

# Red Fox Flier



No. 46

November/December 2002

MECC's student publication

## Phi Theta Kappa Inducts 31 New Members

By Amanda Clark  
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On October 22, the Alpha Delta Psi chapter of Phi Theta Kappa honor society held its fall induction ceremony. In addition to the traditional ceremony, the participants also enjoyed a speech by Dr. Sue Cantrell, the director of the Lenowisco Health District. Cantrell's speech dealt with the society's Honors Study Topic, "Dimensions and Directions of Health: Choices in the Maze," which will span the next two years. The other special guest for the ceremony was Dr. Terrance Suarez, president of MECC, who received an Honorary Membership certificate.

Thirty-one new members were inducted into the honor society this semester. They include the following: **Shannon Dawn Baker, Pamela Kay Burke, Brandi LeShea Cole, Jody Kent Cussins, Kenneth Eugene Davenport, Sarah D. Dingus, Laura Lee Dougherty, Lynda Sue Garrett, Bobbie Jo Hall, Cindy Marie Harrison, Wesley Roche Hays, Jr., Tammy Nikkole Hensley, and Robin Dean Hood, Heather Honi Jordan, Vera Marie Mabe, Angel A. McGraw, Frances Orine Meade, Kimberly Mullins, Barbara Lee Phillips, Matthew Ray**

**Phillips, Tonya May Phillips, Shelly Jo Phillips-Dean, Rocky Carter Rose, Melissa Jan Seaver, Dale Anthony Shaffer, Sharon Lane Shuler, Wendy Gail Southard, Henry Garrett Stanley, Jessica Lynn Stapleton, Crystie Renee Staudinger, and Brett Aaron Trinkle.**

Congratulations to all of the new inductees! To be eligible for Phi Theta Kappa, students must have a cumulative 3.5 GPA or higher, have completed 12 semester hours, and be enrolled in a degree program.



Seated: Barbara Phillips, Pamela Burke, Brandi Cole, Crystie Staudinger, Kenneth Davenport, Tonya Phillips. Row 2: Shannon Baker, Lynda Garrett, Cindy Harrison, Wesley Hays, Jr., Vera Mabe, Heather Jordan, Wendy Southard, Sarah Dingus, Kimberly Mullins. Row 3: Jody Cussins, Matthew Phillips, Brett Trinkle, Frances Meade

Appreciating Diversity • Seeking Unity

# Mountain Empire



# From Your SGA President

As the Student Government Association President of Mountain Empire Community College, I once again would like to welcome Dr. Suarez as the fifth president of “OUR” college.

Dr. Suarez was not officially thanked for accepting the position of President until Friday, October 18th. I would like to thank you, Dr. Suarez, for accepting the invitation from both of the Boards of MECC and the Chancellor to serve as our President.

Dr. Suarez, during his inaugural address, endorsed the Pro-Arts Association. He extended his appreciation to the Pro-Arts Association and offered his assistance to the program. I know Dr. Suarez well enough to know that he doesn't make idle promises and he does them for a reason. The students of MECC and the community are entertained, inspired and culturally educated by the Pro-Arts programs. Once again, Dr. Suarez is proving he is not only strengthening partnerships with students, he is also strengthening partnerships with the community.

I remember my first experience as a student attending a Pro-Arts Association event. I was serving as SGA Vice-President at the time and Bonnie Elosser “requested” that each officer attend the event. (Does Bonnie make requests? Well, Doug isn't here to confirm that one!) I remember thinking to myself, “This is a Russian String Concert of some kind and I'm going to be bored to tears, but at the REQUEST of Bonnie, I'll attend.” I attended and have attended each program that I possibly can since that time. Bonnie did me a favor and I want to thank her.

I also attended a reading program by a great lady whose name I have forgotten, but she said something about her personal life that has stayed with me. This lady was African-American who admittedly grew up disliking white people and swore she would never befriend – one of “those” people. If I remember her quote correctly, she said “be careful what you wish you will NOT do in life because sometimes you end up doing it.” She has been happily married to one of “those” people for almost 25 years.

Since I've confused everyone thoroughly, I think I'll try to explain. I wished I didn't have to attend that first program, but I'm so glad I had someone push me into attending ONE of THOSE concerts, because I can't get enough of them now.

Thank you Dr. Suarez again and also thank you Pro-Arts. I can tell the best show is yet to come.....

Tony Russell

## Upcoming Pro-Art Performances

12:15 pm in the Goodloe Center

Tuesday, November 12

Barter Theatre's “Keep on the Sunny Side”

Thursday, November 21

The Virginia Opera's “Oh Freedom!”

## Student Workshops

- Nov. 6 **Problem Solving**
- Nov. 11 **American Flag** in Goodloe Center
- Nov. 20 **Goal Setting**
- Dec. 4 **Pay for College**

All workshops are held from 2-3 p.m. and from 5-6 p.m. in G214 unless otherwise noted.

The Red Fox Flier is a regular MECC student publication. Contributions to this publication should be delivered to R207.

### Student Writers

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## 2002-2003 SGA Officers

**Tony Russell** - President

**Chris Russell** - Vice President

**Lynda Garrett** - Vice President

**Tyrell Hardison** - Secretary

**Donnie Artrip** - Treasurer

*Look for more information on these officers in the January issue of the Red Fox Flier.*

# Campus Calendar

## November & December

**To be prepared for MECC's semester events, mark your calendars today!**

- November 4-22 MECC Service Weeks - check bulletin boards for details
- November 5 **ELECTION DAY** - Don't forget to vote!
- November 6 Workshop, **Problem Solving**, from 2-3 p.m. and from 5-6 p.m. in G214. Presenter is Sgt. Gary Calhoun, Virginia Army National Guard
- November 6 LENOWISCO's **Mobile Health Unit** will be parked behind Robb Hall from 9 a.m. to 3 p.m.
- November 11 **Veterans Day**
- November 11 Veterans Day celebration workshop, **American Flag**, from 2-3 p.m. and from 5-6 p.m. in the Goodloe Center. Presenter is Sgt. Gary Calhoun, Virginia Army National Guard
- November 12 Barter Theatre performs "**Keep on the Sunny Side**" at 12:15 p.m. in the Goodloe Center
- November 17-23 American Education Week
- November 20 Workshop, **Goal Setting**, from 2-3 p.m. and from 5-6 p.m. in G214. Presenter is Sgt. Gary Calhoun, Virginia Army National Guard
- November 21 The Virginia Opera performs "**Oh Freedom!**" at 12:15 p.m. in the Goodloe Center
- November 21 Great American Smokeout
- November 22 Student Services Workshop, **Occupational Trends**, at 2 p.m. in G152
- November 25 Last day to make up incomplete grades from spring and summer
- November 28-29 **HAPPY THANKSGIVING! COLLEGE CLOSED – NO DAY OR EVENING CLASSES**
- November 30 Hanukkah begins
- December 2-13 Early Registration for Spring Semester
- December 3 GAIN Holiday Celebration, 11 a.m.-1 p.m. in the Learning Place/GAIN area
- December 5 GAINing Excellence seminar, **Attitudes for Success**, at 12:15 p.m. in G220.
- December 4 Workshop, **Pay for College**, from 2-3 p.m. and from 5-6 p.m. in G214. Presenter is Sgt. Gary Calhoun, Virginia Army National Guard
- December 4 LENOWISCO's **Mobile Health Unit** will be parked behind Robb Hall from 9 a.m. to 3 p.m.
- December 5 SGA Christmas Social, 12:15-1:15 p.m. in the Goodloe Center
- December 13 **LAST DAY OF CLASSES**
- December 16-19 **FINAL EXAMS**
- December 19 Campus Blood Drive, 9:30 a.m.-2:30 p.m. Screenings in R121.
- December 22 First Day of Winter
- December 25 Christmas
- December 26 Kwanzaa begins
- January 1 New Year's Day
- January 6-8 Spring Semester registration/advising
- January 9 **SPRING SEMESTER CLASSES BEGIN**

WATCH FOR GAINing EXCELLENCE SEMINARS THROUGHOUT THE YEAR. Feel free to bring your lunch.

GAIN Exam Week Survival Skills

Information packets on test-taking, test anxiety, stress management, and more are set up on 2nd floor of Godwin.

# Live & Learn

By Amanda Clark  
earth\_angel\_19@excite.com

## “Age is Just a Number”

Every writer needs inspiration, whether it is obtained from nature, from people, or from other sources. One of my biggest sources of inspiration has been the people with whom I’ve come into contact. Two people who have been especially influential are Maxie Herron and Jennie McKinney, two older women with whom I volunteer at the hospital.

The best thing about working with older women is their wealth of wisdom about life. I have come to them numerous times with questions about relationships, education, and yes, even aging. For some reason, I’ve always dreaded getting old, perhaps because of all the misconceptions that exist about the process. Thanks to these ladies, though, I have learned a great deal about what is true—and untrue—about both aging and life.

For example, these spunky ladies have shown me that older people simply do NOT sit around the house all day (which was never something I believed, anyway). In addition to keeping their houses looking nice, these ladies also try to do some form of exercise. Maxie often walks for at least an hour; meanwhile, Jennie is quite an accomplished clogger, square dancer, and line dancer. This is pretty impressive for women who are considered, by governmental standards, to be “senior citizens”.

In addition, these ladies are active in the community. Between the two of them, they manage to volunteer at the hospital, attend church, and occasionally help at other functions as well.

My older friends have dispelled myths about education, also. I have often heard that learning is

a lifelong process, and now I know this statement is true. Although Jennie already has a master’s degree in education, she recently completed a couple of courses at MECC, while Maxie has obtained (among other things) certification to teach others how to play the piano. They also enjoy doing crosswords and word searches to keep their minds stimulated.

Finally, I have learned that no matter how tough a situation is, I can (and will) survive. I have heard them speak of their various obstacles and heartaches in life, and their strength is truly amazing.

Indeed, these two women have inspired me greatly, as have a host of instructors and friends too numerous to mention. So now, when people tell me that age means “the end of life as I know it,” I can smile and know that isn’t true, because I have many shining examples to prove otherwise.

Despite all this, though, I still dread getting old. I just don’t think I have the energy for it.

## “Intelligence” Test

1. Do they have a 4th of July in England?
2. How many birthdays does the average person have?
3. Some months have 31 days, how many have 28?
4. In baseball, how many outs are there in an inning?
5. Is it legal for a man in California to marry his widow’s sister?
6. Divide 30 by 1/2 and add 10. What is the answer?
7. There are 3 apples & you take away 2, how many do you have?
8. A farmer has 17 sheep, and all but 9 dies. How many are left?
9. How many animals of each sex did Moses take on the Ark?
10. How many two cent stamps are there in a dozen?

*Answers on Page 7*

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By Jessica Genco

[jgenco@me.vccs.edu](mailto:jgenco@me.vccs.edu)  
GAIN Program Counselor

# Ask a Counselor

Jessica Genco, Program Counselor for the Student Support GAIN program, writes this column to address issues related to current mental health, your questions and answers regarding mental health, and discussion of ways mental health impacts your academic success. The "Ask the Counselor" forum allows students to submit questions, with the questions and answers posted sans the identifying information.

Genco is a Licensed Professional Counselor in Virginia and a Nationally Certified Counselor. If you would like to submit a question, please email her at [jgenco@me.vccs.edu](mailto:jgenco@me.vccs.edu). Questions remain confidential. They may be used for a question and answer format, but with names omitted, of course.

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## What's Your Style?

Do you know your learning style? Do you know how your style of learning affects how you process and remember information? You probably took a learning styles inventory in STD 100. If you are not in that course now or would simply like to reassess what method of learning works best for you, take a look at the descriptions below to get an idea about how you prefer to learn.

### Active vs. Reflective

Active learners understand best by group work, doing something active as opposed to just sitting and taking notes, and learning by trying it out and seeing how it works. Reflective learners prefer to work alone, enjoy lectures by taking notes, to think quietly about a problem or concept.

### Sensing vs. Intuitive Learners

Sensing learners prefer facts, methodically solving problems, and patiently working with details, particularly hands-on exercises and work that require memorization. Intuitive learners prefer to learn about possibilities and how concepts are related, enjoy innovation and discovery, and detest repetition.

### Visual vs. Verbal Learners

Visual learners learn best by diagrams, pictures, flow charts, films, and presentations. Verbal learners prefer words—both spoken and written. They particularly enjoy traditional lecture formats.

### Sequential vs. Global Learners

Sequential learners understand best by going logically step-by-step. Global learners need to see the "big picture" before they "get it." Global learners can take in information in a random sequence and make sense of the pieces as they take shape in a larger picture.

It is important to remember that everyone HAS BOTH learning capabilities, but typically we prefer one over the other.

Felder, R.M. (1993). Reaching the second tier: Learning and teaching styles in college science education. *Journal of College Science Teaching*, 23(5), 286-290.

If you want to take this inventory online, go to the following address:

<http://www.2.ncsu.edu/unity/lockers/users/f/felder/public/ILSdir/styles.htm>

You will be asked to answer 44 questions and then submit them for immediate, online results.

*The most important attitude that can be formed is that of the desire to go on learning.*

John Dewey (1859-1952, philosopher and writer)

NOTE: When a question has not been submitted, the "Ask-A-Counselor" column will focus on a topic and present it in an information sharing format as seen here.

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Submit questions for "Ask A Counselor" to  
[jgenco@me.vccs.edu](mailto:jgenco@me.vccs.edu)



By Justin Mullins  
justy4life@hotmail.com

Ladies and gentleman! Readers of the world-class Red Fox Flier. I bring thee new updates for the November/December issue. Grab as many copies of the Flier as you can, but please do not form a mob, and please indulge your appetites in this month's movie updates.

On November 1st, **I Spy** premieres in theaters. The film is based on the popular T.V. series, which starred Bill Cosby and Robert Culp as spies. The new movie stars Eddie Murphy (Beverly Hills Cop, Shrek, Nutty Professor) and Owen Wilson (Zoolander, Meet the Parents). Alexander Scott (Wilson) seeks the help of boxing champion Kelly Robinson (Murphy), in this spy comedy.

On November 1st, **Santa Clause 2** slides into theaters. Returning for the sequel is the hilarious Tim Allen, in the role of Santa Clause. The plot revolves around Santa needing a Ms. Clause, and his quest for a bride.

On November 8th, **8 Mile** premieres in theaters. It stars rap superstar Eminem as Jimmy. The plot involves the epic rise of a "fictional" rap artist in the urban Detroit hood. Co-starring in the

film is Kim Basinger (LA Confidential, Batman) as Jimmy's trailer trash mother. The plot isn't suppose to be about Eminem's life, but I guess the fact that he is from Detroit, has a blond mother, HAD a blond girlfriend, baby girl, and he also raps is just a minor similarity.

On November 22nd, **Die Another Day** comes into theaters. The movie stars Pierce Brosnan as James Bond! Co-starring is Halle Berry (Monstersball, X-Men, Swordfish), John Cleese (Monty Python, Rat Race). It's the usual plot (someone makes James Bond mad), with the string of women by Bond's side, and the killing of many wrongdoers to save the world.

Due to my limit on space, I cannot ramble any longer! Pay homage to Justin the Movie-Caesar, Self-Proclaimed King of the World, and your very own personal Jedi Master!

## George C. Scott: From Wise County to the Silver Screen

By Shawn P. Williams  
fly\_guy127@hotmail.com

Although we live in the country, the mountainous region of Southwest Virginia, our region was the birthplace of one the most talented actors to ever grace the silver screen – Academy Award winner Mr. George C. Scott.

George C. Scott was born in Wise, VA on October 18, 1927,

but was raised in Detroit, MI. He served four years in the Marine Corps, and then attended the University of Missouri on the G.I Bill of Rights. There he began auditioning for varsity productions, including Shakespeare plays. In the 1950's, Scott began appearing on numerous television shows, including 'Playhouse'90, Kraft Theatre, and Omnibus.

Scott went on to star in several movies, including *Anatomy*

*of a Murder*, *The Hustler*, *Exorcist III*, *Malice*, and *Firestarter* with Drew Barrymore. In 1970, he won an Academy Award for his portrayal of U.S. general George S. Patton, Jr. in *Patton*. He also earned three other Academy Award nominations for his performances in *Anatomy of a Murder* (1959, with John Stewart), *The Hustler* (1961, with Paul Newman), and *The List of Adrian Messenger* (1963).

George C. Scott passed away on September 22, 1999. However, he remains a legend in the art of acting.



# Phi Theta Kappa to Sponsor Great American Smokeout



By Amanda Clark  
earth\_angel\_19@excite.com

Phi Theta Kappans have recently been busy offering their services to a number of people, events, and causes. Their most recent project is their sponsorship of the Great American Smokeout on campus. The Smokeout, which is on November 21, is part of an international service project for the American Cancer Society (or ACS).

The Great American Smokeout grew out of a 1971 event in Randolph, Mass. Alfred P. Mullaney asked people to give up cigarettes for one day and to instead give the money they would have spent on the cigarettes to a high school scholarship fund. Three years later, Lynn R. Smith, editor of *Monticello Times* in Minnesota, spearheaded the state's first "Don't Smoke Day." The California chapter of the ACS followed suit in 1976 by getting nearly one million smokers to quit for the day. This event marked the first Great American Smokeout, although the event did not go nationwide until 1977.

Although many Americans now understand the dangers associated with smoking, lung cancer still remains the number one cancer killer among both men and women. According to the American Cancer Society, approximately 47 million people in the U. S. smoke, and of these, over 169,000 will be diagnosed with cancer during this year alone. Of those diagnosed, an estimated 155,000 will die from the disease.

While these deaths are tragic, they are also preventable. The ACS and other organizations sponsor a host of events and services designated to help people stop smoking. The Great American Smokeout seems to be one of the most effective ACS services. During this event, smokers are asked to stop smoking for the day. They can do this by quitting "cold turkey", having a nonsmoking friend

accompany them and encourage them not to smoke (at least during that day), chewing on gum or candy, or perhaps through an innovative technique of their own.

This year, Phi Theta Kappa will join the fight against lung cancer by setting up an awareness booth on November 18-21. This booth will contain a number of tobacco and smoking related facts for smokers and nonsmokers and perhaps will provide candy or gum as well for the smokers who plan to join the Great American Smokeout (or for anyone else interested in the cause).

Phi Theta Kappa members encourage everyone on campus to join the cause. Together, we can help fight against cancer.

For more information on the Smokeout, contact me at the email address above, or contact Carolyn Helms (chelms@me.vccs.edu) or John Cotham (jcotham@me.vccs.edu).

*SOURCE: "American Cancer Society's Great American Smokeout—Celebrating 26 Years!"*  
<http://www.ptk.org/service/articles/gasback.htm>



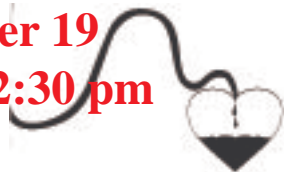
## "Intelligence" Test Answers:

1. Yes, it comes after July 3rd.
2. One, when's your birthday?
3. 12, all have at least 28 days.
4. Six, three for each team.
5. No; he would be dead.
6. 70; 30 divided by 1/2 (not in half) is 60.
7. Two; YOU took the 2 away.
8. Nine; read it carefully.
9. None; it was Noah.
10. 12; a dozen of anything is still 12.

## Campus Blood Drive

November 19

9:30 am - 2:30 pm



**Screenings will be conducted in R121.**

**The Norton Blood Bank will be set up in the parking lot behind Robb Hall.**

The MERiTS Respiratory Therapy Club will be sponsoring a campus blood drive. If you have donated blood in the past, please make plans to donate on this date (donors can give blood every 56 days).

If you have never given blood (first timer? hesitant?), log on to <http://www.bloodct.org/first.htm>. This site provides a user-friendly information

source about blood donation, including the most common questions, concerns, and misconceptions regarding blood donation.

Blood Donor Requirements:

- Be at least 18 years of age.
- Must have eaten breakfast.
- Must weigh at least 110 pounds.

You may NOT donate blood if you have had any of the following:

- A positive HIV test.
- History of hepatitis, cancer, or heart disease.
- Cold or flu in the past week.
- Antibiotics in the past week.
- Pregnancy ending in the last six weeks.
- Tattoos or body piercings within the last year.

For more information or to register to donate, see Roger Thompson in R106 or email [rthompson@me.vccs.edu](mailto:rthompson@me.vccs.edu).

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## Traveling with Shawn

### First Stop: San Francisco, CA

By Shawn P. Williams  
[fly\\_guy127@hotmail.com](mailto:fly_guy127@hotmail.com)

Hello and welcome to the first installment of my new monthly *Red Fox Flier* article, Traveling With Shawn, in which I will share with you my favorite locations I have visited in the past few years. I hope you find them fun and informational.

For this month's article, I have chosen one of my favorite cities along the west coast – San Francisco. I found San Francisco to be not only one the most beautiful cities in our country, but also rich with art and culture. I was fortunate to tour The Legion of Honor, one the city's exotic museums located in Lincoln Park, near 34<sup>th</sup> Avenue and Clement St. This museum is a must for anyone interested in Egyptian artifacts and the works of Leonardo Di Vinci.

San Francisco is also home to one of our countries most recognized and cherished landmarks – the Golden Gate Bridge. During my visit, I had the chance to walk across the structure, stopping along the way to view Alcatraz Island, the Oakland Bay Bridge, and San Francisco Skyline. Surrounding the bridge is the approximately 75,000 acre Golden Gate National Park, containing several miles of coastline. Here you can find some of the most interesting points of interest, including Fort Funston, Fort Mason,

Muir Woods National Monument, and Fort Point National Historic Site, all containing its own unique natural, historic, and military history.

After all of that touring, you will definitely be ready for dining. San Francisco contains many of the countries highest rated restaurants and gourmets. If you are a fan of seafood, the Fisherman's Wharf is definitely the place you should be. In this portion of town (the North end of San Francisco), you can find several restaurants containing exotic seafood dishes, including oysters, clams, and calamari. For those of you who happen to be partial to oriental food, the Chinatown area (located on the East end) offers several oriental restaurants, as well as oriental souvenir shops.

San Francisco also features some of my favorite nightclubs. My favorite Golden Gate nightclub would have to be The Cathedral, located on Folsom St. The club (built in the ruins of what used to be one of San Francisco's first Catholic Churches) is the center of night life in the city. With its gothic appearance and large crowds, it has been selected to appear in several films, including Paul Verhoven's *Basic Instinct*.

I hope you have enjoyed this article on one of our country's most beautiful, diverse, and cultural cities. If you are planning a vacation and enjoy fine dining, sight-seeing, historical legends, and night life, you should definitely consider San Francisco as your location!

Next Stop: Colorado Springs, CO.

# The GAIN Program

The Student Support GAIN Program is a federally funded TRIO Program serving students who meet eligibility requirements at Mountain Empire Community College. The best feature is that these services are FREE.

Students receiving assistance from the GAIN Program must meet at least one of the following eligibility requirements:

1. First generation college student (neither parent has a Bachelor's [four-year] degree.)
2. Low income as defined by federal income guidelines
3. A student with a learning or physical disability. Students with learning disabilities must provide documentation from a school or clinical psychologist verifying the specific disability. These are usually referred to as the IEP from the high school cumulative record. These may be requested from the high school the student attended.

#### Services Include:

- tutoring
- mentoring
- transfer assistance
- career counseling
- personal counseling
- cultural activities
- academic skills development (study skills, test-taking skills, etc.)
- informative seminars

The GAIN Program office is located in Godwin Hall, Room 216-D.

Being a tutor offers an opportunity to help others and make a difference. Tutoring can provide challenge in guiding another student to learn (teaching is the best teacher!) and a rewarding experience in helping someone reach a goal.

#### Qualifications to become a tutor:

- Minimum overall GPA of 3.0 (completion of 24 credits toward degree and academic strength in more than one academic discipline is desirable)
- A grade of B or better in the subject to be tutored
- Available to work 2 to 10 hours/week
- Faculty recommendations
- Excellent communication skills

#### Current GAIN tutors are:

Kathy Anderkin  
Susan Bolling  
Gloria Bryant  
Kenneth Davenport  
Tisha Dorton  
Vickie Gwinn  
Tiffany Hunter  
Leslie Ingle  
Jessica Lewis  
Kevin Lynch  
Vera Mabe  
Kimberly Marcum  
Daniel Monhollen  
Chris Muncy  
Merry Pease  
Tony Russell  
Anthony Russo  
Joyce Skidmore  
Pat Wegner  
Brian Williams



If you are interested in becoming a tutor, contact Martha Perkins, Academic Skills Coordinator, at [mperkins@me.vccs.edu](mailto:mperkins@me.vccs.edu) or at ext. 335.

For more information on GAIN tutoring services, visit Karen Roberson, GAIN Administrative Office Specialist, in G216 D.

# Wasting A Gift

By Justin Mullins

justy4life@hotmail.com

The creator of our species gave us the gift of all gifts. We were given the gift of life, and the chance to make our statement upon the books of history. Every person in this world of every race, sex, and origin has the gift. They have at least one quality that makes them young, vibrant, and worthy of the gift of life.

While we should realize what makes us special and unique, we don't. The society that we live in fails to help us accept our positive qualities. We are trained like toddlers on the ways of walking, talking, and how to clothe ourselves. In many ways we are like wooden rotting puppets, minus the strings.

We base our rare gift of life in a wasteful manner. Our thoughts are shaped and programmed to be the thoughts of previous intellect. The enforcers of the fabricated thoughts are the outlets of media, and the teachers of "knowledge." They tell us how to interpret literature, history, and everything that resides in our known world. Our enforcers of knowledge receive their knowledge from their teachers. The pattern then continues for hundreds to even thousands of years. Even our teachers don't have opinions at times. They have the opinions that were taught to them. In all fairness, not every enforcer of knowledge is the same. Some teachers have their own opinions to a certain extent, but its only in their areas of choice.

Though we should listen and try to understand their views and ideas, we should not forget how to have our own ideas and statements of the world.

For instance, we have attacked other countries. Our forefathers turned against their leaders, which was England. From the Spartans, the Romans, Germans, and even our own country. We have engaged in warlike tactics since the dawn of man. On September 11, 2001 a legion of so-called men ruthlessly attacked the United States of America. Their heinous actions were uncalled for. Our leader George W. Bush calls the attackers terrorists. We should realize that every country has engaged in terrorist like activities at some point in their history. Not that the events on 9-11 was acceptable. It most certainly was the worst tragedy in American history.

The point is that our generation has lost the art of thinking and having original ideas. We fail to see beyond what we are told to see. We are blessed with the technology, means, and freedom to be what we want to be. What are we doing about our gift called life? In my opinion we waste it! We fail to express our ideas in fear of being different. We love to stay in the precious threads that society strives on. It's not just my fear, it's all of our fears! We fear having our own opinions! We fear being ourselves!

What do "we" have to lose? Our pride? Confidence? In great respect to the tradition of life we should step up and make our era the new Renaissance. We have the gift of life, and the chance to make the United States of America the most philosophical and intellectual period of a LIFETIME!

*When people are free to do  
as they please, they usually  
imitate each other.*

Author unknown

*If I am like others,  
who will be like me?*

Yiddish Proverb



## CLASS SNOW SCHEDULE

If the college goes on a snow schedule,  
the following is the schedule for classes on those days:

### Monday/Wednesday/Friday

If your class meets:	Snow schedule is:
8:00 - 8:50 am	10:00 - 10:40 am
9:00 - 9:50 am	10:45 - 11:25 am
10:00 - 10:50 am	11:30 am - 12:10 pm
11:00 - 11:50 am	12:15 - 12:55 pm
12:00 - 12:50 pm	1:00 - 1:40 pm
1:00 - 1:50 pm	1:45 - 2:25 pm
2:00 - 2:50 pm	2:30 - 3:10 pm
3:00 - 3:50 pm	3:15 - 3:55 pm
4:00 - 4:50 pm	4 pm Resume normal schedule

### Tuesday/Thursday

If your class meets:	Snow schedule is:
8:00 - 9:15 am	10:00 - 11:00 am
9:25 - 10:40 am	11:05 am - 12:05 pm
10:50 am - 12:05 pm	12:10 - 1:10 pm
Activity Period	1:15 - 2:00 pm
1:25 - 2:40 pm	2:05 - 3:05 pm
2:50 - 4:05 pm	3:10 - 4:10 pm
4:15 - 5:30 pm	4:15 pm Resume normal schedule

## SCHEDULE ANNOUNCEMENTS

Although it is the intention of Mountain Empire Community College to remain open except during regularly scheduled holidays, there may be times when the College is forced to close or operate on a delayed schedule (snow schedule) due to inclement weather. Announcements of closings and snow schedules can be heard by calling 276-523-7495 or by tuning to the following radio and TV stations:

WAXM-FM -- Norton  
 WCYB-TV -- Bristol  
 WDIC-FM -- Clintwood  
 WDXC-FM -- Pound  
 WETS-FM -- Johnson City  
 WGAT-FM -- Gate City  
 WISE-FM -- Wise

WKPT-TV -- Kingsport  
 WNVA-FM -- Norton  
 WQUT-FM -- Johnson City  
 WSWV-FM -- Pennington Gap  
 WXBQ-FM -- Bristol  
 WVSG-FM -- Coeburn

There is an extensive process that is followed to determine any schedule changes due to inclement weather. Calls are made to the Sheriff's and VDOT Offices to get reports on road conditions. The National Weather Service and other local weather web sites are also monitored.

# Happy Thanksgiving

## College Closed November 28-29



## 2002 Fall Semester Exam Schedule

### 1ST EXAM DAY - Monday, December 16, 2002

	<b>If your class meets:</b>	<b>Your exam will be:</b>
Mon/Wed/Fri	8:00 - 8:50 am	8:00 - 10:30 am
Tues/Thur	10:50 am - 12:05 pm	10:45 am - 1:15 pm
Mon/Wed/Fri	12:00 - 12:50 pm	1:30 - 4:00 pm
Tues/Thur	2:50 - 4:05 pm	4:15 - 6:45 pm

### 2ND EXAM DAY - Tuesday, December 17, 2002

	<b>If your class meets:</b>	<b>Your exam will be:</b>
Tues/Thur	8:00 - 9:15 am	8:00 - 10:30 am
Mon/Wed/Fri	10:00 - 10:50 am	10:45 am - 1:15 pm
Tues/Thur	9:25 - 10:40 am	1:30 - 4:00 pm
Mon/Wed/Fri	2:00 - 2:50 pm	4:15 - 6:45 pm

### 3RD EXAM DAY - Wednesday, December 18, 2002

	<b>If your class meets:</b>	<b>Your exam will be:</b>
Mon/Wed/Fri	9:00 - 9:50 am	8:00 - 10:30 am
Tues/Thur	1:25 - 2:40 pm	10:45 am - 1:15 pm
Mon/Wed/Fri	11:00 - 11:50 am	1:30 - 4:00 pm
Mon/Wed/Fri	1:00 - 1:50 pm	4:15 - 6:45 pm

### 4TH EXAM DAY - Thursday, December 19, 2002

	<b>If your class meets:</b>	<b>Your exam will be:</b>
Mon/Wed/Fri	3:00 - 3:50 pm	8:00 - 10:30 am
Mon/Wed/Fri	4:00 - 4:50 pm	10:45 AM - 1:15 pm
Tues/Thur	4:15 - 5:30 pm	1:30 - 4:00 pm

## Spring 2003 Calendar

Registration/Advising	January 6-8
Classes Begin	January 9
Last day to add a course	January 22
In-Service Days - No day or night classes	February 13-14
Graduation Application Deadline	March 3
Spring Break	March 17-21
Last day to withdraw without penalty	March 24
Last day of classes	May 2
Final Exams	May 5-8
Graduation	May 9

## Holton/ Godwin Hall Renovations - PT Parking Lot

Renovations to Holton and Godwin Halls is expected to begin in January. At that time, all of Holton will be closed. It is anticipated the project will take approximately nine months.

Once completed, Holton will house the Bookstore, Student Services Offices, several student lounges, an outdoor patio, and dining areas.

The Phillips-Taylor parking lot construction is expected to begin shortly after the first of the year and will be completed in time for use by next fall.



## Preregister to reserve your space

Preregistration for Spring 2003 classes is December 2-13.

Students should preregister to ensure that their space is reserved in their first choice of classes. Class schedules will be mailed out around the end of November, and will also be available in the Admissions Office and on the College's web site.

Don't forget, your advisor must sign your registration form.

Spring semester classes begin Thursday, January 9.