

# Red Fox Flier



No. 49  
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MECC's student publication

## Campus Safety

Safety is a primary concern for MECC. In the past five years, thousands of dollars have been spent to increase lighting and place emergencies call boxes on the campus. The College has security on the campus, 24 hours a day, seven days a week.

While the nation was recently focused on the threat of international terrorists, harm can be much closer to home. On February 4<sup>th</sup>, a female student was attacked on the first floor of Godwin Hall. Her screams brought help and the MECC Security Guard was contacted.

The Wise County Sheriff's Office was contacted and two officers were dispatched to the campus. MECC's Security Guard went to each class in session to make inquiries about anyone

fitting the description of the man running from the incident.

The Wise County Sheriff's office has made an arrest of a male student and MECC is following disciplinary procedures outlined in the Catalog and Student Handbook. In light of this incident, Patti Cantrell, Vice President of Financial and Administrative Services, is reviewing with students and employees the perception of safety on the campus to ensure that the College is doing all it can to make the campus safe and people feel comfortable.

All higher education institutions publish campus crime statistics each year. In the past ten years, MECC has had one other physical assault on campus. That assault was the result of a domestic dispute.

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## Safety tips

Below are some tips and things you can do to help stay safe.

- When walking, take note of potential hiding spots and use caution as you approach them.
- Park in well lighted areas and remove valuables from sight.
- Stay alert to your surroundings.
- Be familiar with the location of emergency phones & how they are used.

MECC has seven emergency call boxes on the campus, primarily in each of the parking lots. Push the button and MECC Security is immediately contacted. There is an emergency phone located at the side entrance of Godwin Hall which also immediately contacts Security when you pick up the receiver.

Appreciating Diversity • Seeking Unity

# Mountain Empire



Community  
College

# Women's History Month

*Bulletin boards celebrating women's history are located at the entrance of DC and the downstairs lobby of Godwin.*

The Education Task force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration for 1978. March 8th, International Women's Day, was selected as the focal point to ensure that the events and celebration would include a multicultural perspective, recognize the connection between and among all women, and celebrate the important role of women in the paid labor force.

## The Week Becomes National

In 1979, Molly Murphy MacGregor, then the Director of the Sonoma County Commission on the Status of Women, was invited to a Women's History Institute at Sarah Lawrence College to discuss the importance of using Women's History Week as a focal celebration to recognize and celebrate women's historic accomplishments.

The conference was for leaders of women's and girl's organizations throughout the country. The participants decided unanimously to promote the idea of a Women's History Week within their own organizations, school districts, and states. They also agreed to work toward securing an official Congressional Resolution that would declare the week of March 8th as "National Women's History Week."

In March of 1980, President Jimmy Carter issued a Presidential Message to the American people, encouraging the recognition and celebration of women's historic accomplishments during the week of March 8th, Women's History Week. By the end of 1980, then Representative Barbara Mikulski (D-MD) and Senator Orrin Hatch (R-UT) had co-sponsored the first Joint Congressional Resolution that declared the week of March 8th in 1981 as National Women's History Week.

## The National Women's History Project

In 1980, the National Women's History Project (NWHF) was founded in Santa Rosa, California, as a nonprofit corporation by Maria Cuevas, Paula Hammett, Molly Murphy MacGregor, Bette Morgan, and Mary Ruthsdotter.

The goal was to provide a national clearing-

house for general information about women's history and for specific information about National Women's History Week celebrations. With the support and curriculum materials generated by the National Women's History Project, many state departments of education promoted programs for National Women's History Week as a means toward achieving a more balance curriculum. Maryland, Pennsylvania, New York, Alaska, and other states developed and distributed curriculum materials and program ideas to all their public schools.

Community-based women's organizations sponsored essay contests and other special programs in their local areas. Within a few years, thousands of schools and communities were celebrating National Women's History Week. These events were supported and encouraged by resolutions from governors, city councils, school boards, and the United States Congress.

## March is National Women's History Month

In 1987, at the request of women's organizations, museums, libraries, youth leaders, and educators throughout the country, the National Women's History Project successfully petitioned Congress to expand the national celebrations to the entire month of March. A National Women's History Month Resolution was quickly approved with strong bipartisan support in both the House and Senate. Since 1992, a Presidential Proclamation has carried the directive for what is now a major national and international celebration.

For more information, go to: <http://www.nwhp.org/whm/themes/history-of.html>



**National  
Women's  
History  
Project**

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

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# Campus Calendar

*March and April*

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

- March 4 GAINing Excellence Seminar, **Leading in the Workplace, Part I**, at 12:15 in G220. Presenter is Connie Rhoten
- March 6 ProArt presents **The Thuringer Salonquintett in *Sprintime in Vienna*** at 12:15 p.m. in the Goodloe Center
- March 10 Student Services Workshop, **Personal Style and Career Choice**, at 3 p.m. in G152
- March 11 GAINing Excellence Seminar, **Leading in the Workplace, Part II**, at 12:15 in G220. Presenter is Connie Rhoten
- March 16 St. Patrick's Day
- March 17-21 SPRING BREAK
- March 24 Last day to withdraw without penalty, change from credit to audit
- March 25 ProArt presents **Claudia Stevens in *In The Puppeteer's Wake*** at 7:30 p.m. in the Goodloe Center
- March 25 GAINing Excellence Seminar, **Teamwork: Skills for Life and Work, Part I**, at 12:15 in G220. Presenter is Connie Rhoten
- March 27 ProArt presents **Violinists Marc Ramirez and Olivia Hajioff in Duo Concert** at 12:15 p.m. in the Goodloe Center
- April 1 John Fox, Jr. Festival, 10:00 am, Fugate Auditorium (Dalton-Cantrell Hall)
- April 3 ProArt presents **Mary Kathleen Ernst, Pianist in American Women Composers: Their Lives and Contributions** at 12:15 p.m. in the Goodloe Center
- April 6 Daylight Savings Time begins
- April 8 GAINing Excellence Seminar, **Teamwork: Skills for Life and Work, Part II**, at 12:15 in G220. Presenter is Connie Rhoten
- April 8-10 Spring Fling, 12:15-1:15
- April 11 Last day to make-up incomplete grades for Fall
- April 21-May 2 Early Registration for Summer and Fall Semesters
- April 30 GAIN Luncheon

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

**Spring Fling**  
**April 8-10**

**Spring Break**  
**March 17-21**

# Live & Learn

By Amanda Clark  
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## “All I Need to Know I Learned at Wal-Mart”

The lights shine brightly as you slowly advance toward your destination. After a bit more drifting, you have finally succeeded. You step out of your car and gaze in wonder at . . . Wal-Mart, the center of shopping and (some believe) capitalism. Regardless of your opinion, a visit to Wal-Mart CAN be educational. Feeling skeptical? Read on.

One of the most perilous parts of your Wal-Mart experience lies in your attempt to find an available parking space. At this point, you learn to interact with numerous types of people. These can include *Creeping Cal*, the driver who travels about one-half a mile per hour down the lanes; and *Holly Honks-A-Lot*, who, as her name suggests, seems to use and abuse this vital piece of car equipment. Sometimes the purpose is to convey her impatience

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with other drivers (*Creeping Cal*, for instance), while at other times she may simply be greeting everyone she sees in the parking lot.

Of course, let's not forget *Greta Gets-Your-Space* and *Mitchell Mows-You-Down*. Greta's claim to fame is her sneaky maneuvering to snatch your intended parking place, sometimes while you're signaling to get in there. Mitchell, in his haste to either leave or enter a parking lane, carelessly knocks about everyone in his path—including other motorists and the hapless pedestrians attempting to cross the street.

If you can manage to get past these four characters and enter the store, you will eventually learn a second lesson: Just because something looks appealing, does not mean it really is. This holds true for life as well as merchandise. (I recall, in particular, a heinous flowered dress. . . but that's another story.) The bottom line is: Tread carefully and use good judgment.

Finally, remember that misdeeds will eventually be unveiled (in most cases). In stores, security cameras and metal detectors monitor the activity of shoppers. Similarly, some people believe the conscience gauges the propriety (or lack thereof) of one's actions.

You may not agree with my analogy, but I hope I have at least given you something to ponder. Now, I'm off to Wal-Mart to pick up a few items. I just hope I can find a parking place.

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## Breast Cancer Stamps

As you may be aware, the US Postal Service again released its "Fund the Fight. Find the Cure." stamp to help fund breast cancer research. The stamp was designed by Ethel Kessler of Bethesda, Maryland. It is important that we take a stand against this disease that kills and maims so many of our mothers, sisters, friends. Instead of the normal \$.37 for a stamp, this one costs \$.45. The additional \$.08 will go to breast cancer research. Usually a book of stamps cost \$7.40; this one is \$9.00.

If all stamps are sold, it will raise an additional

\$35,000,000 for this vital research. Just as important as the money is our support. What a statement it would make that we care.

Many of us know women and their families whose lives are turned upside-down by breast cancer. It takes so little to do so much in this drive. We can all afford the \$ 1.60.



# Ask a Counselor

By Jessica Genco

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

## *Should I withdraw from a course? Should I stick with it?*

*I am really struggling with one particular class. I feel like I have tried everything but I am not passing. Should I consider withdrawing from the course? Does it look bad to have a "W" on a college transcript?*

There are a few things to consider in your decision-making process.

1) Have you discussed your concerns with your advisor? Advisors are a great resource. If you do not know who your advisor is, check with Student Services.

2) Have you discussed your concerns with your instructor? He/she is your best resource in terms of your performance in a class. Find out if your instructor thinks you can bring your grade up to a passing grade by the March 24 withdrawal deadline. Make an appointment to speak with your instructor — communication is essential.

3) Is the time and energy you are investing in the one course compromising the quality of your work in other courses? Do you feel it is affecting grades in other courses?

4) Have you considered getting a tutor? The GAIN Program offers free tutoring and academic skills assistance (study skills, test-taking skills, etc.) to students who meet eligibility requirements.

After reflecting on the above questions and suggestions, if you still feel there is no way to have a passing grade, keep the March 24 withdrawal date in mind. **March 24 is the last day to withdraw from a course with a grade of "W" and without academic penalty. There is no tuition refund for withdrawals.**

There is nothing wrong or negative associated with an *occasional* "W" on your college transcript. It is not an indicator of failure or lack of determination. Sometimes it is actually a sign of good insight and self-assessment. Being able to step

back and question whether or not to go ahead with a particular class at a particular time requires honesty with yourself. A "W" also does not affect your GPA. Grades of "D" or "F" are non-transferable, do not count towards completion of some programs, and remain on your transcript even if you re-take the course. Consider the long-range effects on your GPA.

### **Will it affect my financial aid?**

Here is the scoop on what happens if you do withdraw. If a student fails to complete classes due to grades of "W", "U", "R", or "F" financial aid may be suspended until the student appeals with extenuating circumstances. An *occasional* withdrawal from a class has no impact on future financial aid. Keep in mind that if there are a total of more than four "W" grades (as well as "U", "R", or "F") within one academic year, then aid is suspended until the student appeals. **Always check with financial aid for a definitive answer.**

### **What happens after the March 24 deadline?**

A document called *Withdrawal Due to Extenuating Circumstances* must be completed (these are available in the academic division offices and enrollment services). It involves a written explanation of the circumstances of the withdrawal and approval of the Director of Enrollment Services, Mr. Perry Carroll.

### **Can I re-take the course?**

Yes, you can enroll a second time; however, a third attempt requires approval from Enrollment Services.

*Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life. Remember that fear always lurks behind perfectionism. Confronting your fears and allowing yourself the right to be human can, paradoxically, make yourself a happier and more productive person.—Dr. David M. Burns*

# The Campus Corner

## Water Into Cash

By Sarah Jane Gilliam  
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In recent months it has been brought to the attention of the media and the general public that one theory for the reason the United States wanting to declare war on Iraq is to take control of the country's rich oil fields. This is of course silly, because we obviously don't live in a country run by a bunch of Republicans who don't know what they're talking about and would never declare war for profit. But for fun, why don't we ponder it anyway?!!

Picture it! A seemingly barren landscape devoid of all resources, but wait! It is a land rich and fruitful and just waiting for its wealth to be claimed. No folks, we're not vacationing in the beautiful oil fields of the Arabian desert. We are sitting on a mountain top in France. Yes, that's right, France. France? Why France? Oh sure, Iraq has all that oil stuff, but let's face it folks, gas is only up to a buck and 59 cents a gallon. And yeah, I know, it might make it up to two bucks a gallon by summer, but come on folks. There's no money in oil. Not when you can sell perfectly good water for \$21.19 a gallon! Has anyone checked the price tag on their bottle of Evian lately? 9 oz for \$1.49. That's \$21.19 a gallon! Forget waging war on Iraq! We need to take over France!

Taking over France as opposed to Iraq would save a lot of effort here! First of all, the rest of Europe wouldn't object because they don't like them anyway. So the UN should be a piece of cake! Secondly, what's up with eating snails? And thirdly, does anyone even know what Evian means? I think not. Think about it. Aside from eating frog legs, the French are onto something here. Sell mountain water (that is probably just as good as the water that runs down in a stream from the mountain behind my house) that is essential to the very existence of millions and millions of rich, spoiled, American brats for an absurdly ridiculous price because it's imported. We should have thought of this a LONG time ago. Anyway, the French dislike us more than the Iraqi people do! What have we done about that? Nothing! Other than give them Jerry Lewis and Mickey Rourke. But I don't think that counts. So we must act now!

If we're smart, our first plan of action will not be to strike immediately, but to invent a car that runs solely on Evian water. Next, we need to find weapons of mass destruction in France. Maybe we can come up with some kind of poison in snails. Then we can proceed to overpower the regime of the leader

of France. Do you know his name? Me either, so it won't matter when it shows up in the news. Saddam Hussein will have nothing to worry about! Once we have overthrown his power, we can reinstate the government of France, outlaw amphibian eating, and take control of their rich, rich, mountain water. Then we can manufacture these Evian cars that run on Evian water and the price per gallon will triple!! America will rule! And we can still sell it by the bottle! It's brilliant!

But we must act now before it's too late! Anyday now, rich children around the world could stop buying expensive water and then how will we pay off the national debt? We must hurry up before France runs out of water! Quickly kids, write your local senators and congressmen or even the president himself! It's France we want not Iraq! We must turn the water into cash! Le commerce en vie long!



# Entertainment or Garbage?

By Chris Russell  
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Reality TV, is it entertainment or garbage? The TV world has been consumed with the so-called reality TV shows. But how much of this reality is 'reality'? The first channel to actual do a reality show was MTV. The music network created Real World which was about a diverse group of twenty-somethings living together in a house. They lived with cameras who caught their fights, their gossip and their bickering. But MTV did not let us down from that. They returned with *Road Rules* which was the same thing and the only difference was putting the kids on an RV. How creative! But reality TV had not seen anything until *Survivor*. *Survivor* is a show where two groups of people are left in an abandoned area, such as an island, and must compete with one another to stay till the end. Whoever accomplishes this feat of being the only person left would be awarded \$1 million. So when watching the show, you see people dirty and nasty complaining about everything. 'Hello, you wanted to be on the show!' After *Survivor* every network began to create a reality show. So now everytime I turn on the TV I'm tuning in to watch someone else's life. But *Survivor* was only the start, then came *The Bachelor*, *The Bachelorette*, *Joe Millionaire*, and many to follow. When will this garbage stop! I would only watch one of these shows to see how ignorant the people act on them. I wonder if any of these people actually stop to think sometimes and say, "I wonder if I look stupid?" DUH!! But this is just the start of it. There is a NEW show coming out that is called *Married in America*. A show where the American viewers vote on who should be married. Now how dumb is that? I mean I have heard of marrying someone you wished you never met, but now you don't even get to choose who you want! But the reality does not stop there! Now CBS wants to create a real reality show called *The Real Beverly Hillbillies*. They want to take a family from the rural south, or as they call it "backwoods," and move them to Beverly Hills. This show's whole purpose is to stereotype people from

the South. They want to put some uneducated people on TV and say, "hey look at them dumb rednecks." Then that will be how everyone in the world will look at the people from our area. They are many petitions going around about canceling this show. I for one would sign it in a heartbeat. I mean what does CBS expect? A person from the South will see a computer and run? Wonder how a box can wash your dishes? How you get TV without an antenna? Or even better than that, wear shoes! How horrible is that? As for one being from the South, I think I'm more updated on living as well a life as just about anyone else. If I were put on the show, the only thing different about me and the regular people who live in Beverly Hills is that I would actually do work. I mean I would drive my own car, wash my own dishes, and make my own bed. OH! Now I get the purpose of the show. It takes hardworking Southern people and puts them in a mansion to be lazy and disrespectful. That's really creative now; I almost did not get the point of it.

You can email CBS at [leslie.moonves@tvc.cbs.com](mailto:leslie.moonves@tvc.cbs.com) and ask that this show not be aired.

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## Did You Know?

### How is the date for Easter determined each year?

The basic formula is: the first Sunday after the first full moon after the vernal equinox (March 20, the first day of spring). This year, the holiday falls on April 20. (It can occur any time between March 22 and April 25.)

### How did the name Oscar (Academy Award) originate?

An Academy librarian and eventual executive director, Margaret Herrick, thought the statuette resembled her Uncle Oscar and said so. As a result, the Academy staff began referring to it as "Oscar. By the sixth Awards Presentation in 1934, Hollywood columnist Sidney Skolsky used the name in his column in reference to Katharine Hepburn's first Best Actress win. The Academy itself didn't use the nickname officially until 1939. It had been referred by industry insiders and members of the press as "the Academy statuette," "the golden trophy" or "the statue of merit."

# It's in Your Blood: How Blood Type Can Affect Food Choices

By Amanda Clark  
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Every day, people must make choices about what they will eat. Some choose to eat unhealthy foods, while others prefer a healthier repertoire, often relying on the Food Guide Pyramid for help. However, the Food Guide Pyramid is not the only blueprint for healthy eating. Recent studies have shown that a person's blood type can also affect his or her food choices.

Dr. Doris L. Young is a firm believer in this concept. In a lecture titled, "Conquering Stress to Maximize Life," Young explained how a person's blood type not only affects the kinds of foods they should eat but can also reveal certain personality traits as well. For example, people with Type O blood are said to be focused, driven, and have a sense of self-preservation. Meanwhile, Type As are characterized as cooperative, Type Bs flexible and creative, and Type ABs diplomatic and sensitive.

Of course, these personality traits do not apply to every person of a blood type. Some individuals may believe they possess a combination of these traits instead of only the ones specified for their blood type.

However, a firmer aspect of the study is the blood type-food choice correlation. Recent research indicates that Type O's function better when they eat a diet high in proteins (such as meats) and low in carbohydrates (such as wheat and other grains); in contrast, Type A's are often referred to

as "nature's vegetarians," requiring a diet high in carbohydrates and low in proteins. Type B's, which make up 9% of the U.S. population, tend to have the most varied diet, which includes dairy foods and meat (but no chicken). Type AB's, which includes 2% to 5% of people, should eat tofu, seafood, dairy, green vegetables, kelp, and pineapple.

In regard to beverages, club soda and seltzer water (no dairy or coffee!) are recommended for Type O's, and Type A's can drink soy milk, coffee, or green tea. For B's, milk, juices, or water are permitted, while coffee and green tea are ideal for AB's.

Of course, exercise is also a must for an individual to remain healthy. Type O's are urged to engage in vigorous aerobic exercise, A's in more gentle exercise such as yoga or golf, B's in moderate exercise such as swimming or walking, and AB's in calming exercises and relaxation techniques. Again, the aforementioned suggestions may not fit with the needs of every person.

However, this study has not been completely accepted as fact. A great deal of research still must be done to prove the hypothesis completely. Nonetheless, for people who are thinking of changing their diets, the theory might be worth a try.

*For more information on Doris Young or natural health, log onto <http://www.naturalhealthresources.com>.*

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## Brain Freeze

What causes an ice cream headache? You know, that painful feeling you get near your forehead when you drink something ice-cold a little too fast. An ice cream headache is triggered by a sudden change in temperature that occurs in your mouth when you eat something cold.

For example, on a hot day when you eat a snow cone, the cold crushed ice that touches the top of your mouth initiates a nerve reaction that swells

blood vessels in your head. The nerve center on the roof of your mouth overreacts to the cold temperature of the snow cone and tries to heat your brain. This swelling of blood vessels is what causes an ice cream headache, or what is more commonly known as "brain freeze" or "frozen brain syndrome." Luckily the stabbing pain in your head usually lasts only for about 30-60 seconds. The best way to avoid getting an ice cream headache is keep the chilled foods or beverages you eat on the side of your mouth, away from the roof of your mouth.

# The Poet's Touch

By Chris Russell  
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*"A Poet's Touch" is a column for and by MECC students who send a poem in to be published in the Red Fox Flier. The poems have to be original unpublished work by a MECC student.*

If you want your poem in the Red Fox Flier send your original and unpublished poem to Chris Russell at crackur@hotmail.com



**Glass Rain**  
By EMW 12/2001

Pains that won't go away...glass diamonds falling to my feet, slipping inside my foot, deep cutting so sharp. Falling my way through a hall of broken dreams and shattered hearts, lying face down in a puddle of misery and despair..the same glass pieces sliding deep into my heart, pushing through to the other side. Sweetly singing a voice sayin get up and go on...ignoring it, yelling, cursing...F\*\*\* love. Black and red are the colors that are worn by those who hate love..who have never known what it is to be loved for forever...Red for the blood that the heart pumps out for no reason at all and black for the pure hatred in the souls of the dejected. Why are some so hated by God and his angels that they are led into sweet paths of love and then dropped off a cliff onto the sharp rocks and salty sea below? Every time I say "I love you" it seems that's the end all for the entire relationship...you find out I'm in love you leave me. I wish that somehow I could find my way back to the world of the blessed...but I just don't care anymore...I never will....

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## Obstacles High and Low

By Kenneth Davenport  
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The physically challenged encounter many "barriers" in their everyday life. People don't see a door threshold with a height of 1/2 of an inch a problem. They just step over it, not knowing the threshold would turn over a person in a wheelchair unless the person holds the door jam as they go through. This height is permissible by Public Law 101-336, The Americans with Disabilities Act (ADA), in section 4.13.8 of the codes.

The average person doesn't worry about a sidewalk having a steep grade, so walking up it is natural. A physically challenged person may not be able

to use the walk because of the grade being too steep. The proper grade is supposed to be one inch of height per one foot of transverse. In other words, it means a ramp or walkway is to increase in height only one inch per one foot of lateral distance. Most sidewalks, walkways, and ramps are not built according to the standards of code number 4.8.2 of the ADA laws, although these principles were passed and put into effect in July of 1992.

There are many interior doors extremely difficult for the disabled to open. They exceed the five-pound limit restriction as set by section 4.13.11 of the ADA codes. There are many other problems "wheelers," the term some people using wheelchairs like to be referred by, face each day. Next time you have to step over a curb or a pothole in a parking lot, don't forget to thank the Lord that you are able to do so. Please bring obstacles you encounter to the attention of the business, city, county, or state so that these barriers may be eliminated.

## Teasley and Carico assist welding contest

MECC welding students Tess Teasley and John Carico helped coordinate the actual hands-on part of the regional Skills USA VICA welding contest held February 13 at MECC.

Contestants from Buchanan County Technology and Career Center, Dickenson County Career Center, Russell County Career and Technology Center and Wise County Vocational-Technical Center participated in the event.

“A very impressive group of young people competed in this year's contest. They represented their schools with politeness, respect for the equipment and one another, and a degree of proficiency that speaks well for the high school vocational welding programs in this area,” said MECC Welding Instructor Paul Gilley.

## Makeup of classwork for missed days

Vice President of Academic and Student Services Conley Winebarger and his staff have come up with some options for makeup of missed course material this semester due to inclement weather. Listed below are the options believed to be appropriate and provide the greatest flexibility for both faculty and students.

Options: Faculty should make up missed course material utilizing any/all of the following options as appropriate and in consultation with students:

1. Provide additional outside assignments and accelerate class sessions.
2. For evening classes, extend class session time.
3. Schedule class meetings during Spring Break.

Information about classes will be provided by the instructors.

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## Freedom of Access to Talk Too Much

By Chris Russell

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Have you ever wondered why we allow so much access to reporters? I mean for instance take the US-IRAQ situation. I was watching the news the other day, and I saw a map of where US ground troops were hiding. I started thinking why are we showing this? Why even hide if you're going to allow reporters to know and tell where you are? I mean do you not think that Iraqi Intelligences are smart enough to turn on CNN? All an adversarial country has to do is watch our news and they can find out everything they need to know about us. Is that not how we got attacked in the first place? It is like saying, “hey we are vulnerable here now hit us!” With so many Terrorist Alerts nowadays we even give out certain areas that would be easy to attack and how to do it. They even tell us that there is no way to stop it. Oh great, thanks for telling the world that they all kill us easily! If we tell people

how to do things, why don't we just do it ourselves and save the trouble of waiting for it to happen by surprise, but now that would not be right, right? It all comes down to ignorance on the account of the government giving out way too much information and the reporters by just wanting to get "that big story." I think it's time we stop and think about what we say before we say it. We publicize our lives way too much and more than any other country in the world. All we do by giving too much information access to reporters is that we endanger our safety. We give out way too much information about things we really do not need to know, but even more, that other people should not know! I believe in freedom of speech to the upmost fullest. I mean I am a writer/reporter myself, but I would not do anything to endanger the safety and wellness of others or myself. But war or terrorism is like a football game, and TV, as well as newspapers, is our playbook. How do you feel about your odds of winning now?

# Lee Shares Coping Skills for New Situations

By Amanda Clark  
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The philosopher Heraclitus once said, "Nothing endures but change." Throughout the course of life, individuals must face numerous new situations. Students transfer to new colleges, workers switch jobs or locations, and families move their possessions and start anew for a menagerie of reasons. Although changes can be difficult to face and to endure, there are a few basic tips to help ease the transition. MECC Institutional Researcher Kevin Lee recently shared a few ways he coped with moving to a new area.

"You have to have a 'game plan'," revealed Lee, who transferred from South Carolina to accept a position at MECC. "Factor in the costs of a place to live and of other things you will need. Don't be overly optimistic," he cautioned.

Although the move to Virginia was Lee's third location change, he maintains that "getting settled" and "not knowing anybody" are the hardest aspects of moving. However, he stated that attending church helped to ease his transition, and he encouraged others to find their own activities of

interest. "You'll meet people with similar interests, which will help you as you face new ideas and philosophies. It will help keep you grounded," Lee remarked.



Kevin Lee

Unfortunately, relocation proves to be more painful for some people than for others. For some, even the notion of a drastic change is uncomfortable and terrifying. Nonetheless, Lee urged, "Don't be afraid to relocate. If you're timid about a situation, you're less likely to succeed. Ultimately, though, you and your family must make the best decision you can."

Indeed, both the present and the future teem with choices to be made. The consequences can be either positive or negative, but regardless of outcome, the individual must simply face the situation and cope to the best of his or her ability. And while change does endure, so does the fierce determination of the human spirit.

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## VATNP Rho Nu Nursing Club Spring Giveaway

### Grand Prize:

\*\*\*\*\*QUILT\*\*\*\*\*

**Handmade, Handstitched  
Queen Size (86 by 88 inches)**

**Tickets: \$1.00 donation  
Drawing to be held April 15, 2003**

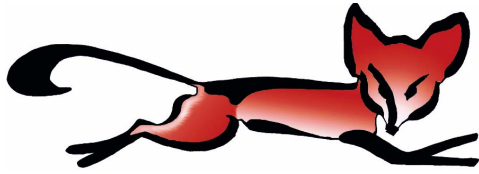
**Quilt Donated by:  
Lois Garrison of Big Stone Gap**

To purchase tickets see any RN nursing student or come to Robb Hall Office 109 where the quilt will be on display.



Pictured (l to r): Beth Stallard, Club Treasurer; Tara Stanley, nursing student; Wendy Southard, Club Vice-president; Cathy Gillenwater, Club Secretary.

# John Fox, Jr. Festival



The MECC Foundation is proud to announce plans for the 27th Annual John Fox, Jr. Festival. This year's event will be held on Tuesday, April 1, at 10 a.m. in the Fugate Auditorium in Dalton-Cantrell Hall. The featured authors include Dr. Loyal Jones and Kathy L. May.

Dr. Loyal Jones was the first director of the Berea College Appalachian Center. Under his leadership, Berea College created the College Sound Archive, as well as offered summer seminars in regional history and culture and an annual celebration of traditional music. He has a number of books on Appalachian humor and values. He is an excellent speaker and currently lives in Berea, KY.

Kathy L. May is a children's author whose most recent picture book, *Molasses Man*, describes how a farm family works together to make sorghum molasses. She will talk about how making molasses parallels writing—a new metaphor that illuminates the process for beginners as well as experienced writers. Ms. May is a native of eastern Kentucky who currently lives in Charlottesville.

The winners of this year's Lonesome Pine Short Story Contest will be announced during the festival. For more information, contact the MECC Foundation Office.

## Where in the United States and its territories, is Daylight Saving Time not observed?

Daylight Saving Time, for the U.S. and its territories, is not observed in Hawaii, American Samoa, Guam, Puerto Rico, the Virgin Islands, the Eastern Time Zone portion of the State of Indiana, and the state of Arizona (not the Navajo Indian Reservation). Navajo Nation participates in Daylight Savings Time due to its large size and location in three states.

## Water scholarships at MECC

The Virginia Health Department has made funds available for water scholarships to be used for the prestigious water program at MECC.

This program, containing over 7,000 pages, may be accessed free at <http://water.me.vccs.edu>.

The scholarship is available for Virginia residents only.

For more information, contact Jay Blevins or Richard Phillips in the Industrial Technologies Division in Dalton-Cantrell Hall.

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## April Fool's Day

Do you wonder about the history of April Fool's Day, or All Fool's Day? Some believe it evolved simultaneously in several cultures, from celebrations involving the first day of spring.

The closest point in time that can be identified as the beginning of this tradition was in 1582 in France. Prior to that year, the new year was celebrated for eight days, beginning on March 25 and culminating on April 1st. With the reform of the calendar under Charles IX, the Gregorian Calendar was introduced, and New Year's Day was moved to January 1st.

Some people had not heard about or didn't believe the change in date, so they continued to celebrate New Year's Day on April first. These backward folk were labeled as "fools" by the others and were subject to ridicule, and were sent on "fools errands" or were made the butt of practical jokes and called "April Fools". The harassment evolved, over time, into a tradition of prank-playing on the first day of April.

The tradition spread to England and Scotland in the Eighteenth century and later introduced to the American colonies by both the English and French. April Fool's Day developed into an international fun fest with different nationalities specializing in their own brand of humor at the expense of their friends and families.