goodness someone is fighting against this torturous boredom! I wonder if she likes me?" Student B runs from the classroom.

Student B returns to class with a shaved head and spider webs tattooed on his biceps. Another student, designated C, observes a friendly fellowship developing between students A and

They can dye their hair and get their navels pierced. On further reflection, I decided that this action might be a little drastic.

B. With a new appreciation of B's biceps, Student C runs from the classroom.

Continuing my study, I asked myself: What can faculty and administrators do to combat this dangerous disease called boredom? Once again I answered myself. They can dye their hair and get their navels pierced. On further reflection, I decided that this action might be a little drastic.

I concluded my study with this question for myself: Why do people waste their time reading frivolous articles filled with cheap jokes and having no serious content?

You guessed it. Boredom.

Televised courses provide alternative

We are fortunate to attend a college where so many courses are offered to meet the hectic schedule of every type of student. One of these flexible course choices is the telecourse, which consists of students viewing lectures at home and coming to campus to take tests.

While this option does boast a lot of advantages, one has to wonder if it is worth it. Some of the things that people may not consider when choosing to enroll in a telecourse is that they are going to be far more responsible for the progression of their education. If a student has a question or isn't clear on something, they are completely responsible for getting the answer.

They will also be responsible for monitoring their progress. And if a student gets behind in viewing their lectures, catching up can be a very challenging task. All students should be mature enough to handle this type responsibility, but the truth of the matter is that not everyone can.

The problem that is most easily identifiable is the lack of motivation. In some cases the encouraging words of a professor can help a student stick with the class when they aren't sure they'll make it. You can't get much encouragement from a videotaped lecture.

Telecourses should not be avoided. They can be very helpful to the working student who is juggling many things like work, school, and family. However, anyone interested in taking one should carefully decide if they are disciplined enough to handle it.

Stone's Momentary Commentary

Buses provide students with affordable rides

By ROBERT STONE
Getting to college can be a big problem if you don't have a car or some other means of transportation. Take it from me, I know.

One means of transportation, the city bus, might help eliminate the problem of getting to college.

Catching the bus is quite easy. All it takes is 75 cents and some general knowledge of where you want to go. The Waco Transit has eight routes which run every hour between 6 a.m. and 6 p.m. and two routes which run about every two hours.

On weekends, some of the one hour routes run every two hours. A schedule, available on most buses, gives specific times. The driver of the bus can also give information about routes and route times.

To use the bus to get to MCC, board the bus which has the closest route to your neighborhood. This is done by standing on the nearest corner on the same side of the street as the door of the bus. It is a good policy to get to the corner a little before the time the bus is expected to arrive.

Let's say you live on or near the corner of 25th Street and Colcord Avenue. The bus you would need to catch would be the Lake Air North bus. You can either board the bus at about 10 minutes past the hour or about 45 minutes past the hour.

Once the bus is in view, signal to the driver you want to board the bus. Once aboard pay the 75 cents fee and ask the driver for a transfer slip. Take a seat and enjoy the ride.

At the corner of 4th Street and Austin Avenue, where all bus routes end and begin, exit the bus and look for the Park Lake bus. It is the second bus from the corner along Austin Avenue. Upon boarding, hand the driver your transfer slip and take a seat. Without a transfer slip, the driver must charge you an additional 75 cent fee.

Once the bus leaves 4th and Austin, the ride lasts about 15 to 25 minutes, depending on what part of the campus you need to go to. If you need to go to the Community Services Center, the ride lasts about 15 minutes.

Keep in mind though, the CSC is not a designated stop. In other words, the driver will not stop unless you tell him to by pressing one of the yellow buttons located throughout the bus. The stop in front of the campus is a designated stop, so the driver will automatically stop.

To get home, just do the reverse of what you did to get to campus. For more information concerning routes and route times, contact Waco Transit at 767-0113.

Catching the bus is quite easy. All it takes is 75 cents and some general knowledge of where you want to go.

Editor's Corner

Loving communication requires deep listening

By JOE GINGERICH
Someone once said that we "hear" only 20 percent of what is said. The other 80 percent is filled in by what we think we "know" about the subject or person.

And it is true. It shows up when we try to listen in a foreign language. We have to strain to catch every word because we can't keep up with the train of thought. Even then we must ask people to repeat what they say. When we hear a lecture on a topic for the first time, we must listen carefully in case we miss something important. But let us hear a lecture we've heard for the tenth time and we will catch most of it even if we're distracted.

Assuming causes communication to flow smoothly much of the time. But when tensions hit, it becomes a major problem.

We hear what we want to hear. And when we are angry, tense or prejudiced, what we want to hear is not always what was meant.

Words mean different things to different people. My wife and I grew up in different cultures with different languages. In the early years of our marriage we spent many hours talking and

trying to come to a place of understanding of what the other really meant by their words, tone of voice and body language.

It took a lot to convince me that other people do things for different reasons than I would do them. I would look at what they did, and judge them by what my motive would be to do the same thing.

I ended up expecting people to judge me by my motives, not by my words or actions. But on my side, I wanted to judge others by their words and actions, instead of looking for the meaning behind those words and actions.

Can we put ourselves in another person's shoes? It really is possible. Yes, we must hold to truth, but truth has its greatest impact in the presence of love.

In fact, love requires that we wear another's shoes. We must be willing to walk an extra mile to reach them. Why is it so hard to get outside our own world and sense what someone else is feeling?

We've got to find the answers to these puzzles. We may be the ones needing understanding some day.

PASS workshops

(Continued from page 2)
said Kaare Taylor, head of the GED instruction for the OPTIONS program of the Waco high schools. Options is an alternate to traditional mainstream high school.

Taylor takes a group of his students once a week to the PASS workshops. "Most of the students are not going to college and the Pass workshops provide more than classroom skills, the workshops give them a headstart on life skills. The workshops help get them ready for the workforce and provide them with other essentials such as money management," Taylor said.

"The turnout has been low to the workshops and I would like to see more students attending them. We need some way to get the word out to students about the PASS workshops. The lectures and presentations have been great," Walker said.

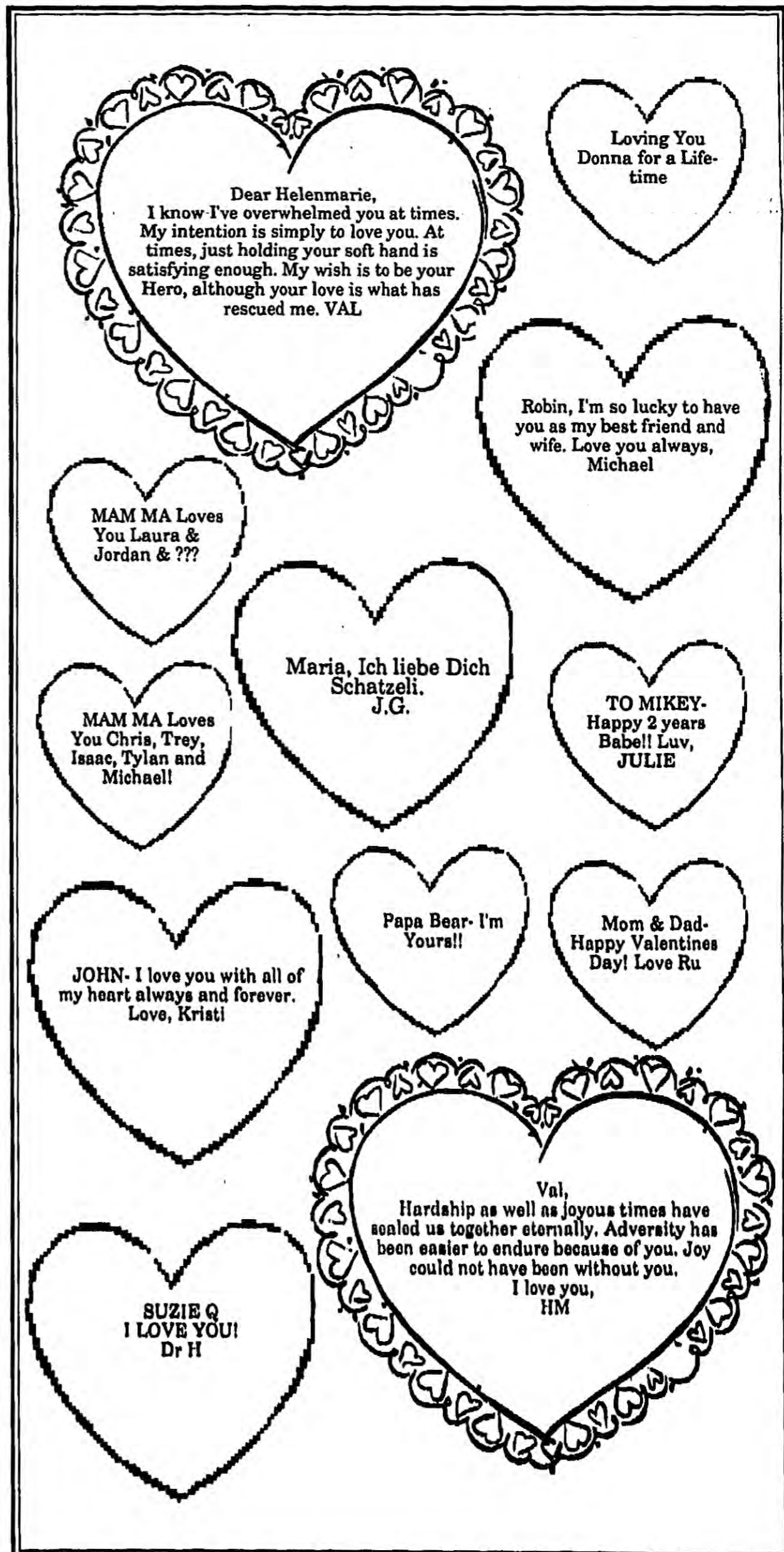
Anyone having any questions concerning the PASS workshops can contact Wesley Walker at 299-8491.

WORKSHOP SCHEDULE
FEBRUARY
19-20 Juggling Career, School, HomeLife- Patti Weir
20-27 Test Anxiety- Vicki Hampton-Mitzi
MARCH
5-6 Integration of Academic and Tech Studies- Jewel Lockridge
19 Reaching your Potential- Patsy White

Attention students, faculty and staff:

The staff of the Highland Herald encourages you to write a letter to the editor. We accept letters from everyone at MCC. The letters must be signed and include a phone number where you can be reached for verification. Please limit your letters to 250 words or less. Letters subject to condensation.

Send letters to Highland Herald, 1400 College Dr., Waco, Texas, 76708, or bring them by Room C-16 in the Community Services Center.



SPORTS / ENTERTAINMENT

Conference title still up for grabs



SCOTT GRADNEY PUTS in two of his 31 points on the night in a 98-90 win over conference rival Collin County. Gradney is the team leader with 22 points per game, as the Highlanders continue their quest for the conference championship.

By MICHAEL DURMAN
On a sunny, spring-like Saturday afternoon, MCC avenged an early season loss to the Weatherford Coyotes by defeating them 93-84 at the Highlands.
In the past ten days, the Highlanders came away with two victories in the three games they played.

In Saturday's game, the Highlanders used a pressing defense to smother the Coyotes much of the night. MCC forced 12 turnovers on the night, with many of those being cashed in for quick points.

It was a steal that put the Highlanders ahead to stay after trading early leads with Weatherford.

It came with 5:50 to go before the half on a steal by Eric Halgunseth and a feed to Brandon Manning for a three-point play making the score 38-33. The Highlanders would keep the Coyotes at bay the rest of the way.

MCC led at the half 53-49. Halgunseth said, "We were a little flat the last meeting with them, but the difference in the ball game tonight was our press forced some turnovers and we made our shots."
"No doubt, Weatherford is a talented ball club. At the start of

the season I thought they would be at the top of the conference. You have to be ready to come to play against them. Everything that could go wrong, did go wrong in our first meeting," MCC Coach, Steve Shields, said.

Weatherford was successful in their first meeting containing Scott Gradney down low by double teaming him. However, this time around, the Coyotes had trouble staying with the game plan of double teaming Gradney due to the hot hands of Bronsha Miles and Eric Halgunseth from the outside.

Miles finished with 22 points, 13 rebounds and eight assists on the night. Halgunseth finished with 17 points, nine of those from three-point range.

Gradney, despite often being double teamed, was high point for the game with 26. Gradney also saw his streak of consecutive free-throws snapped at 33. He was 8-10 for the game.

After scoring 13 unanswered points early in the second half, the Highlanders were never threatened the rest of the game.

With the victory, MCC stays the frontrunner in the Northern Texas Junior College Athletic Conference at 11-2 and improves to 15-11 overall.

John Barber led Weatherford

with 18 points, and Ramunas Petraitis followed with 12.

VS Temple

In Temple, MCC saw their six-game winning streak come to an end as Temple College built a 19 point first half lead and hung on to defeat the Highlanders 93-84 last Wednesday.

Trailing 47-28 at the half, the Highlanders got back into game in the second half by using a pressing defense that forced eight turnovers in the first 10 minutes of the half. The Highlanders were able to close the gap to 74-70 with 6:17 to go on a three-point shot by Erick Halgunseth.

Coming into the game, the Highlanders had trailed at half-time three of the last four games they had played.

MCC coach Steve Shields said, "I'm never overly concerned with being down by four or five points at the half. The guys always find a way to get the job done in the second half. But, being down by 19 at the half is a big hole to climb out of."

However, with 39 seconds left, MCC almost did just that as the Highlanders got to within two at 83-81 with a driving layup and a three-point shot by Halgunseth.

That's when Temple's Cliff Ellis put a stop to the Highland-

ers' comeback by stealing an inbound pass from Jermaine Higginbotham. Ellis sealed the game by hitting eight straight free throws when MCC was forced to foul with time running out.

Scott Gradney and Bronsha Miles led the Highlanders with 20 points each. Jermaine Higginbotham led in rebounding with nine.

Charles Bailey led the Leopards with 20 points followed by Brian Bland with 17.

VS Collin County
Last Saturday, on a cold, damp and blustery night, MCC withstood a barrage of three-pointers by the Collin County Express to come away with a 98-90 victory at the Highlands Feb. 8.

The Highlanders opened the game with a 13-2 lead, and it looked as though it was going to be a blowout with the fans making for the exits early. However, Collin County had other ideas. The Express went on a 15-4 run to tie the game and led by as many as five before MCC managed to salvage a 36-36 tie at halftime.

The second half began as the Eric Halgunseth scoring show. Halgunseth, poured in seven of nine unanswered points for the Highlanders. MCC would never

trail again.
However, the Express kept the game within striking distance with their outside bombing. Collin County hit 15 three-pointers for the game, nine in the second half. Nathan Turner and Tommy Shum did much of the damage with each hitting 20 points to lead the Express.

Before the game, MCC coach Steve Shields said, "Collin County is an excellent perimeter shooting team that can light it up." Following the game, Shields said, "It is apparent we didn't stop them from the outside, but the difference in the ball game is that we were able to feed the ball inside in the second half."

And, feed it inside the Highlanders did, as 6-8 low post, Scott Gradney finished with a game high of 31 points. Eleven of those points came from the free-throw line where Gradney was perfect.

However, the Highlanders offense was not one-dimensional, as Bronsha Miles hit a total of 27 points, most of them coming from the outside. Miles, also had seven assists on the night.

Gradney led the Highlanders in rebounding with 12. Jermaine Higginbotham followed by pulling down six.

Highlanders swinging for conference opener

By BROWN SMITH

The Highlanders swept Northlake Sunday to improve their record to 5-3 behind the strong pitching performances of sophomores Mark Outlaw and Allen Laine.

The team is traveling to Mt. Pleasant today for a double-header against the defending National Champions, Northeast, and will return home for the conference-opener Saturday against Ranger.

vs Northlake

Outlaw pitched six scoreless innings, striking out six and allowing just five hits to pick up the victory. Steve Solis was a perfect 3 for 3 at the plate, while Kevin Bruce and John McDonald supplied some power by each cranking a homerun.

The Highlanders lit-up the scoreboard in the fourth inning when Adam Love singled home Solis and Bruce connected for his second homer of the season, a two-run bomb to left, to open up a 3-0 lead.

McDonald's solo-shot over the

right-centerfield fence in the bottom of the sixth gave the Highlanders another spark as Jason Briggs closed out the seventh with two strikeouts to help preserve the 4-0 win.

Laine was superb on the mound in the second game as he allowed only one hit and struck out five batters in six scoreless innings of work to earn the win.

Kelley Pettit scored the Highlanders first run on a hit through the shortstop by Brown Smith in the bottom of the second inning. The offense added two more runs in the fourth when Ryan Seith drove home Love, and Bruce scored when he completed the second half of a double-steal.

Northlake scored in the top of the seventh and threatened with the bases loaded, but Paul Darnell worked out of the jam with a game-ending double play to pick up the save.

Galveston Tournament

The Highlanders traveled to Galveston to participate in a two-day tournament, but rain washed away the first day al-

lowing the team to play just two games on Feb. 8.

The team used a six-run fourth inning to spark a comeback against conference rival Hill in the first game to win, 8-6. Kevin Bruce smashed two doubles, and Brad Turner went 2 for 3 with a double and triple to lead the hitting attack.

Bruce opened up the top of the first with a double that scored Roger Robinson and Turner. But Hill answered with two runs of their own in the first and built a 6-3 lead until the fourth.

Adam Love and Turner each drove home two runs in the big inning which rallied the Highlanders to take control of the game. Nick Sunderman pitched four innings of one-hit relief to earn his second win of the year.

Galveston exploded with an eight-run first inning and proceeded to hand the Highlanders a 16-2 defeat in the final game of the tourney. Kyle Scott went 3 for 3 and Robinson singled home the team's only two runs as the lone bright spots of the game.



ALLEN LAINE TOSSED a one-hitter in the 3-1 victory over Northlake.

Highlassies fall to #20 Weatherford 108-96

The MCC Highlassies lost to the Weatherford Lady Coyotes 108-96, Saturday afternoon at the Highlands.

Coming into the game, the Highlassies had knocked off their last two opponents. MCC beat Collin County 82-71 and Temple College 81-65.

Despite the loss to Weatherford, the Highlassies had a strong game from Lisa Wachsmann and Dian Mynarcik.

Wachsmann finished with 21 points while Mynarcik scored 20 inside against the much taller Lady Coyotes.

Mynarcik at 6-2, worked inside against Weatherford's leading scorer for the game, 6-5 Olga Firsova and was able to get her to foul out late in the game.

A total of seven players fouled out for the game. Five were MCC players.

The Highlassies knew they had their work cut out for them coming into the game.

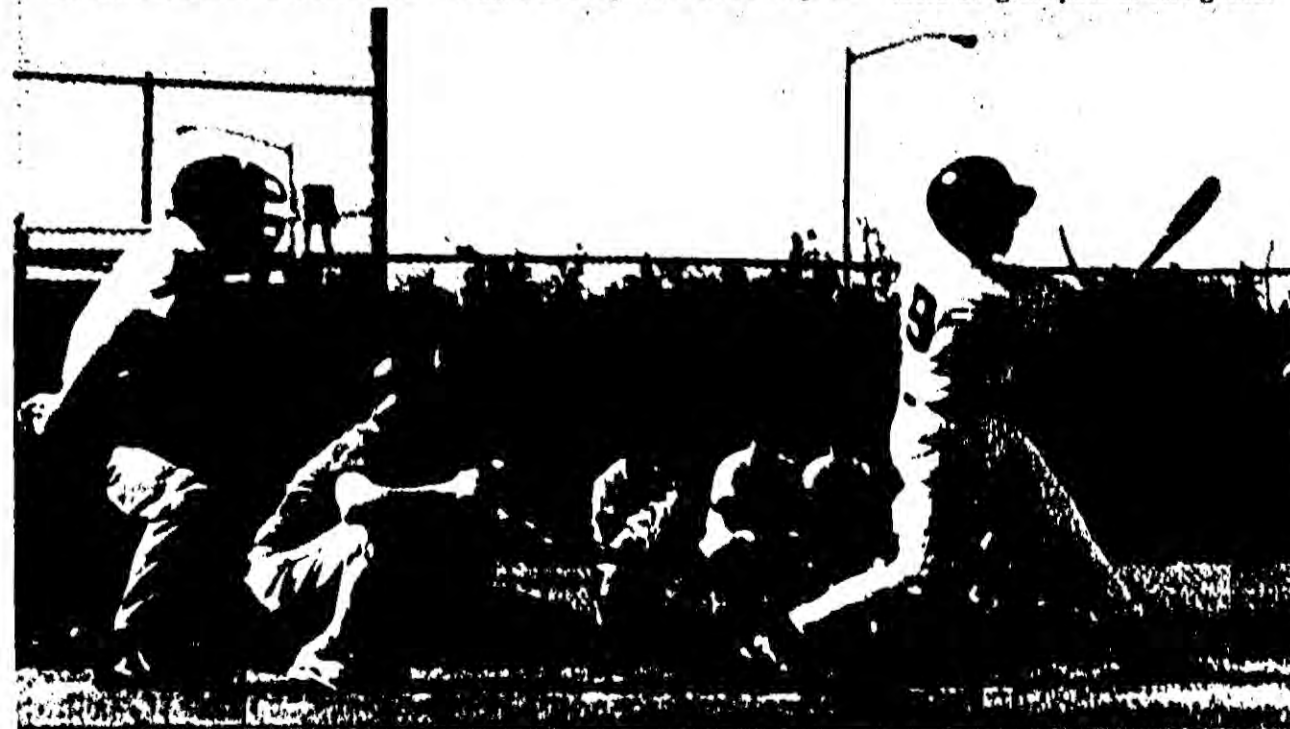
Mynarcik said, "Three days of our practice preparation was stymied after what coach Hudson calls 'an old fashion grudge match with no fouls being called.'"

"Weatherford is one of the best teams in the country, but we had a chance to beat them in the first meeting if we could have hit our free throws," coach Hudson said.

The Highlassies fall to 10-7 overall and 0-4 in conference. MCC will face Ranger Wednesday at 5:30 in Ranger.



JASON REASONER DIVES headfirst into third with a successful steal.



KEVIN BRUCE LAUNCHES his second homerun of the season, a two-run blast in a 4-0 win over Northlake.

Stage set for Cabaret

By GARY LASSETER

"Lights up-go!"
These dramatic words from Jerry MacLaughlin start the action at rehearsals for "Cabaret."

Walters welcome patrons to the Cabaret. Musical director Karen Albrecht provides a drum roll on her music stand and the Master of Ceremonies (Matt Miser) sings his seductive song of welcome and invites his audience to "Leave your troubles outside! In here, everything is beautiful."

Couples dance as the "Kit Kat Girls" are introduced. "Each and every one guaranteed to be a virgin!" declares the emcee. "But don't take my word for it," he adds with a grin.

The director gives detailed instructions regarding every detail of the upcoming MCC production. He assigns "things to striko" to the players. He tells one actor, "You carry this table off" and another, "you haul and change." The pace begins to pick up and there is a buzz of excitement as actors learn their parts in anticipation of opening night.

"Cabaret" opens for five nights starting next Tuesday. Box office hours are from 1 to 5 p.m. today through Friday, and will be open again Monday through March 1.

The box office will also be open one hour prior to each performance. The box office suggests that musical productions at MCC

often sell out early and patrons are advised to make reservations as early as possible.

The story is set in pre-war Nazi Germany. "Berlin at that time was in a party frenzy mode," MacLaughlin said. "There were night clubs everywhere." The fictional Kit Kat Klub is the setting for singing, dancing and comedy. Call 299-8200 for reservations.

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