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## Caleidoscope 11/11/1988

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# CCCC's *Caleidoscope*

November 11, 1988

No. 102

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## FROM THE PRESIDENT'S DESK:

Board Meeting Tuesday, November 15, 7pm at Central Campus.

## THIS WEEK ON CAMPUS:

Nov. 16      Lunch served by Grandy's - Central Campus  
Nov. 19      Classes end, second 6 week mini session

## ANNOUNCEMENTS:

This week on CCCC's "Caleidoscope": *"Rape Awareness"*

Guests:      Carol Finch, Director - Collin County Rape Crisis Center  
                 Sgt. Stephen Nagy, Plano Police

Moderator: Mary Rabaut

Air Time:    Channel 35, Plano Telecable  
                 Monday, November 14, 5pm  
                 Friday, November 18, 7:30pm

\*\*\*\*

REMINDER: Payroll Time Sheet Cut-Off and Due Date is Monday, November 14.

\*\*\*\*

CCCC now has a mascot/name: THE COLLIN COUNTY COMMUNITY COLLEGE EXPRESS.  
Congratulations to Eric Gruver, sophomore, who submitted the winning entry in  
the mascot contest. Sixty-two different suggestions were submitted.

\*\*\*\*

## AN ELEEMOSYNARY DISTRICT!!!

SHARING IS CARING - if you know of any families in need of our support to ensure them a happy holiday, please let us know as soon as possible. Sharing and caring are really the ingredients that make the holiday season so wonderful. Call Judy LaGrone, ext. 6600, Deanna Wilson, ext. 5800, or Wayne Rush, ext. 6691.

\*\*\*\*

The next meeting of the CCCC-POPPIES will be November 15, 5:30pm at Steak Kountry in McKinney. Belinda Newman, Coordinator of the Future Shop, will be the speaker. Please call Deanna Wilson, ext. 5802, or Marilyn Schmittou, ext. 5770, if you are interested in becoming a member, wish to renew your membership, or have any questions about the upcoming meeting. CCCC-POPPIES is affiliated with the Texas Educational Secretaries Association.

\*\*\*\*

MISSING - The 100-cup coffee pot. If you know the whereabouts of this pot or think you were the last person to see it, please call Judy LaGrone, ext. 6600. A very small reward will be considered.

\*\*\*\*

Pull out your dancing shoes and come to CCCC's first college dance Saturday, November 12. The dance will be in the central atrium of SCC from 8:30pm to 12:20am. Bring a guest or 2 or 3 - IT'S FREE! Sponsored by the Student Activity Dance Committee.

#### STAFF NEWS:

JUANITA AUSTIN recently attended the Texas Association of Developmental Educators Conference in El Paso. The major focus of the conference was TASP and its impact on higher education in the United States.

\*\*\*\*

On October 29, Professors LARRY COLLINS and JOE JAYNES and Adjunct Professors GEORGE EWING and RICHARD BYRD attended a conference entitled, "The Teaching of History", at the University of North Texas. Several innovative techniques were presented at the conference.

#### NOTES FROM PERSONNEL:

##### POSITIONS AVAILABLE:

Data Entry Clerk - Level 2  
Payroll/Cashier Clerk - Level 3  
Coordinator of Academic Advising  
Coordinator of Future Shop

##### HAPPY BIRTHDAY TO:

Susie Gnader	11/17	Arlene Bakner	11/20
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#### LATEST FROM THE LRC:

The LRC registered nearly 400 community borrowers (non-students) during the recent Open House. This program is good not only for the LRC but

for the College as a whole. Borrowers may come to the campus initially for library service, and many may stay on to take courses, attend concerts, etc. The LRC has well over 1,000 community borrowers presently. If each staff member would get five new community borrowers - friends, family, neighbors - we would double our numbers overnight. The only requirement is that the individual be 18 years of age or older and live within the District. They may bring the application card in person or mail it in to the LRC at either address and we will mail them their library card. Pick up your five application cards from Dawn at CC LRC Circulation Desk or Jan at SCC LRC Circulation Desk.

New Books in the Spring Creek LRC Include:

Richard Nixon

1999: Victory Without War

The former President draws on his unequalled experience in international affairs to provide a contest for examining America's future.

Kenneth Brown

Inventors at Work

The accomplishments of the inventors interviewed here - the laser, the microprocessor, the Apple II Computer, the human-powered airplane, and many others - represent bold and brilliant examples of American ingenuity.

Marq De Villiers

White Tribe Dreaming

Apartheid's bitter roots as witnessed by eight generations of an Afrikaner family.

Peter Wright

Spy Catcher

Peter Wright was a key figure in British intelligence for nearly a quarter of a century. This book, which the British government has gone to great lengths to keep from being published, is a memoir that recounts his extraordinary career in the world of espionage.

Laton McCartney

Friends in High Places

An evenhanded and scrupulously documented audit of the Bechtel Corporation. Riveting investigative journalism, it is one of the most surprising books about American business in years.

Movies this week in the LRC/SCC:

Bijou I

Down and Out in Beverly Hills  
Cannery Row  
Absence of Malice  
Escape from New York  
Heaven's Gate

Bijou II

Manon Lescaut, Metropolitan  
Opera  
How to Light for Videography  
Lasers and Holograms  
Guide to Italian Cooking

Pick up a complete schedule for the week in the SCC Library. (over)

## Audio-Visual

REMINDER: The LRC has lowered its fee for checking out videotapes for home use to \$1 per night. We have a fantastic collection from which to choose. Title and subject lists are available for you to take home for family convenience. Watch for the current new tapes which will be added weekly.

## SPOTLIGHT:

### "ENTER LAUGHING":

#### MANAGEMENT'S ANSWER TO WEIGHT CONTROL

A recent report by the Southern California Medical Association pointed out that proper weight control and physical fitness cannot be attained by dieting alone. A particular problem is faced by the more sedentary among us who spend most of our day behind a desk or sitting down. Too many of these people fail to realize that calories can be burned off by the hundreds by engaging in strenuous exercises that are common to such an environment. The following is a list of calorie-burning activities followed by the number of calories per hour that may be used.

Beating around the bush	75
Jogging your memory	125
Jumping to conclusions	100
Climbing the walls	150
Swallowing your pride	50
Passing the buck	25
Grasping at straws	75
Beating your own drum	100
Throwing your weight around	50-300
Dragging your heels	100
Pushing your luck	250
Making mountains out of molehills	500
Spinning your wheels	175
Flying off the handle	225
Hitting the nail on the head	50
Turning the other cheek	75
Jumping on the bandwagon	200
Running around in circles	350
Eating crow	225
Fishing for compliments	50
Tooting your own horn	25
Climbing the ladder of success	750
Adding fuel to the fire	50
Pulling out the stoppers	75
Pouring salt on the wound	50
Wrapping it up at day's end	12